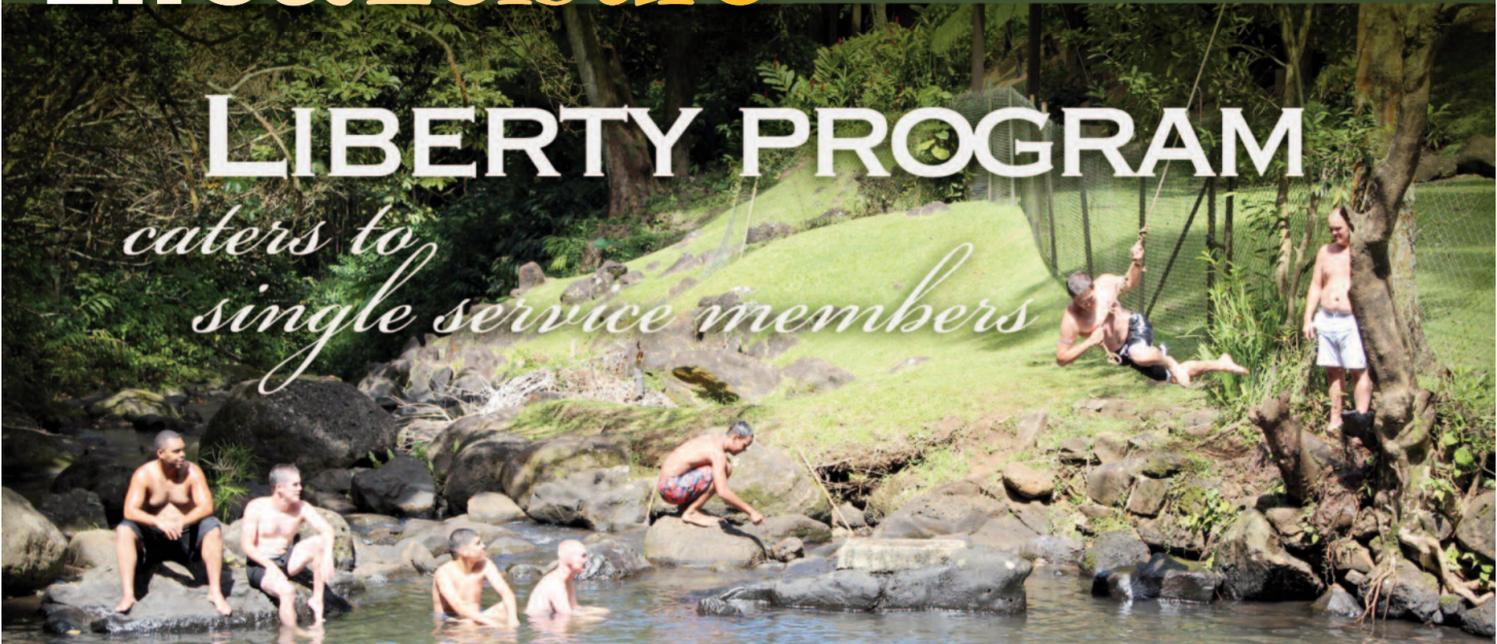


# Life & Leisure

## LIBERTY PROGRAM

*caters to single service members*



Swimming is one example of the Liberty Program activities.

Reid Tokeshi

JBPHH Morale, Welfare and Recreation

Stationed far from their hometowns, single, unaccompanied active duty military members often find themselves alone with lots of free time.

Joint Base Pearl Harbor-Hickam's Liberty Program is devoted to providing fun recreational alternatives for the single Sailor and Airman on Joint Base Pearl Harbor-Hickam (JBPHH).

Greg Brown, Liberty director, described his program as one that caters to all active duty service members on base who fit the specific category of single, unaccompanied personnel within the Navy or Air Force.

Their focus is on younger enlisted (E1-E6) men and women, but they welcome others who fit into the realm of their target audience. That includes "geo-bachelors," those whose duty station keeps them separated from family.

"It is designed specifically for those that don't have families while in Hawaii. That is what we're here for,"

Brown said.

Three facilities are operated within the confines of JBPHH: Beeman Center, Instant Liberty and at Wahiawa Annex, Liberty Express.

A fourth, the Gathering Place, is funded and supported by Liberty but is run by volunteers. All centers offer a comfortable environment where the single Sailor or Airman can relax. As Brown described it, "They're meant to be like your home away from home."

Amenities include multiple big screen televisions to watch the latest movies or play favorite video games, pool tables, computer stations and free Wi-Fi.

"The main thing is, they have an outlet to come to when they have free time and nothing to do. It's an atmosphere where they can sit down, relax and do whatever they want," Brown said.

Food and drink are welcome at all centers, but alcohol and tobacco products are prohibited. Liberty runs activities in-house, including video game, pool and ping pong tournaments and

Texas Hold'em. Larger events such as pampered nights and live entertainment are also offered on occasion.

Outside excursions get service members acquainted with the island.

"In my opinion, we're living in one of the best places in the world. So you can do a lot more, especially if you're an outdoorsy person. There are tons of things to do," said Brown. Activities include hiking, kayaking and dinners.

Despite the effects of sequestration, Liberty still covers all or most of the expenses involved so their patrons are never paying full price. Brown believes strongly in the importance of giving the young servicemen something to do rather than just sitting in their barracks.

"On the weekend they might have nothing to do, so they say, 'sure, why not?' and if we get one person that ends up picking up that activity and likes it then great," Brown said.

Thousands of single, unaccompanied service members are stationed on JBPHH, but only a small percentage use Liberty's services, according to

Brown.

"For the amount of single and unaccompanied Sailors and Airmen (on this base), they don't utilize the centers as much as they could," Brown said. Efforts have been made to reach out to other organizations on base.

Liberty has begun working with CSADD (Coalition of Sailors Against Destructive Decisions) to reach their young audience.

"We are always looking for more interested parties to participate in Liberty programs," Brown said.

Senior enlisted and officers are also welcome to contact Brown.

Liberty can work on activities and excursions with them as long as it fits in the parameter of the single, unaccompanied Sailor or Airman.

"In my eyes, that's what we're here for. That's the good part of the job," said Brown.

For more information email [gregory.r.brown3@navy.mil](mailto:gregory.r.brown3@navy.mil) or call him at Beeman Center at 473-2583.

*Editor's note: See additional information on the Liberty program on page B4.*



(Above left) Gaming centers at Instant Liberty. (Above right) The theater area at Beeman Center. (Far left) The TV area at Instant Liberty. (Left) The movie screen at Instant Liberty. (Right) Computer stations at Instant Liberty.

(Below) Participants in the Liberty Program have fun at Paradise Cove Luau.



# JPAC survives scare to earn victory over Hit Faced

Story and photo by  
Randy Dela Cruz

Sports Editor

The Joint Prisoner of War/Missing in Action Accounting Command (JPAC) dropped their first set of the season but rebounded to sweep the final two sets in a tough, 15-25, 25-14 and 15-9, volleyball match against Hit Faced on Aug. 1 at Joint Base Pearl Harbor-Hickam Fitness Center.

In earning the hard-fought victory, JPAC, whose record now stands at 5-0, remained tied at the top of the Gold Division with Hawaii Air National Guard (HIANG) while Hit Faced fell to 2-2.

Hit Faced is the only team in the league that is totally comprised of athletes from the players' pool.

"The last couple that I've played we haven't lost a game until now," said JPAC hitter Senior Chief Explosive Ordnance Disposal Jeremy Porter about losing the first set. "That got everybody shook up and a little hungry tonight."

The first set started off as a back-and-forth battle with the lead changing two times before either team reached 10 points.

Tied at 9-9, a netball put Hit Faced back in front before Lt. Joe Lerezo extended the team's lead to four at 13-9 with three consecutive service aces.

A kill by Porter stopped the mini run, and later another kill



Master Sgt. Rick June, Joint Prisoner of War/Missing in Action Accounting Command (JPAC), goes up to block a kill attempt by Air Force Capt. Joey Ortiz of the Hit Faced volleyball squad in a matchup of Gold Division teams.

by Porter brought JPAC to within a point at 14-13.

However, that would be as

close as JPAC would get in the first set as Hit Faced, with Army Capt. Daniel Tseng at ser-

vice, ran off eight straight points to take a commanding 22-13 lead.

The run was highlighted by two aces and a kill from Tseng and a tremendous block by team captain, Information Systems Technician 2nd Class Helen Shaw.

The second set started off with Hit Faced taking a 3-0 lead, but the tide turned quickly as JPAC hitter Master Sgt. Rick June helped his team tie the score at 5-5 before slamming down another shot to gain a 6-5 lead.

While the teams continued to duke it out, JPAC, clinging to a 10-9 advantage, started to make their move.

Ignited by a kill from Porter that made it 14-10, JPAC reeled off four more points to pull away from Hit Faced at 18-10.

Fittingly, it was Porter who threw the hammer down for the final point in a 25-14 win.

In the final set, with JPAC holding a slight 5-4 lead, Porter stepped up once again and gave his team a little breathing room with back-to-back kills. A block by Staff Sgt. Paepae Tevaseu made it 8-4.

Hit Faced hitter Electronics Technician 1st Class Dareem Potter blasted a kill to pull to within three points, but Porter responded with two more kills to give JPAC a 10-5 advantage.

From that point on, JPAC never relinquished the lead, as Porter went on to turn the lights

out on a service ace.

Although JPAC took to the court with a slightly different lineup from their last game, the team was still able to adjust and finish off with a win.

Porter said that having to learn how to play with his new teammates was the main reason for JPAC's slow start.

"It always does because you're feeling out each other's other strength and weaknesses whenever it's your first time playing together," he explained. "It took us a little time to figure that out."

Meanwhile, Shaw said that inexperience might have prevented Hit Faced from capturing their third game of the season.

"It all comes down to we all have our individual strengths and weaknesses," she admitted. "We don't necessarily cater to that (weakness). We probably lost a lot of points due to serves. I've only been playing for a few years. My overhead serve is not a 100 percent every time. So I should have switched underhand a little earlier," she said.

Porter, who got 13 kills in the match and five in final set, said that when it came down to the final set, he and his teammates felt that they had to put away Hit Faced as fast as possible.

"It was to the point that we wanted to end it," he admitted. "We knew that they could get five or 10 pretty fast. We knew we better end it quick."

# Port Royal rolls to 14-point win over Shipyard

Story and photo by  
Randy Dela Cruz

Sports Editor

USS Port Royal (CG 73) Hoyas got 12 points from Yeoman 3rd Class Eriek Ausbey and nine first-half points from Seaman London Waldon en route to a decisive 46-32 victory over Shipyard on Aug. 3 in a Summer Basketball League (SBL) game at Joint Base Pearl Harbor-Hickam Fitness Center.

The SBL is a pay-to-play league that, unlike intramural sports, allows more Department of Defense civilians to participate and active-duty players to play on teams from commands other than their own.

In a battle of 1-0 teams, Port Royal got out of the gates fast and jumped out to a 13-2 lead after Ausbey scored on a lay-up with 9:24 remaining in the first half.

The early boost allowed the Hoyas to take a 25-18 lead into the break before the team turned up volume in the second half to earn the double-digit win.

"We just played as a team," said Hoyas head coach Airman 1st Class Charlton Burton. "Everybody played their role and usually, that's all you need. I coach defense and free throws. Then it's the little stuff like taking away second-chance opportunities, hustling, (going after) loose balls. We're just happy that we came out with the win."

In the first half, Waldon came out on fire and helped Port Royal jump out to a 9-2 lead on a basket, three-pointer and two free throws within the first five minutes of play.

He later added another basket and scored two more points in the second half to finish the game with 11 points.

"London's a great shooter, but he couldn't have done it without his team," Burton admitted. "They were finding him in his spot and even when they weren't finding him, they were knocking down their own shots."

While Ausbey's basket raised the Hoyas to their first double-digit lead of the game, a strong effort by Shipyard kept the damage to a minimum entering intermission.

A trey by Shipyard's Yeoman 3rd Class Courtney Sims cut the deficit down to four at 19-15 with 2:05 remaining before halftime.

After Waldon led the charge in the first half, Ausbey took over and helped the Hoyas seize total control of the game in the second half.

Besides dominating the boards on both sides of the court, Ausbey was a presence on offense as well.

Ausbey's basket at 12:52 in the second half pushed Port Royal back out to a double-digit lead at 30-20.

Two minutes later, Ausbey scored another two points for 33-22 advantage, forcing Shipyard to take a timeout.

He played a huge part," Burton acknowledged. "He's a



force. That's what I like to tell him. But once again, he couldn't have done it without his team."

Later, with 4:05 remaining on the clock, Port Royal guard Electronics Technician 3rd Class Anthony Hawkins locked down the game after scoring a lay-up to make it 44-24.

Yeoman 3rd Class Courtney Sims, who scored 15 points to lead Shipyard to a 17-point win over USS O'Kane (DDG 77) last week, was held to only eight points against Port Royal's torrid defense.

He said that Shipyard was able to get things going in a few spots, but it wasn't enough.

"In the last few minutes, we calmed ourselves down and starting playing more defense, but it was a bit too late," Sims explained. "We just need to focus and play the team ball we used to play. We got to get back to our old self and find our groove."

While the impressive victory over Shipyard has raised Port Royal's league record to 2-0, Burton cautioned about getting too excited over the big win.

"You're never happy with one win, until you get the championship," Burton said. "Every year, your goal is to win the championship. If that isn't your goal, then you've got to rethink your priorities."

Yeoman 3rd Class Eriek Ausbey, center for the USS Port Royal (CG 73) Hoyas, slides past the Shipyard guard Electrician's Mate 3rd Class Kenneth Adams for two of his game-high 12 points.

# Shipyard goes to 2-0 with tough win over Cheyenne

Story and photo by  
Randy Dela Cruz

Sports Editor

Pearl Harbor Naval Shipyard Futbol Club (PHNSY FC) got a late goal from Department of Defense (DoD) civilian Cleon Walden to sneak past USS Cheyenne (SNN 766), 1-0, on Aug. 3 in a Summer Soccer League matchup at Quick Field, Joint Base Pearl Harbor-Hickam.

The victory kept PHNSY FC in a three-way tie for first place with a record of 2-0, while Cheyenne is now 0-1.

PHNSY FC previously competed under the name of Pearl Harbor Futbol Club, which captured the Summer Soccer League championship in 2011.

While the club won its title two years ago, Walden gave clear indication that the competitive fire still burns on the team.

"It feels pretty good," said Walden about starting off the season undefeated. "Hopefully, we're looking forward to the championship."

In the club's first game this season, the team scored fast and often against an overmatched USS O'Kane (DDG 77) squad.

Early in the matchup versus Cheyenne, it was clear to members of PHNSY FC that they were in for a tough game.

"Cheyenne got a lot of speed," said DoD civilian



Cleon Walden, Pearl Harbor Naval Shipyard Futbol Club (PHNSY FC), moves ahead of a USS Cheyenne (SSN 773) defender for a shot on goal during a Summer League Soccer game.

Nate Hogue, who scored two goals against O'Kane, but none versus Cheyenne. "Their guys were all quick down the field, and they loved pushing the ball up."

The teams broke for half-time knotted up at 0-0 and appeared headed for a tie as the game progressed well

into the second half without a goal.

Then with time running out, Hogue said that he saw a trend in the Cheyenne's defense that he thought PHNSY FC could exploit.

Working the ball through the wing, Hogue spotted Walden running through the

middle of the field near the top of the box.

Walden took a pass from Hogue and then connected on the only goal of the game to give PHNSY FC the win.

"They (Cheyenne) weren't defending the corner very well," Hogue pointed out. "We were able to capitalize

on that at least three or four times. We did the same thing over and over again and eventually it worked out."

Hogue said that once he saw Walden breaking for the goal, he knew he had to get the ball to him.

"I saw Cleon on the out-

side coming in on a run, so I just dished him the ball and he was able to capitalize," Hogue said.

Although Hogue indicated that the shot was part of a plan, Walden said that he just got the ball and kicked it.

"It was the spur of the moment," Walden stated. "It was just general soccer. I saw Nate outside and there was nobody in the center, so I knew I had to fill the space and I did."

Walden added that, while he may have kicked the winning goal, it was the team's great defense that gave the club an opportunity to win.

"Our defenders are really great guys," he stated. "I think that's a priority on our team. It is defense first. That's something we want to focus on is being a defensive-minded team and I think we're doing that."

After the tough battle, Hogue said that he could feel the pressure as time wound down, but in crunch time, good teams find a way to win.

"There was a whole lot more pressure because Cheyenne is a solid team," Hogue said. "The fun starts to drop away as far as laughing and having a good time. We're still having fun, but it's more of a competitive fun. Sometimes you have to step it up and be more competitive and a little more aggressive out there. In the end, if you get the win, you get the win."

## Volunteer coaches important to youth sports teams

Justin Hirai

JBPHH Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam youth sports currently serves more than 750 children of active duty, Reservists and Department of Defense civilians.

The program is continuously growing and offers sports year around such as basketball, volleyball, soccer, football, tennis and golf. Pee Wee sports are also available for youth ages 3-5 years old. Youth sports help children learn the fundamentals of sports and are designed to instill positive life skills in them.

Fall is just around the corner and the youth sports program is in need of volunteer coaches for NFL flag football and volleyball, which will both run from September through December.

There are approximately 40 football teams and 16 volleyball teams per season, all of which will need a coach. Volunteer coaches not only help the youth, but they help the youth sports department and become a part of the team, according to program leaders.

"Volunteer coaches are highly

important because our program wouldn't operate without them. Imagine not having coaches for all 40 football teams," said Roshawn Terry, youth sports staff member.

Volunteers do not need experience to coach, just a desire to help and teach youth. All returning and new coaches have to do is complete online training. They will be certified and have access to the website, which provides them with knowledge on what to do or not to do in different scenarios. They will also be provided with recommended drills and plays to run in their practices or games.

All who volunteer receive coaching certification, which is good on every military installation. They can also receive a letter listing all of their volunteer hours and the number of seasons they have coached a sport.

"Most importantly, they get to interact with the kids and parents and develop a fun, positive relationship with them," said Terry.

For more information about coaching, contact the youth sports office at 473-0789 or e-mail roshawn.terry@navy.mil. In addition, check [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for upcoming youth sports schedules.



A volunteer youth sports coach runs drills at a flag football practice.

MWR Marketing photo

## Easing children's stress during permanent change of station season

Capt. Kimberly Elenberg

Assistant Secretary of Defense for Health Affairs, Office of the Chief Medical Officer

Permanent change of station (PCS) transitions involve saying goodbye to close friends and often moving to an unfamiliar place. Such changes can cause stress not only for parents – but for children as well.

Following the tips below can help remove some of the mental pressures of moving.

### Open communication

Tell your kids you understand that moves are difficult and that it's OK to be sad and miss their

friends. Listen to their concerns and comfort them with fun activities such as creating an online scrapbook of places they would like to explore in their new location. Before moving, make sure to visit their favorite local places with close friends. Being honest and open with your kids assures them that you are listening and care.

### Advance support network

Setting up a support network at your new location prior to leaving can help both you and your child. Military OneSource has ample information on moving to a new community, finding health care providers, military housing and more. Military Kids

Connect and Military Youth on the Move are two helpful online resources for children to explore on their own.

### Family packing

Provide each member of the family with certain roles during the packing and moving process. When feeling hassled, try to stay calm because kids can sense their parents' stress and may act out. Sesame Street's Families Near and Far has some useful moving tips.

### Grand adventure

If time and resources permit, make the actual move a family vacation. Travel by car and stop in different locations to learn about places your family has

never been before. Make it an adventure for your children and spend quality time with them as you would on any other family vacation.

### Settling in

Upon reaching their new home, children may be nervous and apprehensive in meeting new people. Ask them what kinds of activities they would like to be a part of and sign them up for after-school activities and play dates.

### Additional resources

If you feel your child needs additional help dealing with the stress of moving, the Department of Defense's Military & Family Life Con-

stant (MFLC) Program has a Children's Support Program for all services and National Guard/Reserve components. MFLC offerings can be accessed through locations such as Army Community Services, Marine Corps Community Services, Navy Fleet and Family Support Centers, and Airman and Family Readiness Centers.

For more information and tools on managing stress and maintaining mental wellness, visit Operation Live Well, at [www.health.mil](http://www.health.mil), a Department of Defense initiative designed to help military families live healthier lives.

## Fisher House remembrance event will be held Sept. 7

The Fisher House 8K Hero & Remembrance Run, Walk or Roll will be held starting at 7 a.m. Sept. 7 at the Pacific Aviation Museum on Ford Island.

The official welcome and military honors will be held from 6:30 to 7 a.m. The free event is open to members of the military and the public.

"Traveling bronzed boots" will be passed on to the unit with the most participation whose team, including family members, is registered online by Sept. 1.

Strollers, wheelchairs, small children's bikes or hand bikes, skates and pets are allowed at the event. No skateboards or adult bikes are allowed.

Shirts will be available for pre-order purchase online for \$18 or \$20 at the event, but quantities are limited.

Bottled water will be available at the event, but no snacks will be provided.

Register online at the website <http://triplerfisherhouse.eventbrite.com> and for more information, visit the Tripler Fisher House Facebook page.

## Commissaries return to normal hours Aug. 18-24

DeCA Public Affairs Division

Military commissaries worldwide will return to normal operating schedules the week of Aug. 18-24, said the director and CEO of the Defense Commissary Agency (DeCA).

The DeCA announcement comes in the wake of the Department of Defense's Aug. 6 decision to curtail furloughs of its civilian workforce from 11 to six days.

"This is welcome news for us all," said Joseph H. Jeu. "Our stores will return to their regular schedules after Aug. 17. I encourage our patrons to check the DeCA website for their commissary's operating hours."

"We recognize the disruption that furloughs presented to our patrons as far as access to their commissary benefit," he added. "We also understand the economic hardships many of our employees faced

with the pay they lost during the furlough period." Since July 8, the one-day-per-week furloughs impacted all of DeCA's more than 14,000 U.S. civilian employees worldwide.

With the end of furloughs, Jeu asked that patrons be patient as product delivery schedules return to normal.

"We will do everything possible to ensure that our shelves are properly stocked with the products our customers want when they shop," he said. "However, there will be a short adjustment period as our stores settle back into their pre-furlough operating and delivery routines."

Commissary customers can quickly find out about any changes to their local store's operating schedule by going to [www.commissaries.com](http://www.commissaries.com), clicking on the "Locations" tab, then "Alphabetical Listing" to locate their store, and clicking on "Local Store Information."



# Live the Great Life



MWR Marketing photos

The Liberty Program provides activities for single Sailors and Airmen.

## Liberty Program offers activities for single service members

MWR's Liberty Program provides recreational alternatives for the single Sailor and Airman at joint base.

Greg Brown, liberty director, described his program as one that caters to all active duty personnel on base that fit the specific category of single, unaccompanied personnel within the Navy or Air Force.

"It is designed specifically for those that don't have families while in Hawaii. That is what we're here for," Brown said. The program serves to help the young service member stay out of trouble, he explained.

Three facilities are operated within JBPHH: Beeman Center, Instant



Liberty and Liberty Express at Wahiawa Annex. A fourth, the Gathering Place, is funded and supported by Liberty but is run by volunteers.

All centers are designed

to offer a comfortable environment where the single Sailor or Airman can relax.

"They're meant to be like your home away from home," Brown said.

## August Art Stroll to feature local artists

An August Art Stroll will be held from 4:30 to 7 p.m. Aug. 23 at the Hickam Officers' Club. The event will feature local artists along the channel walkway. Attendees can browse the booths while strolling along the water.

Beverages and pupu will be available for purchase in the garden.

"We hope this event helps out our local artists and our military patrons. By having this event along the channel, patrons can browse, stroll or purchase art and enjoy the warm Hawaiian night," said Alexis Ybarra, manager of the Hickam Officers' Club and Wright Brothers and catering director.

Vendor spots are still

available for those who are artists, can make crafts, are a photographer, or create handmade jewelry or other handmade items. For more information on how to become a vendor, send your name, business name and a phone number to [info@greatlifehawaii.com](mailto:info@greatlifehawaii.com). For more information, call 448-4608.



MWR Marketing photo

The August Art Stroll will take place at the channel walkway next to the Hickam Officers' Club.

## Registration is now available online for all MFSC classes at MWR

The Military Family Support Center (MFSC) and Great Life Hawaii have made two months of classes available to register online. MFSC offers classes in deployment support, employment assistance program, fami-

ly life skills, financial management assistance program, information and referral, ombudsman/key spouse program, personal development classes, relocation assistance, sexual assault prevention and response and

transition assistance. The classes are hosted by MFSC-Pearl Harbor located at 4827 Bougainville Drive, off base, MFSC-Hickam, 655 Vickers Ave. on the Hickam side of joint base, MFSC-Wahiawa,

Makalapa Clinic and other locations.

The classes are open to active duty, reserve, retired personnel, family members and Department of Defense employees, except as noted in program

descriptions. To view MFSC August classes, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com), [facebook.com/greatlifehawaii](http://facebook.com/greatlifehawaii) or [facebook.com/JBPHH.MFSC](http://facebook.com/JBPHH.MFSC) or call MFSC-Pearl Harbor at 474-1999 or MFSC-Hickam at 449-0300.

## Your Weekly Fun with MWR

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



**Cosmic Bowling and Pizza** will begin at 6:30 p.m. tonight at Naval Station Bowling Center. The event is open only to single active-duty Sailors and Airmen. FMI: 473-2583.

**Phat Friday with DJ Magic and DJ G-Flava** will be held from 6 p.m. to midnight tonight at JR Rockers. FMI: 448-2271.

**Boot Camp for New Dads** will be held from 9 a.m. to noon Saturday at Makalapa Clinic. Dads coach this "dads only" workshop. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or 474-1999.

**Stress Management** will be held from 8 to 11 a.m. Aug. 13 at Military and Family Support Center (MFSC)-Pearl Harbor. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or 474-1999.

**Federal Resume Writing** will be held from 9 to 11 a.m. Aug. 13 at MFSC-Hickam. This workshop provides an overview of the federal employment system and the application process. It identifies how to search for a federal job, build an effective public sector resume and more. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or 449-0300.

**Preschool Storytime** will be held from 9 a.m.

to 10 a.m. Aug. 14 at Hickam Library. The theme will be nursery rhymes. FMI: 449-8299.

**Career Choices: Do what you are** will be held from 1 to 3 p.m. Aug. 14 at MFSC-Pearl Harbor. The event will focus on participants' natural strengths and which strategies career experts recommend. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or 474-1999.

**Wooly Wednesdays** will be held from 2:30 to 5:30 p.m. Wednesdays starting Aug. 14 at the Hickam Arts & Crafts Center. The event is a weekly drop-in knit and crochet group. Participants of all skill levels are welcome. A ball winder and swift will be available for use. FMI: 448-9907.

**Adult Wheel Throwing** will be held Wednesdays from 6 to 8:30 p.m. Aug. 14 to Sept. 18 and Thursdays from 6 to 8:30 p.m. Aug. 15 to Sept. 19, Fridays from 9 to 11:20 a.m. Aug. 16 to Sept. 20 or Saturdays from 9 to 11:30 a.m. Aug. 17 to Sept. 21 at the Hickam Arts & Crafts Center. Creating fundamental and decorative ceramic forms on the potter's wheel will be the main focus of the class. FMI: 448-9907.

**A class on Anger, Temper Tantrums and Sibling Rivalry** will be held from 10 a.m. to noon Aug. 14 at MFSC-Pearl Harbor. This workshop will help parents to minimize sibling rivalry, deal with temper tantrums, understand what triggers young children's anger, and provide safe ways to deal with it. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or 474-1999.

**For Richer or for Poorer** will be held from 5 to 8 p.m. Aug. 15 at MFSC-Pearl Harbor. This class is for couples planning to get married. It teaches skills needed to be successful in working together toward financial goals. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or 474-1999.

**Learn to Stand Up Paddleboard** will begin at 9:30 a.m. or 10:45 a.m. Aug. 17. Participants can sign up by Aug. 14 at Outdoor Recreation-Hickam Harbor. FMI: 449-5215.

**Kayak Fishing** will be held from 7 to 11 a.m. Aug. 17 at Hickam Harbor. Participants can sign up by Aug. 13. Previous kayaking experience is required for this excursion. FMI: 449-5215.

**Molokai Saint Damien Tour** will be held from

8 a.m. to 3:30 p.m. Aug. 17 departing from Information, Tickets and Travel (ITT)-Hickam. Participants should bring their own snack, lunch and drink (no retail facilities available) and wear comfortable clothing and walking shoes. FMI: 448-2295.

**Kayaking Chinaman's Hat** will be held from 9 a.m. to 3 p.m. departing from Outdoor Adventure Center-Fleet Store. Participants can sign up by Aug. 14. FMI: 473-1198.

**Women's Surf Class** will be held from 9 a.m. to noon Aug. 18 at Outdoor Recreation-Hickam Harbor. Participants can sign up by Aug. 15. Participants must be able to swim without a lifejacket. FMI: 449-5215.

**Family Hike: Makapu'u Light House/Swimming at Pele's Chair** will be held from 9 a.m. to 2 p.m. Aug. 18 departing from Outdoor Adventure Center-Fleet Store. Participants can sign up by Aug. 15 and can bring lunch. FMI: 473-1198.

**Moonlight Paddle: Hickam Harbor** will be held from 8 to 10 p.m. Aug. 20 at Hickam Harbor. Participants can sign up by Aug. 15. FMI: 449-5215.

Morale Welfare & Recreation

**USTA JUNIOR TEAM TENNIS**

Registration for USTA Junior Team Tennis runs through Aug. 16. The season is from August to November. USTA Junior Team Tennis is open to ages 7-18. FMI: www.greatlifehawaii.com or call 473-0789.

**MOVIE NIGHT**

Hickam Pool 2 will host a free showing of the Disney animated film "Tangled" at 7 p.m. Aug. 16. Guests can bring their own inflatables and relax in the pool while watching this family-friendly movie. Children under the age of 10 must be accompanied by an adult. FMI: 260-9736.

**FREE GOLF CLINIC**

There will be a beginner's golf clinic at 9:15 a.m. Aug. 17 at the Barbers Point Golf Course. FMI: 682-1911.

**ADULT AND CHILDREN'S SWIM LESSONS**

Hickam Pool 2 is offering a variety of swim lessons beginning Aug. 19. Classes are divided into four age groups: 6 months-3 years old, 3-4 years old, 5-16 years old, and 17 years and older. Register online at www.greatlifehawaii.com.

**MWR NEWCOMERS LUNCH**

A free Morale, Welfare and Recreation (MWR) Newcomers Lunch will be held from 11 a.m. to 12:30 p.m. Aug. 21 at the Tradewinds Enlisted Club. This event features lunch, MWR information booths, sponsor tables and activities for kids. This event is open to all military-affiliated personnel during their first six months of arrival. FMI: 473-2570.

**KAYAKING HALEIWA RIVER**

There will be a kayaking trip to the North Shore from 9 a.m. to 4 p.m. Aug. 24. Departures are from the Outdoor Adventure Center-Fleet Store. Transportation, instruction and equipment are provided. The deadline to register is Aug. 21. FMI: 473-1198.

**GLASS BOTTOM BOAT TOUR**

A glass bottom boat tour of Kaneohe Bay will be held from 9:15 am to noon Aug. 24. The tour departs from Information, Tickets & Travel (ITT)-Hickam. FMI: 448-2295.

**CHINATOWN FOOD, HISTORIC TOUR**

A tour of Honolulu's Chinatown featuring a traditional *dim sum* lunch will take place from 8:45 a.m. to 12:45 p.m. Aug. 31. The tour departs from ITT-Hickam. FMI: 448-2295.

Community Calendar

**AUGUST**

**9, 10** — Members of the United States Air Force Band of the Pacific-Hawaii rock combo Hana Hou! will perform from 6 to 8 p.m. Aug. 9 and acoustic combo Small Kine will perform from 4 to 6 p.m. Aug. 10 at the Town Center of Mililani. FMI: www.bandofthepacific-hawaii.af.mil.

**10** — Living History Day will be held from 9 a.m. to 5 p.m. at Pacific Aviation Museum Pearl Harbor. Guests can meet pioneers and heroes from Pacific aviation history, interact with costumed interpreters and hear stories from World War II, the Korean War, and the Vietnam era. The event will include a book-signing with aviation author Capt. Alex Kane at 10:30 a.m. All activities are free with museum admission and free to museum members. FMI: 441-1000 or www.PacificAviationMuseum.org.

**13** —The Armed Forces Communications and Electronics (AFCEA) luncheon will be held at Hale Ikena Club, Fort Shafter. Check-in is at 11 a.m. and the buffet is at 11:30 a.m. The speaker will be David Lassner, interim University of Hawaii president. The cost is \$14 for AFCEA members who pre-register and \$17 at the door or for nonmembers. FMI: 441-8565 or 441-8524 or www.afceahawaii.org.

**16** — The U.S. Chamber of Commerce Foundation will host Hiring Our Heroes – Honolulu, a hiring fair for veterans and military spouses, from 10 a.m. to 2 p.m. at the Hale Koa Hotel. The event will also include a free employment workshop featuring one-on-one mentoring sessions on resume building, job search tools and interviewing techniques. Interested job seekers can register for free at hoh.greatjob.net. Walk-in job seekers are allowed (veterans must provide proof of service). FMI: www.hiringourheroes.org.

**17** — A Pearl Harbor Navy Exchange (NEX) Pet Expo will be held from 10 a.m. to noon at the NEX mall tent two. Attendees can learn about responsible dog ownership, pet massaging, pet wellness, terrier and dachshund breeds, grooming, animal boarding, breeding referral and animal protection. The event will also include a biggest dog contest, small dog contest, pet food samples and giveaways. Specialists will be onsite for question-and-answer sessions. This is a free event for all authorized patrons. FMI: 423-3287.

**SEPTEMBER**

**26** — Joint Base Pearl Harbor-Hickam will hold a military recognition ceremony at 10 a.m. in the Ford Island Conference Center. The event will honor graduates from the Navy, Air Force and Marine Corps who have earned their college degree or high school equivalency. RVSP no later than Sept. 6. FMI: Staff Sgt. Terrance Greenwood at terrance.greenwood@us.af.mil.



**THE LONE RANGER (PG 13)**

"The Lone Ranger," an adventure infused with action and humor, in which the famed masked hero is brought to life through new eyes. Native American warrior Tonto recounts the untold tales that transformed John Reid, a man of the law, into a legend of justice-taking the audience on a runaway train of epic surprises and humorous friction as the two unlikely heroes must learn to work together and fight against greed and corruption.

Movie Showtimes

**SHARKEY THEATER**

**FRIDAY 8/9**  
7:30 The Lone Ranger (PG 13)

**SATURDAY 8/10**  
2:30 (3D) Despicable Me 2 (PG)  
4:40 White House Down (PG 13)  
7:30 The Heat (R)

**SUNDAY 8/11**  
2:30 Monsters University (G)  
4:40 Despicable Me 2 (3D) (PG)  
7:00 The Lone Ranger (PG 13)

**HICKAM MEMORIAL THEATER**

**TODAY 8/9**  
6:00 Despicable Me 2 (PG)

**SATURDAY 8/10**  
4:00 Despicable Me 2 (PG)  
7:00 The Heat (R)

**SUNDAY 8/11**  
2:00 Despicable Me 2 (PG)



# Discover standup paddleboarding for ocean adventure

Reid Tokeshi

*JBPHH Morale, Welfare and Recreation*

Choices for beach activities in Hawaii are plentiful, and one in particular, standup paddleboarding (SUP), is gaining in popularity.

This sport looks like a hybrid of surfing and paddling and Morale, Welfare and Recreation (MWR) Outdoor Recreation department offers classes every month.

Instructors at Hickam Harbor tailor the class to customers who are trying the sport for the first time. The technical aspects are covered, from where to stand on the board and how to paddle, to different stroke techniques, and how a person should get back on the board when he or she falls off.

Students also learn about the history and evolution of the sport, how to evaluate water conditions and gauge their own ability before jumping in.

Lifeguard and instructor Ulu Keaunui said that with proper instruction, SUP is not difficult to learn.

Students who are as young as 7 years old can take the class.



An MWR patron standup paddleboards at Hickam Harbor.

MWR Marketing photo

"It (SUP) provides a good core workout, is a low impact exercise and it improves your balance," Keaunui explained.

He added that paddling creates a feeling of solitude on the water and is a stress reliever.

Classes at Hickam Harbor are scheduled one to two times per month and fill up about a week prior to the start date. Interested patrons are encouraged to sign up early. Private lessons are also available by appointment.

Informal, excursion-type lessons are also provided by the Outdoor Adventure Center (OAC), taking customers to various locations around the island.

Customers who want to take the plunge and go out on their own can rent paddleboards from MWR for \$25 per day, or hourly rates are available at Hickam Beach and White Plains.

The next scheduled classes at Hickam Harbor are on Aug. 11 and 17 and Sept. 1 and 14. Two class times are available each day, 9:30 a.m. and 10:45 a.m., and are \$25 for a one-hour lesson.

For more information on classes call Hickam Harbor at 449-5215. For information on OAC excursions, call 473-1198.

## PSD Pearl Harbor ID Card Office changes its hours

PSD Pearl Harbor

Effective July 29, the Personnel Support Detachment Pearl Harbor ID Card Office changed its working hours to Monday through Friday from 7 a.m. to 3:30 p.m. This change in hours supports the recent change in PSD customer service hours and better meets customer patterns.

Customers can save time by scheduling an appointment online. Customers with scheduled appointments are seen within five minutes of their scheduled appointment.

Customers can make appointments using the RAPIDS Appointment Scheduler at <https://rapids-appointments.dmdc.osd.mil/>

Those who are acquiring dependent ID cards for multiple family members should use one time slot for each dependent. Walk-in customers are seen on a first come, first served basis. Walk-in hours are dependent upon the number of customer waiting for services. Wait times for walk-ins can be up to two hours.

## High Holy Day services at Aloha Jewish Chapel announced

Jewish High Holy Day services at the Aloha Jewish Chapel at Joint Base Pearl Harbor-Hickam have been announced.

They include Rosh Hashanah eve service at 7:30 p.m. Sept. 4, Rosh Hashanah service at 10 a.m. Sept. 5, Kol Nidre at 7:30 p.m. Sept. 13 and Yom Kippur service at 10 a.m. Sept. 14.

Cmdr. Joel Newman, a Navy chaplain and a rabbi, will preside at the High Holy Day services. Newman is stationed at Naval Base North Island, Coronado, Calif. A graduate of Columbia University and the Jewish Theological Seminary in New York, he was ordained at the Leo Baeck College in London, England. While living in Israel, Newman was ordained a "scribe" and later was responsible for the repair of the 1600 Memorial Torah Scrolls of the "Precious Legacy" of Prague. Newman served as the deputy command chaplain at the United States Naval Academy and as an ethics instructor in the "Moral Reasoning ethics class for sophomores. While at the Naval Academy, he spent three years in the design and planning of the Commodore Uriah P. Levy Jewish Chapel. Newman's services are open to those who have never attended a Jewish service, in addition to those who are regular members.

## Late registration for JBPHH Half Marathon ends Aug. 23

Brandon Bosworth

Staff Writer

The Joint Base Pearl Harbor-Hickam Half Marathon will be held at 6:15 a.m. Aug. 24 at Hickam Track. Runners, walkers, people with strollers and pets are invited to participate in the 13.1-mile race.

Late registration runs through Aug. 23. The late registration fee is \$20 and does not include a T-shirt. Race packets can be picked up at the Hickam Fitness Center from 8 a.m. to 7 p.m. Aug. 21 to 23.

Prizes will be awarded to the top three finishers in each category: youth (17 and younger), men and women (18-29, 30-39, 40-49, 50-59 and 60 and over) and overall men and women.

This race is open to all authorized Morale, Welfare and Recreation patrons and their guests.

Racers should arrive at the main gate prior to 5 a.m. on race day. Participants without base access need to present the following documents at the main gate to obtain a visitors pass:

- Valid driver's license and registration.

- Current insurance and safety inspection.

- All passengers must have a state or government photo ID card.

For more information, call the Hickam Fitness Center at 448-2214 or contact race directors at 448-4640.

Entry forms are available at the Hickam Fitness Center or visit [www.greatlife.hawaii.com](http://www.greatlife.hawaii.com).

## Naval Health Clinic Hawaii health care operations limited Aug. 16

Naval Health Clinic Hawaii

All Naval Health Clinic Hawaii health care facilities will be closed starting at 11:30 a.m. Aug. 16.

This includes all medical and dental facilities at Branch Health Clinics Makalapa, Camp Smith, Wahiawa, Marine Corps Base Hawaii Kaneohe Bay and Pearl Harbor Naval Shipyard.

Medical and dental ser-

vices will be provided from 7:30 to 11:30 a.m. Beneficiaries are asked to take this into consideration when scheduling care.

All routine care should be planned prior to or after Aug. 16. This includes appointment scheduling, prescription refills, laboratory draws, etc.

All clinics will re-open for regular business hours Aug. 19. For

NHCH hours of operation, visit the website at <http://www.med.navy.mil/sites/nhch>.

Beneficiaries can speak to a healthcare provider at anytime the clinics are closed by calling the "provider after-hours advice line" at 473-0247, ext. 3.

For emergencies, dial 911 or go to Tripler Army Medical Center. For active duty dental emergencies, dial 864-4705.

# Joint Base Catering created to serve military customers

Emily McNulty

*JBPHH Morale, Welfare and Recreation*

The Hickam Officers' Club and the Enlisted Club have created Joint Base Catering.

"We hope to hear feedback from our past clients about what was done right and what was done wrong, so we can fix and improve our catering services to our military customers," said Sabrina Galiza, catering manager.

Joint Base Catering offered a luncheon to those who had used Hickam Enlisted Club or Officers' Club catering in the past. The luncheon featured a six-course meal, showing off some new menu items to those in attendance. Chef Robert Souza explained each dish before it was served.

The meal included arugula with watermelon and feta, wedge salad with ranch, grilled opakapaka, grilled artichoke and chicken, sliced beef tenderloin and finished off with chocolate decadence.

Throughout the meal, Galiza and Alexis Ybarra,



Alexis Ybarra answers a patron's question at the catering lunch at the Hickam Officers' Club.

Chocolate decadence.



The setup with menu and arugula with watermelon and feta at the Hickam Officers' Club.



MWR Marketing photos

the catering director, asked for feedback and suggestions to improve Joint Base Catering. They explained changes made to menus, prices, venues and more.

"We want to be our military's first choice. We are always willing to accommodate budgets and foods. We want our military to know that we are here for them," said Ybarra.

This new streamlined service allows customers to call one number to book the Hickam Officers' Club, JR Rockers, Hickam Enlisted Club, other facilities on joint base and locations off-base.

"We wanted the attendees to walk away with the sense that we are here for them, that we want to shape our catering around them and for them. We want all the feedback we can get," said Galiza.

The new catering book is available at [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com) for downloading, or patrons can stop by the catering office at the Hickam Officers' Club located at 900 Worthington Ave.. For an appointment, patrons can call 448-4608.

# Forest City to hold series of community events this month

There are several events that will be held in Forest City communities, both on Oahu and Kauai, throughout August.

**Oahu events include:**

Keiki matinee, 3 to 4:30 p.m. Aug. 9 at Catlin Park media room. The event is open to all residents. Refreshments will be provided.

Children must be accompanied by an adult during the movie.

Ride the Wind Day, 2:30 to 4:30 p.m. Aug. 23 at Halsey Terrace Field. The event is open to all residents. Participants will be constructing kites and flying them right after.

National Trail Mix Day, 3 to 4

p.m. Aug. 30 at Radford multi-purpose room. The event is open to all residents. Participants will be making their own trail mix.

**Kauai events include:**

August activity coloring, 3 to 4 p.m. Aug. 14 at the PMRF office. The event is open to PMRF residents. Participants can pick up

their August activity-coloring book from the PMRF office.

Ride the Wind Day, 3 to 4 p.m. Aug. 23 at PMRF office. The event is open to PMRF residents. Participants can pick up their kite-making kit at the PMRF office.

National Dog Day, Aug. 25 to

30 at PMRF office. The event is open to PMRF residents. Residents can send PMRF a picture of their four-legged family members to add to the next issue of their newsletter. E-mail photos to [pariscousin@forestcity.net](mailto:pariscousin@forestcity.net).

For more information about any of these events, call 839-8620.



## Who'Okele Online

PEARL HARBOR - HICKAM NEWS

<http://www.hookelenews.com/> or visit

<https://www.cnic.navy.mil/Hawaii/index.htm>

