

Warrior football touches down at Earhart Field

Story and photos by
Randy Dela Cruz

Sports Editor

In an exchange of cultural customs and lifestyles, the University of Hawaii Warrior football program and military members at Joint Base Pearl Harbor-Hickam (JBPHH) shared glimpses of what it's like on the other side of the fence as the civilian Division I football players got a unique look at life in the armed forces.

Last week, the Warriors, in preparation for their upcoming inaugural season in the Mountain West Conference, took full advantage of the opportunity to dorm and practice at joint base and, according to head coach Norm Chow, the arrangement couldn't have worked out better.

Besides the usual Xs and Os of daily practice sessions at Earhart Field, Chow said that the on-base experience provided his players a great chance to learn about the military and life.

"I think our job is, number one, to graduate student athletes and, number two, to teach life lessons," he said. "Football is a great tool to teach life lessons – discipline, teamwork and all that kind of stuff. To see it happening in the military, that's not lost on our guys and that's critical."

The team had the chance to come to JBPHH after the university closed its dorms for a week in order to spruce things up for the coming school year.

With no place to stay and its show-down with No. 1 ranked USC looming around the corner, Chow said he recalled how a similar situation was remedied while he was a member of the Tennessee Titans coaching staff.

"When I was in the NFL, we stayed in a kind of similar spot," he noted. "So we had a guy that knew a guy and this worked out terrific."

Chow said he also liked the fact that his players were shown a great example of what it means for people from all backgrounds to work together – something he notes that the military does very well.

"We are

the most diverse team in the country," said Chow, who is the first Asian-American head coach of a major college football program. "We go from Florida to Australia. That's why it's important for us to bond together as a team."

For UH receiver senior Jeremiah (Miah) Ostrowski, the stay at JBPHH was a great experience that will not only help him on the field, but also in life.

Although Ostrowski lives in Aiea, he said that this was only his second time on base, but first real interaction with life in the military.

"The number-one thing we learned was the discipline," said Ostrowski, who hauled in 65 passes for 687 yards in 2011 and is also the starting point guard on the school's basketball squad. "When we started, everybody was out of order, but after awhile, we picked it up. Everything we do is as a team, and that's how we want to go out there and perform."

One incident that Ostrowski said he'd never forget happened on the morning of Aug. 14 when both Navy and Air Force personnel joined forces to serve as training instructors in a commando-style drill that jolted the players out of the barracks at 5 a.m.

At first, Chow said that the players thought it was a joke, but Ostrowski stated that they were in shock.

"It was crazy. We never experienced something like that before," he admitted. "We're Division I athletes, but I think every single one of us was dying out there. They were doing all these high knees, running, that's really being in shape."

Meanwhile, for 6-foot-3-inch senior defensive lineman Paipai Falemalu, the week spent at JBPHH was far different from practices at the school's Manoa campus, but he said that he enjoyed the boot-camp-like experience.

"I think just being here on base was a real great experience for us because we couldn't go anywhere," he said. "We're just here on base and everything is just football. Don't have to worry about school; we're treated really good here. Everyone was very hospitable."

Chow, Falemalu and Ostrowski agreed that the week-long stay at JBPHH also served as an outreach for the university to connect with, and hopefully extend, its military fan base.

For years, the team has held a military appreciation night game at Aloha Stadium. The camp, Ostrowski said, should also help better the relationship between UH and the armed forces.

"It's big because they (military) are as local as we are," he said. "They represent Hawaii just like any other player on this team. So we've got to take them in and make them feel welcomed. They live here, fight for our freedom, so we've got to make sure that we make them feel at home."

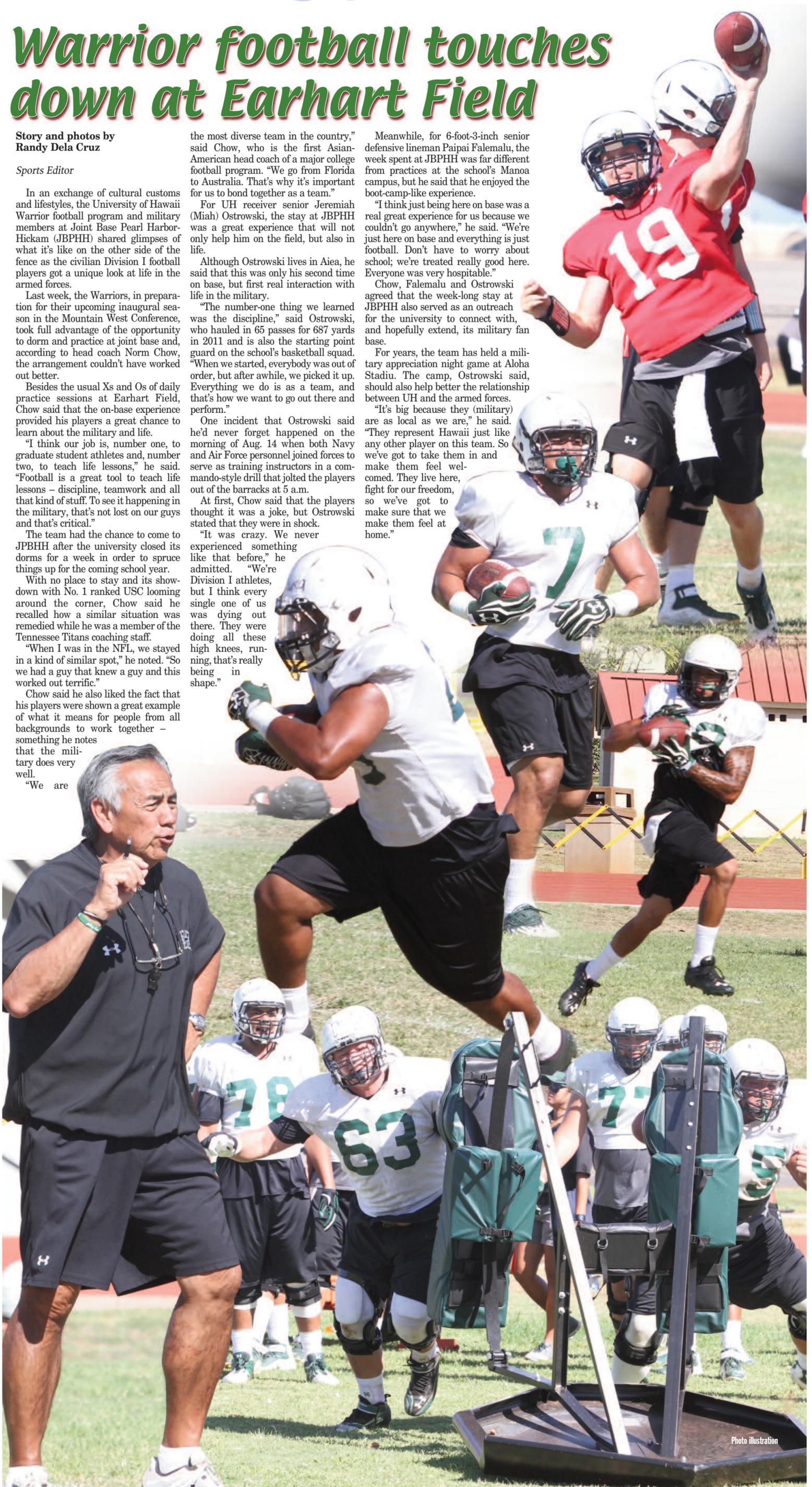


Photo illustration

Pacific Aviation Museum hosts 'Biggest Little Airshow'

MC2 Daniel Barker

Navy Public Affairs Support Element West, Det. Hawaii

The Pacific Aviation Museum on Aug. 18 and 19 served as the site of the "Biggest, Little Airshow" at Joint Base Pearl Harbor-Hickam.

More than 11,000 people attended the free event, which celebrated the Centennial of Marine Aviation and the Centennial of Women in Aviation.

Visitors observed more than 100 historic original aircraft and remote control aircraft on the tarmac, in the hangars and in the air. Remote control planes and helicopters participated in a "candy bombing" in which they dropped candy onto a field and children ran out to gather what they could.

Hangar 79 was open for visitors to see historic aircraft the museum has recently acquired. There were also sponsor booths and museum education booths including places for children to dress like a pilot, fly in flight simulators, play ball with robotics, look inside the cockpit, and make a model plane to take home.

Local Hawaii band Loaded Dice performed live classic rock and metal during the two-day

air show. The presenting local remote control organization, the Birds of Paradise, and pilots from the continental U.S. from the Academy of Model Aeronautics piloted their scale remote controlled planes in the skies next to the museum.

"Today is the remote control plane air show," said Navy Sea Cadet Matt Bowler. "It was pretty cool. I didn't know some of the planes go really fast. I heard that some go like 200 miles per hou. That's really cool."

Military vehicles and equipment were displayed as well as a special memorial to fallen service members. Originally part of the 2012 Fisher House Hero and Remembrance Run, Walk or Roll, more than a thousand donated military boots were displayed near the Ford Island Control Tower with American flags and photographs of fallen service members.

Navy Master-at-Arms 2nd Class Luke Ross and Seaman Conrad Sconacher performed a popular demonstration with their military working dog Riki on Saturday, and Air Force and civilian personnel showed their working K-9s Sunday.

The Pacific Aviation Museum is currently planning on holding the sixth "Biggest Little Airshow" next year in August 2013.



Photos by MC2 Daniel Barker and courtesy of Pacific Aviation Museum
Photo illustration

Got Five overwhelms Hit Faced in volleyball final

Story and photo by
Randy Dela Cruz

Sports Editor

After years of competing under the name of Wotevaz, the ladies of the newly named Got Five volleyball squad proved that while the team's title has changed, the results are still the same.

This year, Got Five continued its domination of the base's Women's Volleyball League (WVL) by vanquishing Hit Faced in straight sets, 25-9 and 25-9, Aug. 18, to capture the 2012 WVL championship at Naval Station Gym, Pearl Harbor-Hickam.

By winning the league's crown, the women have now collected the top prize in four consecutive years.

The WVL is a pay-to-play league that is open to women who are at least 18 years old and are active-duty military and family members or Department of Defense employees.

"We always came with five, so we were always short a player," said Got Five hitter Edna Walker about the team's name change from Wotevaz to Got Five.

Teams in the WVL compete six-on-six, but allow a squad to play with a minimum of five players.

While Got Five's official regular-season record was 7-2, both of the team's defeats were forfeits due to insufficient players.

In the playoffs however, Got Five competed at full strength with six players and it showed.

Against Hit Faced, a well-rested Got Five opened the first set with a bang and raced out to a 10-0 lead behind the well-placed, overhand serves of Department of Defense civilian and team veteran Cheri Akana.

During the fast start, Akana picked up two service aces and received outstanding frontline support from DoD Joanie Lilio, who slammed two kills, and Brenda Walker, Edna's daughter.

The teams split the next 10 points, but with Got Five holding a 15-5 advantage, the ladies put together another long run to gain an overwhelming lead.

Back-to-back kills by Army Chief Warrant Officer 2 Sorepa Thomas and an ace from server Yeoman 1st Class Maryanne Elisara completed a seven-point run that put Got Five out in front at 22-5.

A service error and kills by Lilio and Brenda Walker put the finishing touches on the team's



Got Five outside hitter Joanie Lilio puts the hit on one of her nine kills in the second set of the team's Women's Volleyball League championship game versus Hit Faced.

first set victory.

In the second set, it was more of the same as Lilio and her teammates continued to dominate from service and at the net.

Three kills and a service ace by Lilio helped Got Five take a 6-2 lead before Elisara recorded three service aces in a five-point run that put her team ahead by a score of 14-6.

From that point on, the set was taken over by the hard-hitting Lilio who, after a miss hit by Hit Faced, slammed down six of the Got Five's next seven points for a 22-8 advantage.

"We were just trying to put the ball in," said Lilio about the team's high hitting percentage. "For me, I was trying to push myself, jump as high as I can, and

hopefully the ball would land inside. That's what I was going for. I'm like, I can't hold back, this is the finals and go all out."

Later, a kill by Thomas, an ace from Akana, and a final kill by Thomas locked up the set and match and delivered another championship into the hands of Got Five ladies.

Hit Faced hitter military spouse Lauren Shinego, who picked up two kills in set one and another in set two, said that while the team's 30-minute turnaround after dispatching Team Ninja in straight sets in the semifinals may have contributed to her squad's loss to Got Five, she praised the defending champs for their outstanding effort.

"They definitely know how to

put the ball away," Shinego said. "That's why they're No. 1. They are an awesome hitting team. We just lacked on the defensive side."

Shinego admitted that although she was disappointed to see her team's season come to an end, she was happy and proud of the way Hit Faced battled throughout the year.

The team finished the regular season in sixth place with a league record of 4-6, but bounced back to win quarterfinal and semifinal matches in the playoffs.

"We came in as the underdogs and came out No. 2, so it was fun," she said. "It was a good season. The ladies were awesome. I look forward to next season and seeing Got Five again."

Entering into the champi-

onship game, Lilio said that the team approached the match with a simple strategy.

"Make less mistakes and let them make all the mistakes," she stated. "That's what we planned on the whole game. And plus, we were tired so we just wanted to finish them. We're not doing a third game."

Edna, who has been one of the most dominant players in the league for years, said that this season the team was about balance.

As for whether the ladies would be back for yet another championship run, the veteran outside hitter said that she would rather keep everyone guessing.

"We'll surprise you guys," she said with a laugh.

Second-half outbreak propels Dream Chasers to win

Story and photo by
Randy Dela Cruz

Sports Editor

Up by only two points in the second half, the Dream Chasers scored 13 points in a row to upend the upset-minded Naval Submarine Training Center Pacific (Nasty Pac) "B" by a score of 43-28, Aug. 18 in a Summer Basketball League (SBL) game at Joint Base Pearl Harbor-Hickam Fitness Center gym.

The run helped the Dream Chasers outscore Nasty Pac, 25-14, in the second half and keep their unbeaten and league-leading record intact at 5-0.

"We didn't play great in the first half, but we turned on in the second half," said Dream Chasers guard Engineman 2nd Class Brandon Thomason, who scored six points. "We weren't rotating in the beginning of the game. After half-time, we adjusted and everybody started being accountable for their man."

In the first half, Nasty Pac gave the Dream Chasers all they could handle in a seesaw affair that exchanged leads three times in the first seven minutes of play.

A basket by Thomason gave the Dream Chasers their first lead at 6-5, but Nasty Pac came right back on a shot by Yeoman 2nd Class Sammell Humphries.

While the Dream Chasers, powered by back-to-back layups from Marines Staff Sgt. Julius Johnson, scored the next seven points, Nasty Pac pulled back to within one at 13-12 on a put back by Humphries.

Then, down by four at 18-



Dream Chasers point guard Intelligence Specialist 2nd Class Aaron Jackson goes up for a shot during a Summer Basketball League game versus Naval Submarine Training Center Pacific (Nasty Pac) "B" at Joint Base Pearl Harbor-Hickam Fitness Center.

14, Nasty Pac came out of halftime and scored on a basket by Electronics Technician 2nd Class Nick Morton that cut the lead down to two.

However, led by point guard Intelligence Specialist 2nd Class Aaron Jackson, the Dream Chasers went on a 13-0 run to pull away from Nasty Pac.

Held scoreless during the first half, Jackson started the second half on fire by scoring on a lay-up and dishing out an assist to Johnson, before drilling a trey from downtown - putting the Dream Chasers up by nine at 25-16 with 11:36 remaining in the game.

Another two-point shot by Johnson gave the Dream Chasers their first double-digit lead at 27-16, but Morton finally ended the run by connecting on one of two from the free-throw line.

Thomason explained that once the team settled down and began to focus on defense, scoring became a lot easier in the second half.

"This whole season we've started off sluggish," Thomason said. "Once we buckled down and started playing defense, we got turnovers and fast breaks. That's where we get most of our scoring on fast breaks."

Thomason sealed the game on a basket-and-one that raised the Dream Chasers' lead to 16 at 36-20 with 4:20 on the clock.

Johnson led the charge on offense for the Dream Chasers with his strong play inside the paint.

The Dream Chasers pivotman pumped in 14 points and was followed by nine points from Jackson, who scored all of his tallies in the second half.

Humphries led Nasty Pac with 10 points and was supported by six points each from teammates Morton, Machinist's Mate 1st Class Steven Dunbar and Fire Control Technician 1st Class Casey Pegram.

Humphries, who scored all but one of his points in the first half, said that although Nasty Pac stayed close at the start, the team began to stray from its game plan shortly after the break.

Once the team started falling behind, Humphries said, bad decisions on offense prevented Nasty Pac from coming back.

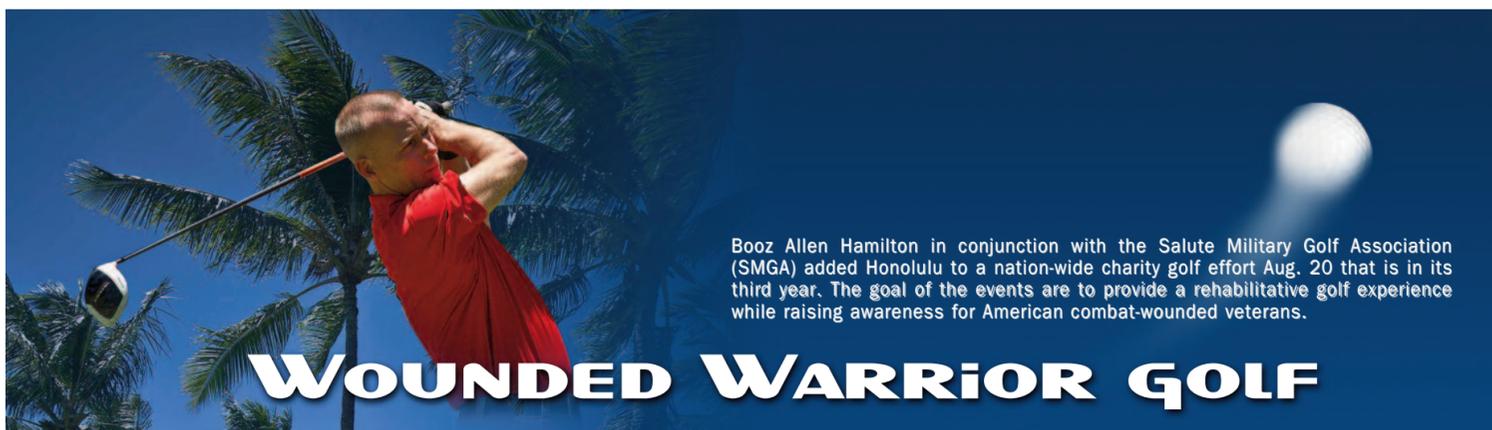
"We started off with a real quick basket at the beginning of the half but started looking ahead of us and started rushing it," Humphries said. "We should have kept to our same game plan in the first half and pass the ball around. Instead, we panicked and had to force our way back. In the end, we just ran out of gas."

Still, Humphries maintained that should the teams meet in the playoffs, Nasty Pac would be ready.

"Every game, we keep on getting better," he said. "If we see them later in the season, we'll be in better shape and communication will be better."

Meanwhile, Thomason said that the keys for continued success for the Dream Chasers are staying calm and keeping focused.

"We try not to panic because once you start to panic, you start arguing with your teammates and then you start falling apart," Thomason stated. "We all got leaders on this team, so we can all step up anytime and make shots."



Booz Allen Hamilton in conjunction with the Salute Military Golf Association (SMGA) added Honolulu to a nation-wide charity golf effort Aug. 20 that is in its third year. The goal of the events are to provide a rehabilitative golf experience while raising awareness for American combat-wounded veterans.

WOUNDED WARRIOR GOLF



Sgt. 1st Class Fetuosasae Sua from the Warrior Transition Battalion at Tripler Army Medical Center looks on as his drive travels down the 15th fairway.



Marine Corps Col. Nathan Nastase, shares some stories with Army Master Sgt. James Habbit from the Warrior Transition Battalion at Tripler Army Medical Center while waiting in the fairway for the green to clear.



Marine Corps Col. Nathan Nastase, 3rd Marine Regiment commanding officer, Marine Corps Base Hawaii, Kaneohe Bay, gives opening remarks to Wounded Warriors and Honolulu civilian community members.



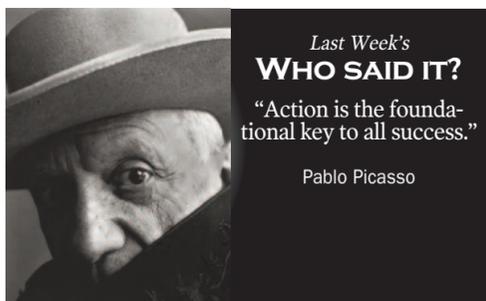
U.S. Army Master Sgt. James Habbit from the Warrior Transition Battalion at Tripler Army Medical Center hits a drive toward the fairway.



Department of Defense photos by U.S. Air Force Tech. Sgt. Michael R. Holzworth
Photo illustration

WHO SAID IT?

“A prudent question is one-half of wisdom.”



This Week's Trivia

What major American Navy victory at sea took place Aug. 13, 1812?



Last Issue's Question: Who served as the first chief master sergeant of the U.S. Air Force?
Answer: Paul W. Airey served as the first chief master sergeant of the U.S. Air Force.

My Favorite Photo...

As part of his recent visit to the island of Maui, Navy Lt. Cmdr. Allen Unger snapped this colorful picture along the road to Hana. Unger is employed at Naval Supply Systems Command Fleet Logistics Center Pearl Harbor.
Photo courtesy of Lt. Cmdr. Allen Unger



How to submit photos

Send your (non-family and non-posed) photos to editor@hookelenews.com.

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

DIVE-IN MOVIE

A free movie showing at the Naval Computer and Telecommunications Area Master Station Pacific pool takes place from 6:30 to 9:30 p.m. today. The movie will begin at sunset. Children under the age of 10 must be accompanied by an adult. FMI: 653-5306.

CHINATOWN FOOD AND HISTORIC TOUR

A tour of Honolulu's Chinatown featuring a traditional dim sum lunch will take place 8:45 a.m. to 1:30 p.m. Saturday. The cost is \$25 for adults, \$20 for children ages 3-11 years old, departs from Tickets & Travel-Hickam. FMI: 448-2295.

SAILING ORIENTATION

Join experienced skippers from 8 a.m. to 2 p.m. Sunday and learn the basics of sailing. The sail begins at Hickam Harbor Marina and goes to Diamond Head and back, checking out Waikiki and the south shore. The cost is \$20 per hour. FMI: 449-5215.

KAYAKING HALEIWA RIVER WITH LIBERTY

A free kayaking trip to Haleiwa River with Liberty will be held Sunday. Departures are from Beeman Center at 8:15 a.m., Instant Liberty at 8:30 a.m., Makai Rec Center at 8:45 a.m., and Liberty Express at 9:30 a.m. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

MOONLIGHT PADDLE

There will be a moonlight paddle from 8 to 10 p.m. Thursday at Outdoor Recreation-Hickam Harbor. All paddling abilities are welcome. The trip includes kayaks, gear and professional guides. Saturday is the final day to register. The cost is \$20 per person. FMI: 449-5215.

YOUTH ADVENTURE SPORTS

Young people ages 12 to 16 can experience sports such as surfing, stand-up paddleboarding, mountain biking, canoeing and kayaking. Registration is through Aug. 31, and the session runs September to November. The cost is \$120. FMI: www.greatlifehawaii.com.

BENCH PRESS CONTEST

The Pearl Harbor Fitness Center will hold a bench press contest at 10 a.m. Sept. 1. Weigh-ins begin at 9 a.m. Men will bench press 100 percent of their body weight, and women will bench press 50 percent of their body weight, as many reps as possible in good form. The entry fee is \$5. FMI: www.greatlifehawaii.com

Community Calendar

August

25 - A property sale will take place from 9 a.m. to 2 p.m. at Bellows Air Force Station. The sale is open to active duty ID cardholders and their family members from 9 to 10 a.m. All other authorized ID cardholders may participate from 10 a.m. to 2 p.m. All property is sold "as is" and sales are final. The sale is cash only. FMI: www.bellowsafs.com.

26 - Pearl Harbor Memorial Chapel will host a Protestant ministry fair after the 11 a.m. service to provide information on upcoming events, family ministry programs, outreach opportunities, programs for mothers of preschoolers, the new mid-week Bible studies, and living-inside-out children's hour. The ministry fair will be followed by a meal and fellowship. FMI: 473-3971.

September

1 - The City & County of Honolulu will conduct the monthly statewide outdoor warning siren test at 11:45 a.m. The Joint Base Pearl Harbor-Hickam "Giant Voice" works in conjunction with Honolulu's outdoor warning sirens and will sound a steady tone for 45 seconds.

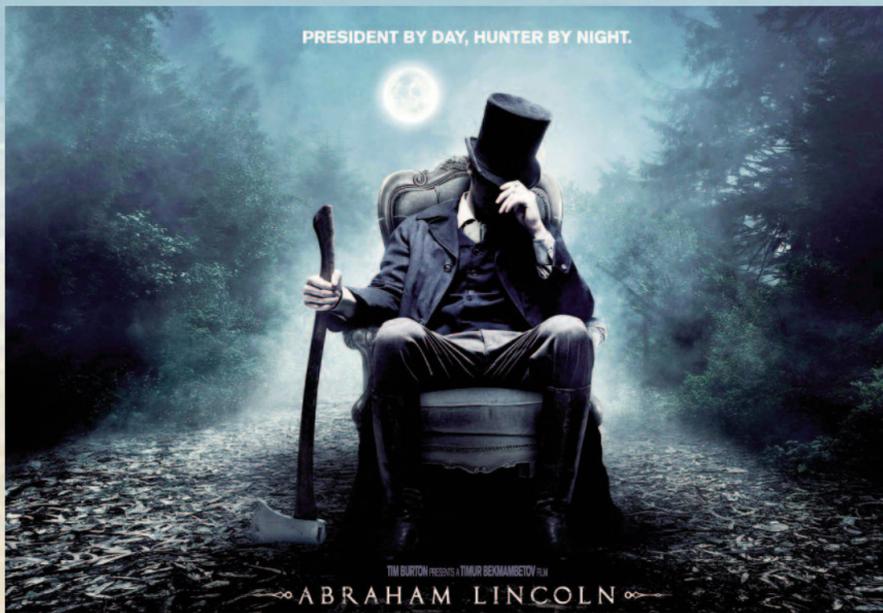
6 and 13 - Military housing residents can meet with Navy leadership and Forest City representatives at upcoming community meetings scheduled for 5:30 p.m. Sept. 6 and Sept. 13, both at Moanalua Community Center. Residents will have an opportunity to ask questions and address concerns. Information will also be provided on the Resident Energy Conservation Program which will implement a 10 percent buffer beginning Oct. 1.

7 - Military and Family Services Center will recognize 80 ombudsmen at a Navy Family Ombudsman Program appreciation dinner in the Hickam Officers' Club at Pearl Harbor-Hickam. The \$35 tickets can be purchased through today. FMI: 474-1999.

14 - The Air Force Ball will be held at 6 p.m. at the Hilton Hawaiian Village in Waikiki. Ticket prices for the event are tiered. FMI: call a unit representative or visit <http://www.15wing.af.mil/library/airforceball.asp>.

For more information on events, visit www.greatlifehawaii.com.

Movie Showtimes



Abraham Lincoln: Vampire Hunter (R)

Visionary filmmakers Tim Burton and Timur Bekmambetov bring a fresh and visceral voice to the dark and bloodthirsty lore of the vampire, imagining the secret life of our nation's favorite president...as history's greatest hunter of the undead.

SHARKEY MOVIE THEATER

TODAY
7:00 PM The Amazing Spider-Man (PG-13)

SATURDAY
2:30 PM Brave (PG)
4:45 PM Abraham Lincoln: Vampire Hunter (R)
7:15 PM Ted (R)

SUNDAY
2:30 PM Brave (PG)
4:45 PM The Amazing Spider-Man (PG-13)
7:15 PM Magic Mike (R)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Brave (PG)
8:30 PM Katy Perry: Party of Me (PG-13)

SATURDAY
4:00 PM Brave (PG)
7:00 PM Abraham Lincoln: Vampire Hunter (R)

SUNDAY
2:00 PM The Amazing Spiderman (PG-13)



Navy leads in history of equality

Office of Chief of Naval Operations

This Navy administration message announces the observance of Women's Equality Day on Aug. 26.

It commemorates the 1920 passage of the 19th amendment to the Constitution, granting women the right to vote.

The women's suffrage movement began in 1848 at the Seneca Falls Convention in Seneca Falls, N.Y., convened by suffragist leaders Elizabeth Cady Stanton and Lucretia Mott.

The resulting declaration of sentiments, which outlined key social, civil and political demands for women, helped the cause of women's suffrage gain national prominence.

Nearly 72 years of ceaseless campaigning by a coalition of suffragists, temperance groups, reform-minded politicians and women's social welfare organizations led to the passage of the 19th amendment to the Constitution on Aug. 26, 1920, prohibiting state and federal agencies from placing gender-based restrictions on voting.

To honor and commemorate this historic event, in 1971 New York Congresswoman Bella Abzug introduced, and Congress signed, a resolution to designate Aug. 26 as Women's Equality Day, recognizing the anniversary of suffrage and of women's continued efforts toward equal rights.

There are nearly 65,000 women, active and reserve, serving in the Navy today, comprising more than

17 percent of the force.

Additionally, nearly 50,000 women serve across the Navy in a wide range of specialties as civilian employees. These talented female officers, Sailors and civilians are a key component of our total force, and they are an invaluable asset to the strength of the Navy.

Although women have served in and with the Navy since the American Revolution, they did not become an official part of the Navy until 1908 when Congress established the Navy Nurse Corps, 12 years before women gained the right to vote.

The Navy's first enlisted women, more commonly known as yeomen, provided clerical support during World War I, but only for the duration of the war.

Nurses remained the only women in the Navy until the service launched the women accepted for Volunteer Emergency Service (WAVES) program in 1942.

During World War II, 85,000 WAVES served at naval shore establishments across the nation and overseas, including 81 nurses held as prisoners of war by the Japanese.

The contributions of these Navy women and their counterparts in the other services convinced military and congressional leaders that women should have a role in the peacetime armed forces.

With the passage of the Women's Armed Services Integration Act of 1948, women gained permanent status in the armed services.

Opportunities for women increased dramatically during the 1970s. Chief of Naval Operations Adm. Elmo Zumwalt issued a series of mandates for change known as Z-grams. In 1972, Z-gram 116 expanded the role of women in the Navy. In 1973, the Supreme Court ruled in favor of equal benefits for the dependents of military women as well as abolishing pregnancy as a reason for mandatory separation.

President Gerald Ford signed Public Law 94-106, opening the U.S. Naval Academy to women by the fall of 1976.

In 1978, the Navy started its "Women on Ships" program, assigning women to non-combatant ships.

Opportunities were later broadened to include service on combatants in 1994, following the repeal of the combat exclusion law.

Women's roles on combatant ships were further expanded in 2011 when the first group of women reported onboard submarines.

Most recently, Navy female medical officers, chaplains and chief and first class petty officer hospital corpsmen are reporting to serve at the battalion level in the Marine Corps ground combat element as part of the Department of Defense women in service review exception to policy.

More information about women's diversity conferences, events and observances is available on the office of Women's Policy N134W webpage at <http://www.public.navy.mil/bupers-npc/organization/bupers/womenspolicy>.

Armed services blood drive schedule updates announced

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). Dates and locations are updated regularly online as new drives are scheduled. Donors are encouraged to schedule an appointment online, call to make an appointment, and check www.militaryblood.dod.mil for the latest information.

Currently scheduled drives include:

- Aug. 24, 7:30 a.m. to 1 p.m., Pearl Harbor Naval Shipyard building 2.
- Aug. 28, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

Country music star will perform at Ward Field Sept. 11

Country music superstar Mark Wills will perform a remembrance concert at 7 p.m. Sept. 11 at Ward Field, Pearl Harbor-Hickam.

With more than 15 years in the country music industry, Wills' number one singles include "Wish You Were Here," and "19 Somethin'" along with chart-topping hits such as "Jacob's Ladder," "Places I've Never Been" and "I Do (Cherish You)."

Gates open at 5 p.m. The event is open to military-affiliated personnel and their sponsored guests. Food and beverages will be available for purchase. No pets, glass, tents or outside food and beverages will be allowed. Large bags and backpacks will be subject to search.

For more information, visit www.greatlifehawaii.com.

Siller Tunnel to Towers Pearl Harbor run to take place Sept. 8

Don Robbins

Assistant Editor

This year's second annual Stephen Siller Tunnel to Towers Pearl Harbor 5K run will take place at 7 a.m. Sept. 8 across the Ford Island Bridge at Joint Base Pearl Harbor-Hickam.

The race is affiliated with the national Tunnel to Towers Foundation, created in honor of New York Fire Department fire-

fighter Stephen Siller, who lost his life on Sept. 11, 2001.

Siller had just gotten off work when the first plane crashed into the World Trade Center. Siller parked his truck, put on all of his gear (about 65-75 pounds) and ran through the tunnel and was picked up somewhere on the other side by Squad 1.

He was last seen in that general vicinity. In all, the New York Fire Department lost 343 firefighters that day.

Last year was the inception of nationwide

Tunnel to Towers events. Pearl Harbor became one of 30 races outside New York City and the third largest with more than 1,000 runners and walkers participating.

The cost for the race is \$35 until the beginning of September and \$50 cash on race day. Free running shirts are available for all adult registrations. Children under age 12 may participate free of charge, but will not be given a T-shirt. Prizes will be available to participants age 18 or older.

A portion of the proceeds will benefit the

Hawaii Fire Chiefs Association and Building for America's Bravest, according to Leigh Anne Wilson, regional director for the Tunnel to Towers national race.

She explained that the Tunnel to Towers Foundation is now partnered with the Gary Sines Foundation in Building for America's Bravest, building smart homes for triple and quadruple amputees.

For more information and to register for the race, visit the website at www.t2trun.org/pearlharbor.

Bellows to hold its first Keiki Bodyboard Contest

Bellows Air Force Station will hold its first *Keiki* (children's) Bodyboard Contest, starting at 10 a.m. Sept. 22.

Entry Fees are \$10 if postmarked by Sept. 2, \$15 if postmarked by Sept. 3-9, and \$20 after Sept. 10.

No T-shirt is guaranteed after Sept. 9. No refund will be given.

Individual contest age groups are 7-9, 10-12, 13-15 and 16-17. Tandem competitors must be at least 18 years old to compete with a child age 6 and under.

All participants must be able to swim. Awards for the top three in each age group and top three in tandem group will be awarded.

For more information and registration forms visit www.bellowsafs.com or call Turtle Cove at 808-259-4136/4137.

Well-baby doctor visits: Why they're so important

TriWest Healthcare Alliance

You've missed your baby's scheduled well-baby doctor exam. Should you be concerned? Your baby isn't sick, so it's not that important ... is it?

Because babies grow so quickly, regular well-baby doctor visits help keep them happy and healthy.

Your son or daughter should have six well-child doctor visits during their first 15 months of life. These regular doctor visits allow the pediatrician to check your baby's growth and development.

They also give you, as the parent, important information about what to expect as your child grows up.

During a well-baby visit,

your child will also receive any vaccinations that are due. Vaccinations are a big part of protecting your child from disease.

If your baby isn't vaccinated, these diseases could make your child very sick or even cause death.

Make the most during your regular well-child doctor visit. Write down any questions or concerns you

may have about your child's development and bring them with you. This way you won't forget to ask the pediatrician during the exam.

Well-baby doctor visits are a TRICARE-covered benefit with no authorizations, cost-shares, co-payments, or deductibles for those eligible.

For more information on well-child doctor visits, visit TriWest.com/parenting.

Hawaii-based Airmen will run 200 miles for Wounded Warriors Project this weekend

Story and photo by Paul Koenig

A group of Airmen stationed at Joint Base Pearl Harbor – Hickam and one civilian will be running in the “Hood to Coast” Relay Race in Oregon this weekend to generate interest and donations for the Wounded Warriors Project (WWP).

“With 12,600 runners, 3,600 volunteers, tens of thousands of fans and broad media coverage, the opportunity to raise awareness for support of our wounded brothers and sisters seems too good to pass up” said Sr. Airman Chris Perez, team captain.

The race, which takes place today and Saturday, starts at the top of Mount Hood, runs through scenery of the Cascade Range past Portland on its way to Seaside, a coastal vacation spot in Northwest Oregon.

The grueling event is run continuously until completion, with no team stops or breaks, Perez explained. “This makes it an even tougher challenge for our team, since most of the other teams will have 12



Team R.I.S.E. Above finishes a recent 139-mile Oahu race.

members compared to our eight,” Perez said.

As a group committed to the WWP, the team has already paid for their own airfare and startup costs. Their team name, R.I.S.E. Above, is rooted in their committed approach: Remember integrity first, service before self, and excellence in all you do and

Senior Airman Scott Rippeth said, “Our team

wanted to keep the focus of contributions on the Wounded Warriors Project, insuring all donations go directly to WWP.”

Their team name, R.I.S.E. Above, is rooted in their committed approach: Remember integrity first, service before self, and excellence in all you do and

you will rise above.”

The Airmen runners include Perez, Rippeth, Jimmy Wilbourn, Joey Garcia, Greg Lishman, Adam Easton, Tony Oakley and Henry Flores, a civilian. For more information, visit the team’s site at <http://wwpproudsupporter.kintera.org/riseabove>.

JEMS Job Fair set for next month

Job applicants will have an opportunity to meet with more than 100 prospective employers when the 25th annual Joint Employment Management System (JEMS) Job Fair convenes from 9 a.m. to 1 p.m. Sept. 26 at Club Pearl at Pearl Harbor-Hickam.

Hawaii, mainland and international companies will be represented at the fair.

Those who plan to attend the job fair should be dressed for potential interviews, bring resumes, have business cards available, and bring a pen. The event is open to members of the military community with base access. Even before job seekers meet face-

to-face with employers, they will have a chance to hone their resumes and job-seeking skills at preparation classes that are being hosted by staff at the Military and Family Support Center (MFSC).

The preparatory classes will be offered in late August and early September. Information on how to write a resume, how to dress for interviews, and other job-hunting skills will be presented at the classes. Classes include:

Job fair success

- Aug. 28, 10 a.m. to noon at MFSC Hickam.
- Sept. 10 and 11, 5 to 7 p.m. at MFSC Pearl Harbor.

Writing your best resume

- Sept. 6, 1 to 3 p.m., MFSC Hickam.

Career choices

- Sept. 12, 5 to 7 p.m., MFSC Pearl Harbor.

Acing the interview

- Sept. 24, 1 to 3 p.m., MFSC Pearl Harbor.

At www.jemsjobs.com, JEMS also offers a comprehensive job bank of approximately 1,600 to 1,900 Hawaii job listings with 600 to 900 new jobs added monthly.

Positions range from entry level to professional jobs. Job seekers can create and post resumes on the job site.

For more information, call 474-1999 or 449-0300.

Women’s professional development seminar to be held Aug. 28

A women’s professional development seminar in honor of Women’s Equality Day will be held from 8 to 11 a.m. Aug. 28 at the Aloha Conference Center auditorium at Pearl Harbor-Hickam.

Air Force Col. Eva S. Jenkins, commander 692d Intelligence, Surveillance and Reconnaissance Group will serve as facilitator.

The theme of the seminar is “How You Can Reach Your Highest Potential ... and Help Others Reach Theirs.”

Spotlight topics will include:

- Terrific 10: things you can do to maximize your potential for success.
- The female factor: explore the question, “Do women lead differently?”
- Synergistic success effect: what the most successful people do.
- Create a life goal setting action plan: walk through steps to develop your vision and purpose, create action goals, discuss ways to do the research, make a contract with yourself and plan to assess your progress.

Call 448-1400 or email Eva Jenkins at eva.jenkins@us.af.mil to sign up. Seating is limited to 86 people.

NEX plans series of Labor Day weekend activities

Pearl Harbor Navy Exchange (NEX) has announced its Labor Day weekend schedule of activities. They include:

- A military appreciation event will take place from Aug. 29 to Sept. 3 in the NEX parking lot. There will be a tent sale, food booths by local family readiness and ombudsmen groups, Morale, Welfare and Recreation bounce houses, an exotic car show, games and a Taste of NEX event.

- A Honolulu Police Department/*keiki* (child) ID night will take place from 4 to 8 p.m. Aug. 31 in the NEX mall. Free IDs for children will consist of a picture, finger printing and descriptive information about a child in case of emergencies.

- Authorized patrons are invited to a free movie night featuring the movies “The Lorax” and “Tin Tin” Aug. 31 in the NEX parking lot. Seating is at 5:30 p.m. and

the movies start at 7 p.m.

Due to limited seating, tickets to the show can be picked up at the Aloha Center on a first-come, first-served basis. Patrons are responsible for their own chair, beach mat, etc. for seating. Those with higher chairs will be asked to sit further back from the screen so patrons with beach towels and mats will be able to view the screen.

- Ukulele performer Kalei Gamiao will play at a free performance 6 p.m. Sept. 1 on the NEX parking lot stage.

- Rock guitarist Michael Angelo Batio, voted the “number one shredder of all time by Guitar One magazine,” will perform at a free concert at 7 p.m. Sept. 1 at the NEX parking lot stage.

For more information, contact Stephanie Lau, NEX customer service manager at 423-3287 or email stephanie.lau@nexweb.org.