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Local football standout chooses Naval Academy
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Beach Fest set for May 30
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Military APPRECIATION MONTH MAY 1-31

"Navigator"

HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

May 13, 2016

www.cnrc.navy.mil/hawaii

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Helo hovers over harbor

U.S. Navy photo by MCC(SW) John M. Hageman

On May 12 an AH-64 Apache from the 25th Combat Aviation Brigade lands at Joint Base Pearl Harbor-Hickam en route to Wheeler Army Airfield. The Apaches are assigned to the 25th Combat Aviation Brigade from National Guard units as part of U.S. Army aviation restructuring.

Seven Hawaii service members recognized

Staff Sgt. Chris Hubenthal

Defense Media Activity – Forward Center Hawaii

Hawaii Gov. David Ige and the Military Affairs Council (MAC) recognized seven military members for their sacrifices and achievements as part of Military Appreciation Month at the Hawaii State Capitol, May 6. The MAC worked with U.S. Pacific Command (PACOM) and service components to select the honorees.

Ige said that it is important to highlight service members who go above and beyond.

"There are more than 50,000 active duty military personnel in our state, and they are an important part of our community," he said. "Military Appreciation Month is an opportunity for us to say mahalo to the men and women that serve our nation and are a part of Hawaii's ohana."

"While selfless service is demonstrated by all of our service members, the individuals being recognized today have truly gone the extra mile," Maj. Gen. Eric Wendt, chief of staff,

U.S. Pacific Command, said.

"In addition to their regular duties they've dedicated their time towards making our community a better place to live and in the process they've accomplished their task," Wendt said.

In the Hawaiian culture, ohana means "family," a word that some might say these honorees epitomize through their efforts to give back to the community.

In addition to wearing their uniforms, these men and women are also youth coaches, JROTC mentors, Wounded Warrior volunteers, Red Cross volunteers, and more.

Wendt congratulated the honorees for their efforts both on and off duty.

"To the service members we're about to recognize on behalf of Admiral Harris and PACOM, I thank you for your exemplary service to our nation and for stepping up and volunteering in this beautiful state and for the people of these very special islands," Wendt said.

U.S. Navy Hospital Corpsman 2nd Class Renee Cook, U.S. Marine Corps

HAWAII > A2



Adm. Scott Swift, commander of U.S. Pacific Fleet (center), speaks with Charles K. Hyde, United Services Organization (USO) Pacific regional vice president (left) and Carlos Rowe (right), USO Hawaii Center director on May 11.

PACFLT commander lauds USO's support of Sailors, families

Story and photo by MC2 Brian M. Wilbur

U.S. Pacific Fleet Public Affairs

Adm. Scott Swift, commander of U.S. Pacific Fleet, expressed his appreciation for the work and support of the United Services Organization (USO) during a working luncheon, May 11.

"The USO is a critical partner in everything we do here in the Pacific because it is all about people," Swift said during the event at Joint Base Pearl Harbor-Hickam. "People ask me what is the most important resource that I have assigned to me and, without a doubt,

the answer is Sailors and their families. That is exactly what the USO is charged with supporting and exactly why the USO is so important."

The luncheon provided local programming updates to the USO council and addressed future plans and strategy throughout the region.

"This is the 75th year of the USO. As we build upon the great support of the past and all of the things the USO has provided to our forces in the conflicts around the globe, we are looking forward to the next 75 years," said Charles K. Hyde, USO Pacific regional vice president.

COMMANDER > A2

735th AMS Airman saves lives, awarded HFD Medal of Valor

Story and photo by Tech. Sgt. Aaron Oelrich

15th Wing Public Affairs

On May 5, U.S. Air Force Staff Sgt. Brent Kiser of the 735th Air Mobility Squadron, was awarded Honolulu Fire Department's Medal of Valor during a commendation ceremony at the Mokulele Fire Station No. 8.

Kirk Caldwell, mayor of Honolulu, along with the Honolulu Fire Department chiefs recognized seven members of the local community for acts of heroism.

"You don't know if you are a hero until you are tested," Caldwell said. "But we know one thing, today the people here are true heroes of Hawaii."

Kiser received this highest honor for his selfless act of bravery when he rescued his neighbors from their burning apartment.

The Medal of Valor is given to individuals who have acted with extreme heroism without regard to personal safety. Kiser was presented the Honolulu Fire Department's Medal of Valor for his actions on New Year's Eve 2015.

He was scheduled to work on New Year's Day, so his plans for New Year's Eve involved studying for his upcoming promotion test.



Staff Sgt. Brent Kiser, 735th Air Mobility Squadron, receives The Honolulu Fire Department's Medal of Valor from Lionel Camara Jr., Honolulu deputy fire chief.

While taking a break from studying to talk to his wife, who is stationed at Kunsan Air Base, Korea, he began to smell smoke in his apartment. Kiser went out to his balcony to investigate.

"I saw black smoke billowing out of an apartment two floors below me," Kiser said. "It was a serious moment and I knew something had to be done. I ran downstairs, pulled the fire

alarm, and then ran back up to the unit and knocked on the door. I could see smoke coming from the seams of the door. I knew I had to get in there."

Without hesitation, Kiser grabbed a fire extinguisher from the hall and kicked in the door. Smoke immediately engulfed him.

"I had to get low because the smoke was extremely thick," Kiser said. "I was coughing and

could not see. I went through the unit until I discovered an unconscious man lying on the bed."

Kiser dropped the fire extinguisher, pulled the man from the building and laid him down in the breezeway. With the knowledge he gained as a self-aid and buddy care instructor, he began to assess the man's condition. After a few seconds the man began to respond to

Kiser's questions.

Kiser then focused his attention on the fire still burning in the apartment.

"I knew the job was not done yet," said Kiser. "There was still something burning in the unit. I knew there were at least a couple dozen other residents lived in the complex. I wanted to take care of the situation and eliminate the hazard so everyone was safe."

Kiser grabbed a fire extinguisher and went back into the apartment. Smoke filled his lungs and burned his eyes as he searched for the source of the fire.

"I entered the apartment a few more times to try and put out the fire," Kiser said. "The smoke was so thick that I couldn't stay in the apartment very long. I was getting dizzy, coughing and having a hard time seeing. I found the source of the fire in the oven and extinguished it."

After extinguishing the fire, Kiser extended the victim and the rest of the residents down to the parking lot of the complex, away from any potential danger. Red lights bounced off the building walls and sirens overpowered the chatter of the residents as they watched the

AIRMAN > A2



Lorna Mae Keaunui receives the NMCRS Pearl Harbor 2015 Volunteer of the Year award from Rear Adm. John Fuller, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, during a ceremony at Hale Koa Hotel, May 9.

This year's winners:

Lorna Mae Keaunui, NMCRS Pearl Harbor 2015 Volunteer of the Year

Rebecca White, NMCRS 2015 Kaneohe Bay Volunteer of the Year

Lynn Culp, NMCRS Pearl Harbor 2015 Kokua Award

Julie Duszak, NMCRS Kaneohe Bay 2015 Kokua Award

Navy-Marine Corps Relief Society honors volunteers

Story and photo by Brandon Bosworth

Assistant editor, Ho'okele

Navy Marine Corps Relief Society (NMCRS) held its annual volunteer award ceremony May 9 at the Hale Koa Hotel to recognize commands and individuals for their contributions to the charity.

"Today is really special," Paul Belanger, director of the NMCRS Pearl Harbor office, said. "It's the 20th annual volunteer luncheon and an opportunity to celebrate our volunteers."

NMCRS annual fund drive continues

The annual Navy Marine Corps Relief Society (NMCRS) Pearl Harbor fund drive has been extended through the end of the month. This year's theme is "By our own—for our own." Paul Belanger, director of NMCRS Pearl Harbor, hopes to top the 2015 figure of \$473,960 by the conclusion of the drive. "We're looking for a big final push," he said.

Belanger went on to note that over the last 20 years about 2,400 NMCRS volunteers in Hawaii have put in more than 49,000 hours of work and dispersed more than \$33 million in loans and other financial as-

sistance to service members in need.

Locally in 2015, 127 volunteers at NMCRS Pearl Harbor and Kaneohe contributed 22,995 hours of service and dispersed roughly \$1.4 million

in financial assistance to more than 2,000 clients.

Rear Adm. John Fuller, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, spoke at the ceremony.

"On behalf of all of the Sailors and Marines throughout Hawaii, I extend my sincere appreciation for your continued work and dedication," he said. "You do make a significant difference in their lives and are one of the Navy and Marine Corps' greatest assets. I thank you for your work and congratulate this year's awardees for

their outstanding service."

Since it was founded in 1904, the Navy Marine Corps Relief Society has provided more than \$1.1 billion in interest-free loans and grants to more than four million active duty and retired Sailors, Marines and their families. It is sponsored by the Department of the Navy and operates nearly 250 offices ashore and afloat at Navy and Marine Corps bases throughout the world.

(For more information or to make a donation, visit www.nmcrsfunddrive.org/pearlharbor/.)

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Airman awarded Medal of Valor

first responders arrive.

Larry Moore, the fire captain of Second Platoon Makiki fire station's Engine Three, responded to the fire. Once on the scene, Moore began to investigate the cause of the fire.

"I didn't know that Mr. Kiser was the one who put the fire out," Moore said. "As I was conducting my investigation, the residents started to point Mr. Kiser out as the individual that removed the occupant and put out the fire."

Moore said this was not a common occurrence and Kiser went above and beyond to help the residents of the apartment complex.

"It was great that he got the occupant out," Moore said. "We don't recommend people going back into a building that is filled with smoke. But a lot of really bad fires start off with stove fires. So I am sure he prevented that fire from becoming a bigger event."

Moore felt Kiser's efforts were truly to help people in a dangerous situation and wanted to honor his actions by summing him to receive The Honolulu Fire Department's Medal of Valor.



U.S. Navy photo by MC2 Jerome D. Johnson

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Hawaii service members honored

Cpl. Dominique Craig, U.S. Coast Guard Intelligence Specialist 2nd Class Steven Gelety, U.S. Army 1st Sgt. Felipe Pinerio, Jr., U.S. Navy Headquarters Culinary Specialist 1st Class Dong Ruan, Hawaii Army National Guard Staff Sgt. Donovan Tuisano, Sr., and U.S. Air Force Senior Airman Khin Myat Thu Tun were those recognized for their exceptional performance during the event.

"It definitely humbles us," Cook said. "We do

it because we love doing it and we don't do it for the recognition but to be recognized, it definitely helps you.

Congress designated May as National Military Appreciation Month in 1999 to ensure the nation was given the opportunity to publicly demonstrate their appreciation for the sacrifices and successes made by our service members — past and present.

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Commander lauds USO's support

ident. "Adm. Swift is a great supporter of the USO and his words reinforce the fact that it really is all about relationships and it's about taking care of our Sailors and their families within the fleet."

USO Hawaii impacts over 100,000 service members and their families every year. Locally, within the Wounded Warrior Detachments, Tripler Hospital and the Fisher House, more than 250 volunteers provide over 25,000 hours of volunteering every year on Oahu and the Big Island.

"We keep service members connected," said Carlos Rowe, USO Hawaii Center director. "In today's operational tempo, our service members are deployed throughout the world and the USO wants to be there for them where ever they may go."

The USO is a nonprofit, congressionally chartered, private organization that depends upon the donations and generosity of the American public to support and fund programming.

Although the USO is not technically a part of the U.S. government, it is recognized by the Department of Defense and Congress as well as the president of the United States, who serves as honorary chairman of the USO.

(For more news from the U.S. Pacific Fleet, visit <http://www.cpf.navy.mil>)

Diverse VIEWS



Today is Friday the 13th. What are you most afraid of, and why?



Senior Airman Nathaniel Apeland
15th Aircraft Maintenance Squadron

"Drowning, because I like to breathe."

Ensign Krystyna Nowakowski
Navy Region Hawaii

"My biggest fear is definitely spiders. All spiders are venomous, and if you have an allergic reaction or get bit by a very poisonous kind you can lose limbs or even die! I know that they eat mosquitos, but I would rather have malaria than watch my leg rot off."



Master Sgt. Matthew Davidson
Air Force Recruiting Service

"Sharks in the ocean. I can't see them coming."



DC1 Candice Mitchell
Joint Base Pearl Harbor Hickam

"Since the 13th is my birthday, it falls on Friday the 13th every couple of years. I like the horror movie genre and all, but every Friday the 13th, I am truly afraid to run into Jason Voorhees! He really scares me! All other days of the year, I'm actually terrified of cockroaches, the big ones here, the ones that fly! Fig trees in Alabama used to bring them a plenty, and these 'June Bugs'.... well, I'm definitely most afraid of those! Even though they don't bite."



Master Sgt. Leilani Ripski
324th Intelligence Squadron

"I'm most afraid of not raising my children right."



Lt. Col. Jason Teague
HQ PACAF

"Shiny balloons. The horror!"



Provided by David D. Underwood Jr. and Bettie Feibel

Want to see your command featured in Diverse Views? Got opinions to share? Drop us a line at editor@hookelenews.com

PACAF bids farewell to Gen. Robinson



U.S. Air Force photo by Staff Sgt. Alex Martinez

U.S. Air Force Gen. Lori J. Robinson, Pacific Air Forces commander and the U.S. Pacific Command Joint Force Air Component commander, accompanied by her husband, retired U.S. Air Force Maj. Gen. David Robinson, addresses Airmen from the headquarters staff at Joint Base Pearl Harbor-Hickam, May 3. Robinson departed PACAF May 10 to assume her new role as the North American Aerospace Defense and U.S. Northern Command commander, following her confirmation by the Senate.

Air Force spreads awareness on mental health

Prerana Korpe

Air Force Surgeon General Public Affairs

FALLS CHURCH, Virginia – Nearly one in five adults, or 43 million Americans, has a diagnosable mental disorder, according to the National Institute of Mental Health. Contrary to many other brain disorders, effective treatments are available for mental disorders.

May is Mental Health Awareness Month, a time of year to bring awareness to mental health issues and available resources.

According to the U.S. Department of Health and Human Services, many factors can contribute to mental health issues. This includes biological factors, life experiences as well as family history of mental health problems.

Mental health affects us all. It influences our thoughts, feelings and actions. The state of our mental health can determine how we make decisions, interact with others and cope with daily stressors. Mental health is a factor of our overall wellbeing, much like physical health.

May is Mental Health Awareness Month

Knowing when to reach out for help takes courage



Air Force mental health clinics are critical to the health and readiness of beneficiaries and family members. Services include mental health assessment, education, consultation and treatment through a variety of evidence-based therapeutic exercises. This includes both individual and group therapy.

Automated Neuropsychological Assessment Metrics

The Automated Neuropsychological Assessment Metrics is the Department of Defense mandated pre-deployment assessment and is administered to all service members within 12 months of deployment.

The assessment establishes a neurocognitive baseline. This is used to measure potential cogni-

tive changes in individuals exposed to a concussive event.

In the event of a traumatic brain injury, the baseline is used to determine changes in cognitive functioning for assessment of a service member's return to duty status.

Air Force Family Advocacy Program

The Air Force Family Advocacy Program implements programs to prevent and treat domestic abuse, child abuse and neglect. It provides training, consultation services, and program and policy development.

Behavioral Health Optimization Program

While nearly 50 percent of people with a treatable behavioral health disorder do not seek care from a behavioral health pro-

fessional, 80 percent visit their primary care manager at least once annually.

The Air Force is changing primary care teams to better address behavioral health needs. Behavioral Health Optimization Program (BHOP) is a primary care behavioral health program. Through BHOP, behavioral health personnel are integrated into primary care clinics to provide "the right care, at the right time, in the right place." BHOP is available to all active duty service members, retirees and their family members.

Honolulu Triathlon to affect traffic on Nimitz and Lagoon

In support of the annual Honolulu Triathlon, several road closures in the vicinity of Nimitz and Lagoon Drive will be affected. Contraflow traffic will be active on the airport side of Lagoon Drive. Lagoon Drive will remain open during the event.

Ala Moana Boulevard and Nimitz Road closures begin at 4 a.m. This is based upon road coning. Nimitz to Ward Avenue will be open no later than 10 a.m. Restricted crossing traffic on Ala Moana and Nimitz.

All vehicle movement into and out of the airport and Lagoon Drive is required to enter and exit the airport area via the H1 freeway. Vehicles can access Elliott St. through Aolele St. This portion of the road is anticipated to reopen at 8:30 a.m.

The event will start at Ala Moana Beach Park at 6 a.m. with a 1500-meter swim, followed by a 25-mile bike along Ala Moana Blvd, Nimitz and Lagoon Drive and then a 6.2-mile run in the Kewalo Basin and Kakaako Waterfront Parks.

For more information, email goprojj@hawaii.rr.com or visit www.honolulutriathlon.com

Shuttle crew takes a break in training



Space shuttle crewmembers are shown here during a break in countdown training in November of 1985. From left are Christa McAuliffe, Gregory Jarvis, Judith Resnik, Francis "Dick" Scobee, Ronald McNair, Mike Smith and Ellison Onizuka. Perhaps the most well known Air Force member of Asian-Pacific Islander ancestry is Ellison Onizuka, who was born in Hawaii. He was a mission specialist aboard the orbiter Challenger when it exploded a little over one minute after launch from the Kennedy Space Center, Florida, on Jan. 28, 1986. Congress posthumously promoted him to colonel. May is Asian American and Pacific Islander Heritage Month.

Photo courtesy of NASA

HO'OKELE

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PACAF welcomes Lt. Gen Russell J. Handy to JBPHH



U.S. Air Force photo by Staff Sgt. Alex Martinez

U.S. Air Force Lt. Gen. Russell J. Handy receives his initial briefing as the Pacific Air Forces commander and U.S. Pacific Command Joint Force Air Component commander, May 9 at Joint Base Pearl Harbor-Hickam. Gen. Handy, the 11th Air force commander, will serve as the PACAF and USPACOM JFACC commander until a new one is confirmed by the Senate and assumes command.

Two USS Oklahoma Sailors from World War II accounted for

Defense POW/MIA Accounting Agency Public Affairs

The Defense POW/MIA Accounting Agency (DPAA) recently announced that the remains of two U.S. servicemen from World War II have been identified and will be returned to their families for burial with full military honors.

Navy Chief Petty Officer Albert E. Hayden, 44, of Me-



chanicsville, Maryland, will be buried May 18 in Morganza, Maryland and Navy Chief Storekeeper Herbert J. Hoard, 36, of DeSoto, Missouri, will be buried May 21 in his hometown. On Dec. 7, 1941, both Sailors were assigned to the USS Oklahoma, which was moored at Ford Island, Pearl Harbor, when the ship was attacked by Japanese aircraft. The USS Oklahoma sustained

multiple torpedo hits, which caused it to quickly capsize. The attack on the ship resulted in 429 casualties, including Hayden and Hoard.

From December 1941 to June 1944, Navy personnel recovered the remains of the deceased crew, which were subsequently interred in the Halawa and Nu'uaniu Cemeteries.

In September 1947, tasked with recovering and identifying fallen U.S. personnel in the Pacific Theater, members of the American Graves Registration Service (AGRS) dis-

interred the remains of U.S. casualties from the two cemeteries and transferred them to the Central Identification Laboratory at Schofield Barracks. The laboratory staff was only able to confirm the identifications of 35 men from the USS Oklahoma at that time. The AGRS subsequently buried the unidentified remains in 46 plots at the National Memorial Cemetery of the Pacific (NMCP), known as the Punchbowl.

In October 1949, a military board classified those who could not be identified

as non-recoverable, including Hayden and Hoard.

In April 2015, the Deputy Secretary of Defense issued a policy memorandum directing the disinterment of unknowns associated with the USS Oklahoma. On June 15, 2015, DPAA personnel began exhuming the remains from the NMCP for analysis.

For additional information on the Defense Department's mission to account for Americans who went missing while serving our country, visit the DPAA website at www.dpaa.mil or call (703) 699-1420.

Air Force to host annual keiki fishing tournament

Story and photo by Tech. Sgt. Aaron Oelrich

15th Wing Public Affairs

The Friends of Hickam and the 15th Wing will host an annual Friends of Hickam keiki fishing tournament on June 2 from 10:30 a.m. to 4:30 p.m. at Ho'omaluhia Botanical Gardens, Kaneohe.

The tournament is an event that unites the Friends of Hickam mission of creating stronger community relationships with the 15th Wing mission of developing Airmen and their families.

The day will include round-trip transportation from the Burger King parking lot on Hickam to the Ho'omaluhia Botanical Gardens. Lunch will be served upon arrival at the park and welcoming remarks will be given by the 15th Wing commander and Friends of Hickam president.

Trophies will be awarded to winners and all participants will receive a prize. Sunscreen and bug spray are highly advised. Parents and chaperones are encouraged to keep track of the weather in the event of rain.

In previous years, winners were reported catching up to 26 fish, and even a 34 1/2 inch catfish.

The deadline to register is May 20 and is limited to the first 200 Hickam staff keiki ages 5 to 12 years old. All fishing poles and bait will be provided by the Friends of Hickam.

To register for the event, visit the 15th Wing website at <http://www.15wing.af.mil>.

Children and parents from Joint Base Pearl Harbor-Hickam participate in the 16th annual Friends of Hickam keiki fishing tournament at the Ho'omaluhia Botanical Gardens in Kaneohe, June 5, 2015.



Pearl Harbor-Hickam *Highlights*



F-22 Raptor from the U.S. Air Force 19th Fighter Squadron flies over Pacific Missile Range Facility's landing strip, conducting low approach pattern maneuvers, May 10.

U.S. Navy photo by MC2 Omar Powell



Tour guide Peter Boyne welcomes the Sailors of the Year and their guests to the Smithsonian's American History Museum, May 10, before giving them a private tour. The Sailors of the Year and their guests spent the week prior to their pinning ceremony visiting national monuments and museums, and meeting top Navy enlisted leaders.

U.S. Navy photo by MCC Mark Schultz

Musician 2nd Class Andrea Sematoske plays bassoon with the Tradewinds Woodwind Quintet during the ceremony commemorating the 30th anniversary of the recommissioning of the USS Missouri. The U.S. Pacific Fleet Band provides top quality musical support for official functions and internal and external outreach events.

U.S. Navy Photo by MUI(SW) Alex Ivy



The Coast Guard rescued three people hanging onto their capsized 14-foot recreational vessel in the vicinity of Port Allen, Kauai, May 8. A 45-foot response boat-medium boatcrew from Coast Guard Station Kauai safely received all three men aboard and transferred them to Port Allen to meet local emergency medical services personnel.

U.S. Coast Guard photo

Chung-Hoon begins temperature control initiative

Story and photo by MC2 Marcus L. Stanley

USS Chung-Hoon Public Affairs

SOUTH CHINA SEA—The guided-missile destroyer USS Chung-Hoon (DDG 93) is implementing a temperature control initiative with the goal of conserving energy, strengthening operational reach, making programmatic recommendations throughout the fleet and providing support at the depot level.

Chung-Hoon's temperature control plan is part of the Navy's year-long initiative called the Great Green Fleet, highlighting efforts to transform energy-use in order to increase operational capability.

"We are aggressively seeking ways to make changes that will improve the ship's ability to conserve energy," said Ensign Kyle K. Kaiahua, the electrical officer. "By properly maintaining the ventilation and air conditioning systems, we feel we can gain two to five percent in overall energy efficiency."

Arleigh Burke-class destroyers like Chung-Hoon have five, 200-ton air conditioning (A/C) plants that consume approximately 15 to 20 percent of the ship's total energy. Normal ship operations require using at least two of the A/C plants to maintain a 44-degree chill water requirement. Warmer climates such as the South China Sea and their homeport waters near Hawaii require operating at least three A/C plants.

The 44-degree chill water is used to cool combat and weapons systems equipment and provide proper ventilation, with a tertiary effect of cooling spaces for the crew.

"It is routine culture on ships to set the thermostat as low as possible for combat systems spaces that house equipment racks with higher heat sources," said Kaiahua.



Damage Controlman 3rd Class Nghi Pham and Damage Controlman 2nd Class Bobbie M. Bell read over instructions while conducting routine maintenance aboard the guided-missile destroyer USS Chung-Hoon (DDG 93).

hua. "This results in significant inefficiency as the A/C systems continue to cool the spaces to unnecessary temperatures, resulting in more energy use."

Aboard Chung-Hoon, there are 186 thermostats that control the Heating, Ventilation and A/C systems with a manual analog dial. The thermostat dial setting allows the chill water-based ventilation to be properly distributed to associated ship spaces.

With a complicated set of systems and the number of thermostats aboard the ship, there are opportunities for significant temperature variance.

In the temperature control initiative, the first step is to locate and verify divisional ownership of every thermostat.

"Once every thermostat has been located and verified, each one must be tested and adjusted to proper working parameters and settings," said Damage Controlman 2nd Class Keith R. Burke. "One of our goals is to institute a manual process to change the settings of thermostats based on the temperature outside."

Chill water valves are often more susceptible to corrosion due to the amount of condensation that is generated in their vicinity.

"Another one of our goals is to inspect and replace faulty chill water isolation valves in order to better regulate the chill water system," said Burke. "This may include a return to solenoid valves."

"Chung-Hoon's temperature control initiative is comprised of many small goals, and when they're met, we're hoping to reach our ultimate goal of being a more energy efficient warship," said Cmdr. Vic Sheldon, executive officer of Chung-Hoon. "At this moment, we're in the early phase of answering questions like: 'Does setting the thermostat dial to 75 degrees Fahrenheit result in spaces being cooled or heated?'"

Sheldon added that Chung-Hoon's initiative mirrors the Deputy Assistant Secretary of the Navy for Energy's Maritime Pre-screening Assessment of Conservation Technologies (MPACT) program and has helped influence the decision to work on developing a control centered program for the next M-PACT initiative.

Providing a ready force supporting security and stability in the Indo-Asia-Pacific, Chung-Hoon is operating as part of the John C. Stennis Strike Group and Great Green Fleet on a regularly scheduled 7th Fleet deployment.



An HH-60G Pave Hawk prepares to land after completing the final mission for U.S. Pacific Command's first iteration of an air contingent at Clark Air Base, Philippines, April 28.

PACAF Airmen complete final air contingent mission

Story and photo by Capt. Susan Harrington

HQ PACAF Public Affairs

As part of U.S. Pacific Command's (PACOM) first iteration of the air contingent in the Philippines, four U.S. Air Force A-10C Thunderbolt II aircraft and two HH-60G Pave Hawks flew a final mission April 28 in international waters west of the Philippines.

The aircraft, staged out of Clark Air Base, Philippines, conducted air and maritime domain awareness missions for the past two weeks, to provide greater transparency in international waters and airspace.

"This represents a significant milestone in our efforts to strengthen our regional presence, enhance partnerships and ensure security while laying the groundwork for all future joint air contingent deployments," Gen. Lori Robinson, Pacific Air Forces commander and PACOM's Theater Joint Forces Air Component commander, said.

"We sincerely thank our Philippine partners for providing this exceptional opportunity to strengthen our interoperability."

The A-10s flew four missions in international waters and airspace, increasing air and maritime domain awareness, while promoting regional stability and security.

"Hosting the PACOM air contingent was very beneficial to both our forces as it affords us the opportunity to work alongside one another," Major Gen. Del Rosario, 1st Air Division commander, Philippine Air Force (PAF), said.

"We look forward to future air contingents with more opportunities to train with our coun-

terparts through Mutual Defense Board/Strategic Engagement Board events."

The PAF aircrews also flew aboard the HH-60s affording them an opportunity to familiarize themselves with a U.S. airframe in the event they would need to work together during humanitarian aid and disaster relief operations.

In addition to the missions, the A-10s flew 24 training sorties and conducted personnel recovery training in collaboration with the HH-60s. This improves the interoperability between the two aircraft crews and ensures the pilots are qualified to conduct rescue operations. Training in the airspace over the Philippines allows the pilots of both airframes more freedom of maneuverability and more versatile terrain to practice than normally available at ranges in the United States.

"I'm so proud of the professionalism all the individuals have shown. We told our Airmen from the beginning this is different ... your job is simply to fly and observe, but it's an extremely important mission," Col. Larry Card, the air contingent commander, said.

The missions conducted that provided maritime domain situational awareness were unlike any the aircrews had flown before, and are vital in ensuring freedom of access to the air and maritime domains in accordance with international law.

"These men and women stepped right up to the plate, were excited about the mission and determined the best way to go about it. I'm extremely impressed with this team; we have the best Airmen and it shows every day," Card said.

The air contingent's continued presence and missions reaffirm both nations' commitment to the Indo-Asia-Pacific region.

The A-10's departed the Philippines on April 30, and will be replaced by the second air contingent iteration at a later date.



U.S. Air Force A-10C Thunderbolt II pilots walk back to the hangar at Clark Air Base, Philippines, after completing the final maritime domain awareness mission as part of U.S. Pacific Command's first air contingent April 28.

Single lane closures announced for Nimitz and Valkenburgh

Joint Base Pearl Harbor-Hickam Public Affairs

The Honolulu Rail Transit project will continue utility work along Nimitz Highway in the airport area. Weekday single lane closures at Nimitz Highway and Valkenburgh Street will continue from 8:30 a.m. to 3 p.m. There will be no Saturday lane closures this week, but expect possible lane closures the following Saturday, May 21. Utility work will continue for the next 2-3 months.

Special duty police officers may be available to assist with the flow of area traffic. Drivers should proceed with caution while approaching and traveling through these temporary lane modifications.

If you have any questions or comments, please call HART's 24-hour project hotline at 566-2299 or email info@HonoluluTransit.org. Please visit www.HonoluluTransit.com for traffic updates.

'Wildfire and Drought Look Out!' campaign illuminates

Story and photo by Clay Trauernicht

University of Hawaii Cooperative Extension Service

The National Inter-agency Fire Center recently warned of above average "Significant Wildland Fire Potential" for Hawaii, due to moderate to severe drought conditions state-wide.

Drought in Hawaii is a clear indicator of high fire danger and this report came as no surprise to local fire response agencies and other partners working to improve wildfire readiness across the state.

In fact, the National Weather Service forecasters in Honolulu predicted a dry winter well in advance due to the current El Niño, one of the strongest on record.

Based on this forecast, the Hawaii Wildfire Management Organization and the University of Hawaii Cooperative Extension Service began developing wildfire safety outreach materials and reached out to the Big Island Wildfire Coordinating Group and the Oahu Wildfire Information and Education group in late 2015 to coordinate public messaging across our fire response agencies. The outcome is a state-



Helicopters are a critical resource for wildfire suppression in Hawaii, especially in steep terrain.

wide, interagency "Wildfire and Drought Look Out!" campaign, due to roll out

this month. The purpose of the campaign is to provide information to homeowners

on wildfire prevention and risk reduction as well as to provide local media with

wildfire-related news stories in order to maintain public interest and awareness.

Large fires on Oahu, Maui, and the Big Island have certainly helped to put wildfire in the spotlight in recent months. The campaign will provide additional stories about landowners who have been directly impacted by wildfires as well as on-the-ground efforts to increase public awareness and to reduce wildfire danger through fuels management.

The campaign will be relevant and useful well beyond the current drought. Wildfires in Hawaii have increased in both frequency and size in recent decades.

Unfortunately, the causes of this increase — abundant human-caused ignitions, recurrent drought, and the expansion of fallow agricultural areas and fire-prone grasslands — will not change overnight.

The campaign seeks to educate homeowners and communities and empower them to take proactive steps that reduce the chances of wildfire ignition and create safer conditions for our firefighters.

For information on how you can reduce wildfire risk, visit www.Hawaii-Wildfire.org.

(For additional information on fire history and fire science in Hawaii and the Pacific region, visit www.PacificFireExchange.org.)

Former crew members celebrate anniversary of Mighty Mo's recommissioning

Story and photo by Battleship Missouri Memorial

Ninety-five former crew members of the USS Missouri returned to the famed battleship to celebrate the 30th Anniversary of her recommissioning at the Battleship Memorial at Ford Island, May 10.

On May 10, 1986, after 30 years of sitting idle, the United States celebrated the rebirth of the Battleship USS Missouri and its return as an American sea power. The USS Missouri went on to serve in Desert Storm before retirement in 1992.

The ceremony held on the Mighty Mo's fantail, featured a keynote address by Rear Admiral Timothy "TJ" White, director for intelligence, U.S. Pacific Command, who also had served on the Missouri. To honor the service and sacrifice of the former crewmembers, the USS Missouri Memorial Association presented everyone with plaques made from the battleship's newly restored teak deck, as well as handwritten postcards from guests visiting the memorial.



Rear Adm. Timothy "TJ" White, who served aboard the USS Missouri, delivers the keynote address at the ceremony.



(Above) Former crew members of the USS Missouri gather to observe the 30th anniversary of its recommissioning. (Left) The USS Missouri Memorial Association presents plaques made from the Battleship Missouri's newly restored teak deck to former crew members.

GOT SPORTS

Phone: (808)473-2888

editor@hookelenews.com

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



Swimmer recovered from Pearl Harbor

Navy Region Hawaii Public Affairs

On May 10, at approximately 2:25 p.m. a call for assistance was made for any available Pearl Harbor patrol unit to respond to a report of a swimmer in distress in the vicinity of Ford Island Bridge. After learning that the swimmer was

behind Pearl Kai Shopping Center, two harbor patrol units responded.

The first unit arrived on scene at 2:30 p.m., and discovered a female clutching onto a make-shift raft approximately 200 yards from the Aiea shore. The raft was constructed of miscellaneous wood, rope and plastic jugs. The winds were

pushing her and the raft farther out into the harbor.

The harbor patrol unit was able to safely bring her aboard, where she was asked if she had injuries and she replied that she was OK.

At 3 p.m., the harbor patrol unit was able to turn her over to a Navy patrol unit at Rainbow Bay Marina.



Life & Leisure



Fitness and wellness expo advocates healthier lifestyle

Story and photos by Blair Martin Gradel

Joint Base Pearl Harbor-Hickam Public Affairs

MWR hosted a free Fitness and Wellness Fair for the Joint Base military and civilian community May 6 at the Joint Base Pearl Harbor-Hickam (JBPHH) Fitness Center.

More than 20 booths with nutrition experts were on hand to provide information on how to live a healthier lifestyle to the military community, including family members, retirees and Department of Defense civilians.

According to Benny Miguel, JBPHH Fitness Center manager, the fitness expo ties in with May being National Fitness and Wellness Awareness Month.

"The basic concept for the Fitness and Wellness fair is to provide an opportunity for private and local fitness organizations to have the opportunity to showcase their services and products to our military community," he said.

"Sharing this kind of information is important because it allows our [military] community to see outside experts and companies with specific expertise and information that really relates to overall wellness of our military members and their families," Miguel said.

Lynn Cuthrell, beneficiary representative for United Health Care Military and Veterans, said having a booth at the fitness expo gave her direct access to her company's primary demographic of Tricare recipients.

"As a Tricare partner, we want all of our military members to know how to

get access to their care and benefits," she said. "With PCS season already upon us, we know there are people in the process of leaving, moving, traveling off island and may want to know how to access their Tricare plans while on the road. I am here to help with that," she added.

In addition to information booths, the Fitness and Wellness expo also included activities such as a fire truck pull and bench press contest and hula and Zumba demonstrations.

Machinist's Mate 3rd Class Chris Moulterie from the USS Hopper (DDG-70) said he enjoyed learning about the different products and services available that are conducive to healthier living.

"This is a great event to have, especially on base where active duty Sailors and military members can get information about what is out there with regards to vitamins, supplements and all things 'wellness,'" he said. "On our ship, we constantly train, not only for our job, but we train our bodies to stay healthy and productive. This information just makes us more aware of what is out there in order to better prepare for the mission."



Local football standout chooses Naval Academy

Randy Dela Cruz

Sports Editor, Ho'okele

The recent announcement of St. Louis Schools Tūa Tagovailoa, the No. 1 ranked prep quarterback in the nation, committing to the University of Alabama, confirmed what many fans across the state already knew: Hawaii is a hotbed of football college recruits.

The level of skill spreads across the football field through both sides of the ball and once the green light was given to colleges around the country, the tiny 808 state became a feeding frenzy for talent-hungry programs from Division I and below.

One interesting development in the local recruiting wars was a three-way battle involving United States Military Academy at West Point, United States Air Force Academy and United States Naval Academy for one of the dominant interior defensive linemen in the state.

On Jan. 30, the wait was finally over, with Navy declared the winner in securing a commitment from Kamehameha Schools defensive standout Alema Kapoi.

Kapoi, who won the state shot put championship on May 7 with a heave of 54 11/2, garnered state second-team honors for his outstanding and, at times, devastating work on the line.

In the end, Kapoi said that Navy's combination of a winning program, a Polynesian head coach in Kenny Ni-umatalolo and former Kamehameha alumnus center Blaze Ryder compelled him to turn down offers from Air Force and Army in favor of Annapolis.

"The thing that Navy could do more than anybody was show me numbers," said the 6-foot, 265-pound Kapoi. "Rather than tell me that they were going to win, they provided me with numbers and results that made me believe in the program and believe that I can have success there."

While Navy's solid football legacy certainly played into his decision, Kapoi said that the people at Annapolis also made a huge impact on him.

"I'm a competitive person, but in the end, it was just the people there," he said. "I feel really comfortable with the coaches down there and just Annapolis in general."

Kapoi will be leaving for prep school on July 25 and added that he has no delusions about how tough cadet life will be.

Still, even though he acknowledges it won't be easy, trying to excel at one of the most grueling programs in the county gets his competitive juices flowing and eager for the challenge.

"If you're competitive, you want to compete, in the classroom, all the military stuff and on the football field too," said Kapoi, who is a resident of Makakilo and has attended Kamehameha since the fourth grade. "I didn't even think about going to an academy until I started to get recruited. But visiting and learning all about the programs, a lot of people would love to do that."

Like he has always done at Kamehameha, Kapoi said it is important for him to maintain the winning edge.

Making his family proud of him is also extremely high on his list of priorities.

"I want to win for sure," he said. "I know that's what the Navy football program is about. It's about winning."

After watching other big name prep players make the exodus to top-notch football programs around the country, Kapoi said that he is still in disbelief that he is among the current group of players that pave the way for future football hopefuls in Hawaii.

He said it's a reminder to keep on working hard and live up to the responsibilities of being a role model for generations to come.

"Growing up and seeing guys sign to different places, you never think that far ahead," he said. "But it's crazy to be that guy now. I just hope that there are kids that look up to me now and are inspired to play football and do well."



"The thing that Navy could do more than anybody was show me numbers. Rather than tell me that they were going to win, they provided me with numbers and results that made me believe in the program and believe that I can have success there."

— Alema Kapoi, *Kamehameha Schools defensive standout*



Photos by Randy Dela Cruz and navysports.com

(Top) Alema Kapoi shows off his explosive form that led to winning the state shot put championship. He was a second-team, all-state defensive lineman for Kamehameha Schools in 2015.



Operations Specialist 3rd Class Walker Carpenter beats the ball to second base to keep the rally going for Preble.

Big numbers push Preble past Hopper

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

USS Preble (DDG 88) broke a 2-2 deadlock with three runs in the top of the fourth and then went on to close out the game with a 14-4 victory over USS Hopper (DDG 70) on May 7 in an Afloat Division intramural softball matchup at Millican Field, Joint Base Pearl Harbor-Hickam.

The game was win number three for Preble against one loss, while Hopper, which started off the day in sixth place, dropped a notch with a record of 1-2.

"We have a lot of good guys who played baseball in college," said Operations Specialist 3rd Class Walker Carpenter, who drove in three of the Preble's

runs. "We got a lot of good hitters and a lot of team players. That's hard to find."

Early in the game, the team's overall confidence seemed to keep Preble cool as a cucumber, as Hopper took a 2-1 lead in the top of the third.

Preble tied the score in the top of the fourth on a sacrifice fly, and then started to come up with some big hits in their next at-bat.

With runners at the corners with one out, Preble pulled out in front at 3-2 on a Hopper fielding error.

Later in the inning, Cryptologic Technician (Technical) 1st Class Jeff Wair, who kept Hopper batters off base with a solid day on the mound, helped his own cause by spanking a two-run single to give Preble a 5-2 lead.

"We got the momentum when

we broke through that tie right there," said Carpenter about Wair's clutch hit. "It made it fun to play again. We didn't have to go up there all tense being tied up."

Wair posted another shut-out inning in the bottom of the fourth to preserve the lead at three.

However, while the Hopper bats continued their cold streak, Preble bats really turned red-hot in the top of the fifth.

At first, it looked like Hopper would escape without surrendering a run in the fifth, but with two outs and two runners on, Carpenter slapped a clutch single to drive in two runs.

"I figured out from an early age that I'm not a home-run hitter," Carpenter admitted. "I need to get on base and get my guys to score. That's what I focus on every single time I go up to bat."

Another fielding error ushered in two more runs and then Gas Turbine Systems Technician (Mechanical) Fireman Ross Kreski and Wair finished off the inning with RBI singles of their own to make it 11-2 Preble.

Preble went on to score three more runs in the top of the seventh to complete the win.

Both Carpenter and Kreski drove in single runs in the team's final turn at bat.

Off to such a strong start in 2016, Carpenter said that he believes Preble should be able to maintain their charge and maybe bring the Afloat Division pennant on board.

In order to continue winning, Carpenter said that the team couldn't allow itself to get distracted or become too complacent along the way.

"We definitely need to stay

focused," he pointed out. "We can't relax with numbers like this. We really got to keep our foot on it. We're going to have to stay focused throughout the whole thing."

Wair, whose pitching is the right stuff to balance out the team's hot offense, said that Preble is a team that can win by scoring tons of runs or by keeping the opposition away from home plate.

Adding a great fielding infield and outfield, Wair also admitted that Preble is definitely a contender.

"I think we can take the Afloat Division — especially if we keep hitting like we did today," Wair said "We got a lot of good players for a small ship, so we're pretty lucky. We just got to make sure everybody continues to come out and do what they can do."

Shipyard comes back to slay Seadragons

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Posting double digits on the scoreboard has been a recurrent theme for the Pearl Harbor Naval Shipyard softball team, and against the 94th Army Air and Missile Defense Command (94 AAMDC) Seadragons the result was still the same.

In a battle of undefeated squads in the Red Division, Shipyard fell behind 4-0 in the top of the first inning, but battled back to take a 13-8 win over the Seadragons on May 10 at Millican Field, Joint Base Pearl Harbor-Hickam.

The win kept Shipyard in prime position in the Red Division with a record of 4-0 and keeps the pennant well within striking distance.

"I've been on the teams for two seasons and this is the best start that we've had so far," said Shipyard leadoff hitter Chief Interior Communications Electrician Johnie Nicholson. "We need to keep doing what we're doing. Keep swinging, keep snagging balls and see where it takes us."

Perhaps because of the team's strong hitting this season, nothing seems to rattle the players even when they fall behind by a few runs.

In the first inning, sparked by a one-out double by team captain and coach Spc. Ronney MaGee, the 94th picked up four more hits to help them to a 4-0 lead.

However, with their backs against the wall, Shipyard started a two-out rally, when Chief Information System Technician Billy Lewis spiked a triple to put a runner in scoring position.

Senior Chief Machinist's Mate Charles Phelps delivered an RBI single and later scored himself on a base hit by Senior Chief Machinist's Mate Steve Johnson to narrow the gap down to two runs.

Shipyard pitcher Machinist's Mate 1st Class Brian Love sent down the 94th in order in the top of the second to keep the game close and momentum going their way.

Love opened up the bottom of the second

with a leadoff single and two hits later, scored the team's third run on a hit by Machinist's Mate (Aviation) 1st Class Clayton Skoog.

Shipyard tied the score on a sacrifice fly and then followed up with four consecutive run-scoring hits by Nicholson, Machinist's Mate 2nd Class Kawika Hines, Lewis and Phelps to take an 8-4 lead.

"There's no secret to it," Nicholson explained about the team's ability to score in bunches. "We don't plan on doing it that way. It just happens. We take what the pitchers give us and put it wherever the pitch is going."

Things went quiet for the third inning, but in the fourth, the 94th picked up one run and then in the bottom half of the frame, Shipyard may have put the game away for good.

Nicholson led off the inning with a base hit, but was about to be stranded until Phelps, with two outs, came through with a clutch triple to drive him home.

Up next, Johnson lofted a Texas leaguer to right field that dropped in for an RBI hit for the second run of the inning.

Johnson moved up to second on a walk delivered to Lt. Cmdr. Nick Levine, which set the stage for Love, who banged a clutch two-run single for runs three and four of the inning.

Love scored the final run of the inning on a hit by Capt. Nito Blas.

Although the 94th got back in the game with three runs in the top of the fifth, the matchup expired in the sixth inning due to time constraints.

Love, who did his share of damage with three shutout innings off the mound and two clutch RBI hits, said that this could be the year that Shipyard goes all the way.

Not only is the team filled with talented and skilled players to start every game, Love pointed out that even Shipyard's reserves are more than capable of holding their own against any team on Joint Base.

"It means everything and is what's keeping us in games right now," he said. "When I substitute guys in and out, it's still the same team. That's invaluable."



Senior Chief Machinist's Mate Charles Phelps hustles around third base before scoring a run.

Military families flock to block party



Photos courtesy of Pearl Harbor Navy Exchange

Pearl Harbor Navy Exchange (NEX) participated in the MWR Wahiawa Annex Block Party on April 29. Navy and Air Force families were among those who attended the event. To show support, NEX had a booth with a game for kids to win prizes, handed out snacks and cold water, and informed customers that they can sign up at MyNavyExchange.com for coupons and weekly sales flyers.



Photo by Tech. Sgt. Aaron Oelrich

Combined military concert set

The 25th Infantry Division Band, the Marine Corps Forces Pacific and the U.S. Pacific Fleet Band will perform in the 31st annual Combined Military Band Appreciation Concert at 6 p.m., Saturday, May 21, at Hawaii Theatre. Seating begins at 5 p.m., and the Army has the lead for this event.

Gold Star Program supports families

Joint Base Military and Family Support Center

The Gold Star Program (GSP) is a comprehensive program to support families of service members who have passed away while on active duty.

The program provides a level of long-term assistance and support not previously available. The mission of the GSP is to deliver services to survivors using a holistic approach.

Those eligible to receive support through the Gold Star Program include the service member's widow/widower, parents (including mother, father, stepparents, foster parents and those who stood in loco parentis of the service member), and next of kin (defined as children, including stepchildren, brothers, sisters, half-brothers and half-sisters).

The program provides support for family members through a very difficult time helping them build resilience and establish a new normal. Gold Star families are able to connect with support groups and grief counselors.

Designated parking is available at Military and Family Support Center (MFSC) and the Navy Exchange.

These designated stalls are provided

to honor and recognize the sacrifice of family members who have lost a loved one in military service. The designated stalls serve as a method to promote awareness and educate the military community on Gold Star Families.

Gold Star Families have a Gold Star identification card that is placed in the dash of their vehicle when parking in the GSP parking spaces.

The GSP is enhanced with the active participation of the Gold Star area coordinator who is the lead agent for actions within the long-term casualty supporting process.

Regional coordinator for the Hawaii area is available through the area coordinator in San Diego. They provide long-term case management and resource referral to survivors, keeps families connected to the military community and promote survivor resilience.

Joint Base Pearl Harbor-Hickam Military and Family Support Center has an assigned Gold Star program liaison. The liaison is the primary point of contact at MFSC for program related support for information, referral and resources.

(For more information and to speak with the JBPHH Gold Star Program liaison, call 474-1999.)

Beach Fest set for May 30

A free Memorial Day Beach Fest sponsored by Joint Base Morale, Welfare and Recreation will be held from 11 a.m. to 3 p.m. May 30 at Hickam Harbor.

Patrons can stroll down the beach, build a sand castle and participate in contests and activities planned for the day. Free valet bike parking will be offered.

A command and adult/family recycled cardboard regatta will be also be featured.

Other contests and activities will include donut eating and watermelon seed spitting contest, ninja water balloon contest, a pirate's cove for youth,

mini golf and obstacle courses.

The event will also feature entertainment by the U.S. Pacific Fleet Band.

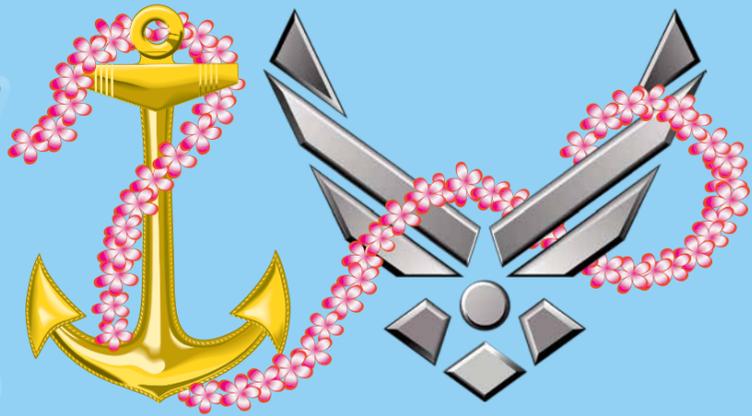
The event is open to all Department of Defense ID cardholders and their sponsored guests.

For more information, visit www.greatlifehawaii.com.

In addition, volunteers are being sought for the event. Volunteers will lead and instruct on a kids' obstacle course or provide MWR event set up and tear down assistance. For more information on how to volunteer, contact Staff Sgt. Ciara Meyers at ciara.meyers@us.af.mil.

MAY COMMUNITY CALENDAR

HO'okele
PEARL HARBOR - HICKAM



HERITAGE MONTH PROGRAM – TODAY

An Asian American Pacific Islander Heritage Month program will be held from 9:30 to 11 a.m. at the Pearl Harbor Memorial Chapel. This year's theme is "Walk Together, Embrace Difference, and Build Legacies." The purpose of this event is to increase awareness and educate diverse military and civilian communities. The event is sponsored by the Joint Base Pearl Harbor-Hickam Diversity Committee. FMI: 473-4951.

MWR SUPER GARAGE SALE

SATURDAY— The Joint Base Morale, Welfare and Recreation Super Garage Sale will be held from 8 a.m. to noon at Richardson Field. Admission is free for shoppers. Parking will be at Rainbow Bay Marina and overflow parking will be at Aloha Stadium (for minimal cost). The event is open to the public, but no pets are authorized at the event. FMI: www.greatlifehawaii.com.

MEET THE ARTIST – SATURDAY

Local artist Kuana Torres Kahele will make an appearance from 11 a.m. to 1 p.m. at the Pearl Harbor Navy Exchange Hawaiian giftware department. The event is for authorized patrons only. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

DROWNING PREVENTION DAY

SUNDAY — A drowning prevention day will be held from 9 a.m. to noon at Pool 2 at Joint Base Pearl Harbor-Hickam. Patrons of all ages can attend Morale, Welfare and Recreation water safety briefs and participate in activities focused on water safety to prevent drowning. FMI: 260-9736.

KEY SPOUSE TRAINING – MAY 17

Key spouse initial training will be held from 7:30 a.m. to 1:30 p.m. at Military and Family Support Center Hickam. The training is open to all appointed Air Force key spouses, commanders and first sergeants. Participants can network with other key spouses and mentors, and discover community resources for disaster preparedness and relocation. FMI: www.Greatlifehawaii.com or call 474-1999.

TRANSITION GPS – MAY 17-18

A workshop on "Transition GPS: Career and Technical Training Track" will be held from 7:30 a.m. to 3:30 p.m. at the Military and Family Support Center Pearl Harbor. The workshop is designed to help transitioning personnel with information and tools to obtain technical training in their chosen field. FMI: www.Greatlifehawaii.com or call 474-1999.

HICKAM COMMISSARY RESET

MAY 18-20 — Hickam Commissary will go through a total store reset. The commissary will close at 4 p.m. May 18. On May 19 and 20, the commissary will be closed for the reset. The commissary will re-open for business at 8 a.m. May 21 with normal operating hours. During the reset, the Pearl Harbor Commissary will be open. FMI: Totolua Ripley at 449-1363, ext. 301.

FINANCIAL PLANNING FOR RETIREMENT

MAY 18 — A financial planning for retirement class will be held from 8 to 9:30 a.m. at Military and Family Support Center Pearl Harbor. FMI: www.Greatlifehawaii.com or call 474-1999.

EXCEPTIONAL FAMILY MEMBER PROGRAM

MAY 19 — An Exceptional Family Member Program Community of Practice event will be held from 9 to 11 a.m. at Military and Family Support Center Pearl Harbor. The goal is for families in the program to connect with each other. FMI: email efmpcnrh@navy.mil or call 474-1999.

COMBINED MILITARY BAND CONCERT

MAY 21 — The 31st annual Combined Military Band Appreciation Concert will be held at 6 p.m. at Hawaii Theatre. The host is the 25th Infantry Division Band (Army Music Hawaii). The Navy's U.S. Pacific Fleet Band, the Marine Corps Forces Pacific Band, the Air Force Band of the Pacific Hawaii and the Hawaii Army National Guard's 111th Army band will also perform. Seating will begin at 5 p.m. for guests with tickets on a first come, first served basis. Any unoccupied seats remaining at 5:45 p.m. will be open to anyone on a space available basis. Free ticket and event information is available from the Hawaii Theatre box office located downtown at 1130 Bethel St. (between Hotel and Pauahi Streets) during regular box office hours. Box office hours are Tuesday through Saturday, 9 a.m. to 5 p.m. FMI: 528-0506.

CELEBRATION AT EXCHANGES

MAY 21, 28 — An Asian American and Pacific Islander Heritage Month celebration will be held from 9 a.m. to 3 p.m. May 21 at the Hickam Main Exchange. The celebration will also be held from 9 a.m. to 3 p.m. May 28 at the Schofield Main Exchange. The events will include hula performances, craft vendors and food trucks. FMI: 423-7694.

MOVIE NIGHT AT NEX – MAY 28

The movie "The Good Dinosaur" will be shown free at the Pearl Harbor Navy Exchange lower parking lot. Admission tickets can be picked up from the NEX aloha center concierge desk. Seating is limited to the first 150 authorized patrons and they should be prepared to present an ID. Seating starts at 6:30 p.m. and the movie begins at 7 p.m. No purchase is necessary. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

MOVIE SHOWTIMES



THE JUNGLE BOOK

An epic adventure about Mowgli, a man-cub who's been raised by a family of wolves. But Mowgli finds he is no longer welcome in the jungle when fearsome tiger ShereKhan, who bears the scars of Man, promises to eliminate what he sees as a threat. Urged to abandon the only home he's ever known, Mowgli embarks on a captivating journey of self-discovery, guided by panther-turned-stern mentor Bagheera, and the free-spirited bear Baloo.

SHARKEY THEATER

TODAY – MAY 13

7:00 PM Criminal (R)

SATURDAY – MAY 14

2:30 PM The Jungle Book (PG)

4:50 PM Barbershop: The Next Cut (PG-13)

7:20 PM Criminal (R)

SUNDAY – MAY 15

2:30 PM The Jungle Book (3-D) (PG)

4:50 PM My Big Fat Greek Wedding 2 (PG-13)

7:00 PM The Boss (R)

THURSDAY – MAY 19

7:00 PM Barbershop: The Next Cut (PG-13)

HICKAM MEMORIAL THEATER

TODAY – MAY 13

6:00 PM The Boss (R)

SATURDAY – MAY 14

3:00 PM The Divergent Series: Allegiant (PG-13)

6:00 PM The Boss (R)

SUNDAY – MAY 15

The Divergent Series: Allegiant (PG-13)

6:00 PM Batman V Superman: Dawn of Justice (PG-13)

THURSDAY – MAY 19

7:00 PM Batman V Superman: Dawn of Justice 3D (PG-13)

Teen Center member represents JBPHH at Youth of the Year

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The Joint Base Pearl Harbor-Hickam (JBPHH) Teen Center's Zachary Case recently represented JBPHH at the Youth of the Year Competition at the Hawaii State Capitol.

The Youth of the Year is awarded by the Boys and Girls Club of America to celebrate the extraordinary achievements of club teens. Applicants apply by submitting three reference letters, four essays, community service hours and school transcripts. If selected, the applicants prepare and present a three-minute speech about how the club has affected their

life. The speech must also include an important issue and a solution for how they would improve upon the issue.

"Zachary spent the first few months working on his four essays for the application packet," Zachary Pigott, Child & Youth Programs (CYP) leader, said. "He had to write essays about his club experience, vision for America's youth, military youth experience, and personal brand. Once those were set, he had to start to shape his three-minute speech. The speech was to be presented in front of five judges and a live audience consisting of other candidates, family and friends."

Case is 14 years old and currently attends Aliamanu Middle School. He was mentored by Raphy Feolino of the

Hickam Toastmasters Club, who spent hours working with Case on his public speaking confidence and demeanor as well as improving his poise, projection and pronunciation. Case also practiced giving his speech at home to his family and at the Teen Center to staff members and peers.

Although Case did not win the title of Hawaii State Youth of the Year, his efforts and commitment did not go unnoticed.

"Zachary put his heart and his passion on display when he presented his speech during competition at the State Capitol," Pigott said. "He did not walk away with the title of Hawaii State Youth of the Year, but he displayed the characteristics of a true leader and represented JBPHH admirably."



Photo by JBPHH Teen Center

Zachary Case, right, represents JBPHH at the Youth of the Year Competition at the Hawaii State Capitol.

MY FAVORITE PHOTO



John Burns, administrative support assistant for Navy Region Hawaii, took this picture of a lizard in his garden last weekend. How to submit: send your non-posed photos to editor@hookelenews.com

Upcoming blood drives

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP). Dates and locations are updated regularly online as new drives are scheduled. Donors are encouraged to schedule an appointment online, call to make an appointment, and check www.military-blood.dod.mil for the latest information.

Currently scheduled drives include:

- May 19, 11 a.m. to 1 p.m., Hickam Exchange, Joint Base Pearl Harbor-Hickam
- May 23, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center
- May 24, 9 a.m. to 1 p.m., Club 14, U.S. Coast Guard Sector Honolulu, Sand Island
- May 25, 9 a.m. to 1 p.m., Pearl Harbor Memorial Chapel, Joint Base Pearl Harbor-Hickam

(For more information, contact Michelle Lele-Himalaya, Armed Services Blood Program, Tripler Army Medical Center, at 433-6699 or email Michelle.Lele.civ@mail.mil.)



REDUCE... REUSE... RECYCLE

The Joint Base Pearl Harbor-Hickam Recycling Program has two convenient Recycling Center locations standing by to accept your recyclable goods: Airfield - Bldg. 1715 and Waterfront - Bldg. 159. For more information call the JBPHH Recycling Program POC at (808) 474-9207.

Nachos can be nutritious and healthy

Defense Commissary Agency

Because the average plate of restaurant nachos can contain anywhere between 1,500-2,000 calories and is usually loaded with fat and sodium, this tasty dish is often times thought of as one to avoid in order to keep health and wellness goals on track. This does not have to be the case.

Believe it or not, a plate of nachos can be nutritious and can actually be a quick go-to, healthy meal that actually meets MyPlate healthy eating habit goals.

The three key habits Americans should practice are filling half their plate with fruits and vegetables, eating foods from all food groups, and paying attention to the proportions of food groups on the plate. Another important habit is to aim to cook more meals at home because the quality of ingredients, portion size, and levels of sodium and fat can be controlled.

This meal includes all food groups, uses whole grain chips and substitutes plain Greek yogurt for sour cream to increase the nutritional value and avoid empty calories. Cumin and fresh cilantro are used for sea-

soning to help keep the sodium level in check.

Be sure to keep these items on hand so the next time life is too hectic to think about cooking, you can whip up a plate of nachos. Be sure to use plain Greek yogurt instead of sour cream to increase the protein and calcium levels and avoid empty calories.

Directions (serves four):

1. Begin cooking 1 lb. of ground turkey over medium to medium-high heat with 2 tbsp. of water.

2. Add 1- 15 oz. (drained and rinsed) can of low sodium beans (kidney, black, pinto, etc.) to the ground turkey. Sprinkle with 2 tsp. of cumin; mix well, cover and turn heat to medium.

3. While the ground turkey and beans are cooking, wash and dice a medium tomato, ¼ a red onion, ½ a bunch of fresh cilantro, and chop lettuce to equal about 2 ½ cups.

4. Place about 2 oz. (18 chips) of whole grain/multi grain tortilla chips on each plate and then sprinkle 1 oz. of shredded cheese on the chips.

5. Add ½ the chopped cilantro and a ½ cup of shredded cheese to the turkey and bean mixture; stir and cover for 1 minute or



until the cheese is melted.

6. Top each plate of chips with ¼th of the ground turkey mixture (see the notes on how to use remaining mix) and then top with ¼th each of the tomato, onion, and finish with the remaining cilantro, 1 tbsp. Greek yogurt and desired amount of salsa.

Notes:

- Use the remaining turkey/beans mixture as a filling for wraps (4). These freeze well and can be used for a quick lunch or dinner by reheating in the microwave and then topping with vegetables and salsa.

- This recipe works for any lean meat and is great for using up leftovers of cooked meat. If using leftover cooked meat, warm over medium heat and cut down the cooking time.w

- To add a little something different, add just a touch of cumin to some of your favorite dishes, like chili or potatoes.

Best practice tips:

- Select items with the fewest ingredients. Aim for items to have less than eight ingredients and limit products with ingredients you can't pronounce.
- Eat a variety of colorful

fruits. Aim for products that have no added sugar. Choose fresh and frozen, often.

- Fill most of your plate with vegetables. Season with fresh or dried herbs and/or low sodium sauces.

- Eat low-fat dairy options like low-fat milk, soy milk and yogurt.

- Eat whole grains. Choose whole wheat pastas, breads and brown rice most of the time. Limit products that have “refined” flour in the ingredients.

- Choose mostly protein foods like fish, lean meats or beans.

- Choose heart-healthy oils and fats (olive oil, canola oil).