

Life & Leisure

Navy supports International VEX Robotics Summer Games



Pearl Harbor Naval Shipyard photos

(Above): A Navy Color Guard from Joint Base Pearl Harbor Hickam presents the colors while a robotics team member from Waialua High School sings the national anthem during the opening ceremony.

(Below): Robotics teams compete in the summer games.



Two Pearl Harbor Naval Shipyard Sailor volunteers discuss competition results during a round of International VEX Robotics Summer Games.



Capt. Brian Osgood, commander of Pearl Harbor Naval Shipyard ponders a question posed to him by a young robotics team member.

Jensin Sommer

Pearl Harbor Naval Shipyard Public Affairs

Pearl Harbor Naval Shipyard and Industrial Maintenance Facility (PHNSY & IMF) contributed more than two dozen Sailor volunteers and funding from the Office of Naval Research to serve as a major sponsor of the International VEX Robotics Summer Games, which took place at the Hawaii Convention Center July 10-11.

The event, presented by the Robotics Education & Competition Foundation and the Friends of Hawaii Robotics, welcomed more than 100 teams from seven countries and one territory, including: Canada, China, Colombia, Egypt, Lebanon, Mexico, Puerto Rico and the United States. Students competed in the last official tournament of the 2013-14 competition season and the first official tournament of the 2014-15 competition season.

"The Navy is proud to support Hawaii Friends of Robotics and the larger robotics community through sponsorship of the International VEX Robotics Summer

Games," said Capt. Brian Osgood, shipyard commander.

"We've been actively involved in STEM and robotics for many years. Just last week we hosted a very successful inaugural RIMPAC 2014 VEX Robotics competition bringing together Rim of the Pacific 2014 Exercise participants with nine Hawaii high school teams—some of whom are here at this event."

Sailors from the shipyard and other Navy commands in Hawaii volunteered their time over two days at the convention center to serve in various support roles such as referees, judges and field prep and maintenance personnel. For Hull Technician 2nd Class Donald Novachich who was a referee, the summer games was his first exposure to robotics competitions.

"It was a great eye-opening experience for me—something I think everyone should see at least once," he said. "I was impressed with all the kids from so many countries and different parts of the U.S. coming together to put their robots to the test. The design and operation of the robots was amazing considering how

young these kids are."

The timing of the International VEX Robotics Summer Games during RIMPAC 2014 is a reminder of the global and highly technical nature of our world today, Osgood said.

"The U.S. Navy in Hawaii and elsewhere is committed to ensuring that its STEM-interested future global leaders and workforce are well-equipped to be successful. A stronger local community of global leaders makes our nation, the Navy in Hawaii, and potentially our future Navy workforce, stronger in return."

"Months of work by dedicated volunteers culminated in an extraordinary tournament that featured three different robotics programs under one roof," said Lenny Klompus, president of Friends of Hawaii Robotics.

"We are so proud to have hosted this inaugural international event in order for hundreds of Hawaii students to compete against the best teams in the world. Teams from around the state of Hawaii showed their expertise, utilizing real-world life skills by winning their games as well as special awards."

Overall International VEX Robotics Summer Games VRC Tournament Champions and VEX IQ Challenge Teamwork Champions:

VRC Toss Up	VRC Skyrise	VEX IQ Challenge Add It Up
Team 177Z, Twisted Botz, Virginia	Team 359A, Hawaiian Kids, Hawaii	Team 434K, Molokai Middle School, Hawaii
Team 3815B, Mad Techs, New Jersey	Team 394, Highlands Inter Robotics, Hawaii	Team 4442B, Island Pacific Academy, Hawaii
Team 5212A, Infernos, Idaho	Team 4142B, Pearl City High School, Hawaii	

Lady Paniolos bring Wahine Koa dynasty to end

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

After a three-season run as women's flag football champs, the Wahine Koa was finally tumbled out of the top spot by the upstart Lady Paniolos, 18-12, on July 13 in the championship game of the Ohana Sports Alliance women's flag football league at Manana Community Park in Pearl City.

The Wahine Koa women's flag football team is 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.

The title win capped off an outstanding season for the Paniolos, which means cowboys in the Hawaiian language, as the team ended the year undefeated with an overall record of 7-0-1.

"We didn't change the tone," said Army Sgt. Marcello MacDade, Paniolos head coach. "My pre-game speech was that it was just another game. We take every game the same because I want to keep them balanced, keep them neutral and just take it like another Sunday."

The pre-game speech must have helped as the team's defense immediately came up with a big play on the Wahine Koa's first series of the game.

After Koa quarterback Dana Hester started off by throwing two incomplete passes, the QB tried to sneak in a toss on a short slant to her receiver, but instead, the pass was picked off by Paniolos linebacker/quarterback



Lady Paniolos head coach Army Sgt. Marcello MacDade gets doused by his team in post-game celebrations after the Lady Paniolos defeated Wahine Koa to win the Ohana Sports Alliance women's flag football championship.

Britni Ronolo, who gave her team great field position at the Koa 14-yard line.

Ronolo, who was pressed into duty after the team's starting quarterback after Kate Robinson couldn't attend the game, started off a bit shaky, but on third down and long from her own 33, Ronolo fired a laser into the arms of Bree Locquiao, who took it up field for the score and an early 6-0 lead.

"Not even that first

touchdown, that interception was huge," MacDade said. "My defense normally sets the tone. We take defense first because we trust our defense that we can get a stop, get a touchdown or two and then finish it up."

The Paniolos almost took a two-touchdown lead on their next possession, but an injury that sidelined Ronolo for a few plays derailed the team's momentum and had to hand the

ball over to Wahine Koa at their own four-yard line.

Hester picked up one first down and then on the third play of the series, the Koa QB found Hospital Corpsman 3rd Class Erica Weatherford, Naval Health Clinic Hawaii, with an over-the-top rainbow that sprung the receiver down the right sideline and into the end zone for a 6-6 tie, which stood up until halftime.

In the second half, Ronolo, still hobbling from the injury

she suffered to her knee in the first half, got the ball at her own 21 and led the team on an eight-play drive to pay dirt and a 12-6 lead.

During the drive, Ronolo connected on two deep passes to Locquiao and one to Schnelle Smith before taking the ball in herself on a quarterback keeper.

"It was do or die," Ronolo said about whether she would continue at QB. "I was going to come back no matter

what. Once I realized how much it hurt, I was kind of scared, but I went back out there and didn't feel a thing."

The Paniolos appeared to wrap up the ballgame on the next set of downs when Locquiao returned an interception for a touchdown.

However, the TD was called back on a penalty.

The called-back score only delayed the inevitable as the Paniolos put the finishing touch on their title run when Ronolo hit Smith with a 25-yard pass for a touchdown and a commanding 18-6 advantage with time running out.

To their credit, the Koa refused to give up and closed out the game with a pass from Hester to Cryptologic Technician (Technical) 2nd Class Michelle Dannenberger, Navy Information Operations Command (NIOC) Hawaii, for a touchdown as the whistle sounded.

The loss was especially bittersweet for Koa head coach August Young who, after three championships and one runner-up finish, said that his term with the team has come to an end.

"It's been very rewarding," he said. "That's one of the reasons why I can walk away from this and not get riled up and want to come back to get revenge. Overall, it's been such a joyous ride and I couldn't ask for anything better. Even with this loss, I can walk away with a smile on my face, knowing that these girls gave it all."

While one era may be at an end, MacDade said he and his ladies are ready to fill the void.

"We are picking up that torch and we plan on keeping it for awhile," he said.

Riders can determine whether they, their motorcycle are road ready



U.S. Navy photo by MCC David Rush

Military members are advised to remember personal protective equipment when riding motorcycles.

Staff Sgt. Amber Corcoran

2nd Bomb Wing Public Affairs

The summer season can be a great time for outdoor

fun, but with an increase in activities comes a greater chance for accidents to happen. This time period between Memorial Day and Labor Day is known to Air Force members as the 101 Critical Days of Summer.

Between 2009 and 2013, from June to September each year, there were 36 Air Force fatalities due to motorcycle accidents.

As summer weather continues, motorcyclists spend more and more time riding.

Whether it's just for an hour or a long-distance trip, riders must be aware of becoming complacent about safety.

The Air Force requires training for all motorcyclists, as stated in Air Force Instruction (AFI) 91-207; risk management techniques provide a rider the means to ensure all safety precautions are taken to include proper personal protective equipment; and excellence is attained because of the continuous improvement in riding skill.

By being refreshed on the AFI and tips and precautions learned through training, a rider can determine whether they and their motorcycle are road ready.

Below are some tips for getting ready to ride:

- Check your T-CLOCS.
- T: tires and wheels
- C: controls
- L: lights
- O: oils and fluids
- C: chassis
- S: stand
- Look for any signs of leakage, such as stains underneath that indi-

cate problems.

- Remove the gas cap and peer into the tank with a small flashlight (switch it on first to avoid sparks), look for rust in steel tanks, and note if the fuel has sediment or other contamination. Give the gas a quick sniff. If it smells like old varnish, the fuel system may need to be drained, flushed and the fuel filter replaced.

- Check the oil level and note the color of the oil as old, dirty oil leaves sludge and deposits in the engine.

- Tires more than about five or six years old should be replaced even if they aren't worn out. After a thorough inspection, inflate the tires to the recommended pressure in the owner's manual.

- Check your maintenance records and schedule to determine if the motorcycle is due for a major service, including a tune-up and valve adjustment.

- Inspect the brake linings and rotors or drums for wear. Also check the brake fluid, which should be changed every two years, and if it looks

dark, replace it.

- Check the throttle cables and clutch cable (if equipped) for free travel and lube with special cable lubricant.

- Inspect the sprockets and chain (if equipped), and make sure it's properly lubed and adjusted.

- Start the engine and allow it to warm up gently without revving. After the engine is up to normal operating temperature, check the idle speed and adjust if needed.

- Test all controls, lights and accessories to ensure they are working properly. Addressing these items before you ride can save a lot of trouble down the road.

- Remember personal protective equipment, protect your body with long pants and sleeves, and wear boots to stabilize your feet and ankles. Even if it's hot out, don't forget a jacket. (Check AFI 91-207 3.5.4. for the proper PPE list.)

For more safety and reference tips, visit www.nhtsa.gov/Safety/Motorcycles or www.cdc.gov/motorvehicle/safety/mc/states/index.html.

WWI: 'The War That Ended Peace' and 'Poilu'

Reviews by Bill Doughty

Two recent books about World War I offer different perspectives—one from a broad sweep of world history and the other from inside narrow muddy trenches and a “lunar landscape” battlefield.

Margaret MacMillan, Oxford University professor of history, presents a comprehensive look at events leading up to and through what writer H.G. Wells said would be “the war to end war.” Macmillan’s “The War that Ended Peace: The Road to 1914” shows how peculiar personalities and poor choices led to death and destruction in Europe 100 years ago.

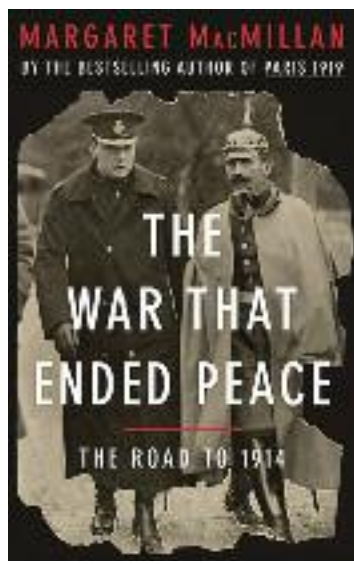
MacMillan introduces us to characters like Kaiser Wilhelm II, Bernhard von Bülow, Adm. Jacky Fisher, Alfred von Tirpitz, Nicholas II, Edward Grey, Leopold von Berchtold, Raymond Poincaré, and both Helmuth von Moltkes (elder and younger). She asks rhetorically whether these men were to blame for causing the clash of nations.

“Or was no one to blame? Should we look instead at institutions or ideas?” The history of WWI must be painted on a canvas of imperialism and seen through the lens of extreme nationalism.

MacMillan goes back decades before the assassination of Archduke Franz Ferdinand to the days of Napoleon and War of 1812 through the rise of Japan and overreach of Russia, Germany and Britain to explain how nations competed for resources and refused to respect other’s territories.

“Where today the international community sees failed or failing states as a problem, in the age of imperialism the powers saw them as an opportunity. China, the Ottoman Empire, Persia... all were weak, divided and apparently ready to be carved up.”

A key influence for all major nations in an era of colonial expansion was Capt. Alfred Thayer Mahan’s 1890 classic, “The Influence of Sea Power Upon History.” Mahan’s book showed leaders the role of navies in world commerce

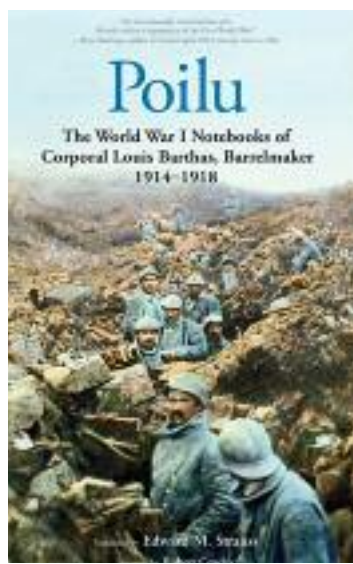


and led to a race by Germany and Britain to build ships.

“A strong navy protected the key highways for trade and communication across the oceans, and, equally importantly, enabled the seizing and holding of colonies. Its battle fleets could serve as a deterrent, especially if they were situated in key strategic locations. ‘The fleet in being,’ as Mahan and others called it, did not necessarily have to fight; it could be used to put pressure on a hostile power in peacetime and make that power think twice before risking its own fleet, even if it were bigger. In war, though, it was the duty of the battle fleet or fleets to destroy the enemy in a decisive battle.”

Of course, when war came in 1914, much of the fighting was on landlocked battlefields in France and Germany. Churchill called the peace before the Great War “exceptional tranquility.” The tranquility was destroyed by what MacMillan concludes was “a failure of imagination” and “lack of courage” to prevent war.

MacMillan’s perspective is global and general. For Corporal Louis Barthas, whose contemporaneous diaries (translated by Edward M. Strauss) are published in this year’s “Poilu,” the view is muddy and personal—in and around the trenches—facing the German “Boche” and “millions of tiny sharp-tongued mosquitoes,” and “legions of famished ticks and lice,” along with



countless rats and fleas.

Barthas, a barrel maker drafted into the war, writes about the petty tyranny of despotic authority. He shows examples of heroic stoicism, shared humanity between warfighters, and random luck in battle, such as when a soldier’s tin of coconut candy, which his girlfriend insisted he carry, ricocheted a bullet near his heart and saved his life.

He describes fear, fatigue and simple gratitude.

“As we left the village, an old lady came up to us, carrying something in her apron. They were some eggs which she handed out to us. As I passed by I managed to snatch one. It’s a small thing, an egg, but we were very touched by it. This poor old lady was giving up something necessary for her, to give us this offering. How a gift is made is more important than the gift itself.”

Barthas, like Vonnegut, Hemingway and Orwell, writes about the consequences and ironies of war. Like most warriors, he said he fights to preserve peace.

Back home from the war in 1919, he concludes:

“Returned to the bosom of my family after the nightmare years, I taste the joy of life, or rather of new life. I feel tender happiness about things which, before, I didn’t pay attention to: sitting at home, at my table, lying in my bed, putting off sleep so I can hear the wind hitting

the shutters, rustling the nearby plane trees, hearing the rain strike the windows, looking at a starry, serene, silent night or, on a dark, moonless night, thinking about similar nights spent up there ... Often I think about my many comrades fallen by my side. I heard their curses against the war and its authors, the revolt of their whole being against their tragic fate, against their murder. And I, as a survivor, believe that I am inspired by their will to struggle without cease—fire nor mercy, to my last breath, for the idea of peace and human fraternity.”

Both of these books provide deep insights about the First World War and about war, in general, reinforcing the nation’s maritime strategy, which encourages a cooperative global fraternity and stresses: “preventing wars is as important as winning wars.”

(A version of this review appears on Navy Reads, an unofficial blog in support of Navy professional reading and related books. Doughty writes and posts to Navy Reads—www.navyreads.blogspot.com—on weekends. The Navy Reads blog supports the CNO’s professional reading program and related books.)



An inspection in the trenches during WWI.

JBP HH hosts Consumer and Financial Protection Fair



Several hundred people showed up for the Consumer and Financial Protection Fair held at the Navy Exchange, Joint Base Pearl Harbor-Hickam on July 16.

Story and photo by
Brandon Bosworth

Assistant Editor, Ho'okele

The Hawaii Department of Commerce and Consumer Affairs (DCCA) hosted a Consumer and Financial Protection Fair at the Navy Exchange, Joint Base Pearl Harbor-Hickam on July 16. Several hundred people showed up for the event, which marked Military Consumer Protection Day.

Military personnel and their families often face unique financial challenges. Military Consumer Protection Day (MCPD) is a joint initiative between the state and federal agencies to help deal with these issues.

“The purpose of MCPD is

to promote consumer and financial protection education by providing free information that will help protect people’s privacy, manage their money and debt, and avoid identity theft, frauds and scams,” said Kealii Lopez, DCCA director.

Brent Suyama, DCAA communications officer, believes it is important to reach out to service members and their families.

“We really see the military as an underserved area regarding consumer protection,” he said.

According to Suyama, issues regarding purchasing vehicles and tenant-landlord disputes are some of the most common problems military personnel have.

More than two dozen gov-

ernment and nonprofit agencies participated in the event, providing information and answering questions. Free document shredding was also provided on site during the fair.

This was the first time DCAA has held a Consumer and Financial Protection Fair at JBP HH, but there are plans for future fairs.

“We absolutely plan to make this an annual event,” Suyama said. “The military is part of our community, and they protect us in a real physical sense. We want to protect them in a financial sense.”

The MCPD website, <http://www.military.ncpw.gov>, features tools people can use to recognize rip-offs, sniff out scams, and make smart financial choices.

Prepare when firing up the grill

Staff Sgt.
Candice C. Page

Headquarters Air
Combat Command

Good food and great conversation are staples of a summer barbecue, but before firing up the grill Airmen and their families should be aware of some proper grilling techniques to help prevent their summer days from going up in flames.

According to the National Fire Protection Association, in 2007-2011 U.S. fire departments responded to an average of 8,800 homes and outside fires. These 8,800 fires caused an annual average of 10 civilian deaths, 140 civilian injuries and \$96 million in direct property damage.

“For grillers there are two schools of thought for quality of cooking. Some are dedicated to charcoal and some to gas, but no matter which you prefer, using safety is recommended,” said Staff Sgt. Nathan Cinq-Mars, 633rd Air Base

Wing fire inspector. “Never use a grill indoors. Grills should be used outdoors and a reasonable distance from any structure.”

Below are some safety tips to help keep families safe all summer.

Gas grill safety:

- Check grill hoses for cracking, brittleness, holes and leaks.
- Check your propane container for dents, damage, rust or leaks.
- Replace scratched or nicked connectors, which can cause leaks.
- Keep lighted cigarettes, matches or open flames away from a leaking grill.
- Never use a grill indoors. Use the grill at least 10 feet away from any building. Do not use the grill in a garage, carport, on a porch or under a surface that can catch fire.
- Keep the top open when lighting the grill.
- When transporting your propane container, keep your vehicle well ventilated with the valve closed and plugged or

capped. Do not leave the container unattended in a vehicle, and keep the container in an upright position.

“Make sure the container and propane is purchased from a reputable source,” said A1C Tylor Domino, 633rd Air Base Wing fire-fighter.

Charcoal grill safety:

- Never use gasoline to start a fire.
 - Use charcoal lighter fluid only before the fire is lit.
 - Use a U.L. approved electrical starter in place of lighter fluid.
 - Never use grill on condo or apartment balconies.
 - Keep a garden hose or fire extinguisher nearby.
 - Keep children and pets away from fires and grills.
- “If you are looking at free burning wood or charcoal and the grill gets tipped over, the charcoal or wood that goes onto the grass can cause a brush fire,” Domino said. “Have commonsense when [grilling] and monitor what you are doing.”

My Favorite Photo...

Nathan Kirk, son of Capt. David Kirk of COMSUBPAC N7, took this photo of the Fourth of July fireworks at Joint Base Pearl Harbor-Hickam.



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



Live the Great Life

Fitness centers introduce new Zumba Step class

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Zumba Step is a new program offered by Zumba at the Joint Base Pearl Harbor-Hickam Fitness Center and Hickam Fitness Center for patrons.

Zumba Step allows participants to take their lower body workouts and calorie burning to new heights. It is designed to help tone and strengthen glutes and legs with a

blend of Zumba routines and step aerobics.

It is also designed to produce maximum results in an easy-to-follow fitness-party atmosphere. This class is geared to anyone more than 10 years of age who loves to dance and do step.

Only seven instructors on the island of Oahu are teaching this program, according to Lori Gaynor, Joint Base Pearl Harbor-Hickam Fitness Center manager.

Tewauna Raymundo is the only instructor teaching Zumba Step at JBPHH and

the other military bases.

Patrons say they have felt a difference in their legs and enjoy the program as a variation of the Zumba Fitness format.

Gaynor said that the last 10 to 15 minutes of this class is focused on strengthening participants' core muscles.

Zumba Step will be on Fridays at JBPHH from 5:45 to 6:45 p.m. Starting July 30, Hickam Fitness Center will be offering this class every Wednesday from 4 to 5 p.m. For more information, call 471-2019 or 448-221



MWR Marketing photo by Reid Kagamoto

Instructor Tewauna Raymundo leads a group in a Zumba Step class.

Navy Teen Council representative gives feedback

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Navy Region Hawaii's current representative in the Navy Teen Council (NTC) is 16-year-old Jordyn Merrit. The NTC is a group of 10 Navy teens from across the United States. They are responsible for effectively communicating the issues and concerns that affect Navy teens to all levels of Navy leadership.

The NTC was established in 2012 by CNIC Child & Youth Programs to initiate its goal of mobilizing Navy teens worldwide by improving the sense of a "Navy teen community."

Merrit is a junior at Radford High School and is a member of the school volleyball team. She is an active member of the teen center at Joint Base Pearl Harbor-Hickam (JBPHH).

Merrit will be going to San Antonio for her second council meeting on July 24. While there she will be meeting with other representatives to discuss issues, concerns and relay positive and negative feedback she has received from fellow teens. According to Merrit, these meetings are "a great opportunity for Navy Teen

MWR Marketing photo



Jordyn Merrit (far left) and fellow Keystone Club Members set up the sip-s-slushee sleepover teen center lock-in on July 11.

Centers to communicate with each other and suggest ideas and improvements."

"It helps give our center a voice and a chance to influence decisions that will impact the centers and the teens that use them," she said.

"The council develops plans and programs to benefit our centers and cross-center communication," she added.

Cross-center communication is a main topic the council is working on improving. One of their big projects is Operation Megaphone, which they plan on having annually. Operation Megaphone is a worldwide lock-in. Teen centers throughout the world schedule times to communicate

through social media or other online resources. The teen center at JBPHH participated in the recent Operation Megaphone in April and submitted their suggestions to Merrit on how they can improve the event.

Teens who may have ideas, suggestions or feedback on improving the Navy teen community should contact Merrit so she can share them with the council.

She can usually be found at the teen center (building 1859) in the afternoons, especially on Fridays after their 5 p.m. Keystone Club meetings. For more information, call 449-3354 or message the center on Facebook at www.facebook.com/JBPHHTeenCenter with suggestions.

Your Weekly Fun with MWR



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

Molokai Saint Damien Tour will be held from 8 a.m. to 3 p.m. Saturday. The Information, Tickets & Travel tour to Molokai Island includes shuttle to aircraft, round-trip airfare and guided tour. The cost is \$325 per person. FMI: 448-2295.

Free Golf Clinic will begin at 9:15 a.m. Saturday at Barbers Point Golf Course. FMI: 682-1911.

"Paws to Read" Summer Reading Program final party for all who participated in the program will be held from 10 a.m. to noon Saturday at the Hickam Library with prize drawings, entertainment by magician Glen Bailey and refreshments. FMI: 449-8299.

Ocean Adventure Summer Camps will be held July 21 through Aug. 1 at Hickam

Harbor. Keiki camp for ages 7 to 9 years old meets from 9 a.m. to noon, and youth camp for ages 10 to 15 years old meets from 1 to 4 p.m. The two-week session includes swimming, fishing, sailing and kayaking. Space is limited. The cost is \$160 for each session. FMI: 449-5215.

Summer Craft Camp will be held from 10 a.m. to noon

July 22 through July 25 at the Hickam Arts & Crafts Center. New creative projects will be offered during this last session of the summer. The cost is \$55. FMI: 448-9907.

Preschool Story Time will be held from 9 to 10 a.m. July 23 at the Hickam Library. The theme of this free program will be "Naughty and Nice." FMI: 449-8299.

Hickam Historical Tour will be held from 9:30 a.m. to 1:30 p.m. July 25 with visits to the original World War II Hickam Field buildings. The tour departs from the Information, Tickets & Travel Hickam office and from Royal Alaka'i Lodge and includes lunch. Due to the nature of the tour, it is not recommended for children under 6 years old. FMI: 448-2295.

Kayaking Chinaman's Hat excursion will begin at 9 a.m. July 26. The cost is \$30. The sign-up deadline is July 22. FMI: 473-1198.

Chinatown Food & Historic Tour will be held from 8:45 a.m. to 1 p.m. July 26. The tour departs from the Information, Tickets & Travel Hickam office. FMI: 448-2295.

JULY**FEDS FEED FAMILIES**

NOW — Joint Base Pearl Harbor-Hickam (JBPHH) is 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 may place their own collection boxes. FMI: Chief Religious Program Specialist Kimberly Bell at 473-4512 or www.fedsfeedfamilies.gov.

BLOOD DRIVE SCHEDULE

21, 29, 30 — Tripler Army Medical Center Blood Donor Center upcoming blood drives:

- 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.

FEDERAL RESUME WRITING

22, 24 — A workshop on Federal Resume Writing will be held from 3 to 5 p.m. 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.

LEARN TO SPEARFISH

26, 27 — Learn to Spearfish class will begin at 9 a.m. with instructors from the MWR Outdoor Recreation-Hickam Harbor staff. On the first day, class is held at the pool. On the second day, depending on skill level, there may be two ocean dives from the boat. Mask, fins and snorkel are required. Other equipment and transportation will be provided. The cost is \$60. The sign-up deadline is July 23. FMI: 449-5215.

SNORKELING SHARKS COVE

27 — Snorkeling Sharks Cove excursion will begin at 8 a.m. MWR Outdoor Adventure Center staff will lead a trip to explore the reefs at this North Shore location, which is protected by natural rock formations. Participants should bring a lunch, water and sunscreen. The cost is \$30. The sign-up deadline is July 24. FMI: 473-1198.

ACING THE INTERVIEW

29 — An Acing the Interview class will be held from 1 to 3 p.m. at Military and Family Support Center Hickam. This workshop is designed to teach participants how to present themselves as the best candidate for the job. The class will discuss understanding of what to bring for the interview, various interview formats, and preparation on how to ask and answer questions effectively. 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 to 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 Avenue. 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**SLEEP BETTER NOW**

4, 18 — A two-part Sleep Better Now class will be held from 11:30 a.m. to 12:30 p.m. at the Naval Health Clinic Hawaii Makalapa conference room. Participants need to attend the first session. Military service members, their families and retirees who receive medical services at Naval Health Clinic Hawaii are welcome to sign up. The class is designed to show people how to get a better night's sleep so they can feel well rested and refreshed throughout the day. FMI: 473-1880, ext. 2299.

TAKE 20 SECONDS TO RELAX

5 — A Take 20 Seconds to Relax class will be held from 11:30 to noon at the Naval Health Center Hawaii Makalapa conference room. Military service members, their families or retirees who receive medical services at NHCH clinics are welcome to attend. Participants can learn what to do to de-stress quickly on those days that they can't work out or when life is more hectic than usual. FMI: 473-1880, ext. 2299.

FINANCIAL PLANNING FOR RETIREMENT

6 — A Financial Planning for Retirement class will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. The class will discuss long-term planning for retirement and how to calculate what is needed to live a life of financial freedom at retirement age. FMI: 474-1999 or www.greatlifehawaii.com.

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. There will be an application fee of \$5. FMI: 474-1999/0096 or 474-0109.

**EDGE OF TOMORROW (PG-13)**

Based on the Japanese novel "All You Need is Kill" by Hiroshi Sakurazaka, Edge of Tomorrow tells the story of Major William Cage (Tom Cruise), a man who is forced onto the front lines for a major military operation against invading aliens known as "Mimics." Untrained and unprepared for combat, Cage is killed within minutes—only to wake up 24 hours earlier with no choice but to relive (and die) the same day over and over.

SHARKEY THEATER

TODAY 7/18

Closed

SATURDAY 7/19

2:30 PM How to Train Your Dragon 2 (3-D) (PG)
5:00 PM X-Men: Days of Future Past (PG-13)
7:30 PM Jersey Boys (R)

SUNDAY 7/20

2:30 PM How to Train Your Dragon 2 (PG)
5:00 PM Think Like a Man Too (PG-13)
7:10 PM 22 Jump Street (R)

HICKAM MEMORIAL THEATER

TODAY 7/18

6:00 PM Edge of Tomorrow (PG-13)

SATURDAY 7/19

4:00 PM Maleficent (PG)
6:00 PM Studio Appreciation Advance Screening — Free Admission — Rated PG-13*. Tickets available at your local exchange food court. Seating open to non-ticket holders 30 minutes prior to showtime

SUNDAY 7/20

Closed

THURSDAY 7/24

7:00 PM Jersey Boys (R)



Armed Forces Hawaii FC prepares for Defender's Cup

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Perhaps spurred on by the recent coverage of the World Cup, or maybe it was just their love for the sport, but two local Sailors have decided that it is high time that Hawaii's military athletes get a chance to showcase their talent to the world.

This coming Labor Day weekend, All-Navy soccer players Electrician's Mate 1st Class Luis Zamora, USS Chafee (DDG 90), and Information Systems Technician 1st Class Jay Reynard, Naval Computer and Telecommunications Area Master Station Pacific (NC-TAMS PAC), will lead a select group of active-duty athletes to compete in the annual Defender's Cup Military Soccer Tournament in San Antonio, Texas.

The Defender's Cup is the military's version of the World Cup, with teams from all over the globe coming to put their claim on the prestigious title.

While Zamora and Reynard will have only about two months to prepare against elite squads from around the world, both feel that Armed Forces Hawaii Futbol Club is talented enough to make a run for the cup.

"I'm very confident that we'll put together a real talented team," Zamora said. "I really don't know who will

be the best team, but I'm confident right now we'll take a good core team to compete up there."

Since tryouts began in mid June, Zamora and Reynard said that they have been very pleased by the level of talent on the field and enthusiasm of the players.

After getting the announcements out to every base on the island, the co-ed coaches were shocked at the number of skilled players who showed up in droves.

More than 100 active-duty military athletes from Joint Base Pearl Harbor-Hickam, Marine Corps Base Hawaii, Wheeler Army Airfield and United States Coast Guard Base Honolulu came out for the chance to become one of the 23 members that would be selected to go to Texas.

"It's been fun and frustrating," Reynard said about the selection process. "We expected a big turnout, but we didn't expect 100 people. The frustrating part is deciding what the best team is because we realized that there are a lot of high-caliber players."

Once the team gets to Texas, Reynard, who has played in the European version of the Defender's Cup, said that they would need every single one of their teammates to bring their best game ever.

"It's going to be tough," Reynard admitted. "It's the biggest armed forces tournament they have, so I know the caliber is very high."

Although both coaches feel that their team will match up well skill wise, it's the players' lack of overall experience together that causes their biggest concern.

Practically all of the competing teams, Zamora said, have been playing together for a couple of years and many players new to the tournament are fresh out of the academy and come equipped with college-level experience.

To overcome that kind of experience and firepower, Reynard said that Team Hawaii would have to be ready to go from game one and be prepared for the long haul.

Over the course of the three-day tournament, teams could play up to a total of three games each day.

"The reason why it will be tough is because we have to become one cohesive unit so quickly," Reynard said. "Most of these teams have had years to work with each other. We're building a core. I think we'll be strong, but it will come down to how quickly we learn to play together."

One thing is for sure: neither coach is going up there to lose. And if the team should come out on top, they'll just have one problem to figure out—where will the trophy call home.

"I don't know," replied Zamora when asked if the hardware will be held at JBPHH. "That's something that we're going to have to figure out."



Members of the Armed Forces Hawaii Futbol Club battle for the ball during a practice session at Quick Field.

Upcoming museum events to include airshow, hangar talk



Photo courtesy of Pacific Aviation Museum Pearl Harbor

Pacific Aviation Museum Pearl Harbor will hold the "Biggest Little Airshow in Hawaii" on Aug. 16 and 17.

Pacific Aviation Museum Pearl Harbor

Pacific Aviation Museum Pearl Harbor will hold a series of upcoming events for the rest of this year, including an airshow, museum day, hangar talk and open cockpit day.

• The museum will hold the "Biggest Little Airshow in Hawaii" from 10 a.m. to 4 p.m. on Aug. 16 and 17.

This year is the museum's sixth remote-control airshow. Visitors will be able to drive on to Ford Island or take the free shuttle from the Pearl Harbor Visitor Center and experience remote control 1/5th scale warbirds, jets and helicopters performing aerial combat, stunts, aerobatics and delivering candy for the children.

Other activities will include music, aircraft fly-

overs, full size aircraft static displays, hangar tours, prize drawings, food, drink, retail and entertainment booths and exhibits.



• Smithsonian Magazine Museum Day Live will be held on Sept. 27 at Pacific Aviation Museum Pearl Harbor. The event will include free admission to Pacific Aviation Museum Pearl Harbor for anyone presenting a museum Day Live! Ticket. Visitors can download free tickets at <http://www.smithsonianmag.com/museumday/>. This is an annual national celebration of culture and learning between the two museums. Pacific Aviation Museum Pearl Harbor is a Smithsonian affiliate museum.

• A hangar talk and book signing with Stacey Hayashi, author of "Journey of Heroes," will be held on Oct. 4 at Pacific Aviation Museum Pearl Harbor. The hangar talk is at 2 p.m. followed by the book signing and meeting with the author at 3 p.m. The event is free with museum admission and free to museum members.

• Open Cockpit Day will be held from 10 a.m. to 4 p.m. Oct. 18 in the hangars. Visitors can climb into the cockpit of one of several historic aircraft and talk story with pilots. Flight suits and helmets will be provided. Visitors can bring their cameras. The event is free with museum admission and free to museum members.

For more information on the events, call 441-1007 or visit the website www.PacificAviationMuseum.org.

Youth sports serves up fun with tennis camp

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

This summer, the folks at Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) Youth Sports division raised the bar when it came to providing quality, fun-filled youth sports camps for military families.

It's not always easy to balance skill-enhancing instruction that keeps the focus on fun, but whether it has been basketball, soccer or even volleyball, MWR Youth has managed to keep laughter and learning together.

From July 14-18, MWR Youth continued to work their magic in giving kids from ages 5-16 a swinging time at the summer youth tennis camp, which was held at Wentworth Tennis Facility, JBPHH.

"At summer camps, since they're mostly beginners, we want to introduce the correct fundamentals of the game," said camp director David Chang. "But what's more important, while they're learning this, have fun. Fun is what drives the player to want to be out here. So it's correct learning, correct fundamentals, and having the maximum amount of fun while they're doing it."

While the lessons were progressive and became

more challenging with each succeeding day, Chang and his crew of coaches, that included retired Navy Chief Carl Williams, made sure that smiles were evident on each child throughout the camp.

Williams said that the kids started off with tennis safety and then moved on to learn different strokes and conditioning before putting it all together in matches by the end of the week.

"We moved from introduction into the five strokes," said Williams who oversaw ages from 8-9. "We work on forehand, backhand, overhead, volley and serve. Then at the end of each day, we do cardio tennis where we play music and let them run around and get some exercise."

Williams said that on the first day, they worked on two strokes, added one-on-one games by the second day, but by the fourth and fifth day, they did matches, scoring and even strategy.

As any adult can attest to, getting a young audience, even a captive one, to pay attention can be quite challenging.

However, Chang said that more than 30 years of teaching tennis to youth has taught him the key to keeping children focused.

"The key part, while they're learning particular drills, is to turn it into a fun game," he admitted.

"What we want is correct fundamentals, while they're playing a fun game. That's the trick."

Chang even extends the concept of fun to the equipment that he uses in each progressive lesson of the camp.

From smaller size racquets to accommodate younger players to various colored tennis balls, Chang makes each learning experience a memorable one.

"For the younger kids, the racquets have to be smaller so it's easy to maneuver," he said. "Any piece of equipment, we've made it age appropriate. So they actually learn a lot faster."

Further, Chang said, each task is also made age appropriate.

"Older kids can start from further back because they have more control and more power," he pointed out. "Younger kids, you have to start from further up because they have less control and less power."

No matter what lesson or skill Chang said he is trying to teach, it always comes back to making it fun for the kids.

Chang acknowledged that no matter how many years he's been teaching tennis, it's fun for him, too.

"I think for a junior coach, you have to enjoy being with kids," he said. "I always enjoy being with kids. I have two of my own."



Children from ages 5 to 16 learned basic fundamentals of tennis during a summer camp at JBPHH.

Summer safety: physical preparedness is crucial

Staff Sgt. Steve Stanley

Headquarters Air Combat Command Public Affairs

The U.S. Air Force Critical Days of Summer campaign kicked off May 23 and runs through Sept. 2.

In 2013, the Air Force reported 105 mishap incidents caused by improper stretching and warm-up. Many of the injuries could have been prevented; however, most sports injuries occur because the muscles are not properly prepared.

Preparing the muscles for a workout is crucial in preventing injuries which is why it is important to determine the physical preparation needed before sports activities.

Muscles grow stronger with use and to function properly, they must be flexible. Flexibility is achieved by relaxation. Over time, a tight muscle becomes shortened and is constantly tense painful, and becomes vulnerable to tearing. This is what makes relaxing your muscles so important.

Stretching is needed to improve range of motion. However, it is recommended by Tony Arroyo, an exercise physiologist at Langley Air Force Base, not to stretch when muscles are cold.

"A lot of individuals think that their warm-up is maybe going out and stretching before their activity," Arroyo said. "You should actually hold off on your stretching for after your workout."

Doing a warmup before a sport or workout increases blood flow, which raises the temperature in the muscles. It is best to start with mild aerobic warm-ups to get blood to the tissue before doing any stretching.

"You really shouldn't

stretch prior to your activity. You should do kind of a dynamic warm-up," Arroyo said. "Do movements that are going to be specific to whatever activity you're doing and then gradually kind of ease into that activity."

Dynamic stretching means slow, controlled movements rather than remaining still and holding a stretch for an extended amount of time and is widely believed to be the best stretching routine before a workout or sport. However, the proper technique is very important.

Dynamic stretches include, but are not limited to simple movements like arm circles and hip rotations, flowing movements such as

yoga, walking or jogging exercises. Stretching at the end of the activity may also help to decrease soreness.

Hydrating is also an essential part of any activity. Dehydration can take place whether it is hot or cold and some medications may even contribute to dehydration, so always drink plenty of water during any strenuous event.

Be sure to dress appropriately for your environment. Certain materials can actually be a barrier to the body trying to cool down. Lighter weight clothing is recommended when out in the summer heat.

The first step to being prepared is to have a plan in place if an injury or emer-

gency does arise. Even if everything has been done correctly, sometimes accidents still do happen.

If an injury does occur, remember to use the acronym P.R.I.C.E. directly after:

P - Protect (from further injury)
R - Rest
I - Ice
C - Compression
E - Elevation

Summer is a time to have fun and enjoy the outdoors. With proper physical preparation and by taking advantage of some basic safety tips, service members can enjoy this season by staying out of the emergency room and in the game.



U.S. Air Force photo by Airman 1st Class Areca T. Wilson

More than 10,000 adults and approximately 715,000 students suffered sports and recreation injuries in 2013.