

Kaneohe Bay Airshow

featuring
Blue Angels
Bayfest
Taste of Oahu
Saturday, Sept. 25

Activities:

Gates open at 9 a.m.
 Taste of Oahu food booths
 Xtreme Fun children's carnival rides
 JT's Mobile Mini Golf
 Paradise RC Flyers

Air show: 11 a.m. to 5 p.m.
Acrobatic performances by:

Tim Weber, Geico Extra 300S
 Greg Poe - Fagen, Inc., ethanol-powered plane
 Jacquie B. Airshows - 'Red Eagle' Pitts biplane
 Hank Bruckner - CAP-10C
 Clint Churchill - Extra 300L
 Chuck Aaron - Red Bull BO-105 helicopter
 The Flying Leathernecks - skydivers
 U.S. Navy Blue Angels - Boeing F/A-18 Hornet

Demonstrations by:

F-22, USCG C-130, SH-60, H-65, C-17

(Note: The schedule of airshow acrobatic performances and demonstrations is not precise due to the unpredictability of flight conditions.)

Saturday evening performances:

4:30-5:30 p.m. - **Kings of Spade**

The band Kings of Spade formed at open mic hot spot Anna Banana's in Honolulu, Hawaii. Lead singer, Kasi Nunes had recently returned home to Hawaii after graduating from film school at Webster University. While bartending at Anna Banana's she met guitarist Jesse Savio an open mic regular.

6-7 p.m. - **Mike Corrado**

Singer/songwriter and U.S. Marine Mike Corrado garnered national radio and television airplay after releasing his song "On My Watch Tonight" from his 2005 release Falling Awake. The song, which features guest vocals from friend and multi-platinum artist Edwin McCain ("I'll Be/I Could Not Ask For More"), is the story of a Marine's journey from boot camp to the front lines and is quickly becoming an anthem for military service members past and present around the world.

7:30-8:30 p.m. - **Willie K.**

One of Hawaii's most versatile talents, Willie performs a myriad of musical genres, including Hawaiian, Jazz, Blues, Reggae, Rock, Country Western, and even Opera. He is a Grammy Music Awards nominee and has earned multiple Na Hoku Hanohano awards for his many CD recordings.

9-10 p.m. - **Natural Vibrations**

Natural Vibrations is the premiere reggae band in Hawaii with not only a large and dedicated following in the islands but also throughout the United States.

Fireworks by Grucci: 10 p.m.



Yellow Jackets sting Hickam Tigers in title showdown

Story and photos by Randy Dela Cruz

Sports Editor

The Hickam Tigers' quest for an undefeated year was dashed in the final game of the season as the Kaneohe Bay Yellow Jackets beat the home team, 4-1, in the championship final of the Hawaii Military Youth Athletic Association (HMYAA) Termite Division (ages 9-10) Tournament at Hickam Bowling Alley Field, Joint Base Pearl Harbor-Hickam, on Sept. 4.

The Yellow Jackets got three goals from Sean Callahan and one from Eric Mehlhoff to defeat the Tigers, who entered the matchup with a record of 8-0-2 and had outscored their seasonal opponents by a margin of 30-5.

"They (Yellow Jackets) played a really good game," said Tigers' head coach, Capt. Frank Burks of United States Pacific Command (PACOM). "We beat them during the season, but they've improved a bit. They are a good team and that number 10 (Callahan) is phenomenal."

While the Yellow Jackets ultimately seized the tournament's big prize, in the title game, it was the Tigers who came out strong and controlled most of the first period.

Only minutes after the opening kickoff, the Tigers got on the scoreboard first when John Leshikar took a pass and, with some solid footwork, maneuvered to the top of the Yellow Jackets' box before booting the ball into the net to put his team out in front at 1-0.

Yellow Jackets head coach Andy Gaspar said his team got off to a slow start because it was playing in its third game of the day while the Tigers, who had a bye in the first round, had only played in one game prior to the title showdown.

"We came out flat and they (Tigers) caught us a little bit off guard," Gaspar said. "But one of the strengths of this team is resiliency. They fight until the very end."

In the second period, the Yellow Jackets demonstrated just how tough they could be and, with the use of some solid team defense, slowly turned the tide against the Tigers.

After playing most of the first period on their heels, the Yellow Jackets began taking it to the Tigers. The pressure paid off, as Callahan deposited two goals to give his team a 2-1 lead at intermission.

"It usually takes us the first quarter to figure out what teams are doing and how they are attacking," Gaspar explained. "We were able to make a few coaching changes, shifting players around, trying to control midfield and spreading the ball around."

In the second half, the Yellow Jackets' defense maintained its outstanding play as the team continually thwarted a heightened Tiger offense, which came out of halftime with a more aggressive attack.

Despite numerous shots-on-goal, the Tigers were consistently turned away by the Yellow Jackets, who seemed always to be at the right place and time.

"Some didn't bounce

our way and some weren't the best shots," Burks said about his team's failure to score in the second half. "I keep telling our kids to keep shooting and some will go in. Today was a tough one."

With the Yellow Jackets' defense clicking on all cylinders, the team put the game away for good when Mehlhoff scored the squad's third goal on a breakaway. Callahan added the final tally on a penalty kick.

In celebrating the Yellow Jackets' third win of the day, Gaspar, whose coaching credentials includes stints on the Chaminade University and Hawaii Pacific University men's soccer coaching staff, said the team's ability to focus was one of the main reasons for winning the tournament's crown.

"We talked to them about taking it one quarter and one game at a time," he said. "I wouldn't let them look forward and talk about championships."

Meanwhile, even in defeat, Burks said he was equally proud of his team and praised all the players for their commitment and effort.

"We had a lot of good kids," Burks announced. "I told them to keep their chins up. We had an excellent season and that's what they should remember."



(From top to bottom)

Hickam Tigers' John Leshikar (Red) is blocked by a Kaneohe Bay Yellow Jacket defender as he tries to move the ball downfield during the Termite championship showdown. Leshikar scored the Tigers' only goal on a short straightaway kick in the first period.

Sarah Rebarchak of the Hickam Tigers tries to get the ball out in front of the K-Bay Yellow Jackets. The Tigers, who entered the game undefeated, dropped their first game of the season to the Yellow Jackets by a score of 4-1.

Kaneohe Bay Yellow Jackets striker Eric Mehlhoff moves in for the kill, as he is about to kick in a goal against the Hickam Tigers. Mehlhoff's goal and three more by teammate Sean Callahan led the Yellow Jackets to their title win over the Tigers.



Leaders' spouses invited to attend Navy 'highlights' seminars

Stuart Rivers

Center for Personal and Professional Development

HONOLULU – The Navy Command Leadership School is presenting two one-day and one-evening "Highlights in Leadership" seminars for local commands' prospective and current executive officer spouses and senior enlisted spouses (Navy E7-E9) on Sept. 28-30 at Joint Base Pearl Harbor-Hickam.

The seminars were designed to meet and train spouses of prospective and current Navy executive officer and senior enlisted personnel who have the potential in the future to attend the Command Leadership School (CLS) in Newport,

R.I. or who were unable to attend the course when their service member attended.

There are two one-day seminars and one evening seminar currently scheduled. Session topics include teambuilding, communication, command support team relationships, conflict resolution, and personal and operational stress.

The seminars will be held at Lockwood Hall from 5:30 to 9 p.m. on Sept. 28 and from 8:30 a.m. to 2 p.m. on both Sept. 29 and Sept. 30. Command Spouse Leadership Course (CSLC) and Command Master Chief Spouse Leadership Course (CMCSLC) lead instructors, Marilyn Haumer and Robin

Witcher, will help students develop their own personal vision statements, similar to the activity that CLS attendees participate in when they attend the Newport course.

"We are extremely pleased to include prospective and current executive officer spouses in our Highlights in Leadership seminar during this visit," stated Capt. Bill Nault, director of Command Leadership School. "By building upon the success of the Command Master Chief Spouse Leadership Course (CMCSLC) Highlights in Leadership seminars, we have extended our ability to educate and provide the tools our attendees need

to succeed during their spouses' command tours."

The Command Leadership School has been conducting the Highlights in Leadership seminars in fleet concentration areas in order to ensure command leaders get the latest information on important family readiness topics and network with other spouses in their area. The seminars have been well attended and well received, and CLS is currently scheduling seminars for FY 2011 to continue to provide tools to command leadership spouses to assist them during these challenging tours.

"The Highlights in Leadership seminars offer a unique and intense opportunity to get a glimpse

inside the course of instruction currently being offered at the Command Leadership School in Newport, Rhode Island," Nault said. "The CMC spouse seminars have received rave reviews in other fleet concentration areas, and I am convinced that everyone who attends will be equally energized and informed about leading our fleet and our Sailors."

Current and prospective executive officer spouses wishing to participate in the seminar can contact Trish Swift via email at tqswift@gmail.com to reserve a spot. Senior enlisted spouses wishing to participate in the seminar can contact the seminar coordinator, Mechele Minyard, via the Fleet and

Family Support Center at 808-474-1999 or via email at hawaii cmcspouses@hotmail.com.

For more information about the Command Leadership School, visit <https://www.netc.navy.mil/centers/cppd/cls>.

For information about the CLS Command Spouse Leadership Course visit <https://www.netc.navy.mil/centers/cppd/cls/Spouse.aspx?ID=0>.

For information about the CMC Spouse Leadership Course, visit <https://www.netc.navy.mil/centers/cppd/cls/Cmcspouse.aspx?ID=0>.

For more information about Naval Education and Training Command (NETC), visit www.netc.navy.mil.



JOINT BASE *Sports* PEARL HARBOR-HICKAM



The Hickam Tigers battled the Kaneohe Bay Yellow Jackets in the championship final after a full day of soccer action in the Hawaii Military Youth Athletic Association (HMYAA) Termite Division (ages 9-10) Tournament at Hickam Bowling Alley Field, Joint Base Pearl Harbor-Hickam, on Sept. 4. The visitors from K-Bay outlasted the Tigers, 4-1, to claim the tournament's crown.



The All Forces 2010 Hawaii Wounded Warrior Canoe Regatta paid tribute to the wounded men and women in uniform with a full day of canoe races at Rainbow Bay Marina Canoe Hale, Joint Base Pearl Harbor-Hickam on Sept. 6. The Hawaii Air National Guard was the big winner of the day, as the command captured the men's, women's and mixed crew divisional titles.

Hawaii Air National Guard sweeps Wounded Warrior canoe regatta

Story and photos by
Randy Dela Cruz

Sports Editor

Whether it's been volleyball or softball, the Hawaii Air National Guard (HIANG) has been a dominating presence in intramural sports at Hickam this year.

Now the HIANG seems to have extended its supremacy in athletics to the sea after the command swept three titles in the All Forces 2010 Hawaii Wounded Warrior Canoe Regatta that was hosted by Morale, Welfare and Recreation (MWR) at Rainbow Bay Marina Canoe Hale at Joint Base Pearl Harbor-Hickam on Sept. 6.

In the top three events that were open to all branches of the military, the HIANG garnered first-place trophies in the active duty women's division with a time of 3:10.25, active duty men's (2:10.32) and active duty mixed crew (2:36.96).

One final award went to the Warrior of the Sea, a crew from the Warrior Transition Battalion at Schofield, who placed first in the active duty Wounded Warrior division with a time of 2:36.37.

"We didn't expect to win. We had only six days of practice and had a handful of experienced paddlers," said Staff Sgt. Brian Arzadon, who served as team captain for the HIANG. "Last year we brought 11 teams, but half of those guys are on deployment, so they couldn't make it. This year, we just got whoever we could grab."

Still, those factors didn't seem to make a difference as the HIANG not only won three divisions, but also had several other canoes finish in the top four.

In the active duty men's division, the HIANG came in second and third, while placing second and fourth in the active duty mixed crew division.

Naval Facilities Engineering Command (NAVFAC) finished the active duty men's race in fourth (2:18.61), and Pacific Air Forces (PACAF) ended its run in the mixed crew division in third (2:51.71).



(Top)

Canoes race toward the finish line during the All Forces 2010 Hawaii Wounded Warrior Canoe Regatta that was hosted by Morale, Welfare and Recreation (MWR) at Rainbow Bay Marina Canoe Hale at Joint Base Pearl Harbor-Hickam on Sept. 6.

(Bottom)

First-place trophies are handed out to members of the Hawaii Air National Guard (HIANG) men's canoe team number three, which stroked its way to the title in the active duty men's division with a regatta-best time of 2:10.32.

Meanwhile, in the women's race, the *na wahine* of HIANG kept up with their male counterparts by beating the Hickam Misfits with more than 24 seconds to spare.

Staff Sgt. Pua Jumawid, who paddled on both the HIANG's women's and mixed crew title squads, said that although the women had a few obstacles to overcome, the team persevered to come out on top.

"In our boat, there were two girls who never paddled before," Jumawid said. "Then we had a false start. We were halfway through the race before they told us to turn around. That made us feel like 'oh my,' because the wind was so strong. But we didn't let that stop us. We just kept at it hard and strong."

While each team gave 100 percent once the start-

ing horn sounded, Arzadon said that no one at the regatta forgot about the main reason why the races were being held.

He said that events such as the regatta are a great way to acknowledge and thank those who have encountered debilitating sacrifices while serving their country in battle.

"They are the ones who stuck their necks out for us," Arzadon said. "For us to do

these kind of things is for a good cause and good people."

Staff Sgt. Peter Go, who is attached to the Wounded Warriors Battalion at Schofield Barracks, said that he understands first-hand about the importance of the Wounded Warrior program.

Go, an infantry medic, was treated for duress while dealing with the loss of two fellow Soldiers who

were killed in combat. He now serves in the program by helping others work through their war-related traumas.

"At first I refused, but then I realized later that it was good for me," said Go, who was one of the paddlers on the Warrior of the Sea. "This (program) has a very important place in the military - especially for those who are still soldiering."

Safest summer on record concludes for Sailors, Marines

April Phillips

Naval Safety Center Public Affairs

NORFOLK (NNS) -- Labor Day marked the traditional end of summer for Sailors and Marines and also the end of the Naval Safety Center's (NSC) annual summer safety campaign, "Live to Play, Play to Live."

Although mishap reports for the long weekend are not complete, it appears that both the Navy and Marine Corps enjoyed the safest summer since NSC started keeping these statistics.

However, that still means that 14 Sailors and 14 Marines lost their lives between Memorial Day and Labor Day weekends. Nonetheless, this is a considerable improvement from 2009, when 39 Sailors and Marines lost their lives during the same period.

While that is an achievement to be proud of, NSC is not declaring victory, especially in light of the fact that one Sailor and one Marine died during Labor Day weekend. Mishap reports indicate that both deaths may be related to alcohol.

"There have been a lot fewer cases of DUI (drinking under the influence)," said NSC Command Master Chief (AW/SW) Dominick Torchia. "However, there may be

some complacency about the dangers of over-consumption in general. We're seeing cases of Sailors and Marines basically drinking themselves to death."

While most people seem to be getting the message about designated drivers and safe ride programs, leaders need to continue educating their Sailors and Marines about the health risks of alcohol, including alcohol poisoning and reduced inhibitions that may lead to risky behavior, said Torchia.

Although the summer 2010 has ended, Torchia urged renewed focus on risk management, so the positive mishap trends of the summer will continue into the cooler seasons.

"Many of the risks are actually the same," Torchia said. "There are just different conditions. We think of people traveling for their summer vacations, but they are also on the road for Thanksgiving and Christmas. The folks who are out there participating in summer sports will probably also take part in winter sports. We ask them to take the same risk management mentality and adapt it to the new conditions."

To that end, Torchia recommends "winterizing" homes and vehicles now, rather than waiting until weather conditions deteriorate. He also encourages everyone to get in shape now for winter sporting

activities such as skiing, snowboarding or even football.

"Prepare and train before you go out and try something like that. If you haven't skied before, take a course before you hit the slopes," Torchia said.

While many risks remain consistent through all four seasons, fire dangers do escalate in fall and winter, due to faulty heating systems, unsupervised fireplaces and dangerous space heaters.

"Now is the time to prepare your home. Weatherproof your house and have annual maintenance performed on your fireplaces and heating systems," Torchia said. "Doing this now will keep you ahead of the game."

While Sailors and Marines prepare for fall and winter, he also warned them to continue being vigilant about hurricanes. The east coast of the United States was recently spared when Hurricane Earl remained off the coast, but the season runs through November and Torchia encouraged everyone to stay on guard against these dangerous storms.

He also pointed out that a new school year is underway and drivers should pay special attention for kids who might dart out into the street.

For more information, visit www.safetycenter.navy.mil.



U.S. Navy photo by MC2 Eric Crosby

Lt. j.g. Jacob Davis, assigned to the guided-missile cruiser USS Bunker Hill (CG 52) spikes a volleyball toward the team of the amphibious dock landing ship USS Rushmore (LSD 47).

PEARL HARBOR-HICKAM Manawa Nanea LEISURE

Morale Welfare & Recreation

SPINATHON

Join the spinning marathon at a free Spinathon from 8 to 11 a.m. Saturday at Hickam Spin Center (building 1113). Prizes will be given away. Space is limited. No pre-registration is necessary. FMI: 448-2214.

FREE GOLF CLINIC

A free golf clinic will be offered from 9:30 to 10:15 a.m. on Sept. 18 at Barbers Point Golf Course. Space is limited. FMI or to register: 682-1911

WOMEN'S SELF-DEFENSE CLASS

A women's self-defense class will be given from 1 to 2:30 p.m. on Saturdays, beginning Sept. 18 at Makai Recreation Center. The class is open to women ages 16 and up and is \$40 per month. Participants will learn about the nature and prevalence of violent behaviors and what to do when situations arise. Classes will follow realistic self-defense tactics and combative techniques. FMI: 449-3354.

PARENT/CHILD GOLF TOURNAMENT

Morale, Welfare and Recreation will host a parent/child golf tournament on Sept. 25 at Barbers Point Golf Course. First tee time begins at 3:45 p.m. and will be in scramble format. A fee of \$40 will include rounds of golf, two sleeves of balls, tees, two golf towels, a meal for each participant and an award ceremony to follow. Registration ends Sept. 24. Register with one of the following age divisions: 8-12 years old or 13-17 years old. FMI: www.greatlifehawaii.com.

PEE WEE SOCCER REGISTRATION

Registration for Pee Wee Soccer continues through Sept. 24 at the Joint Base Pearl Harbor-Hickam Youth Sports Office. The sessions will be held for an hour on Saturdays and are open to children ages three to five. The cost is \$40. The soccer season will run Oct. 2 - Dec. 17. The registration fee includes a T-shirt, soccer ball, medal and certificate. FMI: 474-3501.

KIDS' BOWLING SPECIAL

Kids' bowling specials are available from 10 a.m. to 9 p.m. now through Oct. 31 at Hickam Bowling Center. Enjoy two free games of bowling per day. A family pass option is also available. FMI: www.kidsbowlfree.com or 448-9959.

COSMIC BOWLING

Naval Station Bowling Center will host cosmic bowling at 7 p.m. every Friday and at 9 p.m. every Saturday.

For more information on events, visit www.greatlifehawaii.com or www.hickamservices.com/

Community Calendar

September

3-4, 24-25, Oct. 1-2 -

Maintenance on Ford Island Bridge will result in intermittent lane closures on Fridays and Saturdays through Oct. 2. Lane closures will last 45 minutes to one hour to support cylinder removal or installation. When lanes are closed, flagmen will control the traffic to and from Ford Island and route it onto the lane that remains open. The north lane (headed onto Ford Island) will close intermittently from 8 a.m. to 2 p.m. on Sept. 24 and Oct. 1. The south lane (departing Ford Island) will close intermittently from 8 a.m. to 2 p.m. on Sept. 25 and Oct. 2. Drivers and pedestrians should proceed with caution and obey signage and flagmen.

11 - Marine Corps Base Hawaii, Kaneohe will host an informal freedom walk beginning at 8 a.m. to commemorate the events of 9/11 and honor those who lost their lives. The walk will be a short 1.75 - 2 mile walk from the chapel to Ft. Hase beach and back. There is no entry fee, but donations are accepted to benefit Operation Homefront. FMI: Gina Jaeschke at (720) 841-6506 or (720) 841-6506.

16, 17 - The Air Force Sergeants Association is sponsoring two POW/MIA events. The first is a 24-hour remembrance run beginning at 6 a.m. Sept. 16 at the Hickam track. The second is a reveille ceremony at 7:20 a.m. at the PME Center flag pole. Squadron POCs are needed to fill relay teams; other volunteer opportunities are also available. Squadron relay POCs please contact TSgt Lillian Barnes at lillian.barnes@hickam.af.mil. For other questions and volunteer opportunities, please contact TSgt Michael Gomes or SMSgt Tricia Benning at michael.gomes@hickam.af.mil or tricia.benning@hickam.af.mil.

17 - Air Force spouse 101: Heart Link will be presented from 7:45 a.m. to 1 p.m. at Warfighter and Family Services at Hickam. There will be opportunities to participate in interactive activities that will unlock the mysteries of the Air Force. Meet expert panelists who will enlighten you about benefits and entitlements and give you advice on how to adjust to the demands of military life. Free lunch and child care will be provided. FMI or to register: 449-0300.

28 - Adm. Dixon R. Smith, commander, Navy Region Hawaii and commander, Naval Surface Group Middle Pacific, will host a Hispanic Heritage Month event from 11 a.m. to noon at Lockwood Hall lanai. The theme of the event will be "Heritage, Diversity, Integrity, and Honor: The Renewed Hope of America." Jose Villa, editor of "Hawaii Hispanic News" and radio talk show host, will be the guest speaker. Entertainment will be provided by the Pacific Fleet Band.

Movie Showtimes



Salt (PG-13)

A CIA officer who swore an oath to duty, honor and country will be tested when a defector accuses her of being a Russian spy. Salt's efforts to prove her innocence only serve to cast doubt on her motives, as the hunt to uncover the truth behind her identity continues and the question remains: "Who Is Salt?"

SHARKEY MOVIE THEATER

TODAY
7:00 PM Inception (PG-13)

SATURDAY
2:30 PM Ramona and Beezus (G)
4:45 PM Sorcerer's Apprentice (PG)
7:00 PM Salt (PG-13)

SUNDAY
2:30 PM Ramona and Beezus (G)
4:45 PM Inception (PG-13)
7:00 PM Salt (PG-13)

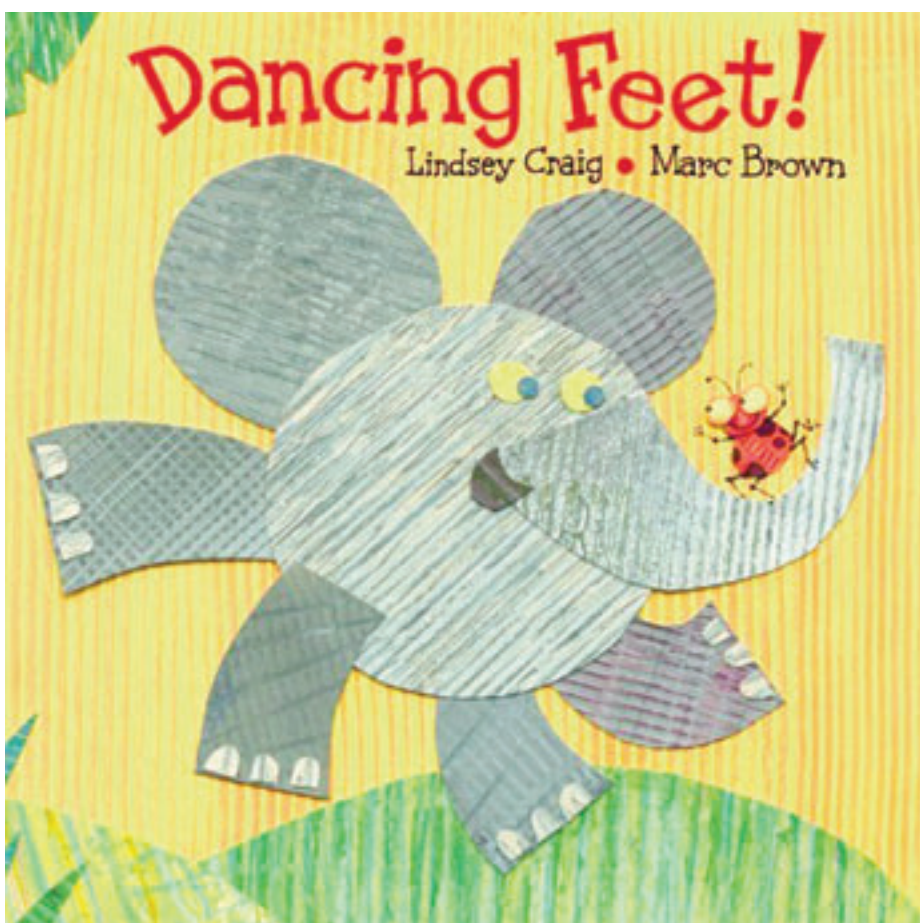
HICKAM MEMORIAL THEATER

TODAY
6:00 PM Cats and Dogs: The Revenge of Kitty Galore (PG)
8:30 PM Salt (PG-13)

SATURDAY
4:00 PM Cats and Dogs: The Revenge of Kitty Galore (PG)
7:00 PM Charlie St. Cloud (PG-13)

SUNDAY
2:00 PM Despicable Me (PG)





“Dancing Feet” author to entertain military children at Hickam

USO Hawaii

Lindsey Craig, a Seattle-based children's book author, will be making her first public reading in Hawaii from 10 a.m. to noon Sept. 18 at Joint Base Pearl Harbor-Hickam (JBPHH), Makai Rec Center.

One hundred children of the military's deploying troops will be treated to free copies of Craig's book, "Dancing Feet." She will read her book with special participation from Joint Base Pearl Harbor-Hickam Command Master Chief Earl Gray.

Participating child actors and dancers wearing animal costumes will

"dance and prance" to the rhythmic reading from the book. Book signing by the author follows the reading presentation. "Dancing Feet" is among the booklist selection of United Through Reading, a program that allows deploying parents to record book readings to their children during pre-deployment. The DVDs are then sent to the children who enjoy hearing their parent's voice reading a storybook to them.

Lindsay Hearne, a JBPHH ombudsman, and active duty spouses are creating the animal costumes. Aside from a complimentary 100 copies of "Dancing Feet," children

of deployed military families will be treated to balloons, popcorn, cotton candy, pizza and juice. Refreshments for 200 adult guests will be served. The event is on a first-come, first-served basis. Contact Eva Laird Smith elsmith@uso.org at 422-1213 to confirm your attendance.

While in Honolulu, Craig will also be reading her "Dancing Feet" book on Sept. 16 at Aliamanu and at Hickam Elementary Schools. Seven reading sessions are scheduled for Sept. 17 with three classes at Holy Family Catholic Academy, and three classes in the afternoon at Pearl Harbor Elementary School.

MWR presents Day for Kids

JBPHH Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will host Day for Kids from 4 to 9 p.m. on Sept. 17 at the Hickam Youth Soccer Field located behind building 1335. At this free event, parents will travel back to the '70s with their kids.

The schedule of events includes:

4 - 7 p.m. - Outdoor celebration and activities including:

* Photo booth - Have your photo taken in '70s style with retro costumes provided.

* London DJ Bennie James gives interactive

DJ classes.

* Family activities, contests, games, and live game shows (come be a part of the show).

* Make your own individualized dog tag.

* Science experiments.

* Make and take crafts including macrame, ceramics, and weaving.

* Tennis fun with USTA 6 - 9 p.m. - Pre-teen/teen dance for ages 10-14 held at the teen center gym featuring DJ Sumi and London DJ Bennie James.

7 p.m. - Movie under the stars: Bring your blanket and chairs to enjoy the most recent release of "The Karate Kid" (rated PG) starring Jackie Chan and Jaden Smith, including free

popcorn for all.

Live entertainment includes:

4:15 p.m. - Hickam Flyers

4:30 p.m. - Hickam Halau

Hula

4:45 p.m. - Martial arts

5 p.m. - Jig This Hawaii

5:15 p.m. - DMA

5:30 p.m. - Alex Pierce

5:45 p.m. - Okinawan

kempo karate

There will be free shuttle service to and from the event. Visit <http://hickamservices.com/services-hotlist.asp> for more details.

Day for Kids is open to all military-affiliated personnel, family members, Department of Defense civilians, reservists and their sponsored guests.

Navy Region Hawaii to host Hispanic Heritage Month event

Adm. Dixon R. Smith, commander, Navy Region Hawaii and commander, Naval Surface Group Middle Pacific, will host a Hispanic Heritage Month event from 11 a.m. to noon Sept. 28 at Lockwood Hall lanai. The theme of the event will be "Heritage, Diversity, Integrity, and Honor: The Renewed Hope of America." Jose Villa, editor of "Hawaii Hispanic News" and radio talk show host, will be the guest speaker. Entertainment will be provided by the Pacific Fleet Band.

Blood drives will be conducted by Tripler Army Medical Center Blood Center at the following locations:

<p>15 - 8 a.m.-3 p.m., Camp Smith</p> <p>17 - 8 a.m.-1 p.m., Tripler Army Medical Center, lobby</p> <p>20 - 9 a.m.-3 p.m., Schofield Health Clinic</p> <p>21 - 8:30 a.m.-3 p.m., Kunia Tunnel</p>	<p>23 - 7:30 a.m.-noon, Makalapa Health Clinic, Joint Base Pearl Harbor-Hickam</p> <p>24 - 10 a.m.-2 p.m., Tripler Army Medical Center, Fisher House</p> <p>FMI: 433-6148 or www.militaryblood.dod.mil.</p>
---	--

USO Hawaii sponsors Just Jazz! benefit for Hawaii's Troops

USO Hawaii

Military jazz musicians stationed in Hawaii are invited to submit applications and demo tapes to USO Hawaii during the month of September to qualify for "Just Jazz," a competition to be held Nov. 20 at Blaisdell Concert Hall.

Both jazz soloists and group acts are encouraged to submit their applications and demos immediately, as deadline for entries is Sept. 30.

Eight to 10 contestants will be selected from the demos submitted to compete at Just Jazz and vie for first, second and third prizes, as well as two consolation prizes, which include studio recording time, the production of



CDs, radio air time, overseas gigs and other prizes. A panel of local and Pacific-based jazz celebrities will judge Just Jazz contestants on their stage presence, audience appeal, technical expertise and overall impact.

Complete information about the application process and competition guidelines for Just Jazz is available on the Internet or by phone. To obtain information online, go to <http://affiliates.uso.org/h>

awaii or call USO Hawaii at 422-1213 and speak to the director, Eva Laird Smith.

Tickets to Just Jazz will be available to the public at \$30 plus an applicable service charge beginning mid-October. Tickets will be available at the Blaisdell box office and at all Ticketmaster outlets (Walmart and Sports Gear), charged by phone at (800) 745-3000 or purchased online at ticketmaster.com. For event and ticket information, call (800) 745-3000. All proceeds will benefit Hawaii's military troops.

Suicide prevention: Family members often first to notice signs of distress

Shari Lopatin

TriWest Healthcare Alliance

Your service member recently returned from a deployment. And you noticed some changes.

Some may be part of the "new normal." But others you wonder about: bursts of anger, withdrawal from friends and family, trouble sleeping or sleeping too much. Should you brush it off as just a phase?

Absolutely not. Family members are often the first to recognize symptoms of stress, depression or post-traumatic stress. They can be the help for a loved one—before it's too late.

But where can you turn if you're not sure what to do? Many resources are here to help, even online, through TriWest Healthcare Alliance, the company which administers your TRICARE benefit through-out 21 western states.

Online care

For life issues such as stress management, relationship problems and self-esteem, you can connect

with a counselor 24/7/365 using chat and Web video from your home or any Internet connection. As part of TriWest online care, you may have access to the TRICARE Assistance Program, or TRIAP. TRIAP offers non-medical, non-reportable video counseling sessions. To be eligible for TRIAP, you must meet one of the following criteria:

- An active duty service member (includes Guard/Reserve members who have been activated).
- An active duty service member's spouse.
- An active duty family member 18 years or older.
- Guard/Reserve members who have purchased coverage under TRICARE Reserve Select.
- Eligible for TRICARE benefits under the Transitional Assistance Management Program (TAMP).

Want more information? Curious to see what kind of help a counselor offers, even if it's guidance for you to help your spouse? Visit www.triwest.com/OnlineCare to get started.

Other TriWest resources

TriWest and TRICARE have many other resources available to support you and your spouse: pre-deployment, post-deployment and during deployment.

- Behavioral Health Crisis Line, 1-866-284-3743: Having a stress crisis? Not sure what to do and need to talk? Call us here, 24/7/365.

- Behavioral Health Contact Center, 1-888-TRI-WEST (874-9378): Information about your behavioral health benefit and help finding a counselor.

- TriWest Behavioral Health Portal: www.triwest.com/BH: This portal is filled with a number of resources, from literature on coping with stress and parenting problems, to a map of national support organizations.

- "Help from Home" video series: www.triwest.com/HelpFromHome: Watch "Help From Home," a free series of online videos (also available as a free DVD set) that offers advice from other families and experts who've lived through it, firsthand.

2010 Hawaii Freedom Walk planned

Marine Corps Base Hawaii, Kaneohe will host an informal freedom walk to commemorate the events of 9/11 and honor those who lost their lives beginning at 8 a.m. Saturday.

The walk will be a short 1.75 - 2

mile walk from the chapel to Ft. Hase beach and back. There is no entry fee, but donations are accepted to benefit Operation Homefront.

For more information, contact Gina Jaeschke at (720) 841-6506 or (720) 841-6506.

HO'OKELE Online

<http://www.hookelenews.com> or <https://www.cnic.navy.mil/hawaii>

STORY IDEAS?

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

Phone: (808) 473-2888

or email: editor@hookelenews.com

HO'OKELE

Feel Like a Million

Health Tip of the Week

"Time and health are two precious assets that we don't recognize and appreciate until they have been depleted." Denis Waitley <http://www.healthcoachtraining.com>

Wherever you are on your wellness journey, your daily habits can determine 95 percent of your thoughts, feelings and actions. The Feel Like a Million program can help you develop life long habits for better health and life balance. To learn more, visit <http://hickam.ifeellikeamillion.com>.

NEX Website features nutritional information of food outlets on base

Navy Exchange Command

Navy customers concerned about the nutritional value of the food they are eating on base now have a way to check exactly how many calories they are consuming or if the food contains certain allergens.

The Navy Exchange Service Command (NEXCOM) has placed nutritional information on some of its branded food outlets on its website www.myNavyExchange.com.

"We believe that by providing links to our branded partners' nutritional data, we are providing an additional tool for our customers



to make informed meal selections," said Dennis Wilkerson, NEXCOM's branch manager, food service program. "Our military customers tend to be very health conscious when it comes to what they eat. Posting this link on the

NEX website will make it that much easier for them," Wilkerson said.

Nutritional information is provided about food outlets, including McDonald's, Subway, Pizza Hut, Taco Bell, Tim Horton's, Rice King, Five Guys Burgers and Fries, Chili's, Cold Stone Creamery, Dominic's Café, Panda Express, Burger King, Dunkin Donuts, Rubio's Fresh Mexican Grill and KFC.

Nutritional information that is available typically includes serving calories, calories from fat, total fat, cholesterol, sodium and saturated fat.

NEXCOM will add more food service provider information as additional outlets are added to the NEX portfolio.

Website launches to aid travelers

Hawaii State Department of Transportation

As part of a comprehensive program to improve the flow of traffic on Oahu, the Hawaii State Department of Transportation, in collaboration with the City and County of Honolulu Department of Transportation Services, launched GoAkamai.org on Aug. 10.

GoAkamai.org gives commuters a one-stop website that provides real-time traffic data, enabling travelers from military bases and other areas in Oahu to make better decisions when planning their commutes to work, home, school and community.

GoAkamai.org is continuously updated to provide a simple, color-coded congestion map that indicates light, moderate, heavy and stop-and-go traffic conditions. Additionally, city and state cameras feed snapshot images of traffic, updated at least every five minutes, to the website. The public now has access to view 200 traffic cameras.

"This traveler website, with real-time information, provides our residents with the tools necessary to plan their commutes," Lt.



Governor James R. "Duke" Aiona Jr. said. "As a Kapolei resident, I know first-hand how traffic congestion can negatively affect our daily lives. Through innovative technology, we are reaching as many people as possible with detailed information to conveniently plan their travels," Aiona said.

- GoAkamai.org includes:
- An easy-to-read congestion map, showing no congestion, moderate, heavy, or stop-and-go traffic along various routes.
 - Real-time views of roadway conditions.
 - Camera views along many routes.
 - Links to help in planning your trip via TheBus, bicycle or by carpool.
 - Links to information on

roadway construction that may cause delays.

- Links to airport information.

- Links to weather and surf conditions.

Travelers are encouraged to check GoAkamai.org prior to leaving work or home to more effectively plan their trips. While GoAkamai.org is also available through the use of hand-held devices such as smart phones, drivers are cautioned that the use of these devices is illegal while driving.

The GoAkamai initiative, including both the website and supporting technology, cost \$1.25 million, with 80 percent funded by the Federal Highways Administration (FHWA).

This Week's Trivia

What is the Air Force's oldest numbered air force?

Last Issue's Question:

Jacqueline Cochran made Air Force history at Edwards AFB, Calif. on Aug. 24, 1961. What did she do?

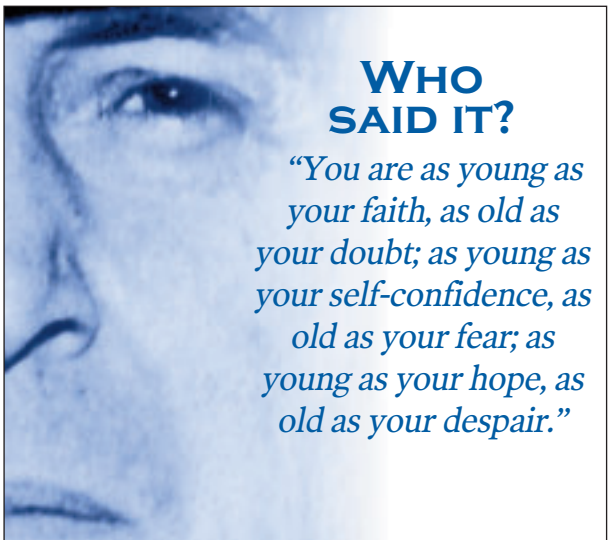
Answer:

Cochran flew a Northrop T-38 Talon to a world speed record for women - 842.6 miles per hour.



WHO SAID IT?

"You are as young as your faith, as old as your doubt; as young as your self-confidence, as old as your fear; as young as your hope, as old as your despair."



PREVIOUS ISSUE

WHO SAID IT?

"Our warriors are no longer limited to the people who fly the airplanes ... Our entire force is a warrior force. Being a warrior is not an AFSC (Air Force specialty code), ... it's a condition of the heart."

Air Force Chief of Staff, General John P. Jumper

