

Life & Leisure



**STAY SAFE THIS
 July Fourth
 Weekend**

Blair Martin

Staff Writer, Ho'okele

The July Fourth weekend can be one of the biggest highlights of the summer. It is a special time all Americans can gather together to recognize our country's rich history and freedom.

For many families here in Hawaii, celebrating this long holiday may include a backyard barbecue or even a visit to their favorite beach. Whatever your pleasure, please remember the following safety suggestions as you embark on this special weekend.

Swimming safety

According to USA.gov, water sports and swimming are both linked to numerous deaths and injuries each year. In fact, many statistics show that most young children who drown in pools have been out of sight for less than five minutes.

- Never leave a child unattended in a pool or spa and always watch your child when he or she is in or near water.
- Teach children basic water safety tips.
- Keep children away from pool drains, pipes and other openings to avoid entrapments.
- Have a telephone close by when you or your family is using a pool or spa.
- If a child is missing, look for him or her in the pool or spa first.
- Share safety instructions with family, friends and neighbors.

Beach safety

Hawaii has some of the most beautiful beaches in the world. However, if you are a novice swimmer, they can also be among the most dangerous. Redcross.org lists the following tips when visiting the beach:

- Keep alert for local weather conditions.
- Check to see if any warning signs or flags are posted.

- Swim sober and always swim with a buddy.
- Have young children and inexperienced swimmers wear a Coast Guard-approved life jacket.
- Protect the neck—don't dive headfirst. Walk carefully into open waters.
- Keep a close eye and constant attention on children and adults while at the beach. Wave action can cause someone to lose his or her footing, even in shallow water.
- Watch out for aquatic life. Water plants and animals may be dangerous. Avoid patches of plants and leave animals alone.

Rip currents

Other things to be careful of when visiting the beach are powerful rip currents and narrow and fast moving water channels. According to Redcross.org, rip currents are responsible for deaths on our nation's beaches every year and for most of the rescues performed by lifeguards. Always be aware of the danger of rip currents and remember the following:

- Stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.
- If someone is caught in a rip current, swim parallel to the shore until out of the current. Once free, they should turn and swim toward shore.
- If they can't swim to the shore, they should float or tread water until free of the rip current and then head toward shore.

Grilling safety

Every year people in this country are injured while using backyard charcoal or gas grills. Redcross.org suggests the following steps to ensure a safe backyard barbecue:

- Always supervise a barbecue grill when in use.
- Never grill indoors—not in your house, camper, tent, or any enclosed area.
- Make sure everyone, including the pets,

stays away from the grill.

- Keep the grill out in the open, away from the house, the deck, tree branches or anything that could catch fire.
- Use the long-handled tools especially made for cooking on the grill to keep the chef safe.
- Never add charcoal starter fluid when coals have already been ignited.
- Always follow the manufacturer's instructions when using grills.

Alcohol safety

Whether it's a special holiday or event, many service members and civilians enjoy a drink regardless of the season. But personnel are reminded to drink responsibly.

According to the American Society of Addiction and Medicine, four or more standard drinks for a woman and five or more for a man is considered binge drinking. Binge drinking is responsible for many unintentional injuries such as trips and falls, car crashes and accidental drowning.

Below are suggested tips for drinking responsibly:

- Designate a sober driver.
- Don't drink on an empty stomach. Eat foods high in protein and fat, such as cheese or nuts.
- Set a limit and stick to it.
- Avoid chugging and drinking games.
- Know when you've had enough.
- Alternate alcoholic beverages with water, and be sure to drink plenty of water to keep your body hydrated.
- Never drink when you're hungry, angry, lonely, or tired.
- Pace yourself. Drink slower and eat in between alcohol drinks. It takes the body 60-90 minutes to fully feel the effects of alcohol on a full stomach.
- Know the symptoms of alcohol poisoning.
- Never leave your drinks unattended or accept an open beverage from anyone.



Photo Illustration

Port Royal outlasts tough MidPac to win in three sets

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

When it comes to intramural sports at Joint Base Pearl Harbor-Hickam (JBPHH), USS Port Royal (CG 73) has made quite a name for themselves among competitors from shore and ships.

On June 25, the team embarked on another campaign, although in somewhat unfamiliar territory, and did what it does best: win.

Although it took three sets to do it, Port Royal opened up the Blue Division intramural volleyball season by defeating Middle Pacific (MidPac) "First to 25" by scores of 25-24, 21-25 and 15-9 at JBPHH Fitness Center.

"This is the first game of the season, and we haven't had a team in couple of years," said Port Royal hitter Culinary Specialist Seaman James Luebbe. "So we're just trying to get out here and figure some stuff out."

Even with MidPac taking the court with only five players—one shy of a full squad—Port Royal still needed some

time to adjust and found themselves in danger of losing the first set.

Down by a score of 23-20, Port Royal came back and pulled to within a point on a sideout by Seaman Apprentice Tariq Jackson.

Jackson then proceeded to put the game away on back-to-back aces and place Port Royal ahead at one set to none.

Back to full strength with six players on the court, First to 25 was able to hold a small advantage throughout the entire second set before outscoring Port Royal five to one to take a 25-21 victory and even the match at one apiece.

In the second set, the game was tied four times with the last deadlock coming at 20-20.

Then in the third and final set, both teams continued to battle before Port Royal broke a 9-9 tie on a kill by Luebbe.

Two more kills by Jackson set the stage for game ball, and Luebbe put it away for good on an ace and a 15-9 win.

"I think we're lucky to

have a lot of athletes like Jackson," Luebbe said. "He can just go around and pick up different sports. I don't know if he's even played (volleyball) before."

Luebbe, along with Jackson, seemed to form a formidable duo as the tandem accounted for the majority of the team's points.

Luebbe pointed out that he feels Port Royal will be even better in the future, when more players are scheduled to hop aboard the team.

"We had a lot of people missing today," he admitted. "If they were here, we'd definitely be really competitive then."

Likewise, the same can be said of MidPac, which put up a great battle despite starting off with one player short of a full team.

Although MidPac came back to tie the match at one set apiece, Information Systems Technician 2nd Class Michael Bird said that the lack of players eventually took its toll on the squad, which played without any substitutions.

"That hinders you a lot,"

Bird said about the missing players on his team. "But our team did a really good job of coming back in the second round. We just fell a little short in the third."

Despite losing to Port Royal, Bird said that he is encouraged by the way the team fought back to push the game to three sets.

"I'm excited," Bird admitted. "Hopefully, we'll do better for the rest of the season."

While Port Royal's volleyball team has a high standard to follow after watching the success of their other intramural squads, Luebbe said that everything would work out in this sport as well if the players just remember to enjoy the game.

"We're just having fun," he said. "Maybe there is a little pressure because we want the bragging rights, but really, there's not that much pressure."

Hitter Culinary Specialist Seaman James Luebbe goes up for a block against Chief Warrant Officer 2 Aaron May.



Navy Lodge Hawaii wins Carlson award for top performer, new record setter

Story and photo by MC1 Omari K. Way

Navy Region Hawaii Public Affairs

Navy Exchange Service Command (NEXCOM) presented Navy Lodge Hawaii with its third Edward E. Carlson Award, large category, June 23.

The Carlson Award is presented each year to the Navy Lodge that demonstrates superior performance in operations, guest service and associate satisfaction.

Last year, Navy Lodge Hawaii was a top performer in each category and set a new record for occupancy rate at 99.7 percent.

"You ... had a room occupancy heads and tails over everyone



Capt. Stanley Keeve Jr., commander of JBPHH, speaks during an award ceremony June 23 on Ford Island. The 2014 Carlson Award was presented to the Navy Lodge that demonstrates superior performance during the year for operations, guest service and associate/guest satisfaction.

else in the Navy Lodge program, 100 percent for months. And you did it on an island, of all places. Think about it—one guy misses his plane and you could have a vacancy—not you guys," said Michael Bockelman, NEXCOM vice president and director of Navy Lodge Programs.

Capt. Stanley Keeve Jr., commander of Joint Base Pearl Harbor-Hickam (JBPHH), accepted the award on behalf of the lodge.

"If you look at all of the Navy Lodges that exist out there, guess what: You guys are the best. That's pretty good, quite frankly," Keeve said.

"This is a gorgeous place to be. I know that it doesn't get there by itself. It takes folks like you who make that happen."

The award takes its name from a person who made things happen. Edward E. Carlson started as a hotel page at the Benjamin Franklin in Hotel Seattle and worked to become chairman and CEO of what became Westin Hotels and United Airlines.

According to Bockelman, Carlson's contribution as a member of the Secretary of the Navy's Exchange/Commissary Advisory Board led to the establishment of the Navy Lodge in 1969.

After giving the history of the award, Bockelman said, "In reality, it's about what happens today. It's your passion for guest service, it's your passion for Navy families, it's your passion for what you do every day that really makes you the best."

Wahine Koa sweep doubleheader to stay undefeated

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Since the very beginning back in 2011, when the team competed under the name of Navy Sharks, the Wahine Koa have set the standard when it comes to women's flag football on Oahu.

What started under the leadership and organizational skills of then-Hospital Corpsman 3rd Class Eustacia Joseph, as a means to accommodate military-affiliated women interested in playing flag football, has now evolved into a league that mixes both civilians and military personnel.

While the makeup of each team and organization of the league has changed over the past four years, the Wahine Koa has continued their legacy of dominance among fellow lady gridiron competitors.

After winning the Hawaii's Finest Flag Football (HF3) women's flag championship last season, the team is off to another stellar start by maintaining a perfect record, with the last two coming back-to-back in a doubleheader on June 27 at Manana Community

Park in Pearl City.

Although the Wahine Koa has lost much of their connection to Joint Base Pearl Harbor-Hickam through enlistment and change of station, the team's competitive edge is alive and well with Aiga Moni and Khaos being counted upon its latest victims.

Wahine Koa opened the morning round of games with a 14-6 win over Aiga Moni and then immediately turned around to dispatch Khaos by a score of 6-0.

First-year head coach Marine Staff Sgt. Marques Nelson said that coming into this season he was well aware of the successful past of the Wahine Koa and is determined to keep it going.

"The main thing is me not coming here and trying to change everything," said Nelson, who stepped in for Gas Turbine System (Mechanical) 2nd Class John Lennon. "We just improve on what we already have. I made some adjustments as far as what positions people are playing and putting them in places to be successful."

Being in the right place at the right time seemed to be the theme to both of the team's recent wins but was

especially evident in the shutout victory over Khaos.

Two times, Khaos penetrated deep into the Wahine Koa territory only to be rebuffed by interceptions, which did much to preserve the victory.

Army Reservist Staff Sgt. Merlinda Suka, who pilfered a pass at the Wahine Koa seven-yard line, recorded the first pick.

The stoppage came after Wahine Koa took the opening drive of the second half and marched 32 yards on eight plays to take a 6-0 lead.

During the drive, Wahine Koa converted two clutch fourth-down plays with the final one going for a scoring toss of nine yards from quarterback Aubrey Kiemnec to receiver Sabrina Gonzalez, who is a military spouse.

"Basically, we just try to stay calm," Gonzalez said about her clutch reception. "We just followed the play, listened to coach and QB and everything worked out."

After the touchdown, Khaos seemed to respond right away by picking 23 yards on the first play from scrimmage to put the ball down at the Wahine Koa seven.

However, like the last scoring threat, the Wahine

Koa defense came up with another huge turnover when Michaela Torres snagged a pass while tiptoeing the back end of the end zone.

Torres was one of the original Sharks back when she was a hospital corpsman third class in the Navy.

"We did a great job of making adjustments," Nelson pointed out. "The main thing is that we

had a couple of defensive captains to control our defense."

Gonzalez, who is playing in her second season with Wahine Koa, said that she believes that this year's team had a good chance of making a repeat for the title.

Nelson said he agrees with Gonzalez and noted even though it's early in the season, the team is running on all cylinders.



Dee Hawkins noses the ball forward after making a reception for Wahine Koa. Hawkins is the wife of Lt. j.g. Gennaro Hawkins, USS Bonhomme Richard (LHD 6).

"As a team, we're playing great together," Nelson stated. "The main thing is not to get too emotional on the calls and just persevere."

Hawaii Air National Guard wins Joint Base softball pennant

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

For the second time in three years, Hawaii Air National Guard (HIANG) capped off the Joint Base Pearl Harbor-Hickam intramural softball season by winning the championship with a decisive 17-10 victory over the 647th Security Forces Squadron (647 SFS) Pound Town on June 28 at Millican Field.

The HIANG, which defeated Pound Town two years ago to win their first ever Joint Base softball title, broke out the bats early this time around and kept it coming to dethrone the defending champs, which also have two Joint Base titles to their name.

"It's always been a team effort," described pitcher Chief Master Sgt. Vince Ramos, who played in his final game for HIANG after retiring from a military career that spanned 42 years.

"Guys make sure they are pepped and ready to play. That's what always helped us out. Even though the bats might have been flat, they pump up each other. That's what keeps us going."

Playing against their dreaded rival Pound Town, HIANG came out on fire in their first turn at-bat and quickly got on the scoreboard with three straight singles, the third by Staff Sgt. Eugene Winchester, to tally the first run of the game.

The team also got RBI singles from Capt. B.J. Kealaiki and Ramos and scored two more on sacrifice flies to take a 5-0 lead in the first inning.

After a quiet second inning, Pound Town showed why they made it all the way to the championship game in four of the five years by bouncing all the way back with a rally in the third.

Picking up one run on an infield error, Pound Town got run-scoring singles from Master-at-Arms 3rd Class Cameron Bowman and Master-at-Arms 2nd Class Den-



Tech. Sgt. John Arakaki of Hawaii Air National Guard beats the throw to second base and safely stretches a single into a double.

nis Lewis to make it 5-3.

Then with two runners on base, Staff Sgt. Jordan Locke crushed a ball over the left-field fence and into the parking lot to give Pound Town a 6-5 advantage.

While the Locke blast clearly put momentum on the side of Pound Town, HIANG was determined to make a happy ending for Ramos.

With one man on second and no outs in the bottom of

the third, Tech. Sgt. Paki Victorino sent HIANG back out in front on a long drive out of the park for a 7-6 lead.

Kealaiki followed with a double and was driven in on a single by Capt. Skip Saito, who was later chased home on a base hit by Staff Sgt. Donovan Chikazawa to make it 8-6.

Finally, Master Sgt. Lance Takasawa picked up the team's fourth RBI of the inning to take a 9-6

lead going into the fourth.

Ramos got the job done on the mound by tossing a scoreless fourth, which allowed the HIANG bats to go back to work in the bottom of the frame.

In the fourth, HIANG extended their lead to 13-6, with Victorino, Senior Airman Chris Zollinger and Chikazawa contributing RBI singles to the rally.

Although Pound Town picked up three runs in the

top of the fifth, the team could do nothing to cool off the HIANG bats, which added a run in the fifth and three runs in the seventh to seal the game and trophy.

Tech. Sgt. Mark Kerr, who was a member of all four of the Pound Town's championship-game appearances, said that while he thought the team had a great comeback there was no stopping HIANG this time around.

Kerr, who is retiring from the Air Force this year, said that even though the season didn't end as he would have wanted, it's still been a great ride all these years.

"The four years that I've been here, we've had three or four years in the base championship, so you can't beat that," he said. "The older guys are losing, but you've got the younger guys coming in. If these guys can stay together for three or four years, they'll be there again."

Meanwhile, for Ramos and Linda, his wife of 43 years, the final chapter as members of the HIANG softball team couldn't have been scripted any better.

Ramos thanked his wife for being there for him at every game and seeing her weep tears of joy after winning the title made the moment even more special.

"She's been here all these years," Ramos said. "In softball, bowling, basketball, all the different sports that I used to play, she just comes out. She'll be watching and supporting me in the senior leagues now."

Hickam Communities residents selected for 2015 scholarship awards

Hickam Communities

Three Hickam Communities residents have been selected as recipients of the 2015 WinningEdge Scholarship sponsored by WinnCompanies, the company providing property management services at Hickam Communities.

Ethan Whitecotton, Robert Wood and Sara Rushing were among 43 national winners of \$1,000 scholarships awarded annually.

Whitecotton and Wood both are graduates of Radford High School. Whitecotton will attend

the Rochester Institute of Technology where he will pursue a degree in computer technology, and Wood will major in communications at Sarah Lawrence College.

Rushing currently is a student at Radford High School, but also is taking college-level courses at Leeward Community College and the University of Hawaii at West Oahu.

"We appreciate the generous scholarship opportunities WinnCompanies has provided to our residents over the past several years," said Jim Switzer, project director at Hickam

Communities. "Our recipients have demonstrated a lot of hard work and commitment to furthering their education and we wish them much success as they continue their journeys."

Created in 2012, the scholarship program provides financial assistance to residents who are high school and GED graduates and who are pursuing studies at a post-secondary educational institution. Recipients are chosen based on academic performance, character and proficiency in their chosen field of study.

Joint Base Pearl Harbor-Hickam hosts Ramadan Iftar event at chapel

Story and photo by Brandon Bosworth

Assistant Editor, Ho'okele

Muslims around the globe are currently celebrating the holy month of Ramadan, a time of prayer as well as fasting from sunrise to sunset. The daily fast ends with Iftar, a religious observance where Muslims eat their evening meal.

In an effort to foster understanding between Muslims and non-Muslims, an Iftar event was held June 25 at Hickam Chapel Center, Joint Base Pearl Harbor-Hickam. It featured presentations about Islam as well as a question-and-answer session. Imam Ismail Elsheikh of the Muslim Association of Hawaii issued a call to prayer and recited from the Quran.

One of the Five Pillars of Islam, Ramadan takes place during the ninth month of the Islamic calendar and marks the month in which the Quran was revealed to Mohammed.

Master of Arms 1st Class (SW/AW) Khayree Nuriddin, JBPHH, and Gunnery Sgt. Jimi Khamisi, Marine Air Group 24, Marine Corps Base Hawaii, organized the event. Both are practicing Muslims and spoke to the audience about their faith.

"Islam is a religion of peace, not violence," said Nuriddin. "The word 'Islam' actually means 'peace through submission to God.' A Muslim is 'one who submits to God.'"

Khamisi talked about fasting, and how it means more than just going without food and drink.

"If you are still doing things that are harmful, you're not fasting," he said. "You're just going hungry."

Despite the difficulties of being an active duty Marine while maintaining his Ramadan fast, Khamisi believes it is well worth it.

"Without this Pillar of Islam, I would be where I am today," he said. "It's a blessing to have the month of Ramadan."

Imam Elsheikh further explained why fasting is so important.

"We need to fast to make our hearts ready to receive the guidance of the Quran," he said. "Ramadan is about thanking Allah for the gift of the Quran."

As an observant Muslim, U.S. Air Force Capt. Asim Khan, U.S. Pacific Air Forces South Asia country director, welcomed the chance to attend Iftar at JBPHH.

"It's good to be around people with similar interests and beliefs," he said, adding that the event helped "foster an environment of friendship and understanding" between Muslims and those of other faiths.

Non-Muslims had a variety of reasons for attending the Iftar.

Todd Offutt was stationed in Bahrain while serving in the U.S. Coast Guard. He and his family are familiar with Islamic culture and traditions.

"We used to go to events like this over there," he said.



Imam Ismail Elsheikh of the Muslim Association of Hawaii leads prayers at an Iftar event held June 25 at Hickam Chapel Center, Joint Base Pearl Harbor-Hickam.

Builder 1st Class Jeremy Harman, JBPHH, used to work with Nuriddin, who invited him to Iftar.

"Being a Christian, I think it's quite interesting seeing how the Quran is similar and incorporates elements of the Bible," he

said. "Watching Muslims pray, I wish we could all be that dedicated."

The June 25 Iftar at JBPHH ended with a buffet dinner for all those in attendance. "It went really well," said Nuriddin. "God willing, we'll be able to do it again."

MWR July 4 events to include fireworks, concerts

Gaea Armour

JBPHH Morale, Welfare and Recreation

Thousands of patrons are expected to gather and celebrate the nation's 239th birthday Saturday at Joint Base Pearl Harbor-Hickam.

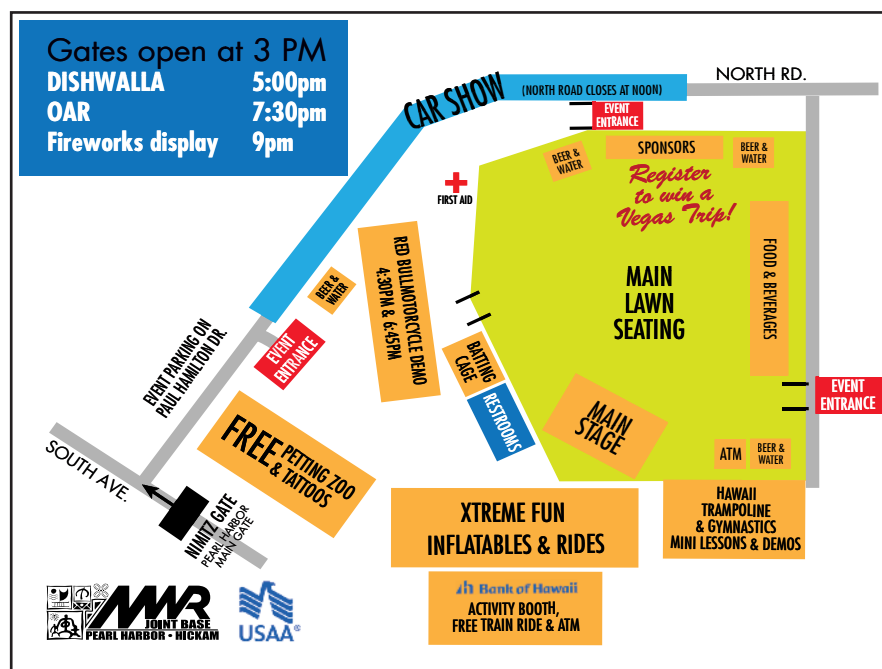
Joint Base Morale, Welfare and Recreation will host the Fourth of July celebration from 3 to 9 p.m. at Ward Field.

A variety of festivities and entertainment are planned, including one of the largest fireworks show on the island, to end the night.

Presented by Navy Entertainment, headliners Dishwalla, an alternative rock band from Santa Barbara, Calif., and O.A.R. (Of a Revolution), will take the stage prior to the fireworks. In addition, Aaron Colton, a street bike stunt rider, will perform a free exhibition and hold an autograph session.

Below is a schedule of events:

- 3 p.m., gates open.
- 4:30 p.m. performance and autograph session by Aaron Colton, street bike stunt rider.



- 5 p.m., Dishwalla performs.
- 6:30 p.m. lines for free activities close.
- 6:45 p.m., performance and autograph session by Aaron Colton, street bike stunt rider.
- 7:30 p.m., O.A.R. performs.
- 9 p.m., fireworks display.

The event will also include

free activities such as a petting zoo, Xpress Train and airbrush tattoos.

Xtreme Fun rides and inflatables, food and beverages will be available for purchase. A variety of food vendors from around the island will participate. Patrons can enter for a chance to win prizes from sponsor row, including the grand prize of a Las Vegas getaway for two,

with airfare, meals and five nights hotel accommodations. Special restrictions and guidelines will apply to this trip.

The July 4 car show and shine will also showcase a variety of vehicles, from domestic to import. Entry categories will include classic, import, truck and club vehicles.

Available parking areas

within walking distance to the event will be designated by signage.

Organizers advise, for the safety and security of all patrons and to expedite entry into the event, that it is important to follow the guidelines listed below:

The following items are not permitted:

- Audio and video recording devices and cameras, including tablets and computers, computer and camera bags.
 - Purses larger than a clutch bag (see below for dimensions in permitted items).
 - Food and beverages, water bottles, coolers and thermoses.
 - All bags including backpacks, briefcases, fanny packs and cinch bags.
 - Seat cushions, wagons, umbrellas or luggage of any kind.
 - Weapons and blades.
 - Pets and animals with the exception of a service animal.
 - Tents, sun shades and any chairs taller than 32 inches high.
- Permitted items include:

- Cell phones.
- Strollers for infants and/or children in attendance and a diaper bag with diapers, infant bottles with formula; infant and toddler food.
- Hand-carried: Ponchos, hats, sunscreen, jackets, blankets, folding chairs not to exceed 32 inches in height (please leave the bag that you carry your chair in, outside of the event).
- Clutch purse or clutch bag with or without a handle or strap, 5 inches height by 7 inches wide by 1 inch deep.
- Items can be carried in a clear, disposable Ziploc type bag, no larger than quart size (7 inches by 8 inches).

The JBPHH Fourth of July celebration is open to Department of Defense ID cardholders and their sponsored guests.

All items are subject to search. The gate will have a 100 percent ID check. Guests should allow time for security checks at event entrances.

The schedule of events is subject to change without notice.

(For more information, visit www.greatlifehawaii.com.)

Your Weekly Fun with MWR

Visit www.greatlifehawaii.com or subscribe to MWR's digital magazine Great Life Hawaii.



Camping at Hickam Harbor and Movie on the Beach will be held from today through Saturday at MWR Outdoor Recreation-Hickam Harbor. The movie (to be determined) will begin at 7:30 p.m. July 3. Camping registration is at the Hickam Harbor Marina and is not required to watch the movie. Camp setup starts at 4 p.m., and camp breakdown is at 9 a.m. on the next day. The cost for the site is \$30. There is no charge for the movie. FMI: 449-5215.

\$1.50 Mondays will be held from 5 to 9 p.m. July 6 at the bowling center on the Pearl Harbor side of Joint Base. Bowling games, shoe rental and hot dogs are \$1.50 each. FMI: 473-2574.

Preschool Story Time will

begin at 9 a.m. July 8 at the Joint Base Pearl Harbor-Hickam Library. "Clap, Tap and Drum" will be the theme for the story time. FMI: 449-8299.

One-Fifty Wild Wednesdays will be held from 4 to 9 p.m. July 8 at the bowling center on the Hickam side of Joint Base. Bowling games, shoe rental and hot dogs are \$1.50 each for patrons with military CAC cards. FMI: 448-9959.

Free Golf Clinic will begin at noon July 9 at Navy-Marine Golf Course. Golf pros will offer some tips to help golfers improve skills. FMI: 471-0142.

Mongolian barbecue will be offered from 5:30 to 8 p.m. July 9 on the

lanai of the Historic Hickam Officers' Club. A variety of meats, vegetables and sauces will be available. Rice, noodles, soup, beverages and fortune cookies are included. FMI: 448-4608

"Happy Birthday, USA" Teen Lock-in will be held from 7 p.m. July 10 to 7 a.m. July 11 at the Joint Base Pearl Harbor-Hickam Teen Center. There will be gaming stations, a movie station, a photo booth, pool tables, ping pong, bowling and food. This event is open to ages 13-18 years old. The cost is \$25, or \$20 with a Food Bank donation. FMI: 448-0418.

Women's Surf Lessons will begin at 9 a.m. July 11 at MWR Outdoor Recreation-Hickam Harbor. Participants must be able to swim

without a lifejacket. The cost is \$30. The sign-up deadline is July 9. FMI: 449-5215.

Kayak Fishing will begin at 7 a.m. July 11 at MWR Outdoor Recreation-Hickam Harbor. Participants will be taken to different locations around the island and be able to learn the basics of kayak fishing. The trip includes kayak, fishing gear, bait, transportation and guides. The cost is \$37. The sign-up deadline is July 9. FMI: 449-5215.

Learn to Surf at White Plains Beach shuttle service will depart at 8 a.m. July 11 from MWR Outdoor Adventure Center-Fleet Store. The class starts with the basics and includes standing, paddling, wave etiquette and gear

selection. Participants must be able to swim without a lifejacket. The cost is \$40. The sign-up deadline is July 9. FMI: 473-1198.

Learn to Stand-Up Paddleboard at Hickam Harbor classes will begin at 9:15 a.m. and 10:30 a.m. July 12 at Hickam Harbor. The cost is \$25 for each session. The sign-up deadline is July 10. FMI: 449-5215.

STORY IDEAS?

Contact the Ho'okele editor for guidelines and story/photo submission requirements
Phone: (808) 473-2890/2895
Email: editor@hookelenews.com



Upcoming blood drives

- July 7, 9 a.m. to 1 p.m., 1st Battalion, 3rd Marine Regiment, Marine Corps Base Hawaii.

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

Community Calendar

JULY

PICNIC ON THE PIER

SATURDAY — The Battleship Missouri Memorial will celebrate Independence Day with its Picnic on the Pier. The public is invited to the event at Pier Foxtrot-5 on Ford Island. It will begin at 6 p.m. and wrap up following a fireworks show over Pearl Harbor, which begins at 9 p.m. Pre-sale tickets are \$10 for adults and \$5 for children ages 4-12 and can be purchased online at www.ussmissouri.org/picnic. Tickets are also available at the door at \$15 for adults and \$10 for children. Complimentary round-trip shuttle service will be available from the Pearl Harbor Visitor Center to those without base access. FMI: 1-877-644-4896.

BATMAN AND STORM TROOPERS

SATURDAY — Batman, Gotham's villains and Star Wars Storm Troopers characters will be in attendance from 11 a.m. to 1 p.m. at the Pearl Harbor Navy Exchange for a meet and greet event with fans. The Storm Troopers will be on the first floor, while Batman and the Gotham villains will be on the second floor. FMI: 423-3287 or email Stephanie.lau@nexweb.org.

LIBERTY BARBECUE

6 — A free barbecue dinner will be held from 5 to 7 p.m. at the Instant Liberty Center for single, active-duty military from E-1 to E-6 only. The event will include bacon burgers, hot dogs, beverages and snacks. FMI: 473-2583.

O'MALLEY BOULEVARD CONSTRUCTION

6 TO 30 — From 1:30 to 8 p.m. daily, construction will be ongoing on the left-hand outbound lane (nearest the guard post) on O'Malley Boulevard, with traffic controls on O'Malley Boulevard. Traffic will be directed away from the guard post. All personnel should plan accordingly and be cautious.

STRESS MANAGEMENT

9, 11 — A stress management class will be held from 8 to 11 a.m. June 9 at Military and Family Support Center (MFSC) Pearl Harbor and from 8 to 11 a.m. June 11 at MFSC Wahiawa. This class is designed to help participants learn how stress affects personal and professional lives, how stress can be decreased, and how the stress

cycle can be interrupted. FMI: www.greatlife.hawaii.com or 474-1999.

TEEN LOCK-IN

10, 11 — A lock-in event will be held from 7 p.m. July 10 to 7 a.m. July 11 at the Joint Base Pearl Harbor-Hickam Teen Center for ages 13 to 18 years old. The cost is \$25 or \$20 with a food bank donation. FMI: 448-0418.

AFCEA LUNCHEON

14 — An AFCEA Hawaii (Armed Forces Communications and Electronics Association) luncheon will be held at Fort Shafter Hale Ikena Club. The guest speaker is Larry Osborn, president of Pacific Associates Inc. Check-in is at 11 a.m. and the buffet is at 11:30 a.m. The cost is \$14 for members who register by 4 p.m. on the Friday before the event and \$17 for all non-members who register by 4 p.m. on the Friday before the event. Walk-ins are welcome on a space-available basis at a cost of \$20. FMI: www.afcea-hawaii.org or 386-7424.

PEARL HARBOR COLORS

16 — The Pearl Harbor Colors ceremony from 7:30 to 8:30 a.m. at the Pearl Harbor Visitor Center will have the theme "Navy Youth Outreach programs." It will recognize military programs such as the U.S. Sea Cadets, JROTC and Drug Education for Youth, demonstrating the Navy's commitment to youth programs.

SAPR TRAINING

21, 22, 28 — Base-wide Sexual Assault Prevention and Response (SAPR) training will be conducted at the Hickam Memorial Theater at 9 a.m. and 2 p.m. July 21, July 22 and 28 at 2 p.m. All military personnel attached to Joint Base Pearl Harbor-Hickam are required to attend one of the four training sessions.

AMELIA EARHART BIRTHDAY CELEBRATION

24 — Pacific Aviation Museum Pearl Harbor will celebrate famous aviatrix Amelia Earhart's 118th birthday with a "Happy Birthday, Amelia!" party from 8 a.m. to 5 p.m., offering free admission to visitors dressed in period aviation costumes. Free admission will also apply to accompanying family members. The event will include an all ages "Amelia look-alike" costume contest with judging at 1 p.m. FMI: www.pacificaviationmuseum.org or 441-1000.



SAN ANDREAS (PG-13)

In the aftermath of a massive earthquake in California, a rescue-chopper pilot makes a dangerous journey across the state in order to rescue his daughter.

Movie Showtimes

SHARKEY THEATER

TODAY 7/03

5:30 PM Pitch Perfect 2 (PG-13)
7:50 PM Spy (R)

SATURDAY 7/04

2:30 PM Tomorrowland (PG)
5:10 PM Aloha (PG-13)
7:30 PM Entourage (R)

SUNDAY 7/05

2:30 PM Pitch Perfect 2 (PG-13)
4:50 PM Spy (R)
7:10 PM San Andreas (3-D) (PG-13)

THURSDAY 7/09

7:00 PM Entourage (R)

HICKAM MEMORIAL THEATER

TODAY 7/03

6:00 PM San Andreas (PG-13)

SATURDAY 7/04

4:00 PM Aloha (PG-13)
7:00 PM San Andreas (PG-13)

SUNDAY 7/05

2:00 PM Tomorrowland (PG-13)

THURSDAY 7/09

7:00 PM Pitch Perfect 2 (PG-13)

Forest City employees give facelift to Radford

Story and photo by Karen Eubanks

Forest City Hawaii

Admiral Arthur W. Radford High School received a facelift June 24 when more than 115 Forest City employees spent the day volunteering there as part of the company's annual community day.

Forest City employees power washed buildings, removed gum from sidewalks, installed an air conditioner, moved furniture, and repainted walls, curbs, railings, benches and basketball backboards.

Each year during Forest City's annual community day, Forest City donates the time and energy of their employees from their offices across the country as a way to give back to their local communities.

This year Forest City Hawaii selected Radford High School as a volunteer opportunity since this public school is less than one mile from Pearl Harbor, and a large proportion of its students have a parent in active-duty military service.

"Nothing is more important to parents than their children, so we were happy to assist a public school that includes so many military families," said Susan Ridgeway, director of operations for Forest City Hawaii.

"I know these families make great sacrifices in support of our military and hope that beautifying their school will help make

life a bit brighter for their children."

Since 2004, Forest City has donated thousands of employee work-hours each year during the company's annual community day. Although Forest City promotes employee volunteerism throughout the year, this is an opportunity for the company and employees to come together to complete major volunteer projects.

Last year, Forest City Hawaii's community day was spent volunteering at the Battleship Missouri Memorial, the Pacific Aviation Museum, and at various World War II monuments around historic Ford Island.

Previous projects have included volunteering at the National Memorial Cemetery of the Pacific (Punchbowl), wildlife areas, and other public schools. Forest City Hawaii manages 6,884 homes for Navy and Marine Corps housing in communities on Oahu and Kauai.

Radford High School was named after former chairman of the Joint Chiefs of Staff, Adm. Arthur W. Radford, who was stationed in Hawaii while serving in the U.S. Navy.

Admiral Arthur W. Radford High School was established in 1957 and now has annual enrollments of more than 1,300 students in grades 9-12. A number of these students live in one of the Pearl Harbor-Hickam military communities managed by Forest City.



Volunteers from Forest City Residential Management repaint the fencing around Radford High School's outdoor basketball courts as part of Forest City's annual community day.

NEXCOM helps MWR

The Navy Exchange Service Command (NEXCOM) released its fiscal year 2014 audited financial report, which showed a \$46.6 million contribution to Navy Morale, Welfare and Recreation (MWR).

"NEXCOM's mission is to provide our customers with quality goods and services at a savings and to support Navy quality of life programs," said retired Rear Adm. Robert J. Bianchi, chief executive officer, NEXCOM.

"Each year, we contribute 70 percent of our profits to MWR to accomplish that mission. For 2014, we gave Navy MWR \$46.6 million from our sales. Shopping at the NEX not only saves our customers money, it also contributes to their quality of life," he said.

Navy MWR uses the

dividends from the NEX in a variety of ways. Installations receive part of the funds for specific installation level MWR efforts. The remaining funds are used for MWR capital projects to improve facilities.

"Our MWR effort relies on the dividend we get from NEXCOM to continue to offer a quality recreation experience for Sailors and their families. These funds are very important in helping us to upgrade facilities and equipment, as well as support the diverse recreation needs of the military community that we serve," said Lorraine Seidel, recreation program manager for Navy Installations Command.

NEXCOM operates on the retail fiscal year calendar, which in 2014 was Feb. 1, 2014 to Jan. 31, 2015.

