

Life & Leisure

B



Joint Base Pearl Harbor Hickam Public Affairs

The Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation Fitness and Wellness Fair took place May 9 at the Joint Base Pearl Harbor-Hickam Fitness Center. The free event included mini-workouts, fitness evaluation, healthy foods and the second annual fire truck pull. In addition, U.S. Olympians also attended the fitness fair. Sochi 2014 U.S. Winter Olympics medalists snowboarder Kelly Clark, bobsledder Steven Holcomb and downhill skier Andrew Weibrecht met with members of the base community.

(For additional information on the fair, see page B-4).

Demonstrations including traditional Hawaiian dance are shown during a fitness and health fair at the Joint Base Pearl Harbor-Hickam (JBPHH) Fitness Center.



(Above) Left to right at table, U.S. Olympic athletes Steven Holcomb (bobsledder), Kelly Clark (snowboarder) and Andrew Weibrecht (alpine skier) sign autographs and meet with military members and family members during a fitness and health fair. (Above right) Sailors assigned to the Los Angeles-class submarine USS Cheyenne (SSN 773) hold their trophy from a fire truck pull competition during a fitness and health fair.



An all female team competes in a fire truck pull competition during a fitness and health fair outside the Joint Base Pearl Harbor-Hickam (JBPHH) Fitness Center.



Military service members, Department of Defense civilians and contractors participate in the fitness and health fair.

Blue Division leaders finish in 3-3 deadlock

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

The 515th Air Mobility Operations Wing (515 AMOW) got a goal late in the game to earn a 3-3 tie with the league-leading 613th Air and Space Operation Center (613 AOC) on May 10 in a Blue Division intramural soccer matchup at Quick Field, Joint Base Pearl Harbor-Hickam.

The stalemate kept the 515 AMOW from their first loss of the season and put their record at 2-0-3, while the 613 AOC held on to first place with a divisional mark of 4-0-1.

Nathan Day, a military family member, deadlocked the game at 3-3 with under two minutes to go on a straight away shot that got past the keeper for the score.

Day said that with time running out and with an open look at the goal, he knew he had to shoot for the net.

"With the fitness of everyone out here, you don't have a whole lot of time," he said. "So you've got to adjust your feet to put someone else off balance. That usually opens up your shot."

In the battle between the top two teams in the division, the 515 AMOW fell behind three times in the game but managed to tie the score each time.

Operations Specialist 2nd Class

Valentine Edward got the 613 AOC on the scoreboard first when he sped down the right sideline before shifting to the inside and kicking a shot past the goalkeeper, who made a break for Edward but couldn't reach him in time to block the shot.

After a few exchanges, the 515 AMOW got even with the 613 AOC on a putback shot off the foot of Senior Airman Daniel Callahan to make it 1-1, which stood through halftime.

Shortly after the break, the 613 AOC went out in front once again on a goal kick from Senior Airman Jeremy Reding, who booted in a shot from the left wing for a 2-1 advantage.

However, the 514 AMOW responded to knot the score up at 2-2 when Tech. Sgt. Elston Robinson kicked in a long shot from just inside the midfield stripe.

Robinson's boot was a perfect rainbow that went over the out-reached hand of the 613 AOC's goalkeeper and snuck underneath the center of the goal's crossbar.

The 613 AOC stormed ahead on another goal from Reding, who followed up on a deflected goal kick to put the ball through for the score and a 3-2 lead.

Reding's second goal appeared to be enough for the team's fifth straight win, but aggressive play by the 515 AMOW seemed to turn the tide.



Senior Airman Daniel Callahan, striker for 515th Air Mobility Operations Wing (515 AMOW), gets to the ball in front of Army Sgt. 1st Class John Zahnee of the 613th Air and Space Operation Center (613 AOC).

"When you're down, you realize that the impetus is to take it to the other team," said Day about the team's stepped up offensive attack late in the second half.

Paul Imperial, a Department of Defense civilian and head coach of the 613 AOC, said that a change in strategy may have allowed the 515 AMOW to come back.

"I suppose our guys just tried to collapse and hold on to the win," he said. "Normally, I want to score goals, but in the end, the reason they (515 AMOW) were coming in was that we were just trying to collapse."

Although the 515 AMOW averted their first loss of the season, the team still appears to be stuck in first gear.

Day said that the longer he and his teammates get to play and practice together, he feels that the team should turn the corner.

"The composition of our team, everyone is from a bunch of different backgrounds," he pointed out. "A lot of us are playing together for the first time. As we get more practices, I think we'll come together."

After facing a tough team for two weeks in a row, Imperial said that hard games like these are good for the 613 AOC.

"These are kind of good games, where it works us," he said. "It's good that we got past these two teams. Hopefully, we can kind of relax a little bit."

Pound Town rises in standings with win over 647th LRS

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

The 647th Security Forces Squadron (647 SFS) Pound Town finished off a tight game by scoring three runs in the top of the seventh inning to defeat the 647th Logistics Readiness Squadron (647 LRS), 8-3, on May 12 in a Red Division intramural softball matchup at Millican Field, Joint Base Pearl Harbor-Hickam.

With the win, Pound Town gained sole possession of second place and upped the team's record to 4-1, while the 647 LRS fell to 3-2.

"We've got a big tradition at Pound Town," said Senior Airman Tweeter Riddle about the team's strong finish. "Everybody knows it, we're always competitive. So we try to strive every week."

Pound Town got off to a good start in the top of the first inning when, after singles by Airman 1st Class Cory Prater and Eddie Silva, a Department of Defense civilian, Riddle came to bat and smashed a pitch for a double to drive in two runs.

Not to be outdone, the 647 LRS duplicated the feat with a sacrifice fly off the bat of Lt. Col. Mark Clifford to drive in one run and an RBI single by Capt. Matt Harvey to tie the game up at 2-2.

Tech. Sgt. Chris Sage,



Senior Airman Tweeter Riddle slides head first into home in the top of the seventh inning. Riddle went three-for-four at the plate with a triple, double and single to help 647th Security Forces Squadron (647 SFS) Pound Town beat 647th Logistics Readiness Squadron (647 LRS) by a score of 8-3.

pitcher for the 647 LRS, set Pound Town batters in order in the top of the second inning and the team rewarded his effort by pushing across one run in the bottom half on an RBI single from Tech. Sgt. Terence Wright for a 3-2 advantage.

In the top of the third inning, Pound Town loaded the bases with three singles and with one out, Airman 1st Class Derric Ross lined another single to drive in

the game-tying run.

From there, Silva, who got off to a shaky start on the mound, got into his rhythm and began to silence the 647 LRS bats.

After the teams traded scoreless innings in the fourth inning, Riddle got Pound Town going in the top of the fifth inning by launching a drive over the head of the 647 LRS center fielder for a leadoff triple.

One batter later, Ross got

his second RBI of the game with a sacrifice fly to put Pound Town ahead at 4-3.

Then with two outs, Tech. Sgt. Steve Slagle banged a double and was followed by a single from Master Sgt. Rod Dove to make it 5-3.

Silva set the 647 LRS down in order in the bottom of the fifth and produced another shutout inning in the sixth by facing only four batters.

Still hanging on to its

two-run lead, Riddle sparked the team once again by drilling a single through the infield for his third hit of the game.

Again with two outs, Pound Town got another clutch hit from Ross, who hit a double to drive in Riddle with the team's sixth run of the game.

Ross came in to score on a single by Tech. Sgt. Richard Learned, who scored the final run on a

double by Slagle.

"That's the way we normally play," Riddle admitted. "We sit there and not do good for the better part of the game and then towards the end of the game, our bats become hot. That's another one of our big problems. We got to get those sticks hot the whole game."

Meanwhile, Wright, who drove in the third and final run for the 647 LRS, said that he had no answer for why the team's bats went cold after only two innings.

Wright said that Silva was just throwing it up to the plate, but he and his teammates kept hitting the ball right at the fielders.

"We must sit down and talk about it," he said. "We'll have to see what we can do better. Take a look at the roster, see who we can move around and get out there and take practice a little more serious."

Although Pound Town is filled with new players this season, Riddle said he still likes the team's chances of making a run at its second base championship.

The only concern he expressed was in the team's ability to keep a full roster.

"It was rough today; we had a bunch of guys on leave," he said. "It's always difficult with cops. There are always missions that we have to go on and work schedule is also a big part of us. The good part is that normally cops are a bunch of athletic people."

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NIOC scores six runs in sixth to beat Coast Guard

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Navy Information Operations Command (NIOC) Sup broke up a 7-7 tie by scoring six times in the bottom of the sixth inning to outlast United States Coast Guard (USCG), 13-9, on May 13 in a White Division intramural softball game at Ward Field, Joint Base Pearl Harbor-Hickam.

The win was a slight upset for NIOC, which entered the game in eighth place with a record of 2-3, while the Coast Guard was tied for second with a mark of 4-1.

"We played pretty well," said NIOC pitcher Cryptologic Technician (Maintenance) 1st Class Robert Peterson. "We started off with the lead and just kind of kept going. Guys played great defense, we hit the ball well tonight and that's all you can ask for as a pitcher."

While NIOC has always been one of the top softball teams on base, this season has been a tough year so far for the perennial power.

Against the Coast Guard, NIOC resembled their squads of the past by getting out to a quick start in their first turn at bat.

Down by 1-0, after a Coast Guard RBI single from Maritime Law Enforcement Specialist 3rd Ryan Buoniconti, NIOC got things started immediately in the bottom of the first inning with a double off the bat of Cryptologic Technician (Technical) 1st Class Jose Oceana

Oceana came in to score on



Cryptologic Technician (Interpretive) 3rd Class Zac Metz is about to pounce on a pitch.

an infield grounder by Cryptologic Technician (Interpretive) 3rd Class Zac Metz, who later touched home for the team's second run on a single by Peterson.

Up 2-1, NIOC went on to load the bases with two outs before Cryptologic Techni-

cian (Collection) 2nd Class Ryan Smith spanked a single to drive in two more runs for a 4-1 advantage heading into the second inning.

Peterson retired the side without a run in the second and NIOC hitters re-

sponded with another big inning in the bottom of the frame.

This time, the big knock came off the bat of Metz who, with two runners on base, blasted a deep fly over the head of the Coast Guard's right fielder for a

three-run, inside-the-park homer and a 7-1 lead.

"He gave me an outside pitch, and I just swung and the ball kind of went," Metz said. "I think I got a little lucky on it. The outfielder had a misjudgment on it."

Although NIOC looked

like they had a comfortable lead, Coast Guard bats made it clear that no lead is safe in softball.

In the top of the third, Coast Guard posted four runs after Peterson experienced control problems and walked three batters, including one with the bases loaded.

Then in the top of the fourth, Coast Guard tied the score at 7-7 on an RBI single by Storekeeper 2nd Class Niko Langas.

The teams remained deadlocked all the way until the bottom of the sixth inning when NIOC, helped by two fielding errors, tallied six times.

Cryptologic Technician (Collection) 2nd Class Tracy Padgett drove in the first run, but the rally was helped by two fielding errors that allowed three runs to cross home plate.

"We haven't had one of those innings where we've really come out when we needed runs," Metz said. "I think this was the first time where we've really come out and hit the ball."

Coast Guard added two runs in the top of the seventh on a two-run, inside-the-park homer from Yeoman 3rd Class Taylor Fenner, but it wasn't enough as NIOC picked up their third win of the season.

Metz said that the win over a tough team like the Coast Guard was needed by NIOC, which is still trying to get back on the winning track.

"Hopefully, this carries because we need a few wins," he said. "Coming out and beating a good team maybe gives us a little forward momentum."

WWII veteran receives award from Hawaii students for 'Heart of A Hero'

Story and photos by Brister Thomas

Takashi Kitaoka, a retired Hawaii circuit judge and World War II veteran, was honored by the Young Patriot's Club of Navy Hale Keiki School (NHKS) at the third annual "Heart of a Hero" award event held May 2 at the school.

The idea of the Heart of a Hero award was designed by the students in grades first through fourth of NHKS Young Patriot's Club to honor military heroes. Young Patriot's Club is for students of active-duty parents.

Kitaoka's story begins when he was born in Hana, Maui in 1912 as the youngest of four children. As the son of Japanese immigrants, Kitaoka received his law degree from Baylor University and was quickly drafted into the Hawaii National Guard.

After the Pearl Harbor attack, the Hawaii National Guard Soldiers of Japanese background were separated from their unit because of their ancestry and became the Hawaiian Provisional Infantry Battalion in May of 1942. The name was changed in June to the 100th Infantry Battalion and was con-



Members of the Young Patriot's Club of Navy Hale Keiki School share stories with Takashi Kitaoka, a World War II veteran and retired circuit judge, and his son Lloyd Kitaoka, following a special tribute where they honored the elder Kitaoka May 2 at the third annual "Heart of a Hero" event.

sidered an orphan battalion, as it was not assigned to a larger Army unit.

Kitaoka was injured in battle and received the Purple Heart, Bronze Star and Congressional

Gold Medal. He continued to serve his community when he became the first Maui-born circuit court judge in 1962. He has also served as the president of the 100th Infantry Battalion Veterans Club.

"It felt great to honor someone who was in World War II. They fought for our country," said one of the students, Sebastian Rojas. The Young Patriots Club votes

on the military hero for the year. They selected Kitaoka because "he embodies all that a hero is: selfless service, continued giving and tenacity," as stated by the students in their announcement.

"The Heart of a Hero ceremony and volunteer recognition luncheon helps our students connect with adults that we hope they grow up to emulate. Heroes that are dedicated, loyal, courageous and service oriented," said Shari Gullledge, NHKS school director.

Kitaoka is more than 100 years old and the students were pleased that he attended the ceremony.

He was escorted by his son, Lloyd Kitaoka, who accepted the award on behalf of his father, and said, "My father and all of his family are touched by this award. Our family is grateful that our father is still remembered for his many contributions. He was very proud to serve the United States of America."

"The ceremony gives the children an opportunity to give back and honor those who serve. It also offers a 'living history' to make what they learn about real," said Monique Raduziner, faculty advisor and club founder.

My Favorite Photo...

A day's last light casts multi-hued bands above Pu O Waina stream on Oahu's north shore.



Photo by Rico Onaha Hutter

How to submit: Email your (non-posed) photos to editor@hookelenews.com

Air Force band to 'sound off' at upcoming concerts

U.S. Air Force Band of the Pacific-Hawaii

The U.S. Air Force Band of the Pacific-Hawaii has many free concerts coming up in the next few months.

- May, 17, 6 p.m., Combined Military Concert at Hawaii Theatre, 1130 Bethel St., Honolulu.

- June 4, 5:30 p.m., the group Papanā (eight-piece jazz ensemble) will perform at Hale Koa Hotel, 2055 Kalia Road, Honolulu.

- June 14, 1 p.m., the group Hana Hou! (pop, Hawaiian, rock and country music) will perform at Sea Life Park, 41-202 Kalanianaʻole Highway, Waimanalo.

- July 4, 7 p.m., Hana Hou! will perform at Queen's Garden, Suite 2601, Waikoloa, Big Island.

- July 9, 6 p.m., Papanā will perform at the Town Center of Mililani.



U.S. Air Force file photo by Don Robbins
Members of the U.S. Air Force Band of the Pacific-Hawaii perform at a recent concert.

- July 10, 5:45 p.m. Papanā will perform at Foster Botanical Garden, 180 N. Vineyard Blvd., Honolulu.

- July 13, noon to 1 p.m., Papanā will perform at

Windward Mall, 46-56 Kamehameha Highway, Kaneohe.

For more information, visit the website <http://www.bandofthepacific-hawaii.af.mil/>.



Live the Great Life

Wellness fair shows patrons healthier way



Experts were on hand to share information about nutrition and ways to get fit and healthy at the Fitness and Wellness Fair held May 9. MWR Marketing photo

Helen Ko

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

The Joint Base Pearl Harbor-Hickam MWR Fitness and Wellness Fair took place May 9 at the Joint Base Pearl Harbor-Hickam Fitness Center to provide information for a healthy lifestyle.

The fair featured several booths including snacks from the commissary, a massage center, gait analysis and other

activities. Patrons received advice from experts on nutrition and fitness.

The lineup of events included the second annual fire truck pull, a Zumbathon, a bench press competition and more.

A meet and greet with 2014 U.S. Winter Olympians Kelly Clark, Steven Holcombe and Andrew Weinbrecht added to the activities. Clark won multiple medals in snowboarding, while Holcombe and Weinbrecht are multiple medalists in bobsledding and downhill skiing respectively.

Fireworks to return for July 4 celebration

Reid Tokeshi

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Last year's fiscal cutbacks had wide-reaching effects, and 2013's Independence Day Celebration on Joint Base Pearl Harbor-Hickam wasn't immune. For the first time in years, there were no fireworks lighting up the base in the night sky.

Joint Base Pearl Harbor-Hickam's Morale, Welfare and Recreation recently announced that America's birthday will be

celebrated again this year in a big way.

The spectacular fireworks show will return, and headliner entertainment will also return with national recording artists 3 Doors Down scheduled to perform at the base. Presented by Armed Forces Entertainment, the multi-platinum rock band will take the stage on Ward Field before the fireworks display.

Food and rides will again be available for purchase at the event, plus other surprises will add to the festivities. MWR will reveal the complete lineup of activities next month.



Fireworks will return to the July 4 celebration at Joint Base Pearl Harbor-Hickam this year. MWR Marketing photo

Your Weekly Fun with MWR

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



America's Armed Forces Kids Run will begin at 9 a.m. Saturday at Ward Field. Youth ages five to 13 years old on military bases worldwide will participate in this free event. FMI: 473-0789.

All-Military Surf Classic Registration is open now until May 28. This annual surf meet will be held June 7 and June 8 at White Plains Beach with longboard and shortboard competitions in men's and women's categories. Entry fees are \$40 for the Department of Defense division, \$30 for active-duty division

and \$20 for the *keiki* division (12 years and younger). Application forms are available at Hickam Beach or the White Plains Beach Surf Shack. No same-day beach entries will be accepted. FMI: 682-4925, 449-5215.

Summer Craft Camp Registration is open now at the Hickam Arts & Crafts Center. Weekly sessions for youth ages seven years and older will be held Tuesdays through Fridays from 10 a.m. to noon. Seven sessions are available: June 3-6, June 10-13, June 17-20, June 24-27, July 8-11, July 15-18 and July 22-25. New cre-

ative projects will be offered each session. The cost is \$55 per session. FMI: 448-9907.

Free Golf Clinic will begin at 9 a.m. Saturday at Mamala Bay Golf Course. FMI: 449-2304.

Library Know-How will begin at 2 p.m. Saturday at the Hickam Library. This free class will cover how to use the online catalog and the Dewey Decimal system and will include demonstrations of available online resources. FMI: 449-8299.

Advanced Screening of "Blended" will begin at 7 p.m. Saturday at Sharkey Theater. Admission is free to the first 400 authorized patrons. Assigned seating tickets will be issued at the ticket box office at 5:30 p.m. Active-duty ID cardholders can receive up to four tickets. Family members, retirees and Department of Defense ID cardholders can receive up to two tickets. FMI: 473-0726.

Peewee Flag Football Registration will open May 19 and close June 13. The season runs July 12 to Sept. 20 for children ages three to five years old. The fee is \$35. Registration is available at www.greatlifehawaii.com. FMI: 473-0789.

MWR Newcomers Luncheon will be held from 11 a.m. to 12:30 p.m. May 21 at Tradewinds Enlisted Club ballroom. There will be a free buffet lunch, MWR information booths, sponsor tables and giveaways and activities for children. The event is open to all military-affiliated personnel. FMI: www.greatlifehawaii.com.

Cookies & Canvas: Blue Dog children's art class will be held from 3 to 5 p.m. May 21 at the Hickam Arts & Crafts Center for youth ages five to 12 years old. Tuition is \$25, and paint, canvas and a snack are included. FMI: 448-9907.

Community Calendar

MAY

MFSC VOLUNTEER OPPORTUNITIES

NOW — Volunteer opportunities are available at the Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC). Opportunities include areas such as deployment and readiness, JEMS jobs, customer service and transition assistance program. FMI: 474-1999.

CAREER FAIR

TODAY — The Joint Employment Management System (JEMS) and Army Career Alumni Program career fair will be held from 10:30 a.m. to 2 p.m. at the Makai Recreation Center, Joint Base Pearl Harbor-Hickam. The recreation center is located at 1859 McChord St. on the Hickam side of the base. The fair is to support active duty service members who are leaving the military due to downsizing. FMI: 474-1999.

PINEAPPLE RUN

SATURDAY — The Central Oahu Chief Petty Officer Association is seeking service members to participate in the 39th annual Pineapple Run 10K beginning at 7 a.m. in Wahiawa. Trophies will be awarded to the top three overall male and female finishers. Finisher medals will be provided to the first 500 finishers. First, second and third place medals for male and female in each age group will be awarded. Registration can be done online at www.active.com. FMI: email pineapplerunhi@gmail.com and visit the Pineapple Run 10K Facebook page.

COMBINED MILITARY BAND CONCERT

SATURDAY — The Hawaii Theatre Center and the Honolulu Council of the Navy League will celebrate Military Appreciation Month with the 29th Annual Combined Military Concert beginning at 6 p.m. at the historic Hawaii Theatre. This year the United States Air Force is the military lead band and will be conducted by Capt. Haley Armstrong, U.S. Air Force Band of the Pacific. The event is free to the public. Public, general admission seating for ticket holders will begin at 5:30 p.m. Those without tickets will be admitted at 5:50 p.m., depending on available seating. Tickets are available from the Hawaii Theatre box office, 1130 Bethel St., Honolulu. FMI: 528-0506 or www.hawaiitheatre.com.

OPEN COCKPIT DAY

SATURDAY — Visitors will have the opportunity to sit in the seat, man the controls and feel the history of World War II and modern fighters at Open Cockpit Day from 9 a.m. to 4 p.m. at Pacific Aviation Museum Pearl Harbor. The event is free with paid museum admission and free for museum members. Guests younger than 10 years of age will require parental supervision to climb up and into the aircraft. Guests must also be able to climb boarding stairs and into a cockpit to participate. Museum visitors are invited to bring cameras. FMI: www.pacificaviationmuseum.org or 441-1007.

FINANCIALLY SAVVY RETIREES

21 — A Financially Savvy Retirees class will be offered from 9:30 to 11 a.m. at Military and Family Service Center (MFSC) Pearl

Harbor. The class will discuss how to keep from becoming a victim of identity theft. This class will cover how thieves and scams work, how to protect against both, how to determine if you've become a victim and what to do if your personal information is stolen. FMI: www.greatlifehawaii.com or call 474-1999.

COMEDIAN JEFF DUNHAM

24 — Comedian Jeff Dunham will perform at 7 p.m. at Ward Field, Joint Base Pearl Harbor-Hickam. Doors open at 5 p.m. Admission is free for all military-affiliated personnel and their guests. The show is recommended for mature audiences. FMI: www.greatlifehawaii.com.

NORTH SHORE BIKE RIDE

24 — A North Shore bike ride excursion will begin at 8:30 a.m. Outdoor Adventure Center staff will lead participants on a seven-mile round-trip on level terrain from Waimea Bay to Sunset Beach. The cost is \$25 including a bicycle or \$20 without. The sign-up deadline is May 21. FMI: 473-1198.

WAIMANO POOLS HIKE

25 — A Waimano Pools hike will begin at 9 a.m. Outdoor Adventure Center staff will take participants on a trail through a strawberry guava forest. This is a moderate to strenuous hike. The cost is \$15 and the sign-up deadline is May 22. FMI: 473-1198.

SPOUSE ALOHA ORIENTATION

29 — Navy and Air Force spouses new to the islands can attend an informational Spouse Aloha Orientation from 8 a.m. to noon at Military and Family Support Center (MFSC) Pearl Harbor. The event will include experts in the fields of employment, education, volunteerism, financial aid services, personal financial management, recreation, shopping, pets and a bit of the Hawaiian culture. Participants will also have an opportunity to meet other new spouses in an informal setting. FMI: www.greatlifehawaii.com or call 474-1999.

ASIAN AMERICAN PACIFIC HERITAGE EVENT

29 — U.S. Sen. Mazie Hirono is scheduled to be the guest speaker at the Naval Computer and Telecommunications Area Master Station Pacific Asian American and Pacific Heritage Month event from 11:30 a.m. to 1 p.m. at Hale Anuenue chief petty officer mess, building 235 at Wahiawa Annex.

JUNE

RUGBY TRYOUTS

The Navy and Marine Corps have been invited to participate in the Commonwealth Navies Rugby Cup's Four Nations Maritime Cup tournament in Auckland, New Zealand from Sept. 18 to Oct. 5. All-Navy Sports is seeking applications for tryouts to be held at Camp Pendleton, Calif. beginning Aug. 18. Applications are due to All-Navy Sports no later than June 15. FMI: http://www.navyfitness.org/all-navy_sports/.



BLENDED (PG13)

After a disastrous blind date, single parents Lauren and Jim agree on only one thing: they never want to see each other again. But when they each sign up separately for a fabulous family vacation with their kids, they are all stuck sharing a suite at a luxurious African safari resort for a week.

Movie Showtimes

SHARKEY THEATER

TODAY 5/16
7:00 PM Heaven is for Real (PG)

SATURDAY 5/17
2:30 PM Rio 2 (3-D) (G)
7:00 PM Free advanced screening of "Blended" (PG-13) is free to the first 400 authorized patrons. Assigned seating tickets will be distributed at the ticket booth at 5:30 PM. Active duty personnel can receive up to four tickets. Others; military family members, military retirees, DoD personnel with ID card can receive up to two tickets.

SUNDAY 5/18
2:30 PM Rio 2 (3-D) (G)
4:50 PM Heaven is for Real (PG)
7:20 PM A Haunted House 2 (R)

THURSDAY 5/22
7:00 PM Transcendence (PG-13)

HICKAM MEMORIAL THEATER

TODAY 5/16
6:00 PM Heaven is for Real (PG)

SATURDAY 5/17
4:00 PM Heaven is for Real (PG)
7:00 PM Studio appreciation advance screening — free admission — Tickets available at local exchange food courts. Seating is open to non-ticket holders 30 minutes prior to showtime (PG-13)

SUNDAY 5/18
2:00 PM Mr. Peabody & Sherman (PG)

THURSDAY 5/22
7:00 PM Heaven is for Real (PG)



Pearl Harbor NEX to hold series of events this month

Pearl Harbor Navy Exchange

The Pearl Harbor Navy Exchange (NEX) has planned a series of free events for authorized patrons to commemorate Memorial Day week and Military Appreciation Month.

• Memorial Day event will be held from May 21 to 26 at the NEX mall tent in the lower parking lot. The celebration will include entertainment, demonstrations, giveaways, special appearances and health and fitness education.

• Car seat inspection will be held from 9 a.m. to 2 p.m. May 22 in the NEX mall parking lot. Authorized patrons can bring their vehicle and children's car seat to the NEX to have a certified inspector check the seat. The event is hosted by the Marine Corps Base Hawaii safety directorate.

• NEX movie night will be held on May 23. Seating



Pearl Harbor Navy Exchange file photo

Hello Kitty will make an appearance from 10 a.m. to 1:30 p.m. May 24 in the Pearl Harbor NEX mall children's department.

begins at 7 p.m. and the movie "Frozen" starts at 7:30 p.m. in the NEX parking lot. Beach mats, chairs

and towels are allowed. Tickets are available on a first come, first served basis at the NEX aloha center.

Tickets will be good for one free beverage and one free bag of popcorn during the movie. Prior to the movie, there will be entertainment and giveaways.

• Drug Education For Youth (DEFY) program will be held from 10 a.m. to 5 p.m. May 23-24 in the NEX parking lot. NEX and the Navy's DEFY program have partnered in teaching children the importance of saying "no" to drugs. Parents and children are welcome to come and learn about social peer pressure, classes and

programs that DEFY have to offer to promote and protect Navy families.

• Marine Corps Jazz Band will perform from 5 to 6 p.m. May 23 in the NEX parking lot entertainment stage. The band will play popular music from several genres.

• Keiki (children's) ID event with the Honolulu Police Department will be held from 11 a.m. to 3 p.m. May 24 in the NEX mall children's department.

• Hello Kitty appearance will be held from 10 a.m. to 1:30 p.m. May 24 in the NEX mall children's department. The event will include balloons and participants can take their own photos with Hello Kitty.

• TRICARE benefits event will be held from 11 a.m. to 3 p.m. May 24 at the NEX mall second floor self-service department. A local TRICARE representative will be available for advice and consultation on health benefits.

• Isle 5 Band will perform from 4 to 5 p.m. May 24 at the NEX parking lot entertainment stage. Patrons can bring their beach chairs, put on their dancing shoes and listen to the band.

• Hula Halau Kehaulani will perform from 5 to 6 p.m. May 24 at the NEX parking lot entertainment stage. Kumu Kehaulani and her hula students will be showing dance from Hawaii,

Samoa and Tahiti.

• NEX movie night will feature "Planes" May 24. Seating is at 6:30 p.m. and the movie starts at 7:30 p.m. in the NEX parking lot. Beach mats, chairs, towels are allowed. Tickets are on a first come, first served basis at the NEX aloha center. A ticket will be good for one free beverage and one free bag of popcorn during the movie. Prior to the movie, there will be entertainment and giveaways.

• "501 Legion: Star Wars" characters will make an appearance from 10 a.m. to 2 p.m. May 25 at the NEX mall. Authorized patrons can meet and greet the Star Wars storm troopers and emperors. They will be able to take pictures and get autographs from their favorite characters.

• NEX annual Diaper Derby will be held from 1 to 2 p.m. May 26 at the NEX mall children's department. Patrons who have a speedy little crawler at home, 12 months and under can join the event. Applications are available now, and can be picked up at aloha center concierge desk. Applications must be submitted prior to competition day to be a considered contestant.

For more information on the events, call Stephanie Lau, NEX customer relations manager at 423-3287.

Special meal planned at Silver Dolphin

A special Asian American and Pacific Islander Heritage Month luncheon will be held from 11 a.m. to 12:30 p.m. May 21 at the Silver Dolphin Bistro. The cost of the luncheon is \$4.65.

The menu includes fried lumpia, lechon roasted pig, beef teriyaki, sweet and sour chicken, shrimp pancit, vegetable fried rice, steamed jasmine rice, stir-fried vegetables, sesame snow peas, pork sinigang soup and dinner rolls.

Other items on the menu include Korean broccoli salad, Asian coleslaw, assorted desserts and an ice cream bar.

The meal is open to active duty service members, Department of Defense employees, retirees and family members of active duty with valid IDs.

For more information, call 473-2948.

Anonymous tips can be submitted to NCIS

Naval Criminal Investigative Service (NCIS) offers a reward of up to \$1,000 for information leading to a felony arrest, the recovery of drugs or stolen property.

Those providing the information do not have to give their name.

Text NCIS plus the tip information to 274637 (CRIMES). On the Internet, log on to www.ncis.navy.mil and submit the tip.

In addition, visit the iTunes or Android mobile store to download the TipSubmit App.



DoD initiatives counter mental health issues

Armed Forces Press Service

WASHINGTON (NNS) — Nearly 1 million cases of mental health conditions in service members were documented between 2000 and 2011, according to a senior psychologist with the Defense Centers of Excellence (DCOE) for Psychological Health and Traumatic Brain Injury.

In an interview with American Forces Press Service and the Pentagon Channel to mark Mental Health Awareness Month, Navy Capt. Dr. Anthony Arita, director, Deployment Health Clinical Center, said the 1 million cases recorded by the Armed Forces Health Surveillance Center show that mental health conditions are “quite common.”

A Rand Corp. study in 2008 on the invisible wounds of war, such as post-traumatic stress disorder and traumatic brain injuries (TBI), found one in five deployed service members returned home with significant psychological health and TBI symptoms “at a level warranting medical attention,” Arita said.

Recognized each May since 1949, the Department of Defense (DoD) is promoting Mental Health Awareness Month this year to show that psychological health is “critical to one’s overall health,” Arita said, noting that sound psychological health is critical to military readiness.

“Psychological health permeates all aspects of our ability to function optimally to carry out our mission, to function at our best cognitively, to really give it [our] best,” he said.

DCOE is leveraging this month’s recognition to relay four key messages: “Psychological health is essential to one’s health, prevention works, treatment is effective, and people recover,” Arita noted.

“We have very effective treatments. [Patients] can expect their lives [to] noticeably get better, [and they] can return to active duty at a fuller level of function,” he added.

It’s also vital for people with mental health symptoms to recognize they are not alone in their struggle, Arita said.

“We recognize when people have concerns about their psychological symptoms, there is a reluctance to step forward and seek care,” Arita said. “We see it in people who need it most.”

The Defense Department has come far in its understanding and treatment of psychological illnesses, he said.

“We’ve been able to answer a lot of questions about psychological health to promote normalization and seeking care. But there’s still more to be done. While we’ve done much to combat the stigma around seeking treatment, we still have significant challenges ahead of us,” he said.

Arita said key to meeting the challenges is to understand the stigma against psychological conditions and treatment.

“There’s a need to address the stigma at a cultural level, and getting at the biases, prejudice and discrimination is tough to do to gauge progress,” he said, “Yet DoD is taking this on.”

Resources abound in the area of military mental health. One such outlet is a “living blog” appearing this month on DCOE’s website. Service members, veterans and families can post questions about mental health, and psychology experts provide answers within 24 hours, Arita said. Questions so far have included identifying the signs and symptoms of PTSD, how it impacts deployment, and moral injury.

Launched in 2009 as a help-seeking resource, the Real Warriors Campaign features success-story vignettes of people of all ranks and demographics who faced tough challenges and sought the care they needed, he noted.

The vignettes, Arita said, “highlight how care and recovery made a difference in their lives. They have given people the ease of thinking, ‘If they can do it, I can do it too.’”

In one of its newest initiatives to diagnose and treat psychological ills during early onset, DOD is placing behavioral health specialists in military primary care facilities for use by service members, families and retirees.

A range of issues such as depression, PTSD, anxiety, stress, grief, relationship problems, sleep difficulties, obesity, chronic pain, diabetes, tobacco use and other substance challenges often can be treated effectively in primary care, Arita said.

Because some people might not feel comfortable approaching mental health specialists, they often are at ease with their primary doctors and, by staffing such specialists, the Military Health System is making dramatic changes in the way behavioral health concerns are identified, assessed and treated within the primary-care setting, he said.

“As part of the DoD Primary Care Behavioral Health initiative, all three services have implemented or greatly expanded programs that integrate behavioral health services into primary care,” Arita said.

For more information and to learn about the signs, symptoms and treatment of psychological ills, contact the DCOE Call Center at 1-866-966-1020. Anyone in a psychological crisis should call the Military Crisis Line at 1-800-273-TALK (8255).

Blood drive schedule updated by Tripler

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

Currently scheduled drives include:

- May 19, 9 a.m. to 1 p.m., Club 14, U.S. Coast Guard Sector Honolulu, Sand Island.
- May 20, 9 a.m. to 1 p.m., oceanside lobby, Tripler Army Medical Center.

- May 21, 8 a.m. to 3 p.m., blood donor center, room 2A207, Tripler Army Medical Center.

- May 22, 11 a.m. to 3 p.m., Hickam BX, building 1235, Joint Base Pearl Harbor-Hickam.

For more information, call 433-6699 or 6148 or email michelle.lele@amedd.army.mil. Check www.militaryblood.dod.mil for the latest information.

Contact the Ho’okele editor for guidelines and story/photo submission requirements

Phone: (808) 473-2890

or email: editor@hookelenews.com

HO’OKELE

Kids can learn to ‘soar’ at PAM this summer

Pacific Aviation Museum Pearl Harbor

Students in sixth through eighth grade have an opportunity this summer to soar at Pacific Aviation Museum Pearl Harbor’s new “Aviation Adventure” and returning “Flight School” program.

The Aviation Adventure immerses teens in the rich history of Ford Island and Pearl Harbor, as well as science, technology, engineering and math concepts of aviation. Hands-on, practical experiences bring these concepts to life in the museum’s historic hangars and aboard Battleship Missouri Memorial.

This program is open to everyone who has completed the basic flight school program or is at least 13 years of age. Overnight accommodations are provided aboard Battleship Missouri Memorial.

Cost of the three-day program is \$300, which includes all materials, meals, snacks, overnight accommodations, and an Aviation

Adventure logo tee shirt. The program begins at 9 a.m. on Tuesday and ends at 4 p.m. on Thursday. Aviation Adventure launches July 15-17 and July 22-24.

For more information and to register go to www.PacificAviationMuseum.org/Education/AviationAdventure.

In addition, the museum’s Flight School program returns this year for boys and girls. The program introduces sixth through eighth grade students to the history and science of flight on three consecutive weekdays from 9 a.m. to 4 p.m. The cost is \$165, which includes all materials, lunches, snacks, and a “Flight School” logo tee shirt. Flight School for Boys is June 3-5, 17-19, and 24-26. Flight School for Girls is June 10-12, and July 8-10.

For more information and to register go to www.PacificAviationMuseum.org/Education/FlightSchool.