



## Navy celebrates children at Springfest

Story and photos by MC2 (AW) Lindsay Switzer

Fleet Public Affairs Center Detachment Hawaii

Commander Navy Region Hawaii celebrated Springfest while hosting its fourth annual Earth Day fair April 21 at Ward Field at Naval Station Pearl Harbor.

Springfest celebrates some of the most important members of the military service, its children, during the Month of the Military Child.

"It's hard being a military kid; they have to go through a lot of changes. My daughter is six and we have moved four times already. So she's had to make new friends. This lets her be a kid," said Machinist's Mate 1st Class (SW) Michael Martin of Pearl Harbor Naval

Shipyards and Intermediate Maintenance Facility.

This year's focus was on literacy. There were events for children of all ages including a reading adventure by Wally Amos, founder of Famous Amos Cookies, puppets, live entertainment and bounce houses.

There were also games such as "Hook-A-Book" where the children were able to fish for a book they could take home with them.

The children were also able to

learn about protecting and preserving Hawaii's environment through the Earth Day fair with exhibits, games and activities such as coloring and making crafts.

"The military has taken a stand and active approach [in Hawaii] promoting how to protect the environment," said Steven Christianson, Navy Region Hawaii Environmental Department.

"It shows that [the Navy] is involved in more than just Department of Defense activities. We are focused on protecting our nation and what is also

important is protecting the environment while we do what we do to protect the nation," Christianson added.

The event was a learning tool for the children. It showed ways the children can protect the environment at home and through daily activities, such as recycling through fun games and a day for the children to enjoy themselves.

"The military does a great job at defending America and this is our way of saying thanks," said Genia Wesfels, Morale, Welfare and Recreation coordinator.

Partnering with the Navy on the exhibits were the Hawaiian Islands Humpback Whale National Marine Sanctuary; Hawaii Nature Center; Hawaii Audubon Society; Department of Land and Natural Resources, Division of Boating and Ocean Recreation; City and County of Honolulu Environmental Services; U.S. Coast Guard's Sea Partners Program; Hawaii Navy Energy Program; Navy Region Hawaii Recycling Program; Federal Fire Department Hazardous Material Team; and Naval Pacific Meteorological Center/Joint Typhoon Warning Center.



## Tripler emphasizes 'no show' policy

Tripler Army Medical Center

With a primary mission to deploy a healthy work force and ensure that all military personnel and their families receive the highest quality of care, Tripler Army Medical Center (TAMC) is campaigning to increase awareness of the importance of keeping medical appointments.

According to Maj. Amy Brinson, executive officer at TAMC, from August 2006 to October 2006 there were an estimated 6,956 'no shows.'

"That's an average of 77 'no shows' per day," Brinson reported. At this rate, over the course of a year you would have 27,824 'no shows' at an average cost of \$44.91 that equates to a loss of \$1.25 million, she reported.

All Army hospitals are now funded in large part based on the workload generated.

"Every patient appointment we see results in workload generated which translates into funding," said Col. Derick Ziegler, deputy commander for administration and chief of staff, TAMC. "So when a patient doesn't show-up for a scheduled appointment and doesn't call to cancel, the appointment will go unfilled; therefore, we won't generate the workload cred-

# Don't be a NO SHOW

Did you know millions of dollars are lost each year because people don't take the time to call and cancel their medical appointments?

**IT'S AN EASY FIX!**

Simply call and either reschedule or cancel your appointment if you are unable to keep it. Give someone else a chance to get the care they need.



Tripler Army Medical Center

it and the associated funding," he said.

Workload credit equates to funding for the hospital. "It is the funding that allows us to hire the physicians, nurses and support staff and to buy the needed medical equipment," Ziegler said. "Simply put, unfilled appointments, means decreased workload, which leads to reduced funding, which results in fewer staff."

Ziegler said there are many things beneficiaries can do to help. "First of all, if you know that you will not be able to make a scheduled appointment, simply call to either reschedule or cancel the appointment," the chief of staff said. "Ideally, we

would like at least a 24-hour notice, but even canceling the morning of the scheduled appointment will still allow us to fill that appointment."

The 'no show' campaign began in November 2006 with posters posted at all main entrances and in all clinics at Tripler. The campaign is strategically expanding to placement of tent cards in all military dining facilities on the island, digital posters on military Web sites, postings on command information channels, and articles published in military newspapers. With the continued commitment and support of local military leaders, the campaign will be a success.

## Battleship Missouri Memorial salutes U.S. Armed Forces with Military Appreciation Month tour special

Battleship Missouri Memorial Association

Throughout Military Appreciation Month in May, the Battleship Missouri Memorial will offer 50 percent off all tours to active duty, reserve and retired U.S. military personnel with purchase of admission.

To qualify, servicemen and women must present a valid Department of Defense ID when purchasing their tours in advance through Morale, Welfare and Recreation. In addition, military personnel dressed in uniform receive complimentary admission year-round at the memorial's gate.

"We are honored most when visited by members of our armed forces," said retired Navy Capt. Don Hess, president and chief operating officer of the memorial. "I'd like to encourage all military personnel, friends and family to experience the Mighty Mo's more exclusive areas on a guided tour. Even many of the Sailors and Marines who served aboard the Missouri tell me that only now that the ship is open to public tours can they see areas such as the captain's cabin, officers' and chiefs' spaces, and areas previously marked highly classified."

Each of the Missouri's tours features exclusive highlights, but all tours culminate on the Surrender Deck, site of Japan's unconditional surrender that ended World War II.

The battleship guided tour (formerly the Chief's Guided Tour) is a 60-minute walking tour led by a knowledgeable guide that provides a com-



U.S. Navy photo by MC2 Ryan C. McGinley  
Service members and their families walk the deck of the decommissioned battleship USS Missouri (BB 63) in the early morning hours.

prehensive overview of the Missouri's five decades of service through three wars — World War II, the Korean War and Operation Desert Storm. This tour offers exclusive access into the ship's missile-guidance nerve center, the combat engagement center (CEC).

The digital audio tour offers visitors an in-depth, audio tour that they can enjoy at their own pace. The audio tour features more than two hours of recorded information and excerpts from historic figures and veterans, allowing visitors to listen to as little or as much as they like.

The explorer's tour is a 90-minute guided walking tour for the more adventurous-at-heart. This tour provides an insider's view of the battleship with more exclusive access to restricted areas than any other of the Missouri's tours. Visitors are led down as far as four levels below the main deck to see the fire and engine rooms, battery plots, machine ship and brig (ship's jail), as well

as the mess deck and post office. 'Explorers' also venture inside the massive turret number one and famous 'Broadway,' a corridor extending two-thirds of the ship's length. Flashlights, safety vests and hard hats are issued, along with complimentary bottled water and a souvenir lanyard.

The Battleship Missouri Memorial is open from 9 a.m. to 5 p.m. seven days a week, excluding Thanksgiving Day, Christmas Day and New Year's Day. General admission is \$16 per adult and \$8 per child ages 4-12. Military and kama'aina (local resident) rates are \$10 per adult and \$5 per child. U.S. military personnel in uniform receive complimentary admission. Tour upgrades are available starting at \$7 additional for the battleship guided tour or digital audio tour, and \$33 additional for the premium explorer's tour. For more information or to reserve a tour, call toll-free at 1-877-MIGHTYMO (1-877-644-4896) or visit [www.ussmissouri.org](http://www.ussmissouri.org).

**Hawaii Navy News Online**  
[www.hawaii.navy.mil](http://www.hawaii.navy.mil)

## Tripler seeks patients for T-Plus program

### Tripler Army Medical Center

To all military medical beneficiaries 65 and older: To maintain the highest quality teaching in internal medicine, Tripler Army Medical Center is seeking new patients age 65 and over with Medicare Part A and B

to enroll in the adult medicine clinic TRICARE-Plus program.

Patients with chronic medical problems, defined as high blood pressure, diabetes, stroke, cardiac problems, kidney problems, cholesterol problems, thyroid problems, liver problems, or cancer, are desired.

If selected, patients will be enrolled to a physician receiving specialty training in internal medicine as their primary care physician.

For an application, go to the TRICARE Service Center at Schofield Barracks Health Clinic or Tripler Army Medical Center. For more information, call 433-3422.

## Drivers, start your engines



Photo courtesy of Pearl Harbor Navy Exchange

The 5th Annual Pearl Harbor Auto Show will be held beginning at noon May 6 in the parking lot of the Navy Exchange. This year, the event will benefit the Navy-Marine Corps Relief Society (NMCRS), a non-profit organization that assists military families in need.

## Playing in the green grass



Photo courtesy of Forest City Residential Management

Chief Machinist's Mate (SS) James Coleman and his family were selected as the Yard of the Month award winner for Moanalua Terrace for April. The "Yard of the Month" is a special designation awarded to residents by the Forest City Resident Advisory Board. Each month, board members scour Forest City communities to seek a home that warrants being named "Yard of the Month." Homes that exemplify curb appeal through cleanliness, decorations, flower enhancements, color, imagination and overall appearance are among those selected. Winners receive a \$50 gift certificate to the Navy Exchange and a sign for their front yard declaring their home as "Yard of the Month."

# Skylark Central

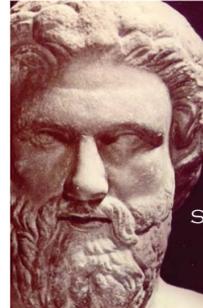
**Word Find CAR PARTS**

- AIR BAG
- AIR CONDITIONER
- ALTERNATOR
- AXLE
- BATTERY
- BODY
- BRAKE
- BUMPER
- CAR SEAT
- CARBURETOR
- CARRIER RACK
- CHILD SEAT
- CLUTCH
- COOLING FAN
- CRANKCASE
- CRUISE CONTROL
- DEFOGGER
- DEFROSTER
- DOOR
- DRIVE LINE
- DRIVESHAFT
- ENGINE
- FRAME
- FUSE
- GAS TANK
- HEADLIGHT
- HOOD
- HORN
- IGNITION
- MUFFLER
- POWER WINDOW
- RADIATOR
- RADIO
- REAR VIEW MIRROR
- ROOF
- SEAT BELT
- STARTER
- STEERING WHEEL
- SUSPENSION
- TAIL LIGHT
- TIRES
- TRANSMISSION
- TRUNK
- TURN SIGNAL
- WHEEL RIM
- WHEELS
- WINDSHIELD



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 IEARRAORROTAIDARPID  
 RCTEEDSRATSDIRFORGO  
 LATLNLILURNREERWOONB  
 EREFOONUSISPAEBFOIC  
 ERRFITNAVPMRTLADTA  
 HIYUTKHEFUEWIEBLGIR  
 WELMISLGBGINESEETO  
 WRATDITAINNHISISRLNU  
 NRRANEIADLWIHIVIBTR  
 RAGEONFORGDSLHORONE  
 ECISCGWUNTDAAOANANT  
 TKSRRIGISNEOEKOXREO  
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 RTUIEECRUISECONTROL  
 FUTTHGILLIATGASTANK  
 ELSWGHCRANKCASERITT  
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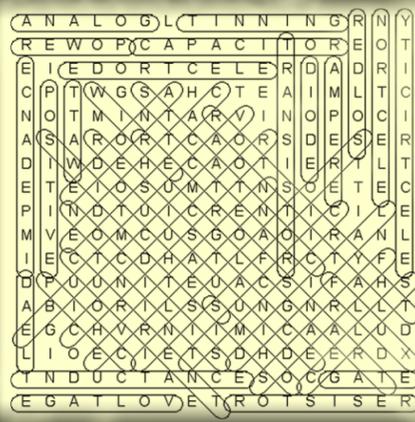
Who said it?  
**"If that fellow  
 wants a fight"**



"MEN OF SENSE OFTEN  
 LEARN FROM THEIR ENEMIES.  
 IT IS FROM THEIR FOES,  
 NOT THEIR FRIENDS, THAT  
 CITIES LEARN THE LESSON  
 OF BUILDING HIGH WALLS AND  
 SHIPS OF WAR."  
 - Aristophanes

**Word Search Solution**  
**World of electronics**

- AMPERE
- ANALOG
- ANODE
- CAPACITOR
- CATHODE
- CELLS
- CHIP
- CIRCUIT
- CONDUCTOR
- CONTACTS
- CURRENT
- DIGITAL
- DIODE
- ELECTRICITY
- ELECTRODE
- ELECTRON
- FARADS
- FLUX
- GATE
- IMPEDANCE
- INDUCTANCE
- INSULATORS
- LEAD
- NEGATIVE
- OHMS
- POSITIVE
- POWER
- RESISTANCE
- RESISTOR
- SILICON
- SOLDER
- SWITCHES
- THYRISTOR
- TINNING
- TRANSFORMER
- TRANSISTOR
- VACUUM TUBE
- VOLTAGE
- WATT
- WIRE



**Q. What is the proper name  
 for the specialty mark for  
 hospital corpsman?**

**Last week's question...**

Aboard battleships and cruisers, when they recovered aircraft, what was the difference between a "Cast" recovery and a "Dog" recovery?

**Answer...**

"Cast" Recovery - the ship made a wide turn causing a slick and the plane would land in the smooth water then come up on the sled. "Dog" recovery - the ship steered a steady course and the plane landed astern and then came up on the sled.

# Navy Region Hawai'i Manawa Nanea

LEISURE

## Morale Welfare & Recreation



Naval Academy Varsity Athletics

### H SUMMER BASKETBALL LEAGUE

The deadline to register for the summer basketball league is today. All male active duty, Department of Defense (DoD) employees and military dependents, 18 years and older connected with Pearl Harbor, Barbers Point, Naval Computer and Telecommunications Area Master Station Pacific, West Loch and Kunia can sign up for the summer basketball league. The season runs from May 5-June 30. Games will be played on Saturdays and Sundays at the Naval Station gym. The cost is \$250 per team. FMI: 473-2494 or 473-2437.

### H 24TH ANNUAL ARMED FORCES HAWAI'I BODYBUILDING CHAMPIONSHIP

The best bodybuilders will represent the Navy, Army, Air Force and Marine Corps for the 24th Annual Armed Forces Hawai'i Bodybuilding Championship on Saturday at Sharkey Theater at Naval Station Pearl Harbor. Pre-judging will start at 9 a.m. with a spectator fee of \$5. The evening show begins at 7 p.m. and admission is \$10. The event is open to all active duty, military-affiliated and DoD personnel, family members and sponsored guests. FMI: 473-0784 or 473-2494.

### H YOUTH SOCCER REGISTRATION

Registration for soccer for youth ages 5-15 will be April 30-May 11 at the MWR youth sports office, 620 Main St. (off Valkenburgh) at building 3456. Practice begins in May and the season runs from June to August. The sport is open to all military-affiliated youth. FMI: 474-3501.

### H SUMMER SWIM LESSONS REGISTRATION

Registration for MWR summer swim lessons will begin at 9 a.m. May 1 at Scott Pool and will be ongoing Monday through Saturday from 11 a.m. to 5 p.m. Classes are open to all MWR patrons of all ages. FMI: 473-0394.

For more information on Navy Region Hawai'i MWR events, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com)

## Community Calendar

### N April

**Today**— The 'Heavy Lifters' of Mobile Diving and Salvage Unit One will host a regional Alcohol Awareness Health and Fitness Fair from 10 a.m.-2 p.m. at Ward Field at Naval Station Pearl Harbor. All tenant commands are invited to attend. There will be a bench press muscle endurance competition, information on alcohol awareness, demonstrations by Federal Fire Department and fitness officials from Bloch Arena Fitness Center. Children's activities will include a bounce house and a rock climbing wall. Music will be provided by the Pacific Fleet Rock Band. Food and there will be food and prizes throughout the day. FMI: 471-9292, ext. 238.



### N May

**23** — The next in the series of Learn from the Leaders events will be held from 10:30-11:30 a.m. at The Banyans at Naval Station Pearl Harbor. The event is sponsored by the region's workforce development program. The speaker will be noted community leader Dee Jay Mailer, chief executive officer of Kamehameha Schools. FMI: 471-0225.

## Sharkey Showtimes



### Pride (PG)

The year is 1973 and Jim Ellis, a college-educated African-American, can't find a job. Driven by his love of competitive swimming, Jim converts an abandoned recreational pool hall in a Philadelphia slum with the help of Elston, a local janitor. But when city officials mark the new Philadelphia Department of Recreation for demolition, Jim fights back--by starting the city's first African-American swim team. Recruiting troubled teens from the streets, Jim struggles to transform a motley team of novices into capable swimmers – all in time for the upcoming state championships.

#### TODAY

7:00 PM Reno 911: Miami (R)

#### SATURDAY

24th Annual Armed Forces Bodybuilding Championship

#### SUNDAY

2:30 PM Pride (PG)

4:45 PM Wild Hogs (PG 13)

7:00 PM Zodiac (R)

SHARKEY THEATER Pearl Harbor Naval Base (473-0726)

MEMORIAL THEATER Hickam Air Force Base (449-2239)

SGT. SMITH THEATER Schofield Barracks (624-2585)



# Five simple steps to save energy, helping the environment

Krista Stehn

Energy Awareness Manager,  
Naval Facilities  
Engineering Command  
Hawai'i Energy Team

Although Earth Day 2007 has come and gone, that doesn't mean everyone should stop thinking and caring for the environment, especially in beautiful Hawai'i.

Here in Hawai'i, a place with precious resources and a fragile ecosystem, the Navy has made a commitment to become more energy conscious. While we have made tremendous gains in saving energy and protecting the environment, we can still do more.

"Energy conservation is a serious and long-term problem for Hawai'i and the Navy," said Greg Gebhardt, director, energy and utilities service division, Naval Facilities Engineering Command Hawai'i. "We need the assistance of all Navy military and civilian personnel, as well as all military housing residents to achieve Navy Region Hawai'i's energy conservation goals."

Here are five simple steps you can easily do to help save energy and the environment:

- Use compact fluorescent lights instead of incandescent bulbs. Incandescent light is the most common lighting source in U.S. homes. It also wastes the most energy. Ninety percent of the energy consumed by an incandescent light is given off as heat rather than visible light. Switch out incandescent bulbs with compact fluorescent bulbs. They are three to four times more efficient than incandescent light bulbs and last up to 10 times longer.



- Watch out for phantom loads. Your televisions, DVD players, phones and computer equipment consume power even when the power switch is off. The hidden energy costs from these appliances can be reduced by simply using a surge protector. If appliances are plugged into a surge protector, when the surge protector is turned off, the appliances will no longer draw power from the outlet.

- Use fans to keep cool instead of an air conditioner. Portable, ceiling and whole-house fans consume only a small fraction of the energy

used by an air conditioner.

- Purchase energy efficient appliances. When purchasing new appliances, consider Energy Star qualified appliances. Energy Star appliances use 10 to 50 percent less energy than standard models. For more information, visit Energy Star's Web site at [www.energystar.gov](http://www.energystar.gov).

- Conduct a home energy audit. Conduct a simple do-it-yourself energy audit of your home to pinpoint where energy is being lost. Visit Hawaiian Electric Company's My Home Energy at [www.heco.com](http://www.heco.com).

## How to submit stories and photos to Hawai'i Navy News

The staff of Hawai'i Navy News welcomes submissions of stories and photos from the Navy community and commands. Help us to tell the story about our Navy and its Sailors and their families.

**Here are some guidelines to help you:**

Hawai'i Navy News is published every Friday. The deadline for submissions is no later than close of business on Friday, a week prior to publication. Articles/photos should be submitted earlier than deadline when possible. It is also helpful if you let us know that you plan to submit a story and/or photo in advance of submission.

Timeliness is important. Submissions should be sent as soon as possible after the event, but no later than two weeks after the event in order to be considered for publication.

Submissions should be sent to [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) and also "cc" either the managing editor, Chief David Rush, at [david.rush@navy.mil](mailto:david.rush@navy.mil) or the editor, Karen Spangler, at [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil).

**Submissions must contain the following elements:**

- Byline of author of article and his/her title and command.
- Photo credit (who took the photo).
- Cutline information which explains what is happening in the photo.
- Who, what, when, where and why.
- Both first and last names, rates, ranks and warfare designations must be supplied for all of those who are mentioned in the story, quoted, and/or in cutline information. Positions and commands should also be provided for those who are quoted in the story.
- Photos should be action photos, not shots of groups "posing" for the camera. If you need some additional guidance, please call us.
- Photos should be at least 200 dpi if five-by-seven inches or slightly larger. If smaller, the dpi should be at least 300. This is necessary in order to ensure that the photo resolution is of high enough quality for newspaper printing. However, don't send huge photo files – resize large files before sending.
- Ensure that stories/photos have been approved per the guidelines of your command prior to submission.
- If any of the above information is missing, it must be supplied no later than close of business on Tuesday (the week of publication) or the story/photo will not be published.

Adherence to guidelines in meeting deadlines is critical in order for HNN to meet its publication deadlines. Regardless of the situation, our publication deadlines don't change.

Community calendar items should contain the who, what, where, when and why, be as concise as possible, and include a phone number that can be published with the item. Sending a flyer with the information is not acceptable. The basic information should be provided in a Word document. Please refer to page B5 of Hawai'i Navy News for format for community calendar items. The same deadlines apply.

Make sure that you provide your contact information – phone number as well as email - with your submission. We need to be able to reach you quickly if we have questions.

We look forward to receiving and publishing your stories and photos. If you have additional questions or need more information, please call Hawai'i Navy News at 473-2890 or 473-3788.