



Enjoy the Labor Day Holiday Weekend Safely

The Labor Day holiday weekend, considered to be the last bash for the summer, is also statistically one of the most dangerous. Earlier this summer, the Navy and the Joint Base Pearl Harbor-Hickam Safety Office promoted the "Live to Play, Play to Live: Summer Safety 2010" campaign, urging those in the military community to heed safety guidelines and have a fun and safe summer. According to summer 2009 statistics, between Memorial Day and Labor Day, 24 Sailors and 15 Marines lost their lives.

Here are some tips:

Water safety

- Learn to swim. You're never too old to learn.
- Swim where lifeguards are present.
- Keep a close eye on kids.
- Obey signs about water conditions.

Boating safety

- Take a Coast Guard-approved boating safety class.
- Use personal flotation devices for everyone when boating.

Summer fun

- Higher risk summer activities such as scuba diving, hang gliding and riding a motorcycle can be enjoyed safely if you are properly trained and apply some common sense.
- Always stay hydrated and use sunscreen when enjoy-

ing the outdoors.

- Practice safety while cooking on the barbecue. Never leave a hot grill unattended. Be extra vigilant when children are present.

Motor vehicle safety

Think S.A.F.E.:

- Speed
- Alcohol
- Fatigue
- Ejection (not wearing seatbelts)

Motorcycle safety

Profile of a fatal rider:

- Sport bike ride
- First year ride

- No formal training

- Under 30
- Speeding
- Doesn't know limitations
- Failed to identify hazards

Alcohol awareness

- If you choose to drink, do so in moderation.
- Alcohol-related mishaps kill and injure military personnel every summer.
- If you're going to drink, don't drive. Call a cab, designate a driver, or arrange for a sober friend to pick you up before having the first drink.
- Alcohol doesn't mix with water sports or other summer activities that require coordination and motor skills.

Hawaii Air National Guard is softball champs

Story and photos by
Randy Dela Cruz

Sports Editor

The Hawaii Air National Guard (HIANG) didn't finish their regular season as the top team in the Monday-Wednesday Division of the Air Force Intramural Softball League, but it didn't matter in the post-season, as the HIANG rallied past the 647th Security Forces Squadron (647 SFS) in a 13-12 thriller to capture the overall crown at Hickam Softball Fourplex, Joint Base Pearl Harbor-Hickam, on Aug. 26.

The title game was the culmination of a four-night, double-elimination tournament that started with first-round games on Aug. 23.

The HIANG easily dispatched its first four foes to punch its ticket to the championship face-off, while the 647 SFS had to fight its way through the losers' bracket to meet up with its old nemesis.

A victory by Security Forces in their first encounter with the HIANG would have forced a winner-take-all showdown, but the rendezvous never took place.

In the crucial matchup, the HIANG got out to a quick start in the bottom of the first, when a sacrifice fly by HIANG Staff Sgt. Mike



(Top) Members of the Hawaii Air National Guard (HIANG) gather together after capturing the 2010 Air Force Intramural Softball League championship by defeating 647th Security Forces Squadron (647 SFS), 13-12, at Hickam Softball Fourplex, Joint Base Pearl Harbor-Hickam, on Aug. 26.

his teammates took full advantage of the occasion.

In the top of the fourth inning, Security batters touched up HIANG hurler Chief Master

Sgt. Vince Ramos for five runs to take a commanding 11-6 advantage heading into the final half of the game.

The big blast of the inning came off the bat of Security Staff Sgt. Ricky Renfroe, who muscled a deep shot into the night's dark sky and over the center-field fence for a two-run slam.

After the teams traded single runs, the HIANG began its long journey back by pecking away at Security with two runs in the bottom of the fifth.

Ramos held Security, which was playing in their third consecu-

Victorino drove in Tech. Sgt. Charlie McKintosh for the first run of the game.

Security came back to score two runs in the top of the second, but the HIANG answered with a five-run explosion in the bottom of the frame to retake the lead at 6-2.

However, the seesaw affair continued in the very next inning, as Security racked up four runs on a single, two doubles, a walk and an error to catch their opponent and even up the score at 6-6.

With the game all tied up in a knot, Security pitcher Tech. Sgt. Robert "Woody" Wooderson posted a goose egg to keep momentum in the squadron's favor and

(Bottom) 647th Security Forces Squadron (647 SFS) pitcher Tech. Sgt. Robert "Woody" Wooderson strokes a single in the title showdown against HIANG.

tive game of the night, scoreless in the top of the sixth and seventh innings, while his teammates tallied a run in the bottom of the sixth to set up the dramatic comeback in the seventh.

Down by two runs, Victorino got the ball rolling for the HIANG in the bottom of the inning by leading off with a single.

Later, with one out and men on second and third base, HIANG Staff Sgt. John Arakaki stepped up to the plate and came through with a clutch single that tied the game up at 12-12.

"I was looking for something to drive to right field or right center to

advance the runners," said Arakaki about his game-tying hit. "It was pretty stressful up there, but I came through."

Then after two more singles loaded the bases for HIANG, Master Sgt. Wendell Au, who had been hitting the ball solidly all night long, launched a long drive deep into right field that easily scored the winning run.

"I was just picking the right pitches and looking out in front to make sure that I got full extension," said Au, who also crushed a pitch over the center-field fence for a home run in the bottom of the fourth. "On that play, I'm looking to drive it to the outfield and cash in that winning run on third base."

While fatigue might have been a factor in Security's

fade in the final two innings, Wooderson offered no excuses for the team's heartbreaking defeat.

"The thing with the HIANG is that they're deceptive," Wooderson noted. "They don't bring out all of their guns until the playoffs and it showed today. They're a tough team. I love playing against them."

In celebrating the team's outstanding victory, Arakaki said that rallying back from a huge deficit is nothing new for the HIANG. Even when the chips are down, each of the team's players believe that they can make a comeback.

"We've been doing this all season long," Arakaki acknowledged. "That's what we do. We fight until the very end. These guys are unbelievable."



Navy chief muscles in on bodybuilding crown

Story and photos by
Randy Dela Cruz

Sports Editor

At a ripped and rock-solid 153 pounds, Chief Operations Specialist (SW/AW) Marcus Allen was poetry in briefs as he flexed his way past much heavier-muscled behemoths to win the overall title in the 2010 National Physique Committee (NPC) Western All Forces Bodybuilding, Figure and Bikini Championships and to place second in the Lightweight Division at the 2010 NPC Pacific USA Bodybuilding, Figure, Bikini and Fitness Championships at the Cook Auditorium in Anaheim, Calif., on Aug. 14.

Allen, who had been away from the sport for 12 years before making a spectacular comeback to win last year's Armed Forces Bodybuilding Championships at Joint Base Pearl Harbor-Hickam's Sharkey Theater, said that his solid showing at the double event was a result of four months of intensive training, which incorporated a strict diet, massive amounts of cardio and five days at Bloch Arena to begin weight training at 4:30 a.m.

"I know I worked hard, so to just see all of that pay off is a good feeling," Allen said. "Overall, coming off of a shoulder injury and jumping right into it, I think I did pretty good to win first and second place."

In preparing to do battle against the beefed up competition at the championships in California, Allen said he took stock of his physique after he



Chief Operations Specialist (SW/AW) Marcus Allen of Commander Destroyer Squadron 31 (COMDESRON 31) displays his outstanding physique that won championships at the 2009 Armed Forces Bodybuilding Championships (left) and the recent 2010 National Physique Committee (NPC) Western All Forces Bodybuilding, Figure and Bikini Championships, which was held at the Cook Auditorium in Anaheim, Calif., on Aug. 14. In the past two years, Allen has won four bodybuilding titles and an award for second place.

guest posed at this year's Armed Force Bodybuilding Championships and immediately went to work to blast his body into shape.

In his workouts, Allen said that he targeted his

upper back muscles, chest and legs to gain that complete-package look, which he hoped would give him enough stage presence to square off with the big boys.

As it turned out, Allen proved that he came to

town with the right battle plan when he outshined a heavyweight in the final pose-down to become the undisputed bodybuilding king among all branches of the armed forces.

"The second-place guy

was a heavyweight and he was a pretty big guy," said Allen. "The judges were looking for overall conditioning and, even though he was bigger, I think my symmetry was better."

After winning the mili-

tary's top prize in bodybuilding, Allen admitted that he is amazed at the progress he has made in the sport since his return just two years ago.

In that short period of time, Allen competed in a total of five bodybuilding contests and has won four championships to go along with one second-place finish.

"To accomplish all I've done in such a short time, I sometimes wonder if I never stopped, where would I be right now," Allen said. "I competed a couple of times as a teenager, but once I joined the Navy I didn't compete at all. I basically got off the couch one day and said I can still do this."

Allen, who is now 34 years old and has been in the Navy for 14 years, said that while it's been hard to juggle his service career with his passion for bodybuilding, he isn't about to quit pumping iron just yet.

So far, all of Allen's success has been accomplished as an amateur bodybuilder, and he acknowledged that he still has the professional stage to consider.

Next summer, Allen revealed, he has plans to enter his first USA Nationals, which serves as a qualifier for competitors to earn their professional card.

The top three finishers of each weight division and category will receive the prize that bodybuilders around the world covet.

"I've got a future in this," Allen promised. "I think with the right training regimen, it's possible. I just need to keep that work ethic and keep on working hard."

Ground and air services freeze sea services in charity hockey game

Story and photo by
MC2 Michael Hight

U.S. Pacific Fleet

HONOLULU – Air Force Capt. Michael Knaeble of the 535th Airlift Squadron at Joint Base Pearl Harbor-Hickam scored two goals in the second period to lead USA White past USA Blue, 5-3, in the Inaugural Wounded Warriors Charity Hockey Game on Aug. 29 at Ice Palace in Honolulu.

The USA White team, composed of service members from the Army and Air Force, opened the scoring early in front of a packed house at the Ice Palace, with a goal coming from 2nd Lt. Josh James of 2nd Battalion, 35th Infantry, 25th Infantry Division, getting the only goal of the first period.

As the puck dropped to begin the second period, USA Blue, consisting of service members from the Navy, Marine Corps and Coast Guard, kept their pressure on White goalie Pfc. Jarod Barton of 100th Battalion, 442nd Infantry, attempting 11 shots on goal. Even with USA White on their heels most of the period, they were able to increase their lead with a goal by Army Capt. Peter Matonis, of 3rd Squadron, 4th Cavalry, 3rd Brigade Combat Team, 25th Infantry Division.

Down but not out, USA Blue tied the score with back-to-back goals coming off the stick of Naval Air Crewman 3rd Class Rafi Steinger of Navy Helicopter Anti-submarine Squadron Light 37 and Cmdr. Matthew Pothier from U.S. Pacific Command. Both goals were assisted by Lance Cpl. Craig Cercone of U.S. Marine Corps Headquarters Battalion, Kaneohe Bay.

With the score tied halfway through the third and final period, Knaeble



Information Systems Technician 1st Class Jeremiah Gabbard, from Commander, U.S. Pacific Fleet, moves the puck down the ice following a take away during the second period of the Inaugural Wounded Warriors Charity Hockey Game on Aug. 29. The event, which was held at Honolulu's Ice Palace, helped raised more than \$10,000 to support the local Wounded Warriors Program in Hawaii.

sent a shot on goal that got by USA Blue goaltender, Army Chief Warrant Officer Lief Ovaldson of Alpha Company, 205th Military Intelligence Battalion. The goal, which broke a 20-minute stalemate, gave his team some extra life and started a three-goal rally that lasted until the end of the game.

During the rally,

Knaeble helped seal the win for his team by adding his second goal of the game just 3:30 later with an assist by Matonis.

"When Knaeble scored our third goal was a real turning point in the game for us," said Lt. Col. Tom Bell of U.S. Pacific Command and captain of USA White. "It helped get the whole team going and

everyone started playing well."

With the clock working against them, USA Blue continued to apply pressure, attempting 10 shots on goal. In the end, only Information Systems Technician 1st Class Jeremy Gabbard of Commander, U.S. Pacific Fleet was able to find the back of the net.

As the final horn sounded, players from both sides were all smiles as they congratulated each other on a hard-fought game.

"Tonight's game was a lot of fun," said Knaeble. "This is a great group of guys on both sides, and everyone is close with each other. It's a good friendly rivalry, and I can't wait for next year's game."

The Wounded Warriors Charity Hockey game is scheduled to continue as an annual event to be held at the Ice Palace in Honolulu. The annual game will include the sea services, consisting of Navy, Marine Corps and Coast Guard service members, facing off against Soldiers and Airmen from the Army and Air Force.



Photo by David D. Underwood Jr.

Marie Selarque, a certified dog trainer, offers doggie (and dog-owner) etiquette tips during the opening ceremonies of the new dog park at Hickam on Sept. 1. Letting dogs off their leashes – the whole point of the dog park – is important, she said. Selarque explained that being on the leash hampers a dog's ability to respond to other dogs in the play area in a manner they will understand, and can actually lead to more aggression among all the canines involved.

First-ever dog park opens on Hickam

Hickam Communities LLC

Man's best friends now has a place of their own - Hickam Communities new Kamila Dog Park, located just off Ohana Nui Circle.

The pet-friendly community takes a tail-wagging step forward with the development of the first dog park at Hickam. Resident suggestions were the starting point for the idea of devoting a special place for fami-

ly pets, and after Hickam Communities and the Actus Lend Lease Development team presented the idea to local Air Force leadership, the dog park was born.

The park opened to dogs and their owners recently. "A lot of thought was put into the design of the facility, taking into consideration the needs of dogs, their owners, and the safety of residents in the nearby community," said David Tripp, director of property

management for Hickam Communities.

The park is fully enclosed with a double-gated entry, and has separate fenced areas for small and large dogs. Several benches and trees are located in the park, providing a cool, shady respite for visitors. A second dog park is planned next year in Onizuka Village.

The final touches are being put on the new Earhart Recreational

Complex scheduled to open next month, and with a variety of amenities so there is sure to be something for everyone. The facility features a skate park, splash park, and multi-purpose and sand volleyball courts with new pavilions adjacent to them. Large trees will provide abundant shade and an expanded parking area will make it easy for base families to stop by with kids, skateboards and court gear.

Commentary

Military partnership improves education for all Hawaii's children

Rep. K. Mark Takai and Dr. Kathleen F. Berg

The quality of our public schools is a top priority for Hawaii's people, as evidenced by the attention to education issues in recent years and continual media reports. While the furloughs and school initiatives related to Act 51 and the No Child Left Behind legislation capture most of the headlines, much activity to support the schools percolates below the radar.

One source of such activity is the Joint Venture Education Forum (JVEF), a partnership among vital communities in Hawaii — the military, public schools, business, legislature, and other education-focused organizations — created to facilitate communication and action about schooling in Hawaii.

Many do not realize how much the military presence affects our schools and, in turn, is affected by our schools. Nearly 15,000 military dependent students attend Hawaii public schools. That's about eight percent of the total student population. Military dependents make up more than 90 percent of students in five schools, more than 50 percent in 11 schools, and more than 20 percent in 10 others.

It is no secret that many families coming from beyond our state's shores have negative perceptions of Hawaii public schools. This is despite apparent evidence that both *kama'aina* and military students benefit from the relationship. For example, a recent examination of 2008-2009 test data from 56 schools identified as "militar-

ily impacted" showed that students overwhelmingly tended to score at the national average or better. But negative perceptions persist.

The 27 JVEF board members and the nearly 100 other contributing members of the JVEF firmly believe that accurate and accessible information, a concerted effort to build relationships between the schools and the military community, and the ongoing "re-inventing" efforts by the Hawaii public school system have a direct effect on improving those perceptions.

As two JVEF members, we are very aware that schooling ranks at the top of military quality-of-life issues, especially in Hawaii. Each of the commanders at U.S. Pacific Command — from Adm. Dennis Blair, who in 1999 helped initiate the JVEF, to present commander, Adm. Robert F. Willard — has understood the critical need to support the families of active-duty personnel.

When former Hawaii Superintendent Paul LeMahieu and Blair began discussions, the situation then called for the military and school community to create better working relationships.

The effort came to the attention of U.S. Sen. Daniel Inouye, who understood the frustrations on both sides and, in 2000, supported the incipient organization with \$5 million in federal dollars through defense appropriations legislation "to bring some additional funds to the table and to encourage a venue where issues could be brought and resolved together."

HO'OKELE Online

<http://www.hookelenews.com> or <https://www.cnic.navy.mil/hawaii>

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

ALL MILITARY CANOE REGATTA, WOUNDED WARRIOR
 Watch All Military Canoe Regatta, Wounded Warrior will be held from 10 a.m. to 1 p.m. on Sept. 6 at Rainbow Bay Marina, Canoe Hale. Awards will go to the top three finishers in each division. Divisions include: active duty men, active duty women, active duty mixed and active duty Wounded Warriors. An awards ceremony will follow. FMI: 473-0279.

LABOR DAY FUN AND GAMES
 Enjoy a variety of activities from noon to 5 p.m. on Sept. 6 at Scott Pool. The free event will include bounce house, volleyball, a belly flop competition, biggest splash, and goodies and prizes for winners. FMI: 473-0394.

STORY TIME AT THE LIBRARY
 Story time at Hickam Library from 9 to 10 a.m. on Sept. 8 will feature "pirates." FMI: 449-8299.

DAY HIKE TO KAENA POINT
 Enjoy a day hike to Kaena Point from 9 a.m. to 3 p.m. on Sept. 11. Sign up by Sept. 9 at Hickam Harbor. The cost is \$15. Kaena Point is the western most point of Oahu. It is a known nesting spot for some of Hawaii's native birds and is often frequented by monk seals and sea turtles. Enjoy lunch on the beach and search for shells and sea glass. On the return hike, there will be a stop for a dip in the ocean. The hike is five miles round-trip, follows dirt roads, and is on level terrain. Kaena Point is known for heat, so come prepared. FMI: 449-5215.

KIDS' BOWLING SPECIAL
 Kids' bowling specials are available from 10 a.m. to 9 p.m. now through Oct. 31 at Hickam Bowling Center. Enjoy two free games of bowling per day. A family pass option is also available. FMI: www.kidsbowlfree.com or 448-9959.

COSMIC BOWLING
 Naval Station Bowling Center will host cosmic bowling at 7 p.m. every Friday and at 9 p.m. every Saturday.

For more information on events, visit www.greatlifeohawaii.com or www.hickamservices.com/

Community Calendar

September

3-4, 24-25, Oct. 1-2 - Maintenance on Ford Island Bridge will result in intermittent lane closures on Fridays and Saturdays from Sept. 3 to Oct. 2. Lane closures will last 45 minutes to one hour to support cylinder removal or installation. When lanes are closed, flagmen will control the traffic to and from Ford Island and route it onto the lane that remains open. The north lane (headed onto Ford Island) will close intermittently from 8 a.m. to 2 p.m. on Sept. 3, Sept. 24 and Oct. 1. The south lane (departing Ford Island) will close intermittently from 8 a.m. to 2 p.m. on Sept. 4, Sept. 25 and Oct. 2. Drivers and pedestrians should proceed with caution and obey signage and flagmen.

8 - 9 - Joint Base Pearl Harbor-Hickam (JBPHH) will host two open house/town hall events for all customers of the joint base. Everyone is invited, including military and civilian NAF and APF employees, residents, contractors and tenant commands to attend and get informed about joint base. The Hickam Open House Town Hall event will be from 11 a.m. to 4 p.m. Sept. 8 at the Hickam J.R. Rockers Enlisted Club. There will be a one-hour town hall meeting from 1 to 2 p.m. The Pearl Harbor Open House Town Hall event will be from 3:30 to 6 p.m. Sept. 9 at Lockwood Hall. The town hall meeting will take place from 4:30 to 5:30 p.m.

6 - Labor Day holiday shopping hours on Sept. 6 at Pearl Harbor Commissary will be from 9 a.m. to 5 p.m. Labor Day shopping hours at Hickam Commissary will be from 10 a.m. to 6 p.m. Please plan your shopping needs accordingly.

9 - In order to meet emergency management and exercise requirements, the 15th Medical Group, Hickam Clinic, will be closed Sept. 9. For more information, call 448-6120.

10 - The 15th Wing commander at Hickam will host a Patriot Day Remembrance Ceremony at 7:30 a.m. on Sept. 10 at the Freedom Tower Mall at Joint Base Pearl Harbor-Hickam. The event will include a fly-over by a C-17 Globemaster III and remarks by Gen. Gary North, commander of Pacific Air Forces. Military and civilian guests are welcome. Attire for military is uniform of the day and aloha wear for civilians.

15, 17, 20, 21, 23, 24 - Blood drives will be conducted by Tripler Army Medical Center Blood Center at the following locations:
 15 - 8 a.m.-3 p.m., Camp Smith
 17 - 8 a.m.-1 p.m., Tripler Army Medical Center, lobby
 20 - 9 a.m.-3 p.m., Schofield Health Clinic
 21 - 8:30 a.m.-3 p.m., Kunia Tunnel
 23 - 7:30 a.m.-noon, Makalapa Health Clinic, Joint Base Pearl Harbor-Hickam
 24 - 10 am.-2 p.m., Tripler Army Medical Center, Fisher House
 FMI: 433-6148 or www.militaryblood.dod.mil.

Movie Showtimes



Ramona and Beezus (G)

This movie is based on the "Ramona" series of novels written by Beverly Cleary. As everyone knows, Ramona Quimby lives on Klickitat Street. The stories of her adventures begins as Beezus, who is just turning 10, finds four year-old Ramona an exasperating little sister.

SHARKEY MOVIE THEATER

TODAY
 7:00 PM Predators (R)

SATURDAY
 2:30 PM Despicable Me (PG)
 4:45 PM Sorcerer's Apprentice (PG)
 7:00 PM Inception (PG-13)

SUNDAY
 2:30 PM Ramona and Beezus (G)
 4:45 PM Despicable Me (PG)
 7:00 PM Salt (PG-13)

HICKAM MEMORIAL THEATER

TODAY
 6:00 PM Ramona and Beezus (G)
 8:30 PM Cyrus (R)

SATURDAY
 4:00 PM Ramona and Beezus (G)
 7:00 PM Salt (PG-13)

SUNDAY
 2:00 PM The Sorcerer's Apprentice (PG)



Risk management is key to safe Labor Day weekend

April Phillips

Naval Safety Center Public Affairs

NORFOLK (NNS) -- The Naval Safety Center (NSC) is encouraging proper planning for Labor Day weekend, Sept. 4-6, to ensure Sailors and their families enjoy their time off and return safely to work Sept. 7.

"It's important that everyone practices solid risk management over the holiday weekend. While Sailors deserve a chance to relax and have some fun, our Navy, and the nation, needs everyone back at work Tuesday morning," said Rear Adm. Arthur J. Johnson, commander, Naval Safety Center.

NSC offers several tips to ensure the weekend doesn't turn tragic for Sailors or their families. Those who will be traveling by car out of their local area should fill out a travel risk planning system (TRiPS) assessment. The online survey is a tool that helps users recognize risks in their planned travel, and it also offers suggestions to mitigate that risk.

"TRiPS has proven to be a very useful and successful tool in mitigating risks that Sailors and their family members may face while driving on leave or liberty outside their command limits," said Dan Dray, a traffic safety specialist at NSC.

He also reminded TRiPS users to fill out a return risk assessment, since the survey is one way. That way the entire trip is covered.

"We just passed 200,000



U.S. Navy photo by MC3 Andrew Ryan Smith

Command Master Chief Dominick Torchia, assigned to the Naval Safety Center, gives a safety presentation to Sailors at Fleet Activities Yokosuka. Torchia and Rear Adm. Arthur Johnson, commander of Naval Safety Center, visited Japan to educate Sailors about potential dangers both on and off duty, as well as highlighting the 101 Critical Days of Summer.

TRiPS assessments without any fatalities occurring to anyone on an approved TRiPS assessment, so it works," Dray said.

TRiPS is available through Navy Knowledge Online at www.nko.navy.mil.

Even those who aren't traveling for Labor Day can find tools to reduce the risk of

their planned recreational activities. NSC's annual summer safety campaign, "Live to Play, Play to Live," is in force through Sept. 6 and offers videos, articles, checklists and presentations.

The good news is that Sailors are doing a good job of managing risks during the holiday. The last five Labor

Day weekends show that the holiday isn't statistically more dangerous than any other weekend. However, that's no reason to get complacent, Johnson said.

"While statistics show that we're doing a pretty good job of managing risk during Labor Day weekend, there were a number of injury

reports last year that show we can always do better," Johnson said. "Many injuries occurred during sporting activities. Know your limits and wear all the protective gear your favorite sport requires."

About half of the

reportable Labor Day weekend mishaps in 2009 occurred during organized sporting events and other recreational activities.

For more information about off-duty risk management, visit www.safetycenter.navy.mil.

Blue Angels, top acts in aviation to fly K-Bay skies

Lance Cpl. Vanessa M. American Horse

Hawaii Marine

Marine Corps Base (MCB) Hawaii is getting ready for September's big air show. MCB Hawaii will present the Kaneohe Bay Air Show, scheduled Sept. 25 - 26, which includes the U.S. Navy Blue Angels. "We are expecting visitors from as far away as the East Coast and Japan, excited to see this air show," said Chief Warrant Officer 5 Pete O'Hare, air show director, MCB Hawaii.

The highlight of the free show will be the Blue Angels. Other scheduled performers include noted pilots Tim Weber, Greg Poe, Mike Wiscus, Jackie B. Airshow, Hank Bruckner, Chuck Aaron and Clint Churchill. A precision freefall parachute demonstration is also scheduled for the event.

"Residents of Hawaii deserve this," O'Hare said. "They do a lot for the military and this is one way we can give back to the

communities. We've included nothing but the top acts in aviation."

The route for the performing aircraft is a five-mile radius, over water, circling the MCB Hawaii peninsula. The aircraft will fly to a maximum of 1,500 feet in the air, depending on the type of show.

Aircraft of all shapes and sizes will be flown into Kaneohe Bay from all over the U.S. for static displays.

Spectators will be able to take pictures and get close to the wide variety of military aircraft. Historic arms and uniforms will also be displayed. Visitors will be able to go inside the larger aircraft. The air show will be held in conjunction with Bayfest and a new attraction, the Taste of Oahu.

Gates open at 9 a.m. each day. Large crowds are expected to attend the free show, held on Marine Corps Air Station Kaneohe Bay's flight line.

Traffic and parking may become an issue since there are limited parking spaces near the show. "Come early and stay late," suggests 1st Lt. Derick E. Daley, military police operations officer, provost marshal office.

"There is plenty of entertainment for young and old, alike. It all starts as soon as the gates open," Daley said.

Remote parking can also be utilized at the Pacific Aviation Museum located on Ford Island.

For more information visit <http://www.mcbh.usmc.mil/airshow>.



PREVIOUS ISSUE

WHO SAID IT?

I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.

Martha Washington

WHO SAID IT?

"Our warriors are no longer limited to the people who fly the airplanes ... Our entire force is a warrior force. Being a warrior is not an AFSC (Air Force specialty code), ... it's a condition of the heart."

Mililani resident becomes first female civilian diver at Pearl Harbor Naval Shipyard

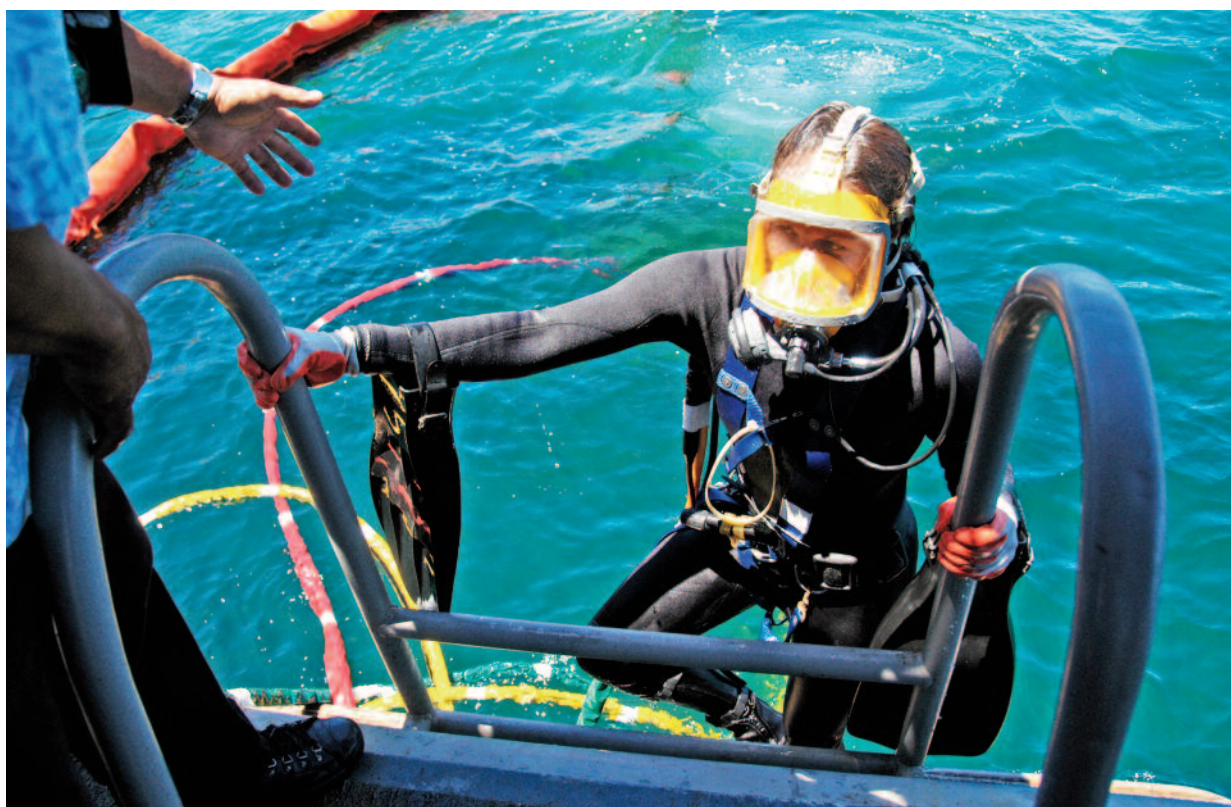
Pearl Harbor Naval Shipyard Public Affairs

When Kamele Taylor broke the water's surface for the first time in her Pearl Harbor Naval Shipyard dive suit, she also made history.

Taylor became the first female civilian U.S. Navy diver at Pearl Harbor when she graduated from Navy Diving and Salvage Training Center (NDSTC) in Panama City, Fla. on Aug. 5. Taylor is also the first female civilian diver at any of the four naval shipyards. Although there are no regulations banning civilian females from this specialty, none had previously applied for the dive program.

"I'm glad I made it through dive school," said Taylor. "It was pretty tough – physically and emotionally challenging."

NDSTC students undergo grueling physical training, perform hundreds of push-ups and run an average 5 to 10 miles daily, according to Chief Warrant Officer 4 Chris Spann, Pearl Harbor Naval Shipyard and Intermediate Maintenance



U.S. Navy photo by Katie Vanes

Kamele Taylor, a Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY & IMF) diver, exits the water during a repair on USS Columbus (SSN 762) on Aug. 19.

Facility (PHNSY & IMF) diving division head Dive students additionally

endure mentally stressful tasks to build their confidence. For example,

instructors temporarily cut off the divers' air supply to masks, remove equipment while in use underwater, and impose numerous other underwater challenges to test students' ability to maintain composure.

These obstacles did not stop Taylor from soaring to the top. After four and a half months of training at NDSTC, she placed second in her class of 15 divers.

Taylor, a Mililani resident

and PHNSY & IMF rigger with seven years of experience, decided to pursue a dive career last spring after PHNSY & IMF divers Garrett Doi and Derek Maikai noticed her swimming laps in Scott Pool on the naval base every morning. They told her that she would be a prime candidate for the program. "I was a strong swimmer at Mililani High School, and my dad was a free diver," Taylor said.

PHNSY & IMF riggers are eligible to apply to the diving program after working in their trade for five years. Only one other diver, Eric Akumu, made the transition from rigger to diver in the past seven years. Taylor was the first female to 'take the plunge.'

"We've been impressed with Kamele ever since she was an apprentice," Doi said. "I'm proud of her for finishing at the top of her class. That's quite an accomplishment."

Chief Navy Diver Jason Potts, Taylor's lead instructor at NDSTC, said, "Ms. Taylor's effort, motivation and positive attitude were infectious. No matter the task, she rose to the top while never ceasing to amaze my teammates and me. I am proud to call her a fellow deep-sea diver."

As a novice PHNSY & IMF diver, Taylor knows she has a lot to learn in terms of hands-on diving projects, especially with submarines. On her second day, she was already underwater supporting a propeller replacement on USS Columbus (SSN 762).

"If you have it in your heart, anything's possible. Some people let their minds take control of them, but you have to take control of your mind," Taylor said. "Pride was my motivation to represent the islands at dive school in Florida – showing that local girls from Hawaii can do it, too."

Feel Like a Million
Health Tip of the Week

In order to put less strain on your digestive system, it is better to eat smaller meals more often, instead of one or two large meals daily. <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>.

Million dollar Sailor - The complete financial picture

Debbie Blunt, Janice Crawley and Graziella Panetta

Accredited Financial Counselors, Warfighter and Family Services

Warfighter and Family Services (WFS), formerly Fleet and Family Support Center, offers a two-day course, Million Dollar Sailor, to help service members and their families develop financial management skills to actually become a 'million dollar Sailor.' The primary goal is to provide participants with the necessary tools to increase financial awareness, develop skills in managing personal finances, and enhance their quality of life.

The program emphasizes a proactive, career

lifecycle approach for service members by providing long-range education aimed at preventing financial crises before they occur. This preventive and educational approach allows service members to focus on mission needs and helps to increase retention and readiness for the services. Security clearance issues, horrible credit scores, and just not knowing about personal financial management were exactly what prompted the development of the course.

The Million Dollar Sailor class was developed by the accredited financial counselors at Pearl Harbor and with its success, it was adopted as a Navy-wide program now being offered at all Navy installations.

The two-day course cov-

ers a variety of topics, including the need for personal financial management; understanding military pay and allowances; car buying strategies; insurance (including car, home, renters, etc.); creating a spending plan; savings and investment basics; Thrift Savings Plan; how to be a smart consumer (predatory lending); establishing and maintaining credit; and understanding credit reports/scores.

Debt has a different meaning to everyone. According to the counselors, some individuals may not see a problem with a debt of \$30,000, but others cannot sleep at night if they owe \$1,000. There is a way to pay off debts, and students are given the program to take

home to be able to prepare a spending plan and put the program to work to pay off debts.

The counselors have seen clients who had more than \$21,000 in debts and became debt free in less than two years. Just by preparing a spending plan (another name for a budget), families can automatically give themselves a 10 percent raise. Most individuals say they are struggling paycheck to paycheck. The counselors prepare the budget and families have a surplus of \$500-\$600 a month that they can't account for.

The counselors teach students to treat their personal finances just like a business . . . and the main goal for their business would be . . . profit, the same as the goal for their

personal finances. A budget doesn't have to be restrictive. The counselors explained that families just need to know and decide where they want their money to go, and said that without a good budget, a person is just guessing.

Here are some comments from evaluations received from previous classes: "Wish I would have had this information earlier in my career." "The instructors were very knowledgeable about financial management and were available for discussion after each session." "Excellent car-buying tips, such as recommending that we "sleep on it" and do our "research" to know exactly what we should be paying." "I feel I can decide where I want my

money to go, and plan for an early retirement." "The best class I have ever attended, instructors made it interesting, never bored for a minute." "I feel I now know about mutual funds, IRAs and other investment options." "I never participated in Thrift Savings Plan (TSP) because it was never explained to me before. I signed up today during lunch for TSP. Thank you for everything." "This class may have just changed my life ... thank you."

The class is open to all active duty, reserve, retired personnel, family members, and Department of Defense employees.

Visit www.greatlifehawaii.com to register for any of the classes or call 474-1999 for more information.

Don't become a phishing victim

Navy Marine Corps Internet

According to NMCI, an unusually high volume of spear phishing e-mails have recently been observed on NMCI and other Department of Defense (DoD) unclassified networks.

NMCI offers the following cautions:

- Be suspicious of any e-mail with requests for personal financial information. Most banks or other companies will not request your personal information via e-mail. If you receive an e-mail asking for such information, call the bank, but don't use any phone number contained in the suspect e-mail.
- Never use the links in an e-mail, instant message, or chat session to access a supposed secure website. Always enter the URL manually into your web browser window.
- Avoid filling-out any forms in e-mail messages that ask for personal financial information.
- If you do open one of these e-mails by mistake, close the

e-mail immediately and delete the e-mail from your inbox and deleted items.

- Always report suspicious "phishing" or "spoofed" e-mails using procedures posted on the NMCI homepage: <https://www.homeport.navy.mil/support/articles/report-spam-phishing/>
- Do not 'reply,' 'reply to all,' or 'forward' suspicious SPAM or spoofing e-mail to any other NMCI user(s).
- Do not open or click on the links provided in the e-mail or attempt to visit any embedded site(s).
- Additionally, set up rules using the junk e-mail function in Microsoft Outlook to send SPAM e-mails directly to the deleted items folder. Instructions are located at <https://www.homeport.navy.mil/training/tips/spam/User/s/>

For additional assistance, contact the NMCI Service Desk at 1-866-THE-NMCI (1-866-843-6624) or by e-mail at ServiceDesk_Navy@nmci-isf.com.

This Week's Trivia

Jacqueline Cochran made Air Force history at Edwards AFB, Calif. On Aug. 24, 1961. What did she do?

Last Issue's Question:

To whom was the first Distinguished Flying Cross awarded?

Answer:

The first Distinguished Flying Cross was awarded to Capt. Charles A. Lindbergh, of the U.S. Army Air Corps Reserve, for his 3,600 mile, solo flight across the Atlantic Ocean in 1927.

