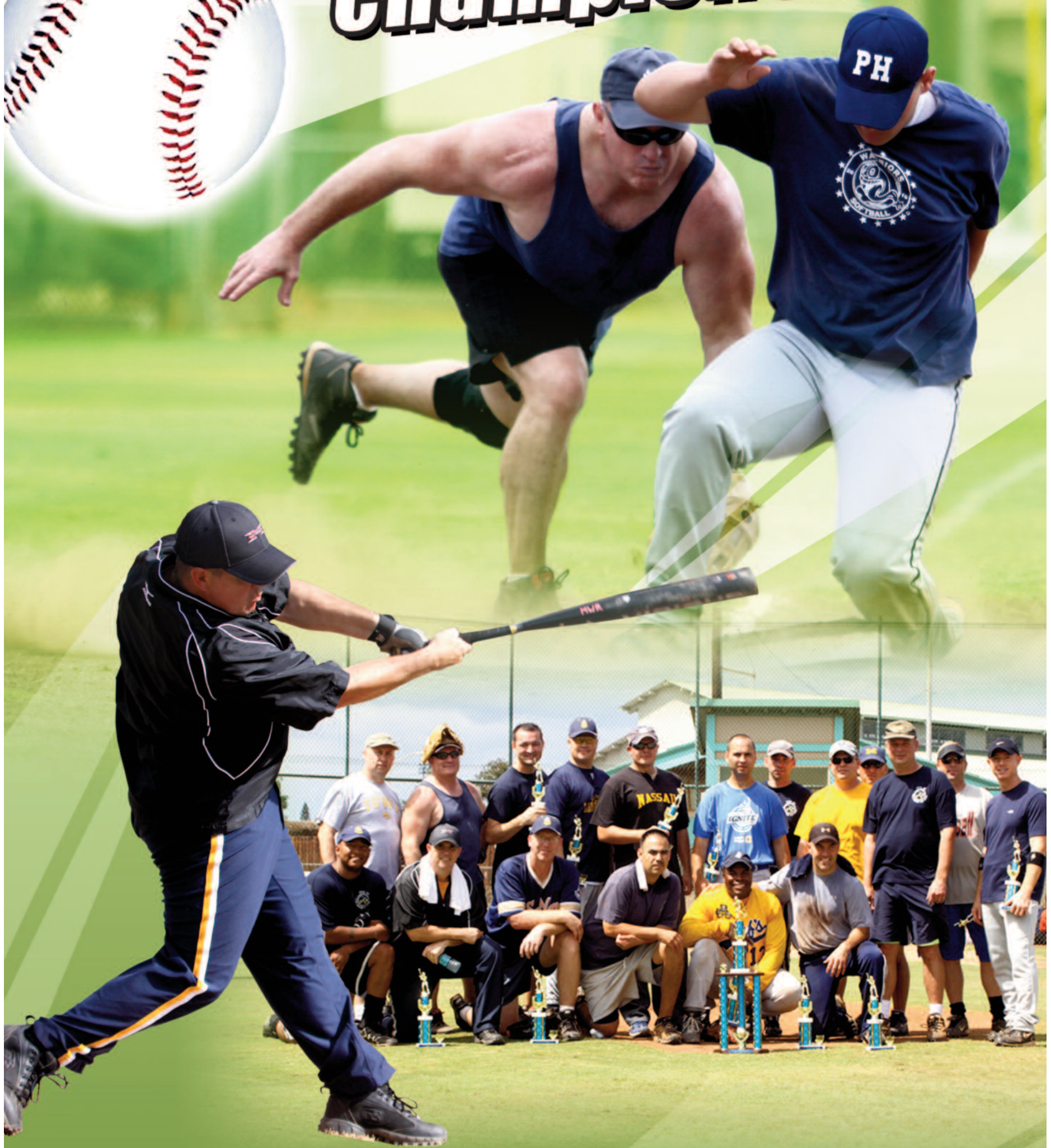


Improbable comeback gives Cavemen championship



Story and photos by Randy Dela Cruz

Sports Editor

The Kunia Cavemen's amazing comeback in the final inning led the team to a wild extra-inning, 13-12, victory over USS Paul Hamilton (DDG 60) in the Navy Intramural League's softball championship showdown at Millican Field, Joint Base Pearl Harbor-Hickam, on Aug. 21.

Down to their final three outs and trailing by a score of 11-6, the Cavemen, a team that is comprised of E-7s and above from Navy Information Operations Command (NIOC) Hawaii, staged a heart-thumping rally to score five runs and send the game into extra

innings, before walking away with the title.

During the rally, leadoff hitter Lt. Jeff Murse got things started for Kunia by connecting on a double. After a walk put two men on base, Master Chief Cryptologic Technician (Collection) Pete Lasher blasted a triple that scored the first two runs of the inning.

The Cavemen collected three more singles to drive in two more runs and had runners on first and second with two outs, as Chief Cryptologic Technician (Collection) Terry Fort approached the plate.

Fort tapped an infield roller that appeared to be headed for the final out and a win for Paul Hamilton, but second baseman

Quartermaster 3rd Class James McCary failed to come up with the ball, which allowed Fort to be safe at first and the game-tying run to score.

In overtime, Kunia got the jump on Paul Hamilton, when Murse continued his hot hitting by crushing a pitch to the right-field fence, before circling the bases for a two-run, inside-the-park homer.

For the day, Murse hit for the cycle in collecting a single, triple, double and homer in five at-bats, while driving in four runs.

"I was just trying to hit the ball hard," said Murse about his game-winning shot. "Luckily, I hit the gap in right field. I felt pretty good today. I got some good pitches to swing at."

In the bottom half of the eighth inning, Paul Hamilton got its first two hitters on base, but after a sacrifice drove in a run, Kunia pitcher Senior Chief Cryptologic Technician (Collection) Philip "Gonzo" Gonzales settled down to get the next two batters on a ground out and fly out to preserve the win.

The disappointing loss ruined an otherwise solid day at the plate for Paul Hamilton, which received over-the-fence dingers from Boatswain's Mate 2nd Class Arthur Saldana, who took a pitch deep into the left-field parking lot in the bottom of the third, and Electronics Technician 1st Class Ed Drury, who muscled a rocket over the right-field fence and onto North Road in the

fifth, as the team built up its five-run cushion.

Still, Saldana admitted that in the game of softball, no lead is big enough.

"This is a hitter's game, and you're never really safe. That's the bottom line," said Saldana, who, for the second year in a row, was playing in the league's championship game. "We were trying. We had a couple of errors, but we win together and we lose together."

As the Cavemen teetered on the brink of defeat, Murse admitted that he wasn't sure if the team had what it took to mount the miraculous comeback.

However, he said, once Kunia got on a roll, things just started to fall into place.

"We really didn't expect

to come back so there wasn't any pressure," Murse stated. "We started putting hits together and it just kind of happened."

Fort added that the victory was especially sweet since the Cavemen were one of the more seasoned clubs in the league.

With many of NIOC's chief petty officer selectees on hand to cheer on the Cavemen, Fort said he hoped the team's hard play encouraged the new chiefs to always give it their all.

"We got a lot of experience and we try to inspire others," Fort said. "We give them (chief selectees) a hard time, but at the same time, I hope we set an example for them. Don't ever give up and it's all about teamwork."

Hawaii Air National Guard eyes softball title

Story and photo by
Randy Dela Cruz

Sports Editor

The Hawaii Air National Guard (HIANG) kept its hopes alive for the Air Force Intramural League softball championship by rolling to a 21-12 victory over Headquarters Pacific Air Forces (HQ PACAF) in a second-round playoff matchup at Hickam Softball Fourplex on Aug. 24.

Previously, the HIANG defeated the 15th Wing Staff Agency, 10-5, to advance to its game against HQ PACAF, which had earned a first-round bye after capturing the league's Tuesday-Thursday Division's regular-season pennant.

"We've got a lot to prove, not to ourselves but to everybody else," said HIANG Staff Sgt. Mike Victorino following the team's impressive win over PACAF. "We should have been the top seed. We should have this championship guaranteed."

In the second-round showdown, the HIANG played like a team on a mission, as it stormed out of the gates with a monstrous eight-run explosion in the top of the first inning that immediately put PACAF on its heels.

After posting four runs, HIANG Master Sgt. Daniel Hiyama stepped up to the plate with two outs and the bases loaded and delivered a shot that rolled all the way to the right-field fence.

Hiyama circled the bases for an inside-the-park grand slam that doubled the HIANG's early advantage to 8-0.

"Usually, I look for something that is low, out and inside, and that's what I got," said Hiyama about his



Hawaii Air National Guard (HIANG) Master Sgt. Daniel Hiyama keeps his eyes on the ball as he is about to deliver a shot for a grand slam against Headquarters Pacific Air Forces (HQ PACAF) during the second round of the Air Force Intramural League softball championship playoffs at Hickam Softball Fourplex on Aug. 24. The HIANG went on to defeat HQ PACAF, 20-12, to advance to the next round.

four-run drive. "That was really big against a good team like them (PACAF). That was good to have. You don't like to be trailing."

Undaunted by the huge lead, PACAF showed why it finished the regular season as the division's top team by battling back to score five runs on five hits in the bottom of the first.

The team scored three more times in the bottom of the second to pull to within a single run at 9-8, and kept the margin at one digit as

the teams entered the fifth inning.

However, in the top of the fifth, the HIANG broke out the heavy lumber once again and bludgeoned its way to another eight-run outburst that put the game away for good.

In the backbreaking frame, the HIANG paraded out a total of 12 batters, who stroked five singles and slugged three doubles.

Hiyama, who accounted for one of the team's two-baggers in the inning, said

that once someone gets the feeding frenzy going, the HIANG is hard to stop.

"We hit the ball today. That's what we look for," said Hiyama. "Once you see somebody hit, you want to keep the momentum going. It gets everybody pumped up."

Victorino agreed with his teammate and added, "You don't want to be that guy that gets out and kills the rally. We always talk about who makes the worst mistake. Nobody wants to be

that guy," he said.

Senior Master Sgt. Brandon Leach of PACAF said that while his team did everything it tried to answer the call, the booming bats of the HIANG were just too much to overcome.

"These guys (HIANG) are a powerhouse year in and year out," Leach pointed out. "We knew coming into this game that we would have to score a lot of runs just to hang with them. We fought and played a good game, but

came up short."

In gaining a convincing win over one of the top teams in the playoffs, Victorino, whose cousin Shane is an all-star center fielder for the Philadelphia Phillies, said he believes that the team will use the momentum to become a finalist in the title game.

"There is only one word that can explain our hitting: explosive," Victorino stated. "If we put up those kind of numbers, everybody got to be afraid of us."

Joint Spouses' Conference set for Oct. 23

Dr. Philip Breeze

Director, Public Affairs
Joint Base Pearl Harbor-Hickam

The 16th Annual Joint Spouses' Conference (JSC), scheduled from 7:30 a.m. to 5:30 p.m. on Oct. 23 at Marine Corps Base Hawaii, Kaneohe, will have something for just about everyone in the military, according to Deborah Kitchens, Navy liaison for the publicity committee.

The Joint Spouses' Conference is a non-profit organization chartered to enrich the lives of military spouses stationed in Hawaii. The annual conference provides a forum for

spouses of active duty, reserve and retired military members of all services to uplift, motivate, educate and strengthen one another in their challenging roles as spouses, parents, professionals and community leaders.

The keynote speaker for this year's conference will be Susan Page, military widow and wife and 18-year MidWeek columnist. As a military daughter, wife and mother, Page's columns often focus on issues relating to military service members.

The conference activities will include more than 50 workshops and demonstrations on topics ranging from Hawaiian culture and his-

tory (including hula lessons), health and wellness to communication and parenting skills, and entertaining tips.

"Whether you have been on the island for years or are new to Hawaii, the conference offers a unique opportunity to meet and network with more than 300 fellow military spouses," Kitchens said.

Online registration for the 2010 JSC begins Sept. 1 at: www.jschawaii.com. The cost to attend the conference ranges from \$33 for E-1 through E-5, \$36 for E-6 through O-3 to \$39 for O-4 and up. Registration includes meals and complimentary, limited child care for those whose spouses



are deployed.

Seating is limited and most workshops are assigned based on the

date of registration, so early registration is encouraged.

The popular "Armed for

Entertaining" workshop will be offered as a general session, available to all attendees.

Governor's Women's Leadership Conference set for Sept. 21

(Information provided by Hawaii National Guard)

The Governor's Women's Leadership Conference will be held Sept. 21 at the Sheraton Waikiki Hotel and Resort. The event begins at 7:30 a.m. with general conference registration and a continental breakfast.



Hawaii Governor Linda Lingle

Opening ceremonies honoring visiting nations begins at 8:30 a.m., followed with opening remarks by Hawaii Governor Linda Lingle.

Speakers for the event will include Madam Li Xiaolin of China, vice-chair of the Chinese People's Association for Friendship with Foreign Countries. She has launched and helped to finance many poverty relief projects.

Jin Kyu Robertson of Korea and America will tell her story - a Korean factory girl who immigrated to America as a housemaid at age 22 with little English and \$100 to her name.

She became a U.S. Army major and graduated from Harvard with a Ph.D.

Other speakers will be Pacita Juan of the Philippines, who has started campaigns on going organic and taking care of the environment; and MacDella Cooper of Liberia, a refugee from the Liberian civil war, who has created

awareness of the plight of the Liberian children through her humanitarian initiatives.

The afternoon sessions will feature talks by Dr. Ing Kantha Phavi of Cambodia who was appointed minister of women's affairs in July 2004 following the formation of the new government, and Sister

Rosemary of Uganda. Sister Rosemary operates St. Monica's Tailoring School, which offers "child mothers" and their babies a safe haven so students can get jobs, feed their children and rebuild their lives.

Rhonda Begos of the United States, an entertainer since childhood, will offer remarks and a performance. She has been an advocate for children's and women's rights as it relates to violations of the mind, body and spirit.

A talk by Dr. Connie Mariano of the United States will complete the speakers' presentations. She is the first Filipino-American to become a rear admiral in the U.S. Navy and was also the first female director of the White House medical unit and the first military woman to be appointed as the White House physician, providing medical service for two sitting presidents, George H.W. Bush and Bill Clinton.

There will be opportuni-

ties for networking with conference delegates throughout the event. A networking luncheon buffet at 12:15 p.m. will feature special menu items from around the world.

Closing remarks will be offered by Lingle.

Register online at www.hawaiiwomensconference.com.

Home Décor TV personality to host workshop

The Hickam Officer Spouses Club will welcome Home Décor TV personality Cathy Lee at 6 p.m. on Aug. 31 at the Hickam Community Center. Lee will host a home decor workshop to teach the tricks of her trade. Cathy Lee has been described as "the next Martha Stewart," making this a once-in-

a-lifetime opportunity for all service members and their families.

For more information, visit her website at www.rsvpstyle.com.

Please RSVP to president@hickamosc.com no later than noon on Aug. 29.

NEX awards A-OK winner



NEX photo by Stephanie Lau

During a recent ceremony at the Pearl Harbor Navy Exchange, Joint Base Pearl Harbor-Hickam Command Master Chief (CMC) Earl S. Gray Jr. (right) presented Crystal Auz, A-OK Student Reward Program winner, with a \$2,000 government savings bond for her academic achievement. Her parents shared in her achievement.

The Bellas and Diva Eve sign autographs at NEX



U.S. Navy photo by Stephanie Lau

WWE Superstars, The Bellas and Diva Eve, were at the Pearl Harbor Navy Exchange (NEX) on Aug. 18 to meet and greet fans, sign autographs, and take pictures with members of the military community. The Bellas and Diva Eve enjoyed meeting with fans, some as young as one year old. Brie Bella high-fives a young fan.

Commissary Food Show samples local products

Story and photo by
Randy Dela Cruz

Contributing Writer



The annual American Logistics Association Hawaii Food Show continues to grow in popularity and this year's 13th edition was no exception. A record 88 local companies presented their products to buyers representing the Defense Commissary Agency (DeCA) at the Hawaii Prince Hotel in Waikiki on Aug. 19.

Since its kickoff with a modest 12 vendors in 1998, the show has become a hot selling point for area small businesses that are eager to gain access into the extensive military market within the four DeCA commissaries on Oahu.

Scott De Silva, who is the sales supervisor for Akamai Pacific, a local wholesale food distributor, said that getting a spot on the commissary store shelf could elevate a business to the next level of success.

"This is very important," said De Silva, who was pitching a product called "Mountain Thunder," an organic, 100-percent Kona coffee. "This is where all the bigwigs are so the exposure is really significant."

The magnitude of the show's potential impact on local businesses was not lost on the many dignitaries who also attended this year's event.

Opening ceremonies included speeches from Congressman Charles Djou, Congresswoman Mazie Hirono and Lt. Gov. James "Duke" Aiona.

"This means a lot to me because I, as an Army reservist, am a customer. So I always like to see local foods and products at the

commissary," Djou stated. "This also has meaning because service members can partake of Hawaii products and, when they leave, can continue to enjoy these products around the world."

Thomas E. Milks, DeCA acting director and chief executive officer, said that he understands the importance of offering commissary shoppers an opportunity to buy homemade products from the community.

Milks, who last attended the food show in 2001, said that he is amazed at the diversity and number of items that local businesses bring to the annual event.

This year, the show's vendors brought more than 6,000 products, and 12 of the 88 participants were first-time sellers.

"What surprises me is the ability of Hawaii, every year, to have 80 more companies with products that want to get in," Milks said. "And it's a lot of original items of food that all look good and taste good."

Milks added that each prospective item is not only screened for safety, quality and flavor, but vendors are also selected for their ability to meet the criteria on a consistent basis.

"What we're trying to do is work with these companies not on just how to get into the commissary system, but also how to be successful once they get in,"

Milks explained.

For those that make the cut, the association can be quite lucrative, as companies have gone on to see their products in markets far beyond the island's shores.

"There have actually been several (Hawaii) companies that have gone worldwide within the commissary system," Milks acknowledged. "We actually export, from Hawaii, \$2.5 million worth of groceries out to our other commissaries. It's a little more difficult to do it from here (Hawaii), but we're getting the network built up and we're starting to expand."

Eyvinne Umemoto, store director of Pearl Harbor Commissary, said that local products were a big hit during the recent 2010 Rim of the Pacific (RIMPAC) exercise.

Sailors from all over the world sought out the island goodies and Umemoto said he did his best to satisfy their craving.

"We actually set up a local-food display at the front of the store and it took 16 pallet spaces to get the jams, nuts and coffees," Umemoto said. "From the



Local vendors highlight their products for Defense Commissary Agency (DeCA) buyers at the 13th Annual American Logistics Association Hawaii Food Show at the Hawaii Prince Hotel in Waikiki on Aug. 19. A total of 88 businesses attended the show in hopes of placing their products on the shelves of four DeCA commissaries on Oahu.

day we set it up in June, it started moving, and we left it up for three months. I can't say how much the bump was, but it was pretty substantial."

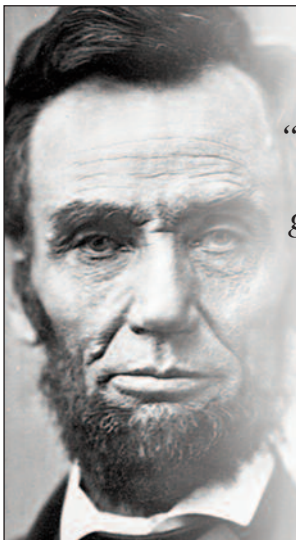
Like Umemoto, Celine Ruiz, commissary store director at Hickam, said that the local foods are a

great complement to the store's national-chain items and does much to enhance the grocery shopping experience for all military personal and their families.

While attending the food show, Ruiz said that she is always on the lookout for something unique

and different.

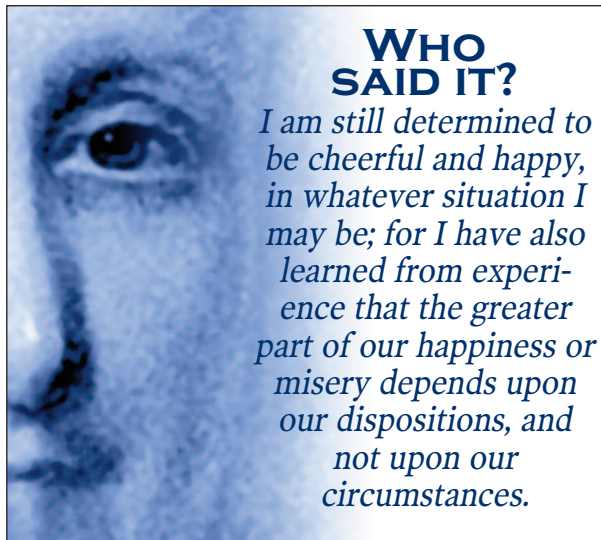
"I come with an open mind, but I look for new and interesting things," she said. "I am always thinking about what I would want if I was the customer. Nothing has really jumped out at me yet, but I've still got plenty of homework to do."



PREVIOUS ISSUE
WHO SAID IT?

"I am a firm believer in the people. If given the truth, they can be depended upon to meet any national crises. The great point is to bring them the real facts."

Abraham Lincoln



WHO SAID IT?

I am still determined to be cheerful and happy, in whatever situation I may be; for I have also learned from experience that the greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances.

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

FAMILY MOVIE NIGHT ON THE LAWN
Family Movie Night on the Lawn will be held from 7 to 9 p.m. tonight at Makai Recreation Center. The event is free. The feature flick is Disney's "The Princess and the Frog." Families are encouraged to bring chairs, blankets and snacks to enjoy. The movie will be held, weather permitting.

YOGA BY THE SEA
Try Yoga by the Sea at 6 p.m. tonight at Hickam Harbor (next to Sea Breeze). The event is free. Yoga mats will be provided. There is no need to pre-register.

PARENT & CHILD SCRAPBOOK DAY
Parent and Child Scrapbook Day is planned for noon to 4 p.m. Sunday at the Hickam Craft Store. The cost is \$5 per parent/child. Scrapbook and craft supplies will be available for purchase. The fee allows attendees to use all of the in-store equipment. FMI: 448-9907, ext. 103.

MINI CHEER CLINIC
A mini cheer clinic will be held from 9:30 to 11 a.m. Aug. 31 at the Hickam Youth Sports & Fitness Center. The clinic is open to children ages three to five at a cost of \$25 per person. Participants will learn four cheers, a simple routine set to music, jumps and some basic tumbling. The clinic is limited to 15 students. FMI: 448-4492.

AFTER-SCHOOL OPEN RECREATION
Hickam Youth Sports & Fitness Center will be open from 3 to 4 p.m. Aug. 31 for after school open recreation for children of all ages. The cost is \$5. No pre-registration is required.

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.greatlifeohawaii.com or www.hickamservices.com/

Community Calendar

August

27 ~ Tickets are on sale through today for the Air Force 63rd Birthday Ball which will be held Sept. 17 at the Sheraton Waikiki Resort. Contact your local AF Birthday Ball representative. FMI: 448-6999.

31 ~ The Junior Officer Spouses Workshop Committee will hold its first planning committee meeting for this year's fall event from 5:30 to 7 p.m. at the Fleet and Family Center. All spouses of Navy and Coast Guard officers O1-O4 and CWO1-5 are welcome to join in the fun. FMI: Mercedes Welch at teamwelch@hawaii.rr.com or 422-6381.

September

8 - 9 ~ Joint Base Pearl Harbor-Hickam (JBPHH) will host two open house/town hall events for all customers of the joint base. Everyone is invited, including military and civilian NAF and APF employees, residents, contractors and tenant commands to attend and get informed about joint base. The Hickam Open House Town Hall event will be from 11 a.m. to 4 p.m. Sept. 8 at the Hickam J.R. Rockers Enlisted Club. There will be a one-hour town hall meeting from 1 to 2 p.m. The Pearl Harbor Open House Town Hall event will be from 3:30 to 6 p.m. Sept. 9 at Lockwood Hall. The town hall meeting will take place from 4:30 to 5:30 p.m. Both events will feature Capt. Richard Kitchens, JBPHH commander; Col. Sam Barrett, commander of 15th Wing; and Col. Rusty Baumgardner, JBPHH deputy commander and commander of 647th Air Base Group; along with the other members of the Joint Base Partnership Council in a panel discussion to answer questions and address your concerns. Please email any questions in advance by Sept. 1 to vickie.lancaster.ctr@navy.mil.

9 ~ In order to meet emergency management and exercise requirements, the 15th Medical Group, Hickam Clinic, will be closed Sept. 9. For more information, call 448-6120.

At a glance

ACT, SAT, GRE and GMAT reimbursement update - DANTES has rescinded their announcement to stop reimbursing these tests at the end of this fiscal year. The tests will remain reimbursable until further notice. FMI: <http://www.dantes.doded.mil> OR 647fss.fsde@hickam.af.mil.

Movie Showtimes



Predators (R)

Royce is a mercenary who reluctantly leads a group of elite warriors who come to realize they've been brought together on an alien planet... as prey. With the exception of a disgraced physician, they are all cold-blooded killers – mercenaries, Yakuza, convicts, death squad members – human "predators" that are now being systemically hunted and eliminated by a new breed of alien predators.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Twilight Saga: Eclipse (PG-13)

SATURDAY
2:45 PM Despicable Me (PG)
4:45 PM The Last Airbender (PG)
7:00 PM Predators (R)

SUNDAY
2:45 PM The Last Airbender (PG)
4:45 PM Despicable Me (PG)
7:00 PM Twilight Saga: Eclipse (PG-13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM The Sorcerer's Apprentice (PG)
8:30 PM Predators (R)

SATURDAY
4:00 PM Toy Story 3 (G)
7:00 PM The Sorcerer's Apprentice (PG)

SUNDAY
2:00 PM Despicable Me (PG)



How the Servicemembers Civil Relief Act can protect you

Lt. j.g. Matthew C. Cox

Navy Legal Service Office
Pacific

The Servicemembers Civil Relief Act (SCRA) was created to "protect those who have been obliged to drop their own affairs to take up the burdens of the nation." The SCRA should not be thought of as a mechanism to avoid liabilities, but instead as a means to effectively address the service member's civil legal issues.

Who does the SCRA protect? The SCRA applies to service members, which includes members of the Armed Forces on active duty, National Guard members called to service for a period of more than 30 days or when responding to a national emergency, commissioned officers of the Public Health Service and National Oceanic and Atmospheric Administration, and active duty reservists when activated. Some provisions apply to family members of the service member.

How does the SCRA protect service members? The SCRA allows for stays of proceedings. The SCRA will not allow a service member to completely escape being sued. However, it will allow for the postponement of a suit that has already been filed. Upon request, a court should postpone a pending lawsuit for 90 days. A service member may have to show that his or her ability to be present for the lawsuit is materially affected by his or her service. A service member's command should make a request to the court for the postponement of the lawsuit as soon as possible.

Termination of residential/automobile/cell phone leases. Under certain circumstances, a service member may be able to can-

cel residential, automobile, or cell phone lease contracts. For residential leases, the service member is allowed to break the lease if he or she enters the service, receives permanent change of station (PCS) orders, or is deployed for a period of at least 90 days. Landlords may not keep security deposits because a service member asserts this right.

For motor vehicle leases, a service member or a family member may terminate the lease upon entering into service for 180 days, receiving PCS orders from a location in the continental United States to a location outside the continental United States or from a location in a state outside the continental United States to any location outside that state, to deploy with a military unit, or to deploy as an individual in support of a military operation. A motor vehicle lease is terminated once both the written notice and the car are returned to the lessor. The lessor may still recover late payments, monies for damage caused to the property by the member, and certain other legitimate charges already owed.

A service member may terminate or suspend a contract for cellular telephone service upon receipt of orders to deploy outside of the continental United States for not less than 90 days or for a permanent change of duty station within the United States. The request to suspend or terminate shall include a copy of the service member's military orders. The carrier shall grant the request without imposing an early termination fee or allow for the suspension of the contract until the service member returns. The carrier should not extend the contract to make up for the time the service member was on deployment.

Eviction. A service mem-

ber or a family member may not be evicted without a court order. If the service member's ability to pay the rent is materially affected by military service, a judge can stay the proceeding for 90 days. The general stay provision of the act is not applicable to evictions. The judge is authorized to order an involuntary allotment be taken out of the service member's pay if the landlord's claim is meritorious.

Mortgage foreclosure protection. The SCRA protects service members and family members against non-judicial foreclosures. If a service member defaults on his or her mortgage payments, a sale of the property, foreclosure, or repossession action is not valid unless there is a court order or a waiver from the service member. This protection is in addition to any state protections and extends 90 days beyond the service member's period of service.

Default judgments. If a suit is filed against a service member and the service member fails to appear at the court proceeding, the judge may grant the suing party a default judgment. This means the suing party wins and may collect the amount of the judgment from the service member. In the event a service member learns of a default judgment being ordered, the service member may request that the court re-open the case and allow the service member to assert a defense.

Can a service member waive his or her rights under the SCRA? The simple answer is yes. Generally, the waiver must be in writing and signed by the service member. As an added protection, the writing must be a document separate from the obligation to which it applies.

What does "material effect" mean? Many of the

provisions of the SCRA require that there be a material effect on the service member in order for the service member to assert his or rights. A service member may be materially affected with regards to being present in court due to being deployed. Service members

may also be materially affected if their ability to pay a debt has changed due to being activated, sent on deployment, or stationed in another geographic location.

Conclusion

This article is intended to inform service members and their families of SCRA pro-

tections in general. It is not intended to provide specific legal advice. If you have a problem that you believe may be covered by the SCRA, you should consult with an attorney. You may speak to an attorney for free by contacting your local military legal assistance office.

USO Hawaii will host Wounded Warriors Charity Ice Hockey Game

USO Hawaii will host the 1st Annual Wounded Warriors Charity Ice Hockey Game from 6:30 to 9 p.m. Aug. 29 at the Ice Palace near Aloha Stadium.

Proceeds from the event will benefit Wounded Warriors (Hawaii).

For more information, email puckmann212002@yahoo.com or call (949) 870-7277.



WOUNDED WARRIOR
PROJECT

Feel Like
a Million
Health Tip of the Week

A healthy alternative to peanut butter is almond butter. It has six times the calcium, three times the amount of vitamin E, and twice the iron of peanut butter. <http://www.healthcoachtraining.com>

Wherever you are at 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>.