

## Live to Play, Play to Live

### SUMMER SAFETY 2010



#### The summer season brings the potential for increased risk. Why?

- More people on the roadways • More water recreation • More sporting activities • More partying

#### Summer 2009 statistics:

Between Memorial Day and Labor Day, 2009, 24 Sailors and 15 Marines lost their lives.

#### 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.

#### July 4 safety

- When celebrating Fourth of July, obey state and local laws with regard to fireworks and never launch them when under the influence of alcohol. If fireworks aren't legal, don't use them. If they are legal, follow all safety precautions when using them.
- Be active and enjoy the holiday, but use proper recreational gear.

#### 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 enjoying 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 rider
- First year rider
- 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.

#### Drinking facts:

- Absorption of alcohol depends on:
  - Your size, weight, body fat and gender
  - Amount of alcohol consumed
  - Amount of food in your stomach
  - Use of medications
- Alcohol-related mishaps kill and injure Sailors and Marines every summer.

If you're going to drink, don't drive. Call a cab, designate a driver, or before having the first drink, arrange for a sober friend to pick you up.

Alcohol doesn't mix with water sports or other summer activities that require coordination and motor skills.

*"Sailors and Marines work hard all year and deserve to enjoy some much-needed recreation and relaxation during the summer. Success and fun in just about every activity can be enhanced and maximized with the right gear, the right skills, and the right physical and mental preparation. Have fun during the upcoming July 4th holiday, but remember to manage risk the right way this weekend and all summer long. The American people are counting on each of us to do just that."*

– Rear Adm. Arthur J. Johnson, Commander, Naval Safety Center





# Kunia's victory puts team back on winning track

Story and photo by  
Randy Dela Cruz

Contributing Writer

Army Staff Sgt. Nathan Berry knocked in three goals and recorded an assist on another score to help the league-leading Kunia Gallos earn a 5-1 win over Naval Health Clinic Hawaii (NHCH)/Lunch box in an Intramural Soccer League game at Ward Field, Joint Base Pearl Harbor-Hickam, on June 26.

The triumph increased the defending champion Gallos' league record to 12-2, while NHCH saw its mark fall to 7-5.

Berry said that Kunia's victory was an important step in the right direction after the team suffered its first loss at Ward on June 19. The Gallos' other defeat came on a forfeit.

"We lost last week because we came out lackadaisical," Berry stated. "I think the World Cup has everybody in a frenzy. We're all watching it and a lot of our guys came out tired."

At first, it appeared that Kunia was still fighting off the doldrums when NHCH got on the scoreboard first on a goal by Marine Cpl. Christopher Goecks, who booted in a shot at around the midway point of the first half.

"I drew the defense to one side and I got a nice over the top ball on the left side," Goecks said. "I made a diagonal run, trapped the ball and saw that the goalkeeper was out of the goal. So I just chipped it in."

However, from that moment on, Kunia responded by dominating the rest of the first half with Berry putting the



Players collide while going after a loose ball during an Intramural Soccer League showdown between the Kunia Gallos and Naval Health Clinic Hawaii (NHCH)/Lunch box at Ward Field, Joint Base Pearl Harbor-Hickam, on June 26. The league-leading Gallos defeated NHCH, 5-1, and improved its record to 13-2.

team out in front on two goals.

Cryptologic Technician (Interpretive) 1st Class Steven Bloom said that falling behind to NHCH was a big wakeup call for Kunia.

"We gave up a goal in the beginning because of a lack of concentration," Bloom claimed. "A lot of times, it takes a punch in the nose to get us started."

In the second half, Berry continued to take advan-

tage of the NHCH defense with his quickness and ball-handling skills.

Minutes after the break, Berry made a pinpoint pass from the left corner to teammate Cryptologic Technician (Interpretive) 3rd Class

Winston Jackson, who took the kick, spun around his defender and booted in the team's third goal.

Berry added his third and final goal of the game on a breakaway kick down the middle.

"A lot of these guys had gaps in the back (field) and I just wanted to try to hit those gaps and work hard when I got in those positions," Berry said. "Once I get behind them, they're not going to catch up."

Berry also said the defensive scheme of NHCH gave Kunia room to attack and keep moving forward.

"They (NHCH) kind of sat back, which gave us the ability to hold the ball in their half and keep pressing," Berry pointed out.

Kunia's final goal came on a pass from Cryptologic Technician (Collection) 2nd Class Douglas MacLean to Cryptologic Technician (Interpretive) 2nd Class Allen Noel, who finished off a point blank header.

While Kunia's offense seemed to be running on all cylinders, the team's defense was just as dominant in shutting down NHCH for most of the game.

"They had a really good defense," Goecks acknowledged. "They (Gallos) pressure the ball a lot. I was under pressure constantly."

By decisively beating NHCH, Bloom said he hopes that Kunia is back on track as the team looks forward to the playoffs and defending its title.

If everybody on the team can get on the same page, Bloom said, then the Gallos should have a good shot at repeating.

"We have a lot of good players with experience," Bloom admitted. "We played with each other for a long time and the quality of team is obviously in our favor. But we have still got quite a bit more work to do."



# 52nd Annual All-American Beach Blast

**Brandon Lavin**

The 52nd Annual All-American Beach Blast will be held Saturday and Sunday at Hickam Harbor. The event will feature entertainment, family activities, a build-a-boat competition and a fireworks display on Sunday.

Outdoor Recreation will kick off the weekend on Saturday with overnight camping at Hickam Harbor.

"Alice in Wonderland," will be featured on an inflatable screen at dusk and campers will be treated to free s'mores. At 6 p.m., a solar system ambassador will offer patrons telescope observations and insights about the Hawaii sky.

Buses and the Holo Holo Trolley will run between the PACAF parking lot "D" street, Bishop Point and the Hawaii Air National Guard parking lot (near Foster's Point). Shuttle service will run from 11 a.m. to 11 p.m. on Sunday. There will be no service from 7 to 9 p.m.

Because traffic is

very congested during these times, everyone is encouraged to use the shuttle service. Overflow parking is available near Honeymoon Beach. No

incoming traffic will be allowed after 9:50 p.m. One-way outgoing traffic only starts at 8:30 p.m. Expect traffic delays.

Festivities on Sunday begin at 11 a.m. with a wide array of water and beach activities, ranging from banana and fishing boat rides to tidal pool sea creature observations. Outdoor recreation and youth programs will provide free family-oriented activities in the "family fun zone" with a rock-climbing wall, mechanical bull, inflatable play structures, rides, magic shows, strolling magician, and hot dog and pie-eating contests.

The "build-a-boat" competition team activity starts the construction process at 2 p.m.; participants will be armed with duct tape and

cardboard. The boat must successfully enable two team members to float without sinking. Construction of the boats ends at 3 p.m. The best constructed boat that stays afloat wins.

The main stage (ocean side of the Sea Breeze Restaurant) will feature some of Hawaii's best entertainers, including Black Square, Kings of Spade, The Throwdowns and Air Force Band of the Pacific Hana Hou. There will also be a fire-eating act. There will be

various types of music and dancing from 1 to 2 p.m.

A 20-minute fireworks display will conclude the evening at approximately 8 p.m.

The 647th Force Support Squadron offers several food options and

beverages. The Sea Breeze Restaurant will serve a dinner buffet from 5 to 8 p.m. July 3 and 4. Reservations are highly encouraged. Call 449-9900.

The Sand Bar and Grill will be open from 11 a.m. to 10 p.m. July 3 and from 11 a.m. to 9 p.m. July 4, providing another dinner option for patrons to enjoy.

For more information, call 449-8033 or visit [www.hickamservices.com](http://www.hickamservices.com).

For more holiday options for you to enjoy with your family, Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will host the July 4th Fireworks Spectacular starting at 2 p.m. at Ward Field. For more information, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).





# July 4th Fireworks Spectacular

## Schedule of Events

- 2 p.m. – All rides, activities and displays open.
- 2 p.m. – Poker registration at Bloch Arena - open to the first 200 people ages 18 and older.
- 2 p.m. – Outrageous contest and games in front of the main stage including:
  - 2 p.m. – Potato sack races
  - 2:30 p.m. - Frozen T-shirt contest
  - 3 p.m. – Water relay
  - 3:30 p.m. - Balloon shaving
  - 4 p.m. – Donut eating on a string
  - 4:30 p.m. – Tug-o-war (The schedule may be flexible according to participation.)
- 2:30 p.m. – Pacific Roller Derby exhibition followed by autograph signing.
- 3 p.m. – Poker registration closes and the game begins.
- 3:30 p.m., 4:30 p.m., 5:30 p.m. – Pacific Roller Derby exhibitions followed by autograph signings.
- 5:30 p.m. – Grammy-award winner Michelle Branch on the main stage.
- 6:30 p.m. – Finale of the Pacific Roller Derby exhibitions.
- 7:18 p.m. – Pause for Colors.
- 7:30 p.m. – Closure of free family activities such as pony rides, petting zoo, Xpress Train and batting cage.
- 7:30 p.m. - Actor and comedian Sinbad on the main stage.
- 9 p.m. – Fireworks Spectacular

Conclusion of event - *please drive safely.*





**Morale Welfare & Recreation**

**AUTOGRAPH SIGNING WITH SINBAD**

An autograph signing by comedian Sinbad will be held at 3:30 p.m. Saturday at the Pearl Harbor Navy Exchange (NEX) Mall. Guests are encouraged to come early as the signing will last approximately one hour. Guests must be military-affiliated and need to have access to the NEX Mall. Sinbad will be a headliner at this year's Morale, Welfare and Recreation's July 4th Fireworks Spectacular at Ward Field.. FMI: 473-0606.

**JULY 4TH FIREWORKS SPECTACULAR**

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) will host the July 4th Fireworks Spectacular on Sunday. Featured headliners will be Grammy-award winner singer and songwriter Michelle Branch and actor and comedian Sinbad. The event kicks off at 2 p.m. at Ward Field with fun, food and festivities before Branch takes the stage at 5:30 p.m., followed by Sinbad at 7:30 p.m. The event ends with the biggest military fireworks show on Oahu at 9 p.m. Free parking will be available on base. The celebration is open to all military-affiliated personnel. You are welcome to bring blankets and chairs, but not barbecues, coolers, animals, tents, outside food or beverages. For more information and updates, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

**ALL-AMERICAN BEACH BLAST**

Hickam Harbor will host "All-American Beach Blast" from 11 a.m. to 9 p.m. Sunday. Admission is free. Activities at the beach will include Family Fun Zone, boat tours, food vendors and prizes. A build-a-boat race begins at 2 p.m. as competitors sail their craft constructed from duct tape and cardboard. Live music will be featured all day from Black Square, Kings of Spade, The Throwdowns and Hana Hōu. A fireworks display will light up the sky at 8 p.m. FMI: 449-3354 or 449-5215.

**LAUGH AT LUNCH**

Joint Base Pearl Harbor-Hickam MWR, Navy Entertainment and Comics on Duty will present "Laugh at Lunch" at Tradewind's Enlisted Club on July 15. Lunch service begins at 11 a.m. and comedians will begin at 11:15 a.m. The event will feature four comedians on tour: Steve Bills, Paul Ogata, Scott Henry and Tom Foss. The comedy show is free. Reservations are highly encouraged as seating is limited to the first 250 guests. The event is open to all military-affiliated personnel and their sponsored guests. All attendees must be 18 years of age or older. FMI: 448-2271, ext. 225.

**QUICK FIT WORKOUT**

A Quick Fit workout is available at all Navy Fitness Centers. The total body workout includes a warm up and cool down, and targets your five muscle groups on resistance machines. Reservations recommended. FMI: 653-5542.

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

**Community Calendar**

**July**

**2** - Hickam Officers' Club will host "Warrior Friday" from 4:30 to 10 p.m. at Koa Lounge. This month's Warrior Friday theme is "sock hop." The event is free for club members and \$10 for non-members. FMI: 448-4608.

**2** - Hickam Enlisted Club will host "Crazy Crazy '80s" from 10 p.m. to 2 a.m. Admission is free. Bust out those leg warmers and "members only" jackets while you dance to your favorite flashback songs. FMI: 448-2271.

**3** - Hickam Fitness Center will host "Tour de Hickam Kick-off" at 7 a.m. at Hickam Fitness Center. The event is free to the military community. Meet at the ball fields behind the fitness center for a group bicycle ride to kick off the Tour de Hickam. During the month of July, log your cycling time and miles. All participants crossing the 700-mile mark by July 31 will be awarded a prize. FMI: 448-2214.

**3-4** - Hickam Harbor will host "All-American Campout" from 4 p.m. to 9 a.m. at Hickam Harbor. The cost is \$20 for the campsite. Gather around the campfire for free s'mores while camping on the beach. Once the sun sets, there will be telescope observations led by a solar system ambassador. Enjoy the movie "Alice in Wonderland" on an outdoor screen. FMI and to reserve a campsite: 449-5215.

**4** - The Pearl Harbor Commissary operating hours for the 4th of July holiday will be from 9 a.m. to 5 p.m. FMI: 471-8402. The Hickam Commissary operating hours for the holiday will be from 10 a.m. to 6 p.m. FMI: 449-1925.

**6-16** - The U.S. Pacific Command (USPA-COM) (Camp Smith/Pearl Harbor region) and the Navy Information Operations Command (NIOC) Hawaii (Kunia/Schofield/Wheeler /NCTAMS Region) are hosting Drug Education for Youth (DEFY) Program summer leadership camps. This free program provides many positive activities for Department of Defense and military children ages 9-12. FMI: [www.hq.navy.mil/defy](http://www.hq.navy.mil/defy).

**Movie Showtimes**



**Shrek Forever After (PG)**

After challenging an evil dragon, rescuing a beautiful princess and saving your in-laws' kingdom, what's an ogre to do? Well, if you're Shrek, you suddenly wind up a domesticated family man. Instead of scaring villagers away like he used to, a reluctant Shrek now agrees to autograph pitch forks. What's happened to this ogre's roar? Longing for the days when he felt like a "real ogre," Shrek is duped into signing a pact with the smooth-talking dealmaker, Rumpelstiltskin.

**SHARKEY MOVIE THEATER**

**TODAY**  
7:00 PM MacGruber (R)

**SATURDAY**  
2:30 PM Shrek Forever After (PG)  
4:45 PM Robin Hood (PG)

**SUNDAY**  
2:30 PM Shrek Forever After (PG)  
4:45 PM Iron Man 2 (PG 13)  
7:00 PM Prince of Persia: Sands of Time (PG 13)

**HICKAM MEMORIAL THEATER**

**TODAY**  
6:00 PM Shrek Forever After (PG)  
8:30 PM Letters to Juliet (PG)

**SATURDAY**  
2:00 PM Shrek Forever After (PG)  
7:00 PM Sex and the City 2 (R)

**SUNDAY**  
2:00 PM Shrek Forever After (PG)





# Crommelin slays Dragons in five innings

Story and photo by  
Randy Dela Cruz

Contributing Writer

Playing without its starting pitcher, USS Crommelin (FFG 37) took care of business at the plate to finish off USS Chosin (CG 65) Dragons, 22-5, during an Afloat Intramural Softball League game at Millican Field, Joint Base Pearl Harbor-Hickam, on June 26.

Umpires stopped the game at the end of the fifth due to the league's mercy rule, which automatically ends a contest if one team is at least 10 runs ahead after a minimum of five innings.

Although Crommelin ace pitcher Fire Controlman 1st Class Jeremy Spencer was sidelined with a knee injury, the team gave replacement hurler Chief Information Systems Technician Jason Gatzemeyer all the support he needed with a first-inning outburst that produced eight runs on six hits, three errors and a walk.

During the leadoff surge, Crommelin loaded the bases twice and batted around the order, before Chosin got the final two outs on a fly ball to left field and a putout at first.

The big hit of the inning



Chief Information Systems Technician Jason Gatzemeyer of USS Crommelin (FFG 37) releases a pitch during the team's showdown against USS Chosin (CG 65) Dragons in an Afloat Intramural Softball League game at Millican Field, Joint Base Pearl Harbor-Hickam, on June 26. Gatzemeyer posted three shutout innings in helping Crommelin defeat Chosin, 22-5, and remain in first place.

came off the bat of Crommelin a 4-0 lead.

Chief Electronics Technician Daniel Kelley, who blasted a bases-clearing double that gave

hit. "It was big because it was the beginning of the game and gave us momentum."

The Dragons fought

back in the bottom of the first and racked up three runs to narrow the margin down to five.

However, Gatzemeyer settled down from his shaky start to put out the fire and keep Chosin off the scoreboard for the next three innings.

Gatzemeyer explained that having the huge lead at the start of the game took the pressure off of his shoulders and allowed him to focus on making good pitches.

"It's always great to have a good supporting cast," Gatzemeyer said. "It takes a lot of relief off the pitcher when you don't have to worry about putting the ball in certain locations. It allows you to just relax and throw the ball, and let your guys make the plays behind you."

Over the next two innings, Crommelin continued to swing away and loaded the bases again in the second and third innings to produce three and two more runs respectively.

Then in the top of the fourth, Seaman Reny Flores led off by swatting a deep fly that got past Chosin outfielders and rolled all the way to the center-field fence.

Flores easily circled the bases for an inside-the-park home run that upped Crommelin's advantage

over Chosin to 14-3.

The hit gave Flores redemption after he struggled with a couple of fielding errors at first base.

"I was looking so bad at first base that I just wanted to get a hit," Flores stated. "I was lucky that I got that one hit that went over their heads."

The leadoff jack opened the door for five more runs as Crommelin put the game away for good with a 19-3 lead.

Crommelin added its final three runs in the top of the fifth, while Chosin scored two runs in the bottom of the frame to round out the scoring.

Following the game, Flores claimed that Crommelin's outpouring of runs didn't surprise him.

Flores noted that if Crommelin, which sits in final place with a record of 9-2, has all of its players, the team should be able to match runs with any team in the league.

Gatzemeyer agreed with Flores, but added that Crommelin's success on the diamond is a reflection of the Sailors' work ethic onboard the ship.

"How we play out here is how our crew prepares the ship to get underway," said Gatzemeyer. "We're always well prepared in everything we do."

## Wing Staff Agencies cleans up 15th Maintenance Group

Story and photo by  
Randy Dela Cruz

Contributing Writer

The 15th Wing Staff Agencies (15 WSA) scored four runs in the first inning and eight runs in the fourth en route to a 12-3 win over 15th Maintenance Group (15 MXG) in an intramural softball game at Hickam softball fields, Joint Base Pearl Harbor-Hickam, on June 29.

In gaining the lopsided victory, the WSA improved its league record to 7-2, while 15 MXG's mark now stands at 4-4.

Master Sgt. Tony Karpenko, pitcher for WSA, tossed six shutout innings in going the distance for the win, and even got things started at the plate by driving in the team's first two runs with a double in the first inning.

WSA added two more runs to close out the frame with a total of four runs on two hits and one error.

Armed with the lead, Karpenko went to work on the mound, where he allowed only four hits and walked two batters through the first four innings of the game.

Karpenko said that having the four-run lead helped



Master Sgt. Tony Karpenko, pitcher for 15th Wing Staff Agency (15 WSA), raps out a two-run double versus 15th Maintenance Group (15 MXG) in an intramural league softball game at Hickam softball fields, Joint Base Pearl Harbor-Hickam, on June 29. Karpenko threw six scoreless innings in helping 15 WSA defeat 15 MXG, 12-3.

him stay calm and relaxed as he went after the 15 MXG's batting order.

"It did help my pitching," Karpenko admitted, who worked out of a bases-loaded jam in the fourth. "Getting the big lead, you kind of think you can sit back a little bit. It gave me a little bit of extra room to mess around with the batters."

Then in the bottom of the fourth inning, WSA broke the game wide open by scoring eight runs in an onslaught that saw the team bat around the order and post six hits and three walks after recording two outs.

"Everybody was making contact and hitting the ball where they wanted," said Senior Airman Craig Shimoi about the team's

clutch hitting.

Although 15 MXG avoided a loss via mercy rule by rallying for three runs in the top of the fifth inning, the damage was already done as Karpenko had all he needed to wrap things up.

Karpenko got out of a two-men-on jam in the sixth inning by inducing an inning-ending double play, and followed up in the final

frame by retiring the side in order to end the game.

Staff Sgt. Toby Abernathy of 15 MXG said that while Karpenko was sharp on the mound, it was just one of those games when he and his teammates just couldn't get

anything started.

"This field is pretty bad at this time of the day," Abernathy said. "You got the sun right there, so it's crazy. He's (Karpenko) a pretty good pitcher, but we had an off day. We'll come back."

In keeping 15 MXG batters off balance, Karpenko noted that he tried to use the same strategy that is used by pitchers in baseball.

After analyzing each hitter's stance, Karpenko said he tried to hit areas of the strike zone that were away from the batter's sweet spot.

"It's not just slow-pitch softball," Karpenko explained. "I'll try and move it around the plate. Like they pitch in baseball, I try to locate (my pitches)."

In winning their seventh game, both Karpenko and Shimoi believe that the team is on the right track towards having a successful year.

The biggest hurdle to overcome, Karpenko said, is maintaining a full squad throughout the season.

"We are missing a couple of guys due to leave and TDY," Karpenko said. "But I think we're solid and competitive."





(Above and Right) Library volunteer Marsha Vanderwood and Alyse Chicoine read to military children as part of Hickam Library's "story time," a bi-monthly event that is open to preschool-age children. In addition to story time, the library is hosting a summer reading program and numerous story time events to promote literacy among school-age military children.

## Hickam Library offers reading programs to promote library use among military children

Story and photo by Blair Martin

Contributing Writer

When school is out for summer, many parents are in search of positive activities and programs to keep their children mentally engaged and continually learning.

This summer, Hickam Library is hosting a summer reading program and numerous story time events to promote literacy among school-age military children.

"The library is a central part of any community," said Phyllis Frenzel, director for Hickam Library. "We hope our reading programs promote library use with our children and start what we hope to be a life-long habit of visiting the local library."

This year, Frenzel said all Department of Defense libraries are participating in the summer reading program called Voyage to Book Island, sponsored by the Office of Secretary of Defense.

"This is the first time adults are allowed to participate," she said. "Also, for the first time, participants who have Hickam library accounts will be able to self-register on our library website."

All participants who sign up will receive a free T-shirt and there are different age-appropriate reading requirements for each of the four levels of the program.

In addition to the summer reading program, the

library hosts a special "story time" event twice a month for preschool-age children before the library is open to the public.

"Story time is held the second and fourth Wednesday of every month and often involves a theme," said Alyce Chaicoine, circulation technician for Hickam Library.

In conjunction with the "farms" theme for a June 23 story time, Chaicoine donned a cow costume and read three farm-related storybooks to nearly 40 children.

"We have a lot of fun with it," she said. "We also sing songs and have a craft session afterwards as part of the story time event."

Kelly Cardwell, an Air Force spouse, said her five-year-old son loves the programs offered by Hickam Library.

"He loves everything about story time," she said. "He also enjoys coming to the library and getting new books each week. It has been a great thing for our family."

Therese Geza, a Coast Guard spouse, said she enjoys taking her son to the library's story time events because they are tailored for his age group.

"So many activities are geared toward older kids," she said. "But my son likes the reading programs and the reward system they have set up for every book he reads. I also like how they get into it with the story time themes and dress up and have crafts. It is a lot of fun for every-

one," she added.

According to Frenzel, there are other special presentations also planned at Hickam Library throughout July. Tammy Lee, local children's author and illustrator, will be visiting at 2 p.m. July 15. Hokulea's Capt. Mike Taylor is scheduled at 2 p.m. July 22 at 2 p.m. and will give a presentation on navigating by the stars and will show pictures from his voyages. Kathy Brown, from National Oceanic and Atmospheric Administration (NOAA), will do a presentation on the Hawaiian monk seal at 2 p.m. July 23.

Frenzel said all reading logs for the Voyage to Book Island summer reading program must be posted by July 24. A special celebration luau is planned for July 31 and will include refreshments, goody bags and prize drawings.

Hickam Library's story time is held on every second and fourth Wednesday of the month, starting at 9 a.m. Anyone with base access is welcome to attend. The Hickam Library is located at 990 Mills Blvd., near the Hickam 15th Wing building at Joint Base Pearl Harbor-Hickam.

Hours of operation are Monday through Thursday from 10 a.m. to 9 p.m. and Friday and Saturday from 10 a.m. to 6 p.m. For more information on other library programs, call 449-8299 or visit [www.hickamservices.com/library.asp](http://www.hickamservices.com/library.asp).



# Have a fire-safe Independence Day

Leave fireworks to the pros

Battalion Chief Victor M. Flint

Federal Fire Department Hawaii

Federal Fire Department (FFD) Hawaii would like the public to enjoy the Independence Day holiday and asks that people understand the dangers of fireworks. Improper use of fireworks can cause severe injuries and present a significant risk of starting fires.

According to the National Fire Protection Association (NFPA), thousands of people are injured nationwide while using consumer fireworks on Independence Day. The NFPA also reports that there are more fires reported nationwide on Independence Day than



any other day of the year. Half of these fires were caused by fireworks.

If you do use consumer fireworks, please review these safety tips, follow all rules, and be considerate of your neighbors.

Remember, it is illegal to use personal fireworks while on Joint Base Pearl Harbor-Hickam or any military base or installation.

The best and safest way to enjoy fireworks is to attend one of the many professional, public displays conducted on Oahu.

The Joint Base Pearl Harbor-Hickam is conducting a fireworks displays at Hickam Beach at 8 p.m. and at Pearl Harbor's Ward Field at 9 p.m. Both shows are free and open to all military and Department of Defense personnel.

Have a fire safe Independence Day and leave the fireworks to the pros.

For more information, contact Battalion Chief Victor M. Flint at 471-3303, ext. 633.

### Fireworks safety tips

- Use only approved fireworks from a licensed retail outlet that posts its retail license.
- Always read and follow warnings and instructions listed by the manufacturer to ensure the safe handling and use of fireworks.
- Never point or throw fireworks at a person, building or animal.
- Never ignite fireworks indoors. Ensure your outdoor area is safe for fireworks use.
- Fireworks should only be lit on a smooth, flat surface away from buildings, dry vegetation and flammable materials.
- Never shoot fireworks in metal or glass containers.
- Have a garden hose or a bucket of water ready in the event of a fire.
- Adults should always supervise children using fireworks; even sparklers can be dangerous.
- Alcohol and fireworks do not mix.
- Always wear eye protection when lighting fireworks.
- When lighting fireworks, never position any part of your body over them.
- Never attempt to relight malfunctioning fireworks.
- Store fireworks in a cool, dry place.
- Never carry fireworks in your pocket. Never experiment with homemade fireworks. They are dangerous and illegal.



## Universal announces open casting call for 'Battleship'

A Universal Pictures major motion picture, directed by Peter Berg (Friday Night Lights, Hancock) needs military personnel/spouses and children of all ages/ethnicities to work as paid extras for its movie, "Battleship."

An open casting call will be held from 10 a.m. to 6 p.m. July 10 and noon to 6 p.m. July 11 at Bloch Arena at Joint Base Pearl Harbor-Hickam.

Military personnel may wear their uniforms and have their photos taken, or wear casual attire and bring a head shot and full-length photo of themselves in uniform. Photos will be kept on file. Here are the uniform requirements:

Army: Class B  
 Marine Corps: Class C  
 Navy: Summer white (E7 and above), service uniform (E6 and below)  
 Coast Guard: Tropical Blue Families should wear casual attire.

The casting process

will take only a few minutes. Those who attend the casting call will be provided with information about the movie, complete an application and have their photos taken.

Calls will not be taken; attendees should bring their questions to the casting call.

An epic action-adventure that unfolds across the seas, in the skies and over land as our planet fights for survival against a superior force, "Battleship" is based on Hasbro's classic naval combat game. The film stars Taylor Kitsch (X-Men Origins: Wolverine, television's Friday Night Lights) as a naval commander who leads the fight.

Extras may be needed one to three days (tbd) in September and/or October.

Navy personnel are required to be on leave status to participate in the film. Filming will take place on Oahu.

## Double play - and you're out!



Second baseman Staff Sgt. Toby Abernathy of 15th Maintenance Group (15 MXG) touches second to put out Senior Airman Craig Shimoi of 15th Wing Staff Agency (15 WSA), before throwing to first base to complete a double play during the teams' intramural softball league game at Hickam softball fields, Joint Base Pearl Harbor-Hickam, on June 29.

U.S. Navy photo by Randy Dela Cruz

**WHO SAID IT?**  
*"The more mechanical becomes the weapons with which we fight, the less mechanical must be the spirit which controls them."*

LAST ISSUE'S  
**WHO SAID IT?**  
 "Air power alone does not guarantee America's security, but I believe it best exploits the nation's greatest asset — our technical skill."  
 General Hoyt S. Vandenberg, second U.S. Air Force Chief of Staff

# Feel Like a Million

## Health Tip of the Week

*Stress has been linked to heart disease, high blood pressure, accelerated aging and type two diabetes. Many people cope with stress by bingeing on junk food or other addictive habits. A healthy alternative to decrease the effects of stress is to make sure you get enough sleep, lower your fat intake, increase your consumption of anti-oxidant rich fruits and veggies, surround yourself with supportive people, and exercise regularly.*  
[http:// www.healthcoachtraining.com](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](http://hickam.ifeellikeamillion.com).*

**This Week's Trivia**  
 When it entered service in 1960, the Convair B-58 was the world's fastest strategic bomber. By what nickname was the B-58 known?

---

**Last Issue's Question:**  
 Who was Bellows Air Force Station (formerly known as Bellows Field) named after?

**Answer:**  
 In 1933, Bellows Field was named after Lt. Franklin Barney Bellows, a World War I war hero from the 50th Aero Squadron. Lt. Bellows was awarded the Distinguished Service Cross for extraordinary heroism in action near St. Mihiel, France. He was killed Sept. 13, 1918 while performing a reconnaissance mission.

# STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements

**Phone:**  
**(808) 473-2888**

or

email:  
[hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

# GOT SPORTS

(808) 473-2888  
[hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

Contact the HNN editor for guidelines and story/photo submission requirements

