

SPECIAL EVENTS

2012 CASTLE MEDICAL CENTER CHRISTMAS TREE LIGHTING

28th ceremony scheduled for Wednesday, Dec. 5

CASTLE MEDICAL CENTER'S (CMC) 28th annual Community Christmas Tree Lighting Ceremony will take place on Wednesday, Dec. 5. This event—a beloved family tradition for Windward Oahu—has grown larger and more exciting each year and promises to be spectacular this year.

Plans include the colorful decorations, bright lights, holiday concerts and trolley rides that have made this a must-attend event for Oahu residents.

EVENT HIGHLIGHTS

- Pre-ceremony Christmas concert at 6:15 p.m. by the Marine Forces Pacific Band.
- Formal ceremony that includes performances by Hōkū Award winners Barrett and Tara Awai, the lighting of the tree, and the arrival of Santa at 7 p.m.
- CMC's 60-foot Christmas tree, festooned with thousands of lights.
- Lit trees and holiday decorations throughout the medical center's campus.
- Trolley rides into Kailua to see the Christmas lights, compliments of Kaneohe Ranch and the Castle Foundation.
- Performance by Kailua High School's Junior ROTC.
- Photo opportunities with Santa and Mrs. Claus, Nana Bear and a cast of other keiki-friendly characters.
- Activities for the children at the Wellness on Wheels van.
- A special holiday concert by Vaihi at 7:30 p.m.
- Free popcorn, Christmas cookies and beverages (while they last).

Arrive at CMC early with your picnic supper and grab a prime spot on the lawn with your family. No time to cook? No problem! Light meal options will be available for purchase at the Bistro tent.



PARKING AND SHUTTLE ADVISORY

- Event parking has been reserved at Kailua High School with shuttle buses running regularly from 5 p.m.
- Trolleys will run between the hospital and the Kailua Town Center (front of Macy's) beginning at 5 p.m.
- No parking will be available on Manu Aloha Street (adjacent to Castle's Emergency Room).

This event is made possible by generous sponsorships from Kaneohe Ranch, the Harold K.L. Castle Foundation, First Hawaiian Bank, Ameron Hawai'i, Aloha Party Rentals and Supplies, Starbucks, and other community partners.

For updates, visit castlemed.org or call 263-5400.

Onstage



Celebrity emcee

Dawn O'Brien is a media personality on the radio, TV, web and print. She hosts *The Dawn of a New Day* morning show on The FISH, 95.5 FM, live every weekday.

O'Brien is a freelance writer, editor and accomplished motivational speaker. She holds a master's degree in speech and

taught at the University of Hawaii Manoa before accepting a position at New Hope Oahu assisting Pastor Wayne Cordiero with written resources and co-hosting the TV talk show *Connecting Point*. O'Brien has devoted herself full-time to radio since 2007.



Special performance

Barrett and Tara Awai, in addition to being Hōkū Award-winning musicians, are Christians who share an

amazing testimony about family and forgiveness. Barrett heads the Fellowship of Christian Athletes, and Tara is privileged to care for their children. The couple have two CD releases, *Kalana* and *Golden Streets*. Their vocal stylings and harmonious blends will enchant you!



Vaihi in concert

Vaihi is composed of four Hawaiian country boys who began their quest to sing and entertain more than

12 years ago in a small garage in La'ie. From the humble beginnings of their first gig (one microphone and one amplifier for a barbecue at the Temple View Apartments in La'ie), Aaron Ka 'onohi, Samuela Langi Jr., Bruce Nalual and Peter Lakatani now perform nationally and internationally while continuing to bring a distinctive backyard flavor to all of their performances.

Their recordings, much of which is their original music, have gained popularity both in Hawaii and Japan as well as internationally. They are currently working on special projects in their studio, Mauka Studio Production, for their company, Vaihi Entertainment LLC.



SEMINARS

Castle Wellness & Lifestyle Medicine Center Auditorium

6:30 to 8 p.m.
Check-in begins at 6 p.m.

Castle Medical Center's In Sickness & In Health monthly seminars provide expert health and wellness education from leading health care professionals. Seminars are free and open to the public. Healthy refreshments will be served. Space is limited, and preregistration is required. Call 263-5400 or visit castlemed.org.



Ryan L. Albritton, MD, Radiology

Advances in Breast Cancer Detection

THURSDAY, OCT. 18

Ryan L. Albritton, MD, is certified in diagnostic radiology with focused subspecialty training in magnetic resonance. Learn about the myths and facts surrounding the latest breast cancer detection technologies. Even though men don't have breasts like women, they do have breast tissue and can get breast cancer. Find out if you are at risk, or simply come to support a loved one.



John McDonnell, MD, Allergy/Immunology and Internal Medicine

Take a Breath: Asthma Care for All

THURSDAY, NOV. 15

Asthma, a lung disease that causes wheezing, breathlessness, chest tightness and coughing, can limit a person's quality of life. According to the Centers for Disease Control and Prevention, the number of people diagnosed with asthma continues to grow each year. One in 12 (or 25 million) U.S. residents have asthma. The good news: Those with asthma can control their symptoms and prevent asthma attacks by avoiding triggers and using prescribed medicines.

John McDonnell, MD, will explain why this condition occurs and how to treat it through healthy lifestyle choices and proper use of medication. Attendees will also hear success stories from those who have improved their asthma management skills through Castle Medical Center's Expert Asthma Patient program.