

# Life & Leisure

**B**

## Pound Town defeats Chung-Hoon for softball title

Story and photos by Randy Dela Cruz

Sports Editor, Ho'okele

The 647th Security Forces Squadron (647 SFS) Pound Town rallied for six runs in the second inning and got a two-run shot from Airman 1st Class Derric Ross in the fourth to defeat USS Chung-Hoon (DDG 93), 9-2, on June 22 and capture the 2014 Joint Base Pearl Harbor-Hickam intramural softball championship at Millican Field.

The win was Pound Town's second base softball title. The team won the inaugural base trophy four years ago and marked the team's third appearance in the championship game in four years.

"This is my third year now, so this is sweet," said Pound Town pitcher Eddie Silva, a Department of Defense civilian, who even at 58 is still going strong. "We finally got the opportunity. Myself and a lot of the guys are new, so I don't think anyone was here for the first one."

Silva pitched an outstanding game and started off by holding Chung-Hoon to only two base runners in the first three innings.

In the bottom of the second, after one out, Ross got things started for Pound Town by slamming a double.

Senior Airman Tweeter Riddle followed up with another two-bagger to drive in Ross with the first run of the game.

The next hitter, Senior Airman Keith Munson, drilled a single to put runners on first and third before Staff Sgt. Justin Klukan delivered a base hit down the left-field line to drive in Riddle.



Airman 1st Class Derric Ross slams a double that ignited a six-run rally in the bottom of the second inning for 647th Security Forces Squadron (647 SFS) Pound Town.

Master-at-Arms 2nd Class William Bryan singled to drive in another run, and then with two runners in scoring position at second and third, Silva came through with a double to drive in two runners for a 5-0 lead.

"Looking at it, one out, just trying to hit the ball

backdoor at least," said Silva about his clutch hit. "Anything to get the runners to move up and I think I got all of it."

Later, Silva scored the final run of the inning on a single by Master-at-Arms 1st Class Jami Tedrow.

"We're looking for innings like that," Silva said following the rally. "That's what keeps us going. This game is all about momentum."

Another one, two, three

inning by Silva in the top of the third kept the score at 6-0, but the veteran pitcher experienced his first bit of trouble after giving up back-to-back singles by Sonar Technician (Surface) 2nd Class Corey Cauffiel and All-Armed Forces infielder Electrician's Mate 1st Class Jake Alicuban to open the top of the fourth.

However, Silva settled down to get the next two hitters on infield pop-ups to re-

gain control of the game.

Although Silva did give up an RBI single to Chung-Hoon pitcher Electronics Technician 1st Class Stephan Raymond, he was able to get out of the inning without any further damage.

"You just got to try your best and don't give them too much opportunities," Silva said. "You just throw strikes and see what they can do with it."

With the score at 6-1, Pound Town went right back to work in the bottom of the frame and got a lead-off single from Tedrow.

After the next batter was called out on a deadball back to the box, Ross walloped a long fly ball over the head of the Chung-Hoon centerfielder and then rounded the bases for a two-run, inside-the-park homer.

"For me, this is still only my second year playing," Ross admitted. "I don't think I've got the skills of placing it where I want. I just kind of swing and see what happens."

In the top of the sixth, Chung-Hoon picked up a run on a sacrifice by Cauffiel, but Pound Town finished off their opponent with an RBI single by Riddle for the final score.

Raymond, who pitched a solid game overall for Chung-Hoon, said all it took was a bad inning and Pound Town took full advantage of it.

"I switched up the way I pitched," Raymond said about Pound Town's big inning. "I was spinning the ball instead of throwing the knuckleball. Once I started going back to the knuckleball, they were popping it up a lot."

While Silva might be one of the oldest players in the league, he said after getting his first championship, he has no thoughts of hanging up his cleats just yet.

"They keep me going," said Silva about his teammates. "We got some guys that will be here to carry on again. I guarantee we'll be taking again the same time next year."



(Clockwise from above left): Staff Sgt. Justin Klukan slides safely into third base. Pound Town pitcher Eddie Silva delivers a pitch. Senior Airman Keith Munson reaches for his first-place trophy from teammate Senior Airman Tweeter Riddle. Electrician's Mate 1st Class Jake Alicuban moves into position to catch an infield fly.



# Summer youth camps reach out with more variety

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho'okele

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) Youth Sports division has always provided a positive environment for kids to develop and grow within activities, such as basketball, soccer, flag football and a whole lot more.

Always seeking to supply the base's youth with more fun things to do, MWR Youth Sports has taken the summer youth camps to an even higher level for 2014.

"We have expanded," said Jim Cospers, youth sports and fitness director for MWR at Joint Base Pearl Harbor-Hickam. "We've opened about three more camps than usual. I know we're adding gymnastics and we're looking at doing paintball and cheer. We're excited and hoping to reach every different kind of population."

Judging from the recent basketball clinic, base parents have responded with a rousing endorsement for the summer programs as 32 kids from ages 10-15 attended the five-day hoops instruction in the afternoon session. An equal amount of youth, ages 7-9, participated in the morning session.

The camp, run by former collegiate basketball player Bershuan Thompson with the assistance of MWR recreational assistants Randall Cayco and Kimary Colean, was divided into two four-hour sessions that began with drills and progressed into live scrimmages that were used to reinforce the day's earlier lessons.

"This builds their skills," said Colean, who added that the camps go hand-in-hand with the various youth programs on base.



Nathan Olsen goes up for a shot during the MWR Youth Sports basketball camp. Olsen, who is 13 years old, also plays in the MWR Youth Sports summer basketball league as a member of the Heat.

"Some of them have never played the sport before, so then learning the fundamentals and the basics skills help them move fur-

ther and join a team."

The basic camp foundation, Cayco said, is not only applied in basketball but in all of the other camps that

will be held on base this summer.

"We want to focus on introducing these kids to different kinds of sports," he

said. "For instance, we have soccer camps, golf camps and a multitude of different camps. Hopefully, they'll get interested and

take it even further."

Thompson, who has been coming to Hawaii for the past seven years to run the basketball camp, said that while the kids seem to have fun, he definitely has a blast in passing on his love of the sport.

"I used to live in the islands, but now I live in North Carolina," Thompson said. "I really like coming back to give back to the kids because I feel it's important for the next generation to know how to play the game. I was in their shoes years ago, and that's what helped me go to college and get some court experience."

While North Carolina is a long way to travel to offer his help to the base's youth, Thompson said he couldn't think of being in a better place.

"This is vacation for me," he said. "I really enjoy it, and it's just really refreshing to give back to the kids."

In addition to teaching skills in sports, Thompson said that, like league sports, the camps are a great way to keep children active and moving.

"We're really interested in interweaving discipline with staying fit," he admitted. "Obesity is so much of an issue, so it's one of the things we try and get kids moving. And while we're getting them moving, we're getting their brains moving as well."

Cospers said that while he is happy with the response of base families this year, he added that there is always room for more and that there is still time to sign up their kids.

"If parents would like to sign up for an upcoming camp, it's not a problem," Cospers said. "They are more than welcome to register, either through our office or at [www.greatlife.hawaii.com](http://www.greatlife.hawaii.com)."



# FOURTH OF JULY CELEBRATION IS ONE WEEK AWAY

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

July 4 Celebration - Ward Field



The Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation July 4 Celebration will begin at 3:30 p.m. Friday on Ward Field.

Multi-platinum recording artists 3 Doors Down will headline the evening's entertainment at 7:30 p.m.

The event finale will consist of a fireworks show which begins at 9 p.m.

Free activities will include a petting zoo, "Xpress Train," airbrush tattoos, batting cage and a 360-degree photo booth. The event will also include free pizza samples while supplies last and a car show exhibit.

Rides will be available for purchase. There will be food and beverage booths.

Food choices will include hot dogs, burgers, plate lunches and sweets.

Participants can register and have their sponsor's punch card filled before turning it in at the sponsor's tent. They will have a shot at prizes including gift cards and a trip to Las Vegas.

Safety and security guidelines have been established for the event. (See info box below).



## Safety guidelines for July 4

For the safety and security of patrons, and to expedite entry into the event, the following guidelines have been issued for the July 4 celebration at Joint Base Pearl Harbor-Hickam.

### The following items are not permitted:

- Audio and video recording devices and cameras, including tablets and computers, computer bags and camera bags.
- Purses larger than a clutch bag.
- Food and beverage, water bottles, coolers or thermoses.
- All bags including backpacks, briefcases, fanny packs and cinch bags.
- Seat cushions, wagons, umbrellas or luggage of any kind.
- Tents or barbecues.
- Weapons and blades of any type.
- Pets and animals with the exception of service animals.

### The following are permitted items:

- Cell phones.
- Strollers for infants and/or children in attendance and diaper bags with dia-

pers, infant bottles with formula, infant and toddler food.

- Hand-carried ponchos, hats, sunscreen, jackets, blankets, folding chairs not to exceed 32 inches in height. Leave all chair bags in your car.
- Clutch purses or clutch bags, with or without handle or strap, five inches height by seven inches by one inch deep.
- Items can be carried in a clear, disposable plastic bag, no larger than quart size (seven inches by eight inches).

Exceptions may be made for those with extenuating medical circumstances.

All personnel and items are subject to search.

North Road will be closed from noon until the end of event from Nimitz Gate to the Pearl Harbor Boulevard intersection street along Ward Field.

Pearl Harbor Boulevard will be closed from 8 p.m. until the end of event from North Road to Scott Pool (the street along Bravo piers).

## Hawaii's Finest Flag Football connects with armed forces

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

On athletic fields across the island, Oahu's military are making a huge impact on local sports from softball to soccer and even flag football.

Since taking over Hawaii's Finest Flag Football (HFFF), Mike Todd, a military veteran and current Department of Defense civilian at Joint Intelligence Operation Center, has provided a direct pipeline for the armed forces to not only compete in, but also share camaraderie with local communities.

While just beginning its second season, the league is held year-round. HFFF is home to six all-military teams, with three of them coming directly from Joint Base Pearl Harbor-Hickam.

On June 21, the JBPHH All-Stars, which competes as Empire in the HFFF, took on the second-place Da Goons at Mililani 10-Acres Park.

While Empire gave the Da Goons all they could handle in the first half, a couple of turnovers changed the base team's fortunes in a hurry.

After a pick-six by Staff Sgt. Nick Brandenburg, 647th Civil Engineer Squadron (647 CES), put Empire up by four points at 20-16, Da Goons responded by posting 30 unanswered points to take a 46-20 lead en route to a 58-28 victory.

"It's frustrating to lose," Turner said. "But we're a young team and



Master Sgt. Armando Chavez reaches for a pass thrown by quarterback Tech. Sgt. Terrance Turner in a Hawaii's Finest Flag Football league game.

we're coming together. We're getting better and better every week."

After falling behind, Da Goons came back right away on only four plays with quarterback Kealii Perbera finding Troy Matautia for six and a 22-20 advantage.

The two-point conversion made it 24-20, which stood

through halftime.

Perbera kept the hot hand going into the second and opened with another scoring strike to make it 32-20 before his brother Kekoa intercepted a Turner pass to set up Da Goons at the Empire five.

On first down, the Perbera brothers hooked up on a short toss

to the end zone to extend the lead to 20 after the two-point conversion.

Empire gave up one more touchdown before the team finally broke through to get one more score in the books.

Turner connected with Master Sgt. Armando Chavez (HQ

PACAF) for the team's final score of the game before Da Goons tacked on two more touchdowns on a pass from Perbera and another pick-six from the defense.

"That's a great defense," Turner acknowledged. "A couple of our routes were there and a couple weren't there. They just played all-around defense."

In addition to Da Goons' tight defense, the team also stepped up to dominate on offense.

Matautia, who had a pick-six to go along with one touchdown reception, said that he and his teammates saw a soft spot in the Empire's defense.

"We noticed that their safeties played wide, so we attacked the middle," he said. "The middle backer was left there by himself."

Although the game pitted an all-local team against an all-military squad, Matautia said that on the field, everybody is a brother.

Besides Empire, two more teams, Rise up (HQ PACAF) and Overrated, Hawaii Air National Guard are from JBPHH.

"We're all local boys. We're all good friends," he said. "We're just trying to play a sport that we love. It's cool having them (military)."

Turner said that while getting an opportunity to play football is always attractive, spending time in communities around the island is even more rewarding.

"This is definitely helpful," Turner said. "Coming in here, I think this creates camaraderie with the local community. Win or lose, we definitely look forward to coming out into the community."

## Embracing the evolution of social media while mindful of OPSEC

Anna Marie General

Joint Base Pearl Harbor-Hickam Public Affairs

As technology changes over time and communication shifts to a digital age, the use of social media continues to rise in the military.

"Leveraging assets that we already have from our news releases, videos and photos, can be integrated through the use of social media as an effective communication tool," said Jason Kelly, director of U.S. Navy's Social and Emerging Media.

According to the Navy Command Social Media Handbook, social media, as

part of the overall communications strategy, helps fulfill the obligation to communicate with stakeholders by providing another means of sharing information with internal and external audiences.

"The amount of information that's out there is increasing each year, and as we progress, these numbers can only be expected to increase again. So it's no longer a question of why we are doing this, but how we can leverage it and make it work better for the fleet," added Kelly.

Social media continues to be popular among service members and their families as a means of communication to stay in touch in real-

time. In past generations, families were only able to stay in touch through letters and long distance landline telephones. Now, the use of smartphone devices, tablets and the Internet has evolved, making instant communication possible.

While social media allows people to network, interact and share information worldwide, service members and their families should also consider the risks and vulnerabilities in both personal and command activities by practicing Operations Security (OPSEC).

Some tips provided by the Naval OPSEC Support Team are as follows:

- Remember computer

security. Do not be an easy target for computer crimes. Antivirus software is critical to protect from viruses and other malicious attacks.

- Verify all friend requests. Those with ulterior motives often initiate contact with a friend request.

- Utilize all available privacy settings. Customize available settings to be as secure as possible. Be careful of what you and your friends post and make available to the world.

- Closely monitor your children's use of the Internet. Children are especially vulnerable on the Internet and make easy targets. Monitor to insure they are not posting critical and per-

sonal information.

- Understand the risks associated with Geotagging. From virtual check-ins to uploading photos with geographical information, users are posting detailed physical location online for the world to see.

Each military branch provides social media guidance on what and what not to post as a service member or family member. Following these guidelines not only protects from potential adversaries, it also educates on keeping sensitive information safe and being careful what you share online.

Even when you think you are just talking to families and friends on social net-

works, you never know who is watching and collecting information about you. Once information is posted online, it's there forever, even after it has been deleted.

With the evolution of new technology, social media platforms are great communication tools to get the word out for a command event, to reconnect and to share your stories with your family and friends. Service members are encouraged to make use of the benefits of instant communication through social media, but to be mindful of the best practices of OPSEC. Visit <http://www.defense.gov/socialmedia/> to view social media guidelines.





# Live the Great Life



MWR Marketing photo

Active duty military receive half-off admission on July 4 at Sharkey Theater.

## More to do on July 4 with MWR

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

For those looking to escape the summer heat before stepping out for the Fourth of July fireworks at Joint Base Pearl Harbor-Hickam, Morale, Welfare and Recreation has some alternatives to help keep cool before the sun goes down.

For example, the Naval Station Bowling Center will hold a

teens' night out on July 4 for those ages 13 to 19 years old. From 5 to 7 p.m. teens can munch on a cheeseburger, fries and have a drink while bowling for \$15. Shoe rentals are also included in the price. The time allows customers to finish their game and head over to Ward Field to see 3 Doors Down in concert.

For active duty looking for a place to relax in air-conditioned comfort, Sharkey Theater will offer half-off admission for their two

showings. The 5 p.m. showing is the Tom Cruise movie "Edge of Tomorrow" while comedy fans can see "A Million Ways to Die in the West" at 7:20 p.m. "Edge of Tomorrow" ends before 7 p.m., leaving enough time to catch the concert and fireworks.

For more information on the teens' night out, call the Naval Station Bowling Center at 473-2574. For the latest on what's playing at Sharkey Theater, call the movie hotline at 473-0726.



U.S. Navy photo by Randy Dela Cruz

Nate Hogue, a Department of Defense civilian, goes for a shot during the 2013 Summer Soccer League's championship game between Pearl Harbor Futbol Club and 324th Intelligence Squadron (324 IS).

## Fun runs, sports leagues fuel MWR summer athletics

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

MWR will hold an assortment of upcoming runs and summer sports leagues. Three runs will take place between now and the end of August.

For starters, a Stars & Stripes 5K run will begin at 7 a.m. July 10 at the Wahiawa Annex fitness center. The event is open to all eligible patrons, and everyone is encouraged to dress up in red, white and blue. For more information, call the Wahiawa Annex Fitness Center at 653-5542.

The Super Hero 5K run will be held on July 12 beginning at the Hickam Fitness Center. Runners are invited to dress up as their favorite superhero. For more information, call the fitness center at 448-2214. Participation in the July 10 and July 12

runs are free.

Both runs can serve as training or warm-ups to a big event at the end of August. The Eighth Annual Hickam Half-Marathon will be held on Aug. 30.

The 13.1-mile course starts and finishes at Hickam Track. The cost is \$30 before Aug. 13 and includes a T-shirt. The cost to register on Aug. 14 or later is \$40 (no T-shirt). Prizes will be awarded to the top three finishers for men and women in several age categories.

Beginning July 12, soccer and basketball leagues rev up and continue into September. Both leagues are open to active duty, family members and JBPHH-assigned Department of Defense employees. The cost for soccer is \$360 per team while the basketball league is \$450 per team.

For more information, call the MWR Athletics office at 473-2494 or 473-2437.

## Your Weekly Fun with MWR

Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or subscribe to MWR's digital magazine Great Life Hawaii.

**Chinatown Food & Historic Tour** will be held from 8:45 a.m. to 1 p.m. Saturday. Participants can discover the history of Honolulu's Chinatown, sample Chinese treats and have a traditional dim sum lunch. The tour departs from the Information, Tickets & Travel Hickam office. FMI: 448-2295.

**Youth Fall NFL Flag Football Registration** period opens June 30 and closes Aug. 1 for youth ages 5 to 15 years old. The season runs from September to December. The

fee is \$70. Registration is available at [www.greatlifehawaii.com](http://www.greatlifehawaii.com). FMI: 473-0789.

**Youth Fall Volleyball Registration** period opens June 30 and closes Aug. 1 for youth ages 7 to 14 years old. The season runs September to December. The fee is \$70. Registration is available at [www.greatlifehawaii.com](http://www.greatlifehawaii.com). FMI: 473-0789.

**The Art Farm class** for youth ages 5 to 9 years old will be held from 1

to 3 p.m. June 30 through July 3 at the Hickam Arts & Crafts Center. The focus of this class will be on drawing and painting animals. Tuition is \$55 and includes supplies. FMI: 448-9907.

**Free Ladies Golf Clinic** will begin at

9:30 a.m. July 2 at Barbers Point Golf Course. Registration and FMI: 682-1911.

**Wii Wednesday** will be held from 2 to 4 p.m. July 2 at the Hickam Library. The Nintendo Wii game console will be available free for use by

youth ages 6 to 16 years old. FMI: 449-8299.

**Golf Demo Day** will be held from 4 to 6:30 p.m. July 2 at Navy-Marine Golf Course. Golfers can try out some of the latest golf equipment for free at the driving range. FMI: 471-0142.



**JUNE**

**PHYSICALS AND IMMUNIZATION CLINIC**

28 — Tripler Family Medicine Clinic will hold Saturday school and sports physicals and immunization clinic from 8 a.m. to 1 p.m. June 28. The clinic will also be held on July 19 and 26. Walk-ins will be accepted until noon. The clinic is open to Tripler Family Medicine Clinic enrollees ages 4-18 years only. Participants need to bring military ID and immunization records. FMI: 433-2778.

**BLOOD DRIVE SCHEDULE**

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

- June 30, 9 a.m. to 1 p.m., Marine Aviation Logistics Squadron 24, building 375, Marine Corps Base Hawaii.
  - July 1, 9 a.m. to 1 p.m., Naval Submarine Training Center Pacific, building 1262, Joint Base Pearl Harbor-Hickam
  - July 8, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.
  - July 10, 9 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 2, Joint Base Pearl Harbor-Hickam.
- FMI: 433-6699 or 433-6148, email michelle.lele@amedd.army.mil or www.militaryblood.dod.mil.

**MILLION DOLLAR SAILOR/AIRMAN**

30 — The Million Dollar Sailor/Airman two-day class will begin at 7:30 a.m. June 30 at Military and Family Support Center (MFSC) Hickam and end July 1. This two-day class is designed for junior Navy and Air Force personnel who will learn about proper budgeting techniques, credit management, savings and investment options, insurance, military pay and allowances, consumer rip-offs, how to obtain a loan, credit scores, report, and new and used car purchasing techniques. The class will also be held from July 8 to 9 at MFSC Pearl Harbor. FMI: 474-1999 or www.greatlifehawaii.com.

**JULY**

**HUMAN CAMERA**

2 — The "Human Camera, Artemio" will be available to draw three-minute portraits of people and animals from 3 to 6 p.m. at the Pearl Harbor Navy Exchange, second floor. This is a free event for authorized patrons only. FMI: 423-3287.

**PICK & PAINT**

2,3 — The Hickam Craft Center will hold a "Pick & Paint" event from 11 a.m. to 3 p.m. at the Pearl Harbor Navy Exchange, second floor books department. Participants can choose a piece, color it and take it home that day. Children and adults are welcome to attend the free event for authorized patrons only. FMI: 423-3287.

**STORY-TELLING AND SUMMER READING CRAFTS**

3 — Hickam Library will hold a story-telling and craft-making event from noon to 3 p.m. at the Pearl Harbor Navy Exchange, second floor books department. This is a free event for authorized patrons only. FMI: 423-3287.

**COLORING WITH SPIDERMAN**

3 — Authorized patrons can color their favorite portrait of Spiderman with web-wonder himself from 3 to 5 p.m. at the Pearl Harbor Navy Exchange. Picture-taking is also welcome. This is a free event for authorized patrons only. FMI: 423-3287.

**SUMMER BASH LUNCHEON**

3 — The Silver Dolphin Bistro will hold a summer bash luncheon from 11 a.m. to 12:30 p.m. The price is \$4.65 and the meal is open to all active duty military, Department of Defense employees, retirees and family members of active duty with valid IDs. Menu items will include ribs with dry rub, hamburgers, hot dogs and more. FMI: 473-2948.

**PMRF FREEDOM FEST**

3 — The Pacific Missile Range Facility's annual fireworks show is open to the public and will be held from 4 p.m. to midnight. It will feature live bands, food and crafts vendors and games and rides for *keiki*. The celebration takes place on the grounds and beach surrounding Shenanigans restaurant and features Hawaii bands: The Bootleggers, Ho'aikane, Ekolu and Greenstone Project.

**COMMISSARIES HOLIDAY HOURS**

4 — On Independence Day, the Pearl Harbor Commissary will be open from 9 a.m. to 5 p.m. and the Hickam Commissary will be open from 10 a.m. to 6 p.m. FMI: Pearl Harbor Commissary at 471-8402, ext. 101 and Hickam Commissary at 449-1363.

**JOINT RE-ENLISTMENT CEREMONY**

4 — The USS Missouri Memorial will host a joint re-enlistment ceremony at 9 a.m. under turret one. Service members from all branches of the military are invited to participate. Re-enlistments should be scheduled no later than today via the following link: <http://ow.ly/ys5RO>. Guests are welcome to attend and should arrive by 8:30 a.m. at the pier. FMI: Jenny Moss at jennym@ussmissouri.org.

**STRESS MANAGEMENT**

8 — A stress management class will be held from 8 to 11 a.m. at MFSC Pearl Harbor. The class will discuss how stress affects personal and professional lives, how to decrease the stress, and how to interrupt the stress cycle and use relaxation techniques. FMI: FMI: 474-1999 or www.greatlifehawaii.com.

**BUILDING GOOD SELF-ESTEEM IN CHILDREN**

9 — A class called "Building Good Self-Esteem in Your Children" will be held from 10 a.m. to noon at MFSC Pearl Harbor. FMI: 474-1999 or www.greatlifehawaii.com.

**EFFECTIVE COMMUNICATION FOR COUPLES**

10 — A class called "Effective Communication for Couples" will be held from 8 to 11 a.m. at MFSC Wahiawa. FMI: 474-1999 or www.greatlifehawaii.com.

**SMOOTH MOVE**

10 — A "Smooth Move" workshop will be held from 8 to 11:30 a.m. at Makai Recreation Center, 1859 McChord St. This workshop features speakers from various departments to give you a better understanding of the permanent change of station (PCS) process such entitlements, travel regulations, shipping your vehicle, filling out necessary paperwork, clearing quarters, researching new base and location, and financial planning. FMI: 474-1999 or www.greatlifehawaii.com.

**MONEY SKILLS CLASSES**

11 — A Money Skills for Kids class will be held from 9 to 10:30 a.m. at MFSC Pearl Harbor and a Money Skills for Teens class will be held from noon to 1:30 p.m. at the same location. FMI: 474-1999 or www.greatlifehawaii.com.



**TAMMY (R)**

Tammy is having a bad day. She's totaled her clunker car, gotten fired from her thankless job at a greasy burger joint, and instead of finding comfort at home, finds her husband Greg getting comfortable with the neighbor, Missi. It's time to hit the road with her grandmother, Pearl. Not exactly the escape Tammy had in mind, but may be just what Tammy needs.

**SHARKEY THEATER**

- TODAY 6/27**  
7:00 PM X-Men: Days of Future Past (3-D) (PG-13)
- SATURDAY 6/28**  
2:30 PM Maleficent (3-D) (PG)  
7:00 PM Advance screening / sneak preview - Tammy (R)
- SUNDAY 6/29**  
2:30 PM Maleficent (PG)  
4:40 PM Godzilla (3-D) (PG-13)  
7:10 PM X-Men: Days of Future Past (PG-13)

**HICKAM MEMORIAL THEATER**

- TODAY 6/27**  
6:00 PM The Amazing Spider-Man 2 (PG-13)
- SATURDAY 6/28**  
4:00 PM Godzilla 2014 (PG-13)  
7:00 PM Blended (PG-13)
- SUNDAY 6/29**  
2:00 PM The Amazing Spider-Man 2 (PG-13)
- THURSDAY 7/3**  
7:00 PM Neighbors (R)





# Local community members take walk through Hickam history

Story and photos by Tech. Sgt. Terri Paden

15th Wing Public Affairs

Honorary commanders from 15th Wing and local community leaders had the unique opportunity to burn calories and take in historical sites during a walking tour of Hickam on June 18.

The tour, which was hosted by Jessie Higa, Hickam History Club president, was the first of its kind and took the crowd of 35 on a three-mile trek around joint base. Higa took the group back in time as she walked them through the events that took place on Dec. 7, 1941 and the days that followed.

According to Higa, the tour stops were chosen based upon their significance to the base's history.

The stops included the Hickam Field Installation Flag Memorial, the Freedom Tower, Hickam Elementary School and the 15th Medical Group as well as many of the sites that were directly hit in the Dec. 7 attacks, such as the Pacific Air Forces Headquarters building, which was formerly the Hickam Field barracks.

"The purpose of this tour was to educate members of the community about the history of Hickam," said Higa. "We wanted to promote exercise and good health but also education, and we wanted to bridge the gap between the local community and the history that is here on base because it's not just Air Force history, it's Hawaiian history here as well."

Col. Johnny Roscoe, 15th Wing commander, spoke to the group before the tour and thanked them for their continued support and service to Hickam Airmen and encouraged them to value the his-



Jessie Higa, Hickam History Club president, explains historical memorabilia on display in the 15th Wing headquarters building to a group of local community members and honorary commanders during a walking tour of the historical sites of Hickam on June 18 .

torical history of the base.

"Every time you walk on this base, you actually step onto history," he said. "Over the years, Hickam has been continuously filled with people and families who have served this country and all of them had an impact on this base, this country and our Air Force."

In fact, the walking tour proved to be an eye-opening experience even for tour participants who were not first time visitors of the base.

Nancy Daniels, the spouse of a retired Air Force member, said she frequently visits the base though the tour was the first opportunity she had taken to appreciate its history.

"To be able to take the time to really get to know the history of this place is truly special," she said. "Time is passing, and it's important for us to stop and take advantage of these opportuni-

ties to remember our history. I've seen the buildings and the bullet holes before, so to hear the personal stories about the heroes, survivors and their families was really interesting for me."

As the tour wrapped up, Higa described hosting her first walking tour ever as exhilarating.

"I felt like I was breathing in the environment and the sites," she said. "The scenery felt different for me this time. You're definitely more aware of your surroundings. You pay attention to the birds chirping and the way the flowers smell. You don't get that same feeling on the trolley tour."

"I felt like we were walking back in time and reliving all the stories that have been told to me. It felt like I was really walking these people through that day, and I really realized how beautiful the base is," Higa said.



Members of the local community listen as Jessie Higa, Hickam History Club president, explains the history behind the Freedom Tower during a walking tour of the historical sites on Hickam.



## Partners in Care course provides free OTC medications

**Tech. Sgt. Terri Paden**  
15th Wing Public Affairs

Free over-the-counter (OTC) medications are available at the Hickam pharmacy for TriCare Prime beneficiaries enrolled at the 15th Medical Group (15th MDG) who attend the Partners in Care class.

Partners in Care is a one-hour self-care class that provides attendees with the knowledge and tools needed to self-treat minor injuries and illnesses, such as colds and fevers, at home.

Future classes will be held every second and fourth Wednesday of each month and are open to all TriCare beneficiaries.

Laura Pladson, 15th MDG utilization manager and medical management, said Partners in Care has been around for many years, but was reborn at Hickam in 2000 after the medical staff became aware of patients' increased frustration with being diagnosed to home care.

"We could tell the patients were frustrated that they were being prescribed over-the-counter medications and were feeling like they had made an appointment to get medications they could have gotten themselves, so we wanted to give them the tools to be able to do just that," she said. "We want to improve the quality of self-care provided at home by giving attendees skills and resources."

Though the course is intended to keep patients from having to make unnecessary trips to the clinic, Pladson said it is no way intended to completely replace professional medical care.

"Our goal here is not to tell you not to go to the doc-

tor, but to make your home care the best it can be," she said. "We want to help you become an active partner in your healthcare. For minor illnesses and injuries, yes, this course is a suitable replacement but if you are at all unsure, then certainly make an appointment."

In addition to the Partners in Care course, which covers methods to self-treat the entire family at home, the 15th MDG also offers a pediatric version of the course which focuses on caring for children under 12 and expectant parents.

The class offers a more in-depth look at common illnesses, such as ear infections, fevers and colds, typically seen in a pediatric clinic.

"I would recommend anyone who has children or are expecting a child to take this course," said Capt. Nicole Ward, 15th MDG executive officer and nurse.

"This course is especially good for expecting parents because it could help prepare them for their first year of being a parent. The first year is usually when we see parents in the clinic the most, and often times it's for a minor injury or illness they might be able to treat at home. I wish I'd had this class when I was a new mom, and I'm a nurse."

Ward said the class also offers new parents a place to network and learn about the other resources available to them in the community.

"This course saves time, money and is a more overall effective way to use the Air Force's resources," said Ward. "It frees up the PCMs to handle more complicated cases which cuts back the wait times. It's a win-win for everybody."

## Hickam Communities residents awarded WinningEdge Scholarships

**Hickam Communities**

WinnCompanies, the firm providing property management and maintenance services at Hickam Communities, awarded WinningEdge scholarships to distinguished residents living in their communities nationwide, with three national scholarship winners chosen from Hickam Communities' residents.

Meg Franklin, daughter of Maj. Edward and Margaret Franklin;

Thomas Killough, son of Lt. Col. William and Holly Killough; and Sara Carter Rushing, daughter of Maj. Kirk and Rebecca Smith, each received \$1,000 to be applied to their educational pursuits in the 2014-2015 academic year.

Meg will attend Anderson University, Thomas will attend the University of Hawaii at Manoa, and Sara, who is a high school senior at Radford High School, will be part of the Running Start/Dual Enrollment program

at Leeward Community College.

We are incredibly proud of these outstanding students and are confident they will excel in their chosen fields," said Steve Quinn, director of property management.

A total of \$19,000 was awarded to residents at military installations nationwide. Residents are encouraged to prepare for the 2015-2016 school year, with applications available February 2015 at [www.hickamcommunities.com](http://www.hickamcommunities.com).

## My Favorite Photo...

Jim Murray of Naval Supply Systems Command Fleet Logistics Center (FLC) Pearl Harbor Public Affairs took this photo of Shark's Cove on the island of Lanai. Murray said that Lanai is his favorite island.



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