

Life & Leisure

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America's independence celebrated in a big way



U.S. Navy photo by MC2 Laurie Dexter

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Thousands of patrons gathered on the Fourth of July at Ward Field at Joint Base Pearl Harbor-Hickam to celebrate America's independence with activities and attractions provided by joint base Morale, Welfare & Recreation.

Nick Scott, an active duty Navy service member, and his wife, Trish, were among the many eager patrons to get started early.

"We were in line at 3:30 and there was a big line to get in," Trish said.

The favorite activity during the early celebration for them and their daughter

Abigail was the dragon slide, a huge inflatable slide that stood out among the rides. The Scotts have been stationed at JBP HH for a couple years and said they were looking forward to the concert and fireworks this year.

The kids weren't the only ones with fun things to do. Steve and Sherry Snyder relaxed on the grounds of the concert portion of the event and said they enjoyed attractions such as the car show.

"We just got married recently so she's never really experienced a military (event) before," said Steve, who is an active duty service member in the Army.

Another patron, Chris Garcia, experienced one of the new attractions MWR

introduced this year. Garcia, his active duty Army wife, and their son Anthony all went into the 360-degree photo booth.

"It was too cool," he said. "We all did our own little poses and everything and then you get to view it online."

Many of those who attended said they were eager to hear multi-platinum artists 3 Doors Down and see the fireworks.

Active duty Navy service member Charles Wood and his wife, Michelle, said they were glad their son had the many rides to enjoy, but they were drawn here for the concert.

"I actually saw them perform back in Mississippi before they got really big," Charles said. He said he



U.S. Navy photo by MC2 Laurie Dexter
Photo illustration by Rico Onaha Hutter

3 Doors Down performed for the holiday crowd at Ward Field. Bursts of fireworks lit up over Pearl Harbor and RIMPAC ships from 22 countries.

was stationed there when the band was starting out and went to one of their shows. Charles was looking forward to seeing them again after all these years.

As darkness fell, those standing and sitting on Ward Field saw 3 Doors Down take the stage. The band played new songs in between the crowd favorites. The biggest roar came during the band's en-

core, when they played their first big hit, "Kryptonite."

After the last song, fireworks lit up the sky, drawing oohs and ahhs from the audience.



3 Doors Down vocalist, Brad Arnold, hands a drumstick to an audience member.

U.S. Navy photo by MC2 Laurie Dexter



Japan Maritime Self-Defense Force photo by PO1 Makoto Maeda

Fireworks light up the sky behind JS Kirishima (DDG-174) as part of Joint Base Pearl Harbor-Hickam Fourth of July celebrations.



Youngsters at the Fourth of July event experience the boomerang ride.

MWR Marketing photo



MWR Marketing photo

(Above): A young girl has fun traveling through the dragon slide.

(Below): Rock climbing and thrill rides for the kids were popular activities at the celebration.



MWR Marketing photo



U.S. Navy photo by MC2 Laurie Dexter

Wahine Koa squares off against Lady Paniolos for title

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

In sports, they say that in order to be the champs, you've got to beat the champs, but for the first time in their storied championship run of five seasons, the defending champs Wahine Koa will enter July 13's Ohana Sports Alliance women's flag football title showdown against the Lady Paniolos as huge underdogs.

The championship game will be played at Manana Community Park in Pearl City. Kickoff for the battle between Wahine Koa and Lady Paniolos will take place at 2 p.m.

The Wahine Koa women's flag football team are a mixture of civilians and active-duty military or armed forces family members based at Joint Base Pearl Harbor-Hickam, while many of the Paniolos players and coaching staff have military backgrounds as well.

Two weeks ago, the Lady Paniolos, which finished the regular season as the only team without a loss, dismantled Wahine Koa by a score of 21-0.

Wahine Koa head coach August Young said although it feels a bit unusual to play for the title as underdogs, he welcomes the challenge.

"Actually, it feels good," he said, "because it will be that much more glorious to take it from them. When you got that number one spot, it's a target on your back and everyone's coming for you. So I want my girls to go that much harder, knowing that we're the number two seed, we're the underdog, and we're being looked at like we don't have it."

In the Wahine Koa's semifinal matchup against



Wahine Koa receiver Dee Hawkins, wife of Lt. j.g. Gennaro Hawkins, reaches up before catching a pass to complete the team's two-point conversion attempt.

the Marine Corps Base Hawaii-based team the Wardawgs, the defending champs started off on fire but cooled off quickly and had to hold off the visitors from Kaneohe.

On the Koa's first drive of the game, quarterback Dana Hester took the first snap from her own 23 and connected with Dee Hawkins, wife of former Koa offensive coordinator Lt. j.g. Gennaro Hawkins, for a five-yard pickup before going over the top to find Army veteran Simone Davis with a bomb that put the ball at the Wardawgs' 25.

Then, on the very next play Hester zipped a pass into the arms of Sierra Iona for a touchdown.

Hester followed up by completing a pass to Hawkins inside the end zone for a two-point conversion and a quick 8-0 lead.

The lead stood up through halftime, but on their first possession of the second half Wardawgs quarterback Aviation Electronics Technician 2nd Class Lachandra Owhochokwo, Patrol Squadron 47, reduced the margin of difference down to 2 when she lobbed an 11-yard toss into the arms of Marisol

Malson, a Marine spouse, for a touchdown.

The Wardawgs then went for the tie by setting up for a two-point conversion, but the pass was broken up in the end zone by Koa linebacker Cryptologic Technician (Technical) 2nd Class Michelle Dannenberger of Navy Information Operations Command (NIOC) Hawaii, to preserve the lead and the game, which ended at 8-6 in favor of Koa.

While Wahine Koa struggled in their semifinal game, the Lady Paniolos blew away the Bombshells

by a score of 32-0.

Paniolos QB Kate Robinson said that after a season of earning lopsided wins, she feels good about her team's chances of bringing the Koa's championship reign to an end even though she won't be able to attend the showdown.

"We feel good," she admitted. "We've got a good team. All of our players are athletic. We have players that played college sports, so being athletic makes things a lot easier."

Although Robinson said that she isn't looking at the game in an all-or-nothing

sense, her coach Army Sgt. Marcello MacDade said that the team didn't get this far to lose.

"To make it all the way undefeated, that's good, but the championship is the real prize," he admitted. "If we go undefeated and lose the championship game, then it's a wasted season. It's all or nothing. We're champs, man. It's our season."

With both teams loaded with skilled players, it's easy to get lost watching the quarterbacks, receivers and running backs.

However, in a battle of top teams, the war could be won inside the trenches.

If that is where the fight begins, Koa has several linemen who are more than capable of finishing it.

Offensive guard Ramona Miyagishima is one of the league's most devastating blockers and is a big reason why Hester has been so effective for the past two years.

Despite being underdogs, Miyagishima said that she and her teammates will be ready to rumble on Sunday—especially against the Paniolos.

"I think it gives us more incentive," she said. "They beat us really good, and we weren't prepared and now we're going to be prepared. We just got to come out, execute, make our blocks and make it happen."

Young, although facing his toughest challenge to date, said he isn't about to concede anything to the Paniolos.

"On any given Sunday it can go either way," he said.

"I'd hate to give a prediction and it go wrong. My hopes are really high though. In my mind, I see us winning, but at the same time, you never know what could happen. I'm just hoping we flip the cards over and get Gennaro Hawkins a royal flush."

Female figure athlete balances family and sport

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Being a mother of two and the wife of a Navy senior chief is more than enough to keep any spouse busy.

Throw in a life that incorporates one of the toughest sports to compete in, and you have a picture of what it's like to walk in the shoes of Aarolyn Casillas.

Since arriving in the islands a year ago, Casillas, who is married to Senior Chief Information Systems Technician (SW/IDW/AW) Wilfredo Casillas, executive flag communicator, Commander United States Pacific Fleet (COMPACFLT), has changed her life around by adopting a healthier lifestyle.

In an astounding makeover that saw her lose 60 pounds, Casillas watched her diet, worked out at Hickam and Joint Base Pearl Harbor-Hickam Fitness Centers, and has competed in not one, but two, bodybuilding contests as a fitness/bikini competitor.

"I had a friend that works



Aarolyn Casillas on stage while competing in the 2014 Pacific Rim Armed Forces Natural Bodybuilding and Fitness Championships.

out at the gym and he said, 'You should try it,'" Casillas said. "I got to Hawaii and I said, 'Ok, I'll try it once and see what happens.'"

Despite not feeling quite ready, Casillas entered the National Physique Committee (NPC) Paradise Cup, an annual event that is held in Hawaii.

Entering just to get her feet wet, Casillas surprised herself by placing fourth against much more seasoned competitors.

"Of course I wanted to win, but up against the ladies I was competing against, I wasn't even going to place and I was OK with that," she said. "But I got fourth place."

Encouraged by her inaugural showing, Casillas was back on stage in June. This time she took on masters' bikini competitors at the Pacific Rim Armed Forces Natural Bodybuilding and Fitness Championships.

In only her second meet ever, Casillas took one giant step forward by winning the overall Masters Bikini Division.

"It was (rewarding)," Casillas admitted. "I'm do-

ing what I really want to do."

While making it to the top of any sporting event is the ultimate for many competitors, the road to the podium is tough and Casillas is no stranger to hard work.

Casillas admits to adhering to a schedule that isn't for the faint of heart, but if it helps her reach her dreams, she's all for it.

Every Monday, it's back to the gym for legs (legs workout), which is followed on Tuesday for a session that focuses on her back.

More lower body workouts are scheduled for Wednesday and Thursday before closing out the weekdays on Friday with chest day.

"Saturday is shoulders," she said. "Sunday is supposed to be a rest day, but I work out anyway. I love it because I was overweight for most of my childhood. And then after I had my two boys, I gained weight, so this helped me get rid of that."

Juggling so many things at once requires determination, but Casillas said that she wouldn't be able to do it if it wasn't for the support that she gets from her family.

"It was hard at first because it does take a lot of time," she acknowledged. "He (Wilfredo) and the boys were already here and then I came and right away, I wanted to do the Paradise Cup. That didn't make sense (to her husband). But at this time, he's really into it and gotten more supportive."

While two competitions in a year is a full plate for many fitness athletes, Casillas said that the year may be half over, but she isn't done competing in 2014.

In about two weeks, Casillas will be on the stage again, although this time she will be facing national competition in the 2014 NPC Battle of the Bay, which will be held in Corpus Christi, Texas on July 26.

After that, it's back to the gym to prepare for this year's Paradise Cup, which will be held on Nov. 22 at the Sheraton Waikiki.

"It would be great to get my pro card," said Casillas about her long-term goal. "I know that does take some time. My thing is if you really want something, if you just keep going, you'll achieve it."

Navy inspired Tanner holds big dreams for future

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

With mottos such as "striving for the excellence in you," retired Navy Lt. Donta Tanner has used lessons that he learned while serving in uniform for 20 years to reach the pinnacle of bodybuilding by earning his pro card at the 2012 International Federation Bodybuilding (IFBB) North American Championships.

Now a civilian, Tanner is still following his dream of getting to the Mr. Olympia, but it isn't the only goal he has on his mind.

Since leaving Naval Supply Systems Command Fleet Logistics Center Pearl Harbor (NAVSUP FLCPH), Tanner is now fully employed as a physical trainer at Joint Base Pearl Harbor-Hickam Fitness Center and at his own location in downtown Honolulu.

"This is a big responsibility," said Tanner about taking the leap into an industry that is already highly saturated. "This is actually brick and mortar now."

While a new endeavor can be scary stuff for anybody, Tanner said that the Navy has given him a background to steady the course and keep moving forward.

Armed with a mission to direct military and non-military people and families into a healthier lifestyle, Tanner said that the task is just another opportunity to get things done, just like his time served in the Navy.

"The Navy instilled honor, courage and commitment," he acknowledged, "to have the courage to get out there and do something. What describes you is who you envision yourself to be and, hopefully, that's a champion."

In putting his game plan together, Tanner said that he hopes to use his knowledge in physical training to let people in on the same kind of experience that earned him his IFBB pro card—something that is held by very few trainers in the islands.

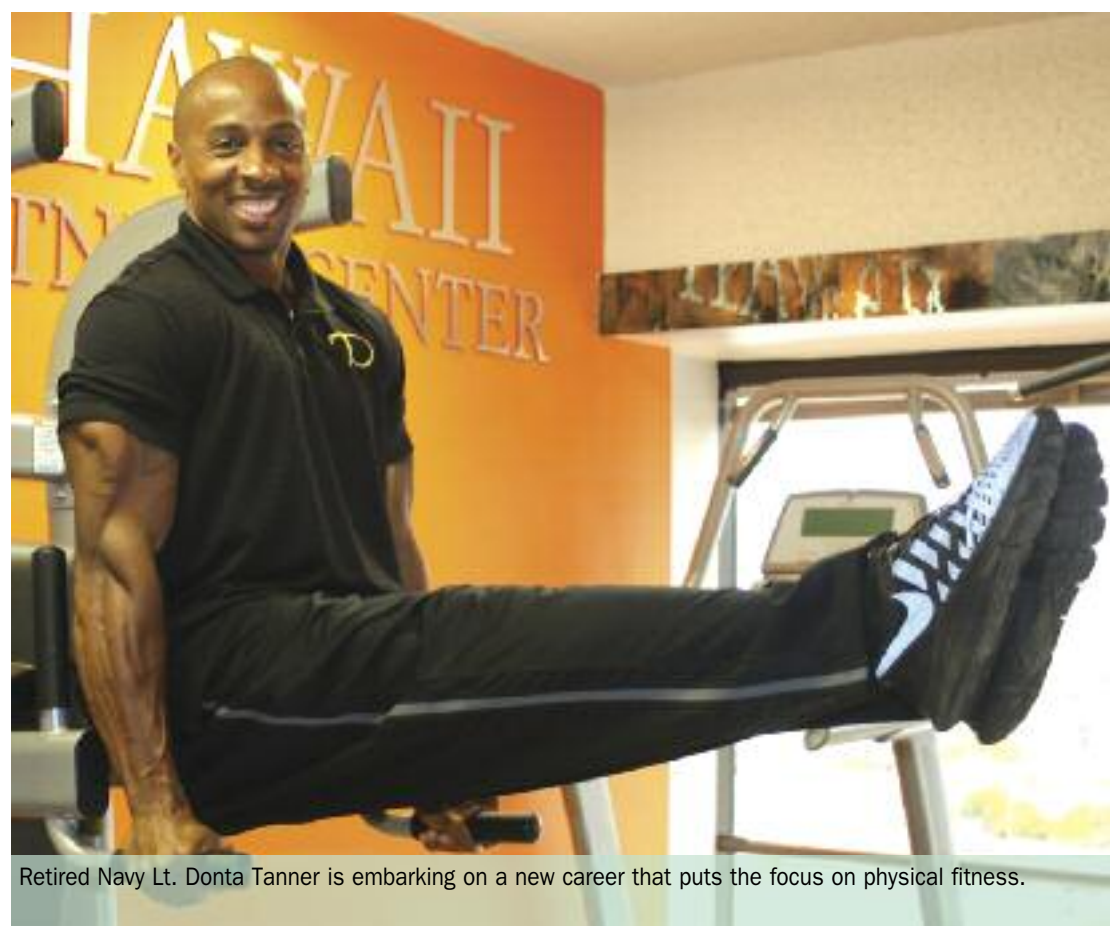
Watching the excitement of his clients go through a transformation, said Tanner, is matched by the happiness he feels for everyone he trains.

"They hire me, not because they think I'm cool, they hire me because they want results," he said. "People communicate with me; they send me pictures and say, 'Hey, I been working on stuff,' or say, 'Hey, Donta, look, I've got a two-pack. Can you see it at the top?'"

Getting from point A to point B, said Tanner, wouldn't be as effective if you took shortcuts along the way.

In his program, Tanner said that he does a full-body assessment first to get a baseline of his client's fitness level.

"You've got to know where you're at," he points out. "It's like being at a kiosk that says, 'You are here.' I measure your neck, your arms, waist, thighs, calves and do calipers to figure out your body fat." Although the process seems



Retired Navy Lt. Donta Tanner is embarking on a new career that puts the focus on physical fitness.

pretty mundane, Tanner said that just getting people to put their trust in him is enough to get him excited.

"I'm fired up. I'm living the dream," he said and again credits the Navy for his new career. "The Navy contributed to me, not feeling afraid to fail. I've failed a lot, but I've always been able to find my

way to the top. The Navy also taught me that no one is an island. You carve your own path, but you don't do it alone."

Tanner said he knows that the road to any dream will have its bumps along the way, but if your goal is to get healthier or reach for the bright lights of the competitive stage, he would be there every step

of the way because he cares.

"My Sailors didn't care about what I knew; they were more concerned about if I cared about them," he said. "If I cared about them, then they would trust me to take care of the things I needed to do. That's huge."

For more information, contact Tanner at www.dontatanner.com.

RIMPAC impacts social media

Anna Marie General

Joint Base Pearl Harbor-Hickam Public Affairs

As the Rim of the Pacific (RIMPAC) exercise kicked off at Joint Base Pearl Harbor-Hickam (JBPHH) on June 26, social media engagement increased among Navy command Facebook pages in Hawaii.

Based on data collected during the week of June 25 to July 1, JBPHH Facebook showed an increase on post reach, page likes and engagement, particularly on

RIMPAC-related posts.

With an increase of 235.4 percent of its total reach and 126.4 percent of people engaged, the interaction on JBPHH Facebook showed a significant growth compared to previous weeks.

Simultaneously, JBPHH Facebook reached a milestone with more than 16,000 fans in a couple of weeks from reaching 15,000.

Numerous interactions among family members and fans boosted the social media engagement as the aircraft carrier USS Ronald

Reagan (CVN 76) arrived at JBPHH on June 26.

"Proud to say that my hubby is on that great ship. You probably saw him up top as they pulled in," said Michelle Schimke.

"Was taking a tour in a small experimental biplane and flew almost right over it when it was coming in to Pearl - great sight!" said John Stiles.

"We got to see it yesterday. It was seriously amazing to see this ship that close in person," said Lindsey Taylor.

The single photo post of

the USS Ronald Reagan reached 12,764 people with a total of 472 likes, comments and shares.

JBPHH Facebook was flooded with likes and comments from fans around the world including the United States, Philippines, Japan, Germany, Brazil, Italy, India, Australia and Mexico

as the top 10 countries engaged.

With RIMPAC held every two years and hosted by the Commander, U.S. Pacific Fleet (PACFLT), 22 nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel are participating in this year's RIMPAC exer-

cise from Jun. 26 to Aug. 1.

"Like" us on Facebook at <http://www.facebook.com/JointBasePearlHarborHickam>. To view the latest on RIMPAC, "like" the official RIMPAC Facebook page at <http://www.facebook.com/RimofthePacific> or visit <http://www.cpf.navy.mil/rimpac/2014/>.



Canadian Forces Combat Camera photo by Sgt. Matthew McGregor. Cmdr. Alex Kooiman, commanding officer of HMCS Victoria (SSK 876), speaks with Rear Adm. Yasuki Nakahata, vice commander, Combined Task Force for exercise Rim of the Pacific (RIMPAC) on July 6.

Vacation Bible School to be held at JBPHH from July 21-25

Brandon Bosworth

Assistant Editor, Ho'okele

Vacation Bible School (VBS) will be held at Pearl Harbor Memorial Chapel and Hickam Chapel, Joint Base Pearl Harbor-Hickam from July 21 to 25.

The kindergarten through second grade class will be held from 9 a.m. to noon at the Hickam Memorial Chapel. The third through sixth grade class will be held from 9:30 a.m. to 12:30 p.m. at the Pearl Harbor Memorial Chapel. Times are staggered in order to accommodate families with children on both campuses. Preschool and nursery services will be available at the Hickam Campus and will

be open to children of volunteers only.

Every year, VBS features a different theme. The theme this year is "SonTreasure Island: Discovering the Treasure of God's Love."

"The two chapels will become tropical island getaways for the week," said Marta Linzy, VBS director. "Through songs, skits, Bible stories, crafts and games, the kids at VBS will learn that God's love is giving, kind, caring, forgiving and forever."

Parents can pick up registration forms at any of the three base chapels. Registration will stay open until VBS reaches full capacity.

For more information or to volunteer, contact Linzy at mail2martajean@gmail.com or 757-831-9820.





Live the Great Life

MWR helps RIMPAC participants discover, enjoy Hawaii

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Rim of the Pacific (RIMPAC) exercises going on now have brought service members from around the Pacific and beyond to Hawaii.

The significance of these exercises is well documented, but for many of the participants the experience goes beyond that. Many of the thousands in attendance are visiting Hawaii for the first time ever.

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) scheduled numerous activities every day the ships were in port to help them make the most of their time here.

MWR's Information, Tickets & Travel (ITT) provided bookings for many of Hawaii's favorite attractions, including circle island tours, trips to Kualoa Ranch and Sea Life Park and even shark tours. One of the most popular activities was the Hawaiian *luau* and ITT set

up trips on many days to give visitors the flexibility to choose.

Donna Matsushita, community activities director, said some groups even set up their own tours with ITT. "We set up a lot of individual command luaus. They wanted to do their own, just them," Matsushita said. The Canadian ship *Calgary* was among the commands choosing to set up individually, with more than 70 people heading out for a *luau*, Matsushita said.

The MWR Outdoor Recreation program also set up daily trips for those who wanted to experience the natural side of Hawaii.

Kyle Candilasa, a recreation guide with the MWR Outdoor Adventure Center office, liked the amount of participation this year.

"This is the fourth RIMPAC I'm doing," said Candilasa. "I like (this year) because we're always doing something. We're having good turnouts."

Candilasa said the most popular tours he has led were the snorkeling and kayaking tours.

"A lot of them haven't been in water where they can see a lot of fish. When we take them to marine sanctuaries like Shark's Cove or Hanauma Bay, they have a lot to see out there," Candilasa said.

Paddling out to Chinaman's Hat was also fun, according to Candilasa.

"A lot of people liked it because it's paddling off to a separate island. We take them out to the back side where there are tide pools and a little beach you can swim at," Candilasa said.

By contrast, Candilasa's co-worker Eric Ordorica was experiencing his first RIMPAC.

"You're taking people out and they're enjoying the trip, and you're also enjoying the trip. So I thought it was fun, it was good, lot of hard work," Ordorica said.

Ordorica said feedback overall from customers has been very positive.

"I talked to a lot of people one-on-one while we were doing the hikes, snorkeling and whatnot. Everyone seemed to be impressed. They liked doing the out-



Surf lessons are a popular activity for visitors.

door activities, especially the hiking. A lot of people liked the nature, the forest and the waterfalls," Ordorica said.

MWR's Liberty Program also offered activities every day during the in-port period. On-base activities such as themed nights at the centers as well as golf, fishing

and bowling were provided for those visitors wanting to stay close by. For those wanting to venture beyond the gates, everything from dinner cruises to go-kart racing, horseback riding to hiking and even a water park visit were available.

The visitors return in about three weeks with a

few more days to enjoy Hawaii. Candilasa and Ordorica said they are looking forward to another round of outdoor fun.

"Oh yeah, definitely," Ordorica said. "We normally only do this on the weekends and now we get to do this every day, which I found out is very tiring, but it's good."

Your Weekly Fun with MWR



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

Barbers Point Invitational Tournament will continue today at Barbers Point Golf Course. The course will be closed for non-tournament play but will re-open at 11:30 a.m. Saturday. FMI: 682-1911.

Single Airmen & Sailors Cosmic Bowling Night will be held from 7 to 9 p.m. tonight at the Naval Station Bowling Center. Free bowling, pizza and soda are available for single, active-duty Airmen and Sailors only. FMI: 473-2583.

Teen Sip-a-Slushee Sleepover will be held from 7 p.m. tonight through 7:30 a.m. Saturday at the Hickam Teen Center. Activities will include dodgeball, video games, pool, slushies and Spam musubi. Teens should bring pillows and blankets. Attendees need to have a current registration form filled out with a parent's signature. The fee is \$25 or \$20 with a canned food donation. FMI: 448-0418 or facebook.com/jbphhteen center.

Outdoor Adventure Film Night will begin at 7:35 p.m. tonight at Hickam

Harbor. Films highlighting outdoor adventure, preservation, environmental awareness and extreme sports will be shown for free. Attendees may bring chairs, drinks and snacks. This event is recommended for adult audiences. FMI: 449-5215.

Super Hero 5K Run will begin at 8 a.m. Saturday at the Hickam Fitness Center. Participants may run in this free event dressed as their favorite super heroes. FMI: 448-2214.

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

Adult Hand-Building with Clay class will be held from 9 a.m. to noon every

Saturday from July 12 through Aug. 2 at the Hickam Arts & Crafts Center. Students can learn basic ceramic techniques for pinch-pots, coil building, etc. and about underglaze and glaze technique. Tuition is \$45. FMI: 448-9907.

"Paws to Read" Summer Reading Program electronic reading logs need to be completed on the Evanced website by Saturday (manually prepared logs will not be accepted). A party for all who participated in the program will be held from 10 a.m. to noon July 19 at Hickam Library with prize drawings, entertainment by magician Glen Bailey, and refreshments provided by the Hickam Library Friends. FMI: 449-8299.

Fall Junior Team Tennis Registration period opens July 14 and closes Aug. 15 for youth ages 7 to 18 years old. The fall season runs August to November. The fee is \$40 and does not include USTA membership. Registration is available at www.greatlifehawaii.com. FMI: 473-0789.

Summer Craft Camp will be held from 10 a.m. to noon July 15 through July 18 at the Hickam Arts & Crafts Center. Weekly sessions are available until the end of July for youth ages 7 years and older. New creative projects will be offered each session. The cost is \$55 per session. FMI: 448-9907.

JULY**FEDS FEED FAMILIES**

NOW — Joint Base Pearl Harbor-Hickam (JBPHH) is once again participating in the annual Feds Feed Families program through Aug. 31. The program is a charitable campaign by the United States Department of Agriculture that collects canned goods and non-perishable food items for those in need. Collection boxes for the food items have been placed at several locations around JBPHH including base chapels, the Naval Surface Group Mid-Pacific administration building, and the third floor of building 150. Individual commands will place their own collection boxes. FMI: Chief Religious Program Specialist Kimberly Bell at 473-4512 or www.fedsfeedfamilies.gov.

AMERICAN HERO OF THE YEAR

NOW — The Army & Air Force Exchange Service will salute the American Hero of the Year. All active-duty and retired U.S. military personnel and their family members are eligible to win a grand prize of \$25,000 or one of four runner-up prizes of \$1,000. Entries will be accepted through July 17. FMI: www.shopmyexchange.com/homewardbound.

WATER TOWER PROJECT

NOW — The base exterior utilities shop has announced a Freedom Water Tower project that began July 8. They are routing a new 12-inch water main from the intersection of Beard Avenue down 8th Street toward Freedom Tower. FMI: Staff Sgt. Aaron Weathers at 448-1067 or aaron.weathers@us.af.mil.

BOOT CAMP FOR NEW DADS

SATURDAY — A Boot Camp For New Dads will be held from 9 a.m. to 12:30 p.m. at Halsey Terrace Community Center, 620 Pool St., Honolulu. The camp will include advice for dads on holding a newborn, feeding their baby and changing a diaper. FMI: 474-1999 or www.greatlifehawaii.com.

WRITING YOUR BEST RESUME

15 — A Writing Your Best Resume workshop will be held from 9 to 11 a.m. at Military and Family Support Center Hickam. The workshop will discuss how to create an effective private sector resume. FMI: 474-1999 or www.greatlifehawaii.com.

BLOOD DRIVE SCHEDULE

16, 21, 29, 30 — Tripler Army Medical Center Blood Donor Center has blood drives.

- July 16, 10 a.m. to 1:30 p.m., Schofield Barracks Tropics, Schofield Barracks.
- July 21, 8 a.m. to noon, Makalapa Clinic, Joint Base Pearl Harbor-Hickam.
- July 29, 9 a.m. to 12:30 p.m., SEAL Division Team-1 SDVT-1 classrooms.
- July 30, 9 a.m. to 1 p.m., Club 14, U.S. Coast Guard Sector Honolulu, Sand Island.

FMI: 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

LIMITED CLINIC OPERATIONS

16 — Naval Health Clinic Hawaii will have limited health care. For Makalapa Clinic, there will be limited health care operations from 7:30 a.m. to 4 p.m. Laboratory, pharmacy and radiology services area available. For Kaneohe Bay, Camp Smith, Wahiawa and shipyard clinics, all health care operations are closed including laboratory, pharmacy and radiology services. Beneficiaries can speak to a health care provider anytime at the toll-free nurse advice line at 1-800-874-2273, ext. 1. For emergencies, dial 911 or go to Tripler Emergency Center. For active duty dental emergencies, call 864-4705.

MWR NEWCOMERS LUNCHEON

16 — The joint base Morale, Welfare and Recreation Newcomers Luncheon will be held from 11 a.m. to 12:30 p.m. in the ballroom at the Tradewinds Club. There will be a free buffet lunch, MWR information booths, sponsor tables and giveaways, and activities for children. This event is open to military-affiliated personnel. Register online. FMI: www.greatlifehawaii.com.

FEDERAL RESUME WRITING

22, 24 — A Federal Resume Writing workshop will be held from 3 to 5 p.m. on July 22 and 24 at Military and Family Support Center Pearl Harbor. Participants can learn how to search for job openings, interpret vacancy announcements, recognize key words, and build a proficient and well-organized federal resume. FMI: www.greatlifehawaii.com or 474-1999.

ANGER MANAGEMENT

22 — An anger management workshop will be held from 8 to 11 a.m. at Military and Family Support Center Pearl Harbor. The workshop is designed for people who want to better control their anger in work, social or family settings. FMI: 474-1999 or www.greatlifehawaii.com.

STARTING YOUR OWN BUSINESS

24 — A workshop, Starting Your Own Business, will be held from 9:30 to 11:30 a.m. at Military and Family Support Center Pearl Harbor. This comprehensive seminar will include tips on creating a business plan FMI: 474-1999 or www.greatlifehawaii.com.

FREE SOFTBALL CLINIC FOR GIRLS

29 — Operation Military Kids will hold a free softball clinic for girls ages 8 to 18 and will be instructed by two-time Olympic gold medalist Crystl Bustos from 1 to 4 p.m. at Lynch Field Baseball Complex. The complex is at 620 Main St., Honolulu, off Nimitz Highway at the corner of Valkenburgh Street. The clinic is open to military youth from all branches and of active duty, National Guard and Reserve service members. Limited spots are available and registration is required. Completed forms should be submitted to omk@ctahr.hawaii.edu or faxed to 956-9082. FMI: www.ctahr.hawaii.edu/4h/OMK/education.htm or call 956-4125.

AUGUST**OPERATION HELE ON**

15 — Operation "Hele On" is an annual youth deployment day that gives children of Air Force and Navy families an opportunity to go through a mock deployment processing line at a simulated Air Force base. It includes events such as issuing of dog tags, an obstacle course, demonstrations by an Air Force bomb squadron, military working dogs and more. This year's event will be held from 7:30 a.m. to 3 p.m. Aug. 15. at Military and Family Support Center Pearl Harbor. Registration will be open on www.greatlifehawaii.com from July 18 to 1 Aug. 1. There will be an application fee of \$5. FMI: 474-1999/0096 or 474-0109.

**MALEFICENT (PG)**

A beautiful, pure-hearted young woman, Maleficent, has an idyllic life growing up in a peaceable forest kingdom until one day when an invading army threatens the harmony of the land. Maleficent rises to be the land's fiercest protector, but she ultimately suffers a ruthless betrayal—an act that begins to turn her pure heart to stone. Bent on revenge, Maleficent faces a battle with the invading king's successor and, as a result, places a curse upon his newborn infant Aurora. As the child grows, Maleficent realizes that Aurora holds the key to peace in the kingdom—and perhaps to Maleficent's true happiness as well.

SHARKEY THEATER

Sharkey Theater is closed until further notice. For updates, visit <https://www.facebook.com/greatlifehawaii>.

HICKAM MEMORIAL THEATER

TODAY 7/11
6:00 PM X-Men: Days of Future Past (PG-13)

SATURDAY 7/12
4:00 PM Maleficent (PG)
7:00 PM Edge of Tomorrow (PG-13)

SUNDAY 7/13
2:00 PM Maleficent (PG)

THURSDAY 7/17
7:00 PM 22 Jump Street (R)



RIMPAC bowlers compete



U.S. Navy photo by MC2 Brian T. Clunt

A People's Republic of China People's Liberation Army (Navy) service member competed in the Rim of the Pacific (RIMPAC) Exercise 2014 bowling competition held July 2 at Joint Base Pearl Harbor-Hickam.

Swimmers 'dive into' RIMPAC sports



U.S. Navy photo by MC1 Daniel Gay

Two swimmers begin the men's 50-meter backstroke event during the Rim of the Pacific (RIMPAC) Exercise 2014 swim meet.

New teen program aviation adventure to take off

Pacific Aviation Museum Pearl Harbor

Teens will have an opportunity to soar at Pacific Aviation Museum Pearl Harbor's new cross-cultural aviation adventure program scheduled to launch this month.

The three-day/two-night program will provide a view of aviation from ancient Hawaii up to the present day. Two time frames are available to choose from Tuesdays through Thursdays from 9 a.m. to 4 p.m. July 15 to 17 and July 22 to 24.

Aviation adventure is designed to immerse teens in the rich history of Ford Island and Pearl Harbor, as well as the science, technology, engineering and math concepts of aviation. Hands-on, practical experiences bring these principles to life

in the museum's historic hangars and aboard the Battleship Missouri Memorial.

This program is open to teens who have completed the basic Pacific Aviation Museum Pearl Harbor Flight School program or those who are at least 13 years of age. They will be joined by teens of the same age from China. Overnight accommodations are provided aboard the Battleship Missouri Memorial

Cost of the three-day program is \$300, which includes all materials, meals, snacks, overnight accommodations and an aviation adventure logo T-shirt.

For more information and to register for aviation adventure, go to www.PacificAviationMuseum.org/Education/AviationAdventure or email Education@PacificAviationMuseum.org.

That Guy.com

REASON #621 NOT TO BE THAT GUY:



15th MDG updates appointment policies

Capt. Louis C. Edwards

15th Medical Group

Do you know the 15th Medical Group (15 MDG) appointment show time, no-show and late show policies? We recognize how busy our beneficiaries are and hope these policies provide consistent and simplified guidance to all 15 MDG clinics and beneficiaries.

The appointment policies are:

Show time

The show time for all medical appointments at all clinics, with the exception of dental, is the scheduled appointment time. Patients do not need to arrive 15 minutes prior to their medical appointment. Due to system constraints, the dental clinic still requires beneficiaries to arrive 15 minutes prior to their scheduled appointment time.

No show

Beneficiaries will be considered a no show if they fail to present for their appointment, leave without being seen, arrive 10 minutes after their scheduled appointment time, or fail to cancel their appointment two hours prior to the scheduled appointment time. If the appointment is before 9 a.m., you must cancel the appointment prior to the close of business the previous duty day.

Late show

If you check into the clinic more than 10 minutes after your scheduled appointment time, you will be considered a no-show. At this time, the clinic will determine if they can still see you based upon staff availability and patient workload. If they are unable to

see you, the clerk can reschedule your appointment or you can reschedule at your convenience. Please remember that patients who arrive on time will not be displaced by those who show up late.

Beneficiaries can use TRICARE online (TOL) to schedule, cancel or receive appointment reminders via email and/or text message at www.tricareonline.com. If you are not enrolled in TOL, you can cancel your appointment by calling the 15 MDG Central Appointment line at 448-6000, option 1, between 7:15 a.m. and 4 p.m. Monday through Friday, with the exception of PACAF family days and federal holidays.

Missed appointments not only cost the 15 MDG and taxpayers a significant amount of money, but they also prevent other beneficiaries from receiving the care they need. Canceling your appointment two hours prior and not checking in late are not only 15 MDG policies, but also Air Force directives.

The 15th MDG realizes emergencies arise and plans change, but we ask that you please be respectful to fellow beneficiaries as well as staff members and cancel your appointment as soon as possible. The 15th MDG is not immune to sequestration, the loss of contract personnel and tightened budgets, which only emphasizes the fact that every appointment truly does count.

Please steer clear of being a late show or no-show to your next medical appointment, and remember 10 and two—10 minutes is late and you must cancel two hours before your appointment.

Military Consumer Protection Day Fair to be held July 16 at NEX

The first Military Consumer Protection Day Fair will be held from 10 a.m. to 1 p.m. July 16 at the Pearl Harbor Navy Exchange (NEX), 4725 Bougainville Drive.

Local, state and federal agencies will offer free consumer protection and financial fraud information.

The fair is open to the

public, including active and retired service members, military families, veterans and civilians in the military community.

Free shredding will be available for consumers during the fair. There is a limit of two boxes per household or organization.

For more information, visit cca.hawaii.gov.

Federal Voting Assistance Program helps military members, families

Federal Voting Assistance Program

The Federal Voting Assistance Program (FVAP) encourages the use of the Federal Post Card Application (FPCA) to start the absentee voting process for the military voter as it is standardized for use across all states and will extend eligibility to receive a ballot for all federal elections for at least one calendar year.

The FPCA acts as both a registration and absentee ballot request form. FVAP encourages military voters to submit a new FPCA every year and when they move.

Each service provides extensive voting assistance starting at the unit level. Assistance with any portion of the absentee voting process can be obtained by contacting the installation voter assistance office. Service specific voting information can be found by contacting the service vot-

ing action officer.

Military service members can register to vote, request an absentee ballot or check the status of their ballot. They can select their state or territory of legal residence online to get started.

Military spouses and eligible family members may be covered under the same law that protects military members' absentee voting rights. This means if a military spouse or family member lives outside the legal voting jurisdiction, he/she can vote absentee in all federal elections. Whether changing states or moving to another country, the website FVAP.gov provides resources for military members to send their vote home.

FVAP also offers information on transition assistance and other resources for service members.


For more information, visit the www.FVAP.gov website.

My Favorite Photo...



Retired BM2 Christopher Black took this Fourth of July photo from Ford Island.

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



Story Ideas?

Contact Ho'okele editor for guidelines and story/photo submission requirements.

473-2890 / editor@hookelenews.com