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“Navigator” HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

July 22, 2016

www.cnmc.navy.mil/hawaii www.hookelenews.com

Volume 7 Issue 28

Vice President Biden visits Stennis



Ensign Davis Anderson

*USS John C. Stennis (CVN 74)
Public Affairs*

PACIFIC OCEAN—Vice President Joe Biden visited Sailors aboard USS John C. Stennis (CVN 74) July 14, while the ship and John C. Stennis Strike Group (JCSSG) were participating in the 2016 Rim of the Pacific (RIMPAC) maritime exercise.

The visit, which occurred just one day before the six-month mark of JCSSG's current deployment, gave Biden an opportunity to thank the crew, Carrier Air Wing (CVW) 9, and embarked Destroyer Squadron (DESRON) 21 and strike group staffs for the

work they have done operating in the U.S. 7th Fleet area of operations and specifically the South China Sea.

"I am humbled and I am honored to be here with you today," Biden said. "On behalf of everyone back at home, 'Thanks.'"

Biden added that the importance of JCSSG's deployment could not be understated and the Sailors have helped demonstrate everyone's right to operate on the oceans of the world.

"Without us, the rest of the world would be in a very different place," Biden said. "That's what makes you so incredible—your devotion to duty."

During his time aboard,

Biden ate lunch with Sailors who hailed from his home state of Delaware.

"It was very humbling," Master-at-Arms 1st Class Jeffrey Davenport, from Seaford, Delaware said. "We talked a lot about Delaware. I didn't want to talk politics with him, because he was here to have a good time and see the ship and the Sailors. What I took away was the realization that even though he is higher ranking, he is just a person, and relating to him on that level was very enlightening."

Biden also watched flight operations during his stay and spoke with leaders from the ship and strike group.

"The vice president's visit highlights the importance of

this strike group's operations while deployed to the western Pacific," Rear Adm. Marcus A. Hitchcock, JCSSG commander, said. "It was an honor to welcome him aboard while participating in the Rim of the Pacific exercise with so many partner navies."

Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel are participating in RIMPAC from June 30 to Aug. 4, in and around the Hawaiian Islands and Southern California. The world's largest international maritime exercise, RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships

that are critical to ensuring the safety of sea lanes and security on the world's oceans. RIMPAC 2016 is the 25th exercise in the series that began in 1971.

CVW-9 consists of Helicopter Sea Combat Squadron (HSC) 14, Helicopter Maritime Strike Squadron (HSM) 71, Airborne Early Warning Squadron (VAW) 112, Electronic Attack Squadron (VAQ) 133 and Strike Fighter Squadrons (VFA) 14, 41, 97 and 151.

Vice President Joe Biden visits Sailors in the hangar bay aboard USS John C. Stennis (CVN 74) July 14 during the Rim of the Pacific maritime exercise.

U.S. Navy Photo by MC3 Luke Moyer

Maritime Theater Missile Defense Forum completes at-sea demonstration

**Commander, U.S.
3rd Fleet**

The Maritime Theater Missile Defense (MTMD) Forum completed the live-fire phase of At-Sea Demonstration (ASD) 2016 during an exercise held on Pacific Missile Range Facility (PMRF) off the coast of Kauai, and held in conjunction with Rim of the Pacific (RIMPAC) 2016, July 16.

ASD 16 is a continuation of ASD 15 and focuses heavily on air defense, coalition interoperability and leveraging simultaneous supersonic and subsonic targets.

The MTMD Forum Surface Action Group included HMAS Wararunga (FFH 152), HMCS Vancouver (FFH 331) and USS Howard (DDG 83). The Forum nations of Australia, Canada, The Netherlands, Norway and United States, which are all nations participating in RIMPAC, provided staff at the range and Combined Air Operations Center.

Chairman of the Forum, Commodore Kees Boelema Robertus, who also serves as commander, Royal Netherlands Maritime Force, said ASD 16 includes new, complex scenarios and builds on the success of ASD 15.



U.S. Navy photo

A Single-Stage Lynx target is launched from PMRF during the live-fire phase of the Maritime Theater Missile Defense At-Sea Demonstration 2016 and held in conjunction with Rim of the Pacific 2016.

"I speak on behalf of all Forum nations in expressing gratitude to the PMRF Range, the U.S. 3rd Fleet, and the entire Forum test team for their excellent preparation and execution of the event. I am looking forward to future test events together where we demonstrate further progress in coalition Integrated Air and Missile Defense interoperability," Robertus said.

This was the first firing exercise at a U.S. Pacific Range for the MTMD Forum. ASD 16 included a series of Forum IAMD firsts, including the presentation and engagement of four simultaneous supersonic and subsonic air targets and the tracking of a supersonic single-stage lynx ballistic target.

Established in 1999, the MTMD Forum facilitates the ability of participating nations to improve interoperability and enhance individual and collective maritime integrated air and missile defense capabilities.

Pacific Missile Range Facility Barking Sands is the world's largest instrumented multi-environmental range capable of supported surface, subsurface, air, and space operations simultaneously.

Navy, HECO sign lease for solar facility at JBPHH



Gov. David Y. Ige signs a lease agreement between the Department of the Navy and Hawaiian Electric Company at Historic Hickam Officers' Club at Joint Base Pearl Harbor-Hickam, July 21. Stay tuned for the full story in next week's edition of Ho'okele.

U.S. Navy photo by MC2 Somers Steelman

RIMPAC units participate in sinking exercise

Commander, U.S. 3rd Fleet

PACIFIC OCEAN—Live fire from ships and aircraft participating in the Rim of the Pacific (RIMPAC) 2016 exercise sank the decommissioned USS Thach (FFG 43) at 7:25 p.m. July 14 in waters 15,000 feet deep, 55 nautical miles north of Kauai.

Units from Australia, the Republic of Korea and the U.S. participated in the sinking exercise (SINKEX), which provided them the opportunity to gain proficiency in tactics, targeting and live firing against a surface target at sea.

“This SINKEX was a tremendous event for all the units who participated. As you can imagine, the opportunity to fire live ordnances at a real target is incredibly rare and I know that these men and women learned so much today,” Royal Canadian Navy Rear Adm. Scott Bishop, deputy commander of the RIMPAC Com-



U.S. Navy photo by MC1 Jason Noble

Sailors aboard the guided-missile cruiser USS Princeton (CG 59) fire an RGM-84 Harpoon anti-ship missile during an international SINKEX for RIMPAC, July 14.

bined Task Force, said.

“This kind of training is vital to strengthening our interoperability and increasing our readiness for operations

in the future.”

Former Navy vessels used in SINKEXs are prepared in strict compliance with regulations prescribed and enforced by

the Environmental Protection Agency (EPA) under a general permit the Navy holds pursuant to the Marine Protection, Research and Sanctuaries Act.

Each SINKEX is required to sink the hulk in at least 1,000 fathoms (6,000 feet) of water and at least 50 nautical miles from land. Surveys are conducted to ensure humans and marine mammals are not in an area where they could be harmed during the event.

Prior to the vessel being transported for participation in a SINKEX, each vessel is put through a rigorous cleaning process, including the removal of all polychlorinated biphenyls (PCBs), transformers and large capacitors, all small capacitors to the greatest extent practical, trash, floatable materials, mercury or fluorocarbon-containing materials and readily detachable solid PCB items. Petroleum is also cleaned from tanks, piping and reservoirs.

A Navy civilian environmen-

tal, safety and health manager and a quality assurance supervisor inspect the environmental remediation conducted in preparation of a vessel’s use in a SINKEX. Upon completion of the environmental remediation, the manager and supervisor provide signed certification of the work in accordance with EPA requirements.

The decommissioned USS Thach (FFG-43) was the 34th ship of the Oliver Hazard Perry-class guided missile frigates. The ship was named for Naval aviator Adm. John S. Thatch, the developer of the “Thach Weave”; dogfighting tactic in World War II and former Commander, U.S. Naval Forces Europe from 1965-1967. Thach participated in a number of maritime security exercises and operations both independently and as part of carrier strike groups in U.S. 3rd, 4th, 5th and 7th Fleet areas of responsibility during nearly three decades of service.



15th OSS airfield management ops tempo picks up for RIMPAC

Story and photo by Tech. Sgt. Aaron Oelrich

15th Wing Public Affairs

The flightline activity at Joint Base Pearl Harbor-Hickam (JBPHH) is increasing as aircraft participating in the Rim of the Pacific (RIMPAC) Exercise 2016 arrive, this month, increasing the responsibilities of the 15th Operations Support Squadron Airfield Management Flight.

RIMPAC is the world’s largest international maritime exercise, providing unique training opportunities that help

participants foster and sustain cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world’s oceans. Twenty-six nations, 45 ships, five submarines, more than 200 aircraft, and 25,000 personnel are participating in the biennial RIMPAC exercise.

Approximately 60 of the 200 aircraft participating in RIMPAC fall under the responsibility of the Airfield Management Flight.

“This is the busiest time for my Airmen,” Tech. Sgt. Bryan Masters, 15th OSS Airfield Management Operations

non-commissioned officer in charge, said.

“It is a fast operational tempo with an increase in aircraft arrivals and departures, coordinating support services for the aircraft, and an increase in the amount of training that is given to support personnel.”

The Airfield Management flight is operated by 12 Airmen that keep the office operating 24 hours a day, seven days a week. The team tracks all inbound and outbound aircraft, develops airfield parking plans, and schedules essential aircraft services, such as liquid oxygen, fuel and labora-

tory services.

In addition to providing parking plans and aircraft services, the airfield management flight also oversees the airfield driving program. This means they are responsible for training and tracking of all personnel and vehicles on the airfield.

During RIMPAC 2016, it is expected that an additional 300 drivers and approximately 100 vehicles will be on JBPHH’s airfield. Every one of the drivers will be trained and each vehicle will be processed through the Air Field Management Office.

As big as RIMPAC is, it doesn’t stop the every-

day mission of the Air Field Management office, which is to provide parking and aircraft services to transit aircraft as they pass through the Pacific.

“It is amazing to see the Airmen adapt seamlessly to the increased operational tempo,” Masters said. “They do an outstanding job without a single complaint.”

Masters is not the only one who is impressed with the Airmen of the Air Field Management Office.

“[The Airmen of Air Field Management Office] were very helpful as we planned to participate in RIMPAC,” Lt. Cmdr

Noriko Kodama, Japan Maritime Self-Defense Force Detachment 51 maintenance officer, said.

“They were very clear and patient when providing flight line driver training to the detachment and they answered all of our questions. I feel very comfortable being here.”

RIMPAC started June 29 and runs through Aug. 4.

(Above) U.S. Navy P-3C Orion aircraft from Marine Corps Base Hawaii sit on the flightline of Joint Base Pearl Harbor-Hickam during the RIMPAC Exercise, June 11.

FACES OF RIMPAC



Canada
Cpl. Jessica Freeland
Canadian Forces Health Services Center

“RIMPAC has been a great experience where I have been able to apply my skills and knowledge while undertaking professional development in a completely different setting. I am also thankful for the opportunity to participate here on a team of support staff, and see all the excitement and teamwork in action on an international exercise of this size.”

Canadian Forces photo by Cpl. Brett White-Finkle



Canada
Sgt. Nathan Miller
Canadian Combat Dive Team (4 ESR)

“We worked hard to prepare for RIMPAC. We undertook intensive training prior to coming here and ensured that we are mentally, physically and medically fit for this exercise. RIMPAC is a great opportunity for us to enhance interoperability between combat divers and clearance divers as well as with our counterparts from other nations in the Pacific.”

Canadian Forces photo by MCpl Christopher Ward



Canada
Capt. Katelynn Pinsent
Canadian Armed Forces

“My favorite part of RIMPAC so far has been getting to work with other elements outside of the air force. Being part of a joint exercise gives me the opportunity to see how the navy and army operate in an environment that I wouldn’t usually find myself in back in Winnipeg.”

Canadian Forces photo by Cpl. Brett White-Finkle



France
Commissaire Florian Keller
FS Prairial (F 731)

“One of my favorite things is serving as officer of the watch during the night. To see the sky, to have all the ocean for me, it’s very interesting, it’s very impressive for me. The world feels vast under the stars. I feel free to roam, and am humbled at the same time. The most rewarding part of my time in service has and continues to be cultural exchange and experiencing as many cultures of the world as I can. This is my first time at RIMPAC.”

U.S. Navy photo by MC2 Antonio Turretto Ramos



Japan
Ensign Aya Kawano
JS Hyuga (DDH 181)

“When I was younger, I often listened to my father’s stories about naval history. My father taught naval history and found it very interesting. My father and those stories were the reasons I joined the navy.”

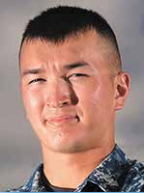
U.S. Navy photo by MC2 Katarzyna Kobijak



India
Lt. Cmdr. Limaye Kutuhal
INS Satpura (F 48)

“The navy is a passion, and there is no substitute for a passion. The best part about being a sailor is always being part of a team. This is my first time participating in RIMPAC, and I plan to make the most of my time in Hawaii with all the wonderful set of people I’ve met from all over the world.”

U.S. Navy photo by MC2 Antonio Turretto Ramos



United States
STS3 Alexander S. Haavisto
USS Louisville (SSN 724)

“This is my second consecutive RIMPAC while stationed here in Pearl Harbor. The partnerships are important so we can understand how each country operates together. It’s always an awesome opportunity to observe the ships from other countries and see how they do things. To be able to operate with and host so many different countries is pretty amazing.”

U.S. Navy photo by MC2 Michael H. Lee



United States
CS3 Catherine Collins
USS William P. Lawrence (DDG 110)

“I think it’s really interesting going out to sea with all of the other ships. It’s been great getting a chance to meet sailors from all of the other navies and interact with them.”

U.S. Navy photo by MC3 Emiline L.M. Sem

Diverse VIEWS



If you could ask any question, and have it answered, what would it be?



Lt. Col. Keolani Bailey
PACAF

"What would my Father in Heaven have me change or improve to better achieve my mission on earth as a Christian, husband, father and brother?"

FTSN Kyle Hasher
NSSC Hawaii

"What is the secret to success?"



Airman 1st Class Miranda De Valdivielso
324th Intelligence Squadron

"Why are we afraid of the unknown?"

Tech. Sgt. Roman Perez
515th Air Mobility Operations Wing

"What single course of action can I take in the near future that will make the lives of my kids much better than what I had growing up?"



Tech. Sgt. Jarret Espiritu
647th Force Support Squadron

"What is the secret to achieving complete happiness and everlasting life?"

Tech. Sgt. Allison Hutchinson
324th Intelligence Squadron

"Why can't everyone just get along? Is world peace really achievable?"



Provided by David D. Underwood Jr. and CWO2 Luther Cleveland

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

Commentary

Renaming ceremony forever links PMRF, Inouye

Capt. Bruce Hay

*Commanding Officer
Pacific Missile Range Facility*

(This commentary comes from Capt. Hay's remarks at Wednesday's renaming ceremony.) —Editor

I would like to thank those who attended the ceremony naming the Pacific Missile Range Facility (PMRF) Range and Operations Center in honor of Sen. Daniel K. Inouye held on July 20.

There are parade fields, schools, programs and even ships across the entire state and nation named in honor of him but I would argue none of them were named 25 years too late—except for PMRF. For those of you doing the math, that would bring us to 1991—a year that would forever link PMRF and the Senator together.

As the cold war rapidly came to an anti-climactic end in the late '80s and early '90s, the Department of Defense (DoD) found itself with capacity to spare. For more than 30 years, we built up bases to fight a war that thankfully never came to fruition. Seeing no further need for the excess capacity, our government started a procedure known as Base Realignment and Closure and published the first set of recommendations in 1988.

Just three short years later in 1991, the Navy recommended PMRF, or as it was known then, the Pacific Missile Test Range, Point Mugu, and all 820 positions for realignment. In this case, realignment would mean the end of PMRF.

Sen. Inouye skillfully removed PMRF from the list and then set a course in motion that would ensure the future successes of this spectacular training and test facility.

He "encouraged" the Missile Defense Agency (MDA) to bring testing here and ultimately funded improvements to the infrastructure here over a decade, everything from family housing to undersea ranges, that would make PMRF the



U.S. Navy photo by MC2 Omar Powell

Participants sing "Hawaii Aloha" at Wednesday's renaming ceremony for the Pacific Missile Range Facility (PMRF) Range and Operations Center named in honor of the late U.S. Senator from Hawaii, Daniel K. Inouye.



most highly instrumented range in all of the DoD. For

major test and evaluation customers, Terminal High Altitude Area Defense or THAAD came first and by 1999, testing the Ballistic Missile Defense capability of Navy ships. We have not looked over our shoulder since.

Since the senator's passing, PMRF has not rested on its laurels. For the last three years we have tirelessly remarketed ourselves and then backed up our marketing with execution showcasing premier services and a sense of ohana for our customers that is without equal at any range.

We have also seen a dramatic increase in the number and type of customers to include NASA and the Office of Responsive Space culminating in the first space launch from Hawaii in November of last year.

From the bottom of the ocean to the reaches of outer space, PMRF does it all. As I am fond of saying, we're simply awesome.

Describing the logo

The four broad horizon-



Capt. Bruce Hay

tal color bands represent the four operational domains that the DIROC is capable of controlling simultaneously: subsurface, surface, air and space. During this year's Rim of the Pacific (RIMPAC) exercise, we have and continue to operate in them all. The Carrier Air Wing NINE on board the USS John C. Stennis (CVN 74) is conducting an air-to-air missile exercise in the waters just northwest of PMRF.

I would like to specifically get your attention to the five white stars in the light blue field of the logo which represent the Medal of Honor Sen. Inouye received for his extraordinary heroism in action on April 21, 1945, near San Terenzo, Italy, while serving with the

442nd Regimental Combat Team during the Second World War. The five stars are subtle and convey a powerful message about the wartime exploits of Sen. Inouye.

I think the backstory behind the logo is also worth telling. We solicited inputs from near and far for a suitable logo for this amazing range. The input that ultimately was selected was done by a former PMRF employee, who also worked for the MDA. His name is Steve Rogers. For those of you not up on your Marvel superheroes, Steve Rogers is known by a much catchier name—Captain America.

Tying this all together is the fact that Captain America is a superhero that cut his teeth fighting the Germans in World War II. Sound familiar?

Although I never had the pleasure of meeting him, the senator's presence here is palpable. The mere mention of his name elicits smiles and for us newcomers, a desire to earn what we've already been given.

For those reasons and so many more, I can think of no greater honor than to name the range and operations center after him.

Mahalo nui loa.

Secretary of Defense Ash Carter issues statement on the passing of Rep. Mark Takai

I was saddened to learn of the passing of Congressman Mark Takai. Congressman Takai served the people of Hawaii and the nation from the state capitol in Honolulu, to the halls of Congress, to the deserts of Kuwait, where he served as an Army National Guardsman.

As a National Guard officer, he

served with distinction for 17 years, almost to the day. As a member of the House Armed Services Committee, he vigorously promoted the interests of our nation and the men and women of our military.

On behalf of the department, I offer our condolences to his wife, Sami, his family and the people of Hawaii.



Photo courtesy of Honolulu Star-Advertiser

Construction completed at Hickam



Photo courtesy of the Hawaii State Department of Transportation

Work at Hickam Field was completed on four double hangars, a paved 800-by-3,000-foot landing mat, dock, boathouse, sewer system, radio building, operations building with a fenced magazine area, railroad and parallel highway by July 21, 1937 (79 years ago this week.)

HO'OKELE

PEARL HARBOR-HICKAM NEWS

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USS America hosts CNO during RIMPAC 2016

MC1 John Scorza

USS America (LHA 6) Public Affairs

PACIFIC OCEAN—Chief of Naval Operations (CNO) Adm. John M. Richardson visited amphibious assault ship USS America (LHA 6) to meet with shipboard and embarked leadership, speak with Sailors and Marines, and tour the ship’s spaces, July 15. Richardson’s visit coincided with this year’s Rim of the Pacific (RIMPAC) Exercise.

Once aboard, the Navy’s top officer addressed the crew on the ship’s IMC announcement system.

“To everyone on board, congratulations. Welcome to the 2016 RIMPAC exercise,” Richardson said. “This is the largest maritime exercise of its kind in the world; the biggest, the most complex. Sounds like [USS America is] off to an absolutely sprinting start... This is an extremely important part of the world right now and you are right in the center of gravity.”

During his visit, Richardson took the time to reenlist and pro-



U.S. Navy photo by MC1 Nathan Laird

Chief of Naval Operations Adm. John Richardson visits USS America (LHA 6) July 15, currently operating in the waters near the Hawaiian Islands as part of RIMPAC 2016.

mote Sailors previously selected through the Navy’s meritorious advancement program.

“There is nothing that gives me more chills or makes me more proud than to see our Sailors renew their commitment to our Navy and our nation either through a reenlistment or

through an advancement,” Richardson said. “It’s just one small symbol of what makes our Navy the greatest Navy in the world and that power extends by us working with our multi-national partners and allies.”

The Sailors who were able to reaffirm their oath to serve and

defend the country said they were excited and thankful for the unique opportunity.

“I felt honored that he reenlisted me,” Personnel Specialist 2nd Class Clayton Davis, said. “I wasn’t going to reenlist this early, but when I was presented with the option to have the CNO

reenlist me, I decided right away that this was a once-in-a-lifetime opportunity that I was not going to let slip away.”

“Who wouldn’t jump at the chance to be reenlisted by the CNO?” Senior Chief Hospital Corpsman Gerald Lee said. “This was a highlight. I’ve reenlisted four times, and if this is my last reenlistment, I will go out on a high note by being reenlisted by the CNO.”

Richardson left the crew with encouraging words just before he departed on an MV-22 Osprey.

“To the crew, to the embarked Marines and to all our multi-national partners; I just want to say that it has been a terrific visit here to this ship,” Richardson said.

“After walking around the spaces, I can’t tell you how proud I feel to get a chance to shake your hand and to learn a little bit about you. I’m super proud of all of you. I’m going to take all of these stories back to Washington and tell our leadership, up to the highest levels, what they’ve got here is just an amazing capability and something they can be proud of too.”

RIMPAC participants aid in rescue of downed aircraft survivors off Kona coast

Commander, U.S. 3rd Fleet

Survivors of a downed small plane were rescued off the coast of Kona, Hawaii July 22, after a search involving some of the multinational forces participating in Rim of the Pacific (RIMPAC) 2016.

A Coast Guard MH-65 Dolphin helicopter crew hoisted the survivors at 11:35 a.m. about nine miles north of the Kona airport, a mile and a half offshore.

USS Chung-Hoon (DDG 93), along with a Navy MH-60R Sea Hawk helicopter assigned to Helicopter Maritime Squadron (HSM) 37, an MC-130J Commando II assigned to the 353rd Special Operations Group at Kadena Air Base, Japan, and a Royal New Zealand Air Force P-3K2 Orion assigned to RNZAF-5 Squadron assisted in the search for the two pilots



U.S. Coast Guard photo by Lt. Cmdr. Kevin Cooper

(Above) The mother of Sidney Uemoto checks on her daughter following her daughter’s rescue nine miles off Kona, July 15.

(Below) Coast Guard crews safely deliver David McMahon and Sidney Uemoto to emergency medical personnel in Kona.

lulu. Chung-Hoon and the P-3K2 Orion were in the area at the time training as part of RIMPAC.

The Commando II assumed on-scene commander duties, enabling search party members to communicate with each other from sea and air, allowing a speedy recovery of the two pilots.

“An important part of being a mariner is ensuring safety of life at sea,” Cmdr. Tom Ogden, commanding officer of Chung-Hoon, said.

“No matter if you are a U.S. destroyer, Coast Guard pilot, or a canoe paddler, you must always be ready to provide assistance. In this case, Chung-Hoon had significant capability to bring to the search including two helicopters, multiple air controllers, and over 350 Sailors ready to perform as lookouts for survivors.”

A commercial helicopter flying along the Kona coast sighted a debris field and reported it to the Coast Guard. One of the Dolphin

crews was diverted to investigate and sighted the survivors. They vectored in a second Dolphin crew with a rescue swimmer aboard to conduct the hoist. The survivors were both wearing lifejackets and were swimming toward shore at the time. The search concluded after 20 hours. Both pilots are reported to have sustained only minor injuries.

“To be successful you need everyone to contribute, and in this case that happened quickly and successfully,” Ogden said.

“One common thread that connects all Sailors is their commitment to providing assistance to others in distress at sea. We spend time training for events similar to this and are glad that we were in a position to bring our training to bear in a team effort to help others who needed it. We are proud to have been part of a very professional team which quickly provided assistance with a positive outcome.”



U.S., Chinese navies collaborate on submarine rescue exercise

MC2 Jeffrey Troutman

Navy Public Affairs Support Element Detachment Hawaii

The U.S. and Chinese navies collaborated on a practical submarine rescue exercise conducted off the coast of Hawaii, during Rim of the Pacific (RIMPAC) 2016, July 13.

As part of the exercise, U.S. Navy submariners embarked the Chinese navy submarine rescue ship Changdao (ASR 867) and worked with Chinese navy counterparts to launch an undersea rescue vehicle LR-7, conducting a successful mating evolution with a faux-NATO rescue seat.

“It was a completely successful exercise on both sides,” Bill Orr, technical advisor for the International Submarine Escape and Rescue Liaison Office, said. “The rescue vehicle mating exercise was a culmination of a very detailed and well-planned bilateral and multilateral submarine rescue vignette within the RIMPAC train-



Chinese navy photo by Kaiqiang Li

A sailor from the Chinese navy submarine rescue ship Changdao (867) sits in an LR-7 submersible undersea rescue vehicle off the coast of Hawaii following a successful mating evolution between the LR-7 and a U.S. faux-NATO rescue seat laid by USNS Safeguard (T-ARS-50), July 13 during RIMPAC 2016.

ing evolution.”

Orr said the exercise demonstrated that the U.S. and China could seamlessly carry out a combined submarine res-

cue effort in the event of a submarine accident or casualty.

“I was very impressed with how engaged the Chinese officers were

towards enabling a cooperative rescue effort, if needed,” Orr said. “Having everyone ready to jump into action and demonstrating the readiness displayed today is very satisfying. Of course, you hope you never have to use these kinds of skills in a non-training scenario, but I feel very comfortable knowing we can succeed if and when it’s needed.”

The rescue exercise also served as an important step in demonstrating China’s ability to support an international rescue event.

“This exercise is a great way to show that we can come together with different countries to rescue submarine personnel who are in distress,” said Navy Diver 1st Class Gabriel Butler, who served as a

safety liaison for the U.S. Navy during the exercise. “It’s been great collaborating with both the Chinese and the other nations who were on hand for the training symposiums and briefings we did surrounding this exercise. We’ve found that most countries’ submarine rescue assets are very similar, which makes it that much easier should we ever need to come together to perform a submarine rescue.”

Butler added that while most countries’ submarine rescue assets are very similar to one another, the practical submarine exercise with China provided an opportunity for the countries to collaborate and develop a cohesive and actionable plan for enabling a successful submarine rescue exercise.

Pearl Harbor-Hickam Highlights



U.S. Navy photo by MC2 Eli K. Buguey

(Above) The Arleigh Burke-class guided-missile destroyer USS Howard (DDG 83) appears to pass through a rainbow while sailing in the Pacific during Rim of the Pacific (RIMPAC) 2016.



U.S. Navy photo by MC3 Kenneth Rodriguez Santiago

(Above) Airman Josh Coleman, from Vero Beach, Florida, washes an E/A-18G Growler assigned to the Wizards of Electronic Attack Squadron (VAQ) 133 on USS John C. Stennis' (CVN 74) flight deck July 17 during the RIMPAC maritime exercise.



U.S. Navy photo by MC3 Kenneth Rodriguez Santiago

(Above) Under Secretary of the Navy Dr. Janine Davidson takes a tour of the USS Arizona Memorial with Commander of U.S. Pacific Fleet Adm. Scott Swift July 17 during RIMPAC 2016.



U.S. Navy photo by MC2 Johans Chavarro

Assistant Secretary of the Navy (Energy, Installations & Environment) Dennis McGinn greets Sailors aboard the guided-missile destroyer USS Chafee (DDG 90) after a ship tour and environmental award presentation aboard Chafee at Joint Base Pearl Harbor-Hickam, July 21. Chafee was a winner of the 2015 Secretary of the Navy Environmental Award announced March 11, 2016.



U.S. Navy photo by Brandon Bosworth

Dana Richardson, spouse of Chief of Naval Operations Adm. John Richardson, right, visits the newly opened Peltier Child Development Center during a trip to Joint Base Pearl Harbor-Hickam on July 14.



U.S. Navy photo by MC1 Joseph M. Buliavac

(Above) Two landing craft air cushions (LCACs) assigned to Assault Craft Unit 5 pass each other while transporting U.S. Marines and their equipment from amphibious transport dock ship USS San Diego (LPD 22) July 15 during RIMPAC 2016.

RIMPAC health professionals train for medical engagements

Story and photo by
MC2 Katarzyna Kobiljak

*Navy Public Affairs Support
Element Detachment Hawaii*

Military members from 11 countries and Department of Defense (DoD) civilians participated in a multinational Fundamentals of Global Health Engagement (FOGHE) course at Naval Health Clinic Hawaii, Makalapa Clinic at Joint Base Pearl Harbor-Hickam, July 11-13, during Rim of the Pacific (RIMPAC) 2016.

The FOGHE course featured speakers from Australia, Canada, Chile, China, India, Japan, Singapore and the U. S. navies. It was designed to build an awareness and baseline understanding of elements adding complexity in conducting DoD Global Health Engagement (GHE) activities.

“Our mentality is not if, but when there will be another typhoon, another tsunami or another earthquake, and so we always want to be prepared,” U.S. Navy Capt. Gregg Montalto, MD, medical liaison assigned to com-



Chinese Navy hospital ship Peace Ark (866) Senior Capt. Sun Tao shares medical experiences during RIMPAC 2016.

mander, U.S. 3rd Fleet said.

Throughout the course, medical personnel gained a greater understanding of the strategic, operational, and civil-military considerations in DoD GHEs, including framework for establishing the context of a health engagement and then planning, executing and monitoring the activity.

Royal Australian Navy Cmdr. Robert Curtis was the course lead coordinator and said it was

a major event in a program of international medical engagements during the harbor phase.

“This symposium and the other medical events are examples of why RIMPAC is important. It provides opportunities for peer-to-peer engagement and exchanges of ideas and procedures on subjects common across the maritime domain,” Curtis said.

Montalto said bringing people together for RIMPAC also pro-

vides an opportunity to work on several disaster premises.

“During RIMPAC there will be a big Humanitarian Assistance/Disaster Relief (HADR) drill which will involve state (Hawaii), military, non-governmental organizations and the United States Agency for International Development,” Montalto said. “[Because] not all the RIMPAC nations will be able to participate in the drill, for medical personnel not involved, this course is an opportunity to receive training in GHE.”

Chinese Navy Senior Capt. Sun Tao, director of the Chinese navy hospital ship Peace Ark (866), said it’s the second time Peace Ark has participated in RIMPAC. Tao said this year the Peace Ark was better prepared and the exchanges and cooperation with foreign military medical personnel have grown.

“RIMPAC provides a worldwide communication and co-operation platform for medical officers from different countries, especially Asia-Pacific region countries. We work together and progress together,” Tao said.

DOD GHE uses the full spectrum of health capabilities

in military-to-military, military-to-civilian, or multilateral activities. DoD GHE may include, but are not limited to, humanitarian assistance, foreign disaster relief, humanitarian civic assistance and supporting the aims of the USG Global Health Initiative.

DoD GHE means to partner with other nations to achieve security cooperation and build partner capacity through health-related activities and exchanges. DoD GHE activities allow military health services and partner nation military or civilian authorities and agencies to build trust and confidence, share information, coordinate activities, maintain influence, and achieve interoperability.

“This course came together really well, and it is something very desirable that many want to participate in,” Montalto said.

Curtis said the course was important because it demonstrated common medical situations and problems facing clinicians across the maritime environment and highlighted medical capabilities clinicians from participating nations can utilize in a combined and joint environment.

Chief of Staff of the Air Force Gen. Goldfein visits Joint Base



U.S. Air Force photo by Tech. Sgt. Aaron Oelrich

From left, Lt. Gen. Russell Handy, Eleventh Air Force commander, Gen. David L. Goldfein, Chief of Staff of the Air Force, and Col. Robert Copes, commander 15th Maintenance Group, walk away from a C-17 Globemaster III after speaking with Airmen from the 15th Maintenance Group and the Hawaii Air National Guard’s 154th Maintenance Group at Joint Base Pearl Harbor-Hickam, July 12.



U.S. Air Force photo by Tech. Sgt. Aaron Oelrich

Gen. David L. Goldfein, Chief of Staff of the Air Force, speaks with Airmen from the 15th Maintenance Group and the Hawaii Air National Guard’s 154th Maintenance Group at Joint Base Pearl Harbor-Hickam, July 12.

AF special ops deploys alongside Marines at RIMPAC 2016

**Story and photo by
2nd Lt.
Jaclyn Pienkowski**

*1st Special Operations
Wing Public Affairs*

The 353rd Special Operations Group (SOG) and III Marine Expeditionary Force (MEF) joined forces July 8 to deploy approximately 22 special tactics Airmen and eight Marines to integrate into the world's largest international warfare exercise at Bradshaw Army Airfield.

From June 30 to Aug. 4, special tactics Airmen and force reconnaissance Marines are teaming up to train in a complex, multinational environment during Rim of the Pacific (RIMPAC) 2016.

This exercise sets the stage for the valuable partnership between Air Force special operations command, theater special operations forces, and III MEF, as their units each bring unique skills to a joint effort. These skills, together, optimize the capability of the U.S.



Special Tactics Airmen from the 320th Special Tactics Squadron prepare to load simulated injured civilians on the UH-60 Blackhawk during a humanitarian assistance and disaster response scenario as part of RIMPAC 2016 at Pohakuloa Training Area, July 10.

military to provide an immediate, joint response to contingencies within the Pacific Command theater.

“Over the next two weeks, RIMPAC will test our capabilities to provide

humanitarian assistance and disaster relief, infiltrate and control the air inside a complex environment, recover personnel, and provide close-air-support operations with a

fire control center,” U.S. Air Force Capt. John Rulien, 352nd SOG mission commander for RIMPAC, said.

According to U.S. Marine Corps Capt. Joshua

Winters, platoon commander of 2nd Platoon, Force Reconnaissance Company, III MEF, the difference between being able to respond rapidly, as a mutually-known entity, or having to restart from the ground up every time is established by building a sustainable relationship before a crisis begins.

“Combining our efforts as a joint task force at a major exercise allows us to bring greater exposure to what we’ve been doing for over a year, which is demonstrating the best possible outcome of joint conventional force and integration,” Winters said.

During RIMPAC, Air Force combat controllers from the 353rd SOG will apply their extensive experience in responding to international crises by opening an expeditionary airfield in a remote location and practicing their expertise in air traffic control, as well as aiding communities with humanitarian efforts. In addition, pararescue-

men, some of the most highly trained emergency trauma specialists in the military, will practice skills honed in rapid-response personnel recovery and combat trauma medicine.

“This exercise enables us to showcase our partnership to geographic combatant commanders, regardless of their uniform, the capabilities available at their fingertips that they can tap into to shape the battlespace,” Winters said.

“By using resources from a wide variety of sources, be it in their home area of operations or in an environment where a different branch of the military is the primary stakeholder, commanders have various options to achieve a desired end-state.”

Using RIMPAC as an opportunity to showcase their partnership, special tactics Airmen and Force Recon hope to continue to build their relationship and work together in joint operations.

U.S., Japan, Korea conduct combined forces exercise during RIMPAC

**Story and photo by
MC1 Marcus Stanley**

*USS Chung-Hoon Public
Affairs*

Guided-missile destroyer USS Chung-Hoon (DDG 93), Republic of Korea Sejong the Great-class destroyer Sejong the Great (DDG 991) and Japan Maritime Self-Defense Force destroyer helicopter ship JS Hayuga (DDH 181) conducted a surface exercise July 16 as part of the Rim of the Pacific Exercise (RIMPAC) 2016.

The exercise demonstrated the combined forces’ ability to respond to a small boat attack as Chung-Hoon and Sejong the Great deployed their small



The Republic of Korea Sejong the Great-class destroyer Sejong the Great (DDG 991) and the Japan Maritime Self-Defense Force destroyer helicopter ship JS Hayuga (DDH 181) steam alongside the guided-missile destroyer USS Chung-Hoon (DDG 93) during a three-ship maneuvering exercise July 14.

boats to simulate attacks on the ships.

“The objective of the exercise was to give us, along with our foreign partners, the opportunity to familiarize query and warning report procedures,”

Chung-Hoon’s operations officer Lt. Peter Larsen, said. “The exercise also gave us a chance to enhance our surface-to-surface engagement capability with combined forces and improve maneuverability in screen

while altering sector, threat, axis and course.”

Larsen added that the exercise went extremely well, with all ships coordinating actions over voice communications and tactical data links to defend the

force as a composite unit.

The exercise began with both small boats simulating attacks on their respective ships before commencing a simulated attack on JS Hyuga, the high value unit of the exercise.

“An exercise like this gives Chung-Hoon and its foreign partners the experience and training for possible real-world encounters,” Chung-Hoon’s commanding officer Cmdr. Tom Ogden, said.

“Training of this magnitude is invaluable and completing it with allies like Japan and Korea simultaneously shows the strength of the relationship among our nations and is a model of what RIMPAC is supposed to be—demonstrating capable, adaptive partners.”

Life & Leisure

Photos courtesy of
www.greatlifehawaii.com.



RIMPAC runners race 'round waterfront

**Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation**

Rim of the Pacific Exercise 2016 (RIMPAC) participants raced in a 5K run beginning and ending at Bravo Central across from Bravo Pier at Joint Base Pearl Harbor-Hickam, July 6. A second 5K run is planned for Aug. 4 beginning at 9 a.m.

Numerous sports and special events are taking place at this year's RIMPAC exercise at JBPHH, including a planned sailing regatta at 9 a.m. Aug. 3 at Rainbow Bay Marina.

Friendly athletic competition is being held between commands, ships and countries. Sports events that have taken place so far include basketball, soccer, volleyball, softball, tennis, bowling, triathlon, bench press, swimming and more.

Twenty-six nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel are participating in RIMPAC from June 30 to Aug. 4, in and around the Hawaiian Islands and Southern California.

The world's largest international maritime exercise, RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans. RIMPAC 2016 is the 25th exercise in the series that began in 1971.

Times and locations of RIMPAC sports and special events may be subject to change. For a complete list of RIMPAC sports schedules, standings, calendar of events and activities, visit www.greatlifehawaii.com.



SUBPAC wins second straight to kick off soccer season

Story and photo
by Randy Dela Cruz

Sports Editor, Ho'okele

Commander Submarine Force U.S. Pacific Fleet (COM-SUBPAC) CSP scored early and often to outdistance themselves from 613th Air and Space Operation Center (613 AOC) by a score of 5-0 on July 16 in a Summer Soccer League game at Earhart Field, Joint Base Pearl Harbor-Hickam.

CSP got their first score on a perfectly executed inbound pass within minutes of the first half and kept the ball rolling in their favor to capture their second win in a row with no defeats to kick off the new season.

Meanwhile, the 613 AOC fell to 0-2.

Goalkeeper Senior Chief Fire Control Technician Tim Kearns said that while CSP is a ragtag team, it is a very talented squad that is filled with players who have had extensive playing time on the soccer field.

“When we were scouting for a team, we said that we did not want to deny anyone with talent,” Kearns said. “So we’ve built a club filled with lifelong soccer players that already came with a certain amount of skill sets.”

It didn’t take long before the team’s skill sets were put on display, as CSP finished off a perfect inbound play to score the first goal of the game.

Standing on the sideline, Cryptologic Technician (Networks) 2nd Class Vincent Puzar got the ball and scanned the area around the goal for a target to hit with his pass.

Puzar let go of the overhead pass and sailed it toward the di-



Lt. Alex Wenderlich (bottom right) heads in the shot for goal off an inbound pass from teammate Cryptologic Technician (Networks) 2nd Class Vincent Puzar to give CSP an early 1-0 lead.

rection of Lt. Alex Wenderlich, who had positioned himself just beyond the inside shoulder of the goalkeeper.

The pass by Puzar just barely cleared the goalkeeper, where Wenderlich jumped up into the toss and knocked in a header for a 1-0 lead.

Kearns said he saw the whole thing develop as he watched the play from his position on the opposite side of the field and when Wenderlich knocked it into the net, he was astounded.

“It was beautiful,” Kearns said. “I’m still jacked up. It was a thing of beauty.”

Coming off a well-executed play, CSP managed to stay focused on the game and continued to keep the pressure on the 613 AOC.

About midway through the first half, Yeoman 1st Class Shane Walsh got a clearing down the middle of the field and

made the 613 AOC pay for their generosity.

Having space around him, Walsh dashed toward the goal before booting in the team’s second goal of the game.

Up by a score of 2-0, CSP wasn’t done for the first half just yet.

As the clock wound down towards halftime, Master-at-Arms 3rd Class Myles Schumacher got the team’s third goal on an unconventional play.

Schumacher set up for a penalty kick and then took his best shot. Instead of getting to the net, the ball ricocheted back toward him after it struck the goal’s right upright.

Keeping focused, Schumacher tracked down the rebound and then followed through with a shot for the goal to make it a 3-0 game.

In the second half, CSP picked up two more goals without even touching the ball.

The team’s fourth goal came on a freak play when a 613 player passed the ball back to his own goalkeeper.

Instead of just reaching down to pick up the ball, the goalkeeper misjudged the bounce of the ball and let it get past him and into the goal.

Schumacher, who was the closest CSP player to the ball, got credit for the goal.

The team’s final score came on a similar play with Fire Control Technician 1st Class Corey Covington getting the nod for the score.

Up next for CSP is a huge challenge as they square off against Coast Guard United, which will also enter the game with a 2-0 record.

The showdown will be held at Earhart Field on July 23 starting at 2 p.m.

Sports of all sorts featured at RIMPAC 2016



Above left, Sailors assigned to John C. Stennis Strike Group (JCSG) cheer for Royal Canadian Sailors assigned to the Royal Canadian Navy frigate Her Majesty’s Canadian Ship Calgary (FFH 335) after a softball game during Rim of the Pacific (RIMPAC) maritime exercise 2016 at Joint Base Pearl Harbor-Hickam. Above right, Sailors assigned to the Japan Maritime Self-Defense Force destroyer JDS Chokai (DDG 176) and Sailors assigned to the Royal Australian Navy Canberra-class landing helicopter dock ship HMAS Canberra (LHD 2) participate in a game of volleyball played as part of the international sporting competition conducted during RIMPAC 2016 at Joint Base Pearl Harbor-Hickam.



Above left, Sailors assigned to the Tophatters of Strike Fighter Squadron (VFA) 14 play soccer with Japanese sailors assigned to the Japanese Maritime Self-Defense Force Ship JS Chokai (DDG 176) during RIMPAC exercise 2016 at Joint Base Pearl Harbor-Hickam. RIMPAC, held from June 30 to Aug. 4, in and around the Hawaiian Islands and southern California, includes 26 nations, more than 40 ships and submarines, more than 200 aircraft and 25,000 personnel. Above right, Sailors assigned to the Royal Australian Navy Canberra-class landing helicopter dock ship HMAS Canberra (LHD 2) and Sailors assigned to the Japan Maritime Self-Defense Force destroyer JDS Chokai (DDG 176) participate in a game of volleyball played as part of RIMPAC 2016 at Joint Base Pearl Harbor-Hickam.



Members of the 2016 Hawaii's Finest Flag Football Wahine Division champions Lady Paniolos proudly display their title trophy.

Lady Paniolos back to claim flag championship

**Story and photos
by Randy Dela Cruz**

Sports Editor, Ho'okele

Flag football for the ladies has come a long way since a league of their own was established five years ago by then Hospital Corpsman 3rd Class Eustacia Joseph with the Women's Flag Football League, an all-military league with representatives from each military base on Oahu.

Now it is part of Hawaii's Finest Flag Football League (HF3), a private organization owned and operated by Mike Todd, a retired military veteran who now works as a civilian for the Department of Defense at Joint Intelligence Operation Center. The women's division mixes military with civilian athletes to form the most competitive ladies flag football conference in the state.

Last Saturday, July 16, at Mililani Mauka District Park, the Lady Paniolos, one of the league's most dominant programs over the past two years, reclaimed the title that they last owned in Dec. 15, 2015 by defeating the 2016 spring champions Khaos by a score of 18-7.

The Lady Paniolos, who entered the playoffs as the No. 1 seed, got two touchdowns by Spc. Abigail McCoy, which proved to be the difference in the game.

"We knew it was going to be a tough game because the first game was a forfeit, so we weren't going to be as warmed up," McCoy said. "It was mainly just get our heads in the game quickly, which we did after Khaos made the first touchdown."



Army Spc. Abigail McCoy springs up above two Khaos defenders to make the catch and keep her feet in the end zone to score her second touchdown of the day.

Khaos, which upset the No. 2 seeded team in order to make it into the championship game, had to do a quick turnaround from their first playoff game

and got just 30 minutes of rest before taking on the Lady Paniolos.

Apparently, Khaos used the momentum from their first win

to quickly get the jump on the Lady Ps.

Getting the ball first and setting up in good position at their own 28, Khaos needed only three plays to score the first touchdown of the game.

After gaining zero ground on the first two plays from scrimmage, Khaos quarterback Tanisha Brown put one over the top and found receiver Army 1st Lt. Shamyra Daigle, who made the catch and took it to the house.

Khaos made good on their point-after-touchdown (PAT) to take a 7-0 lead over the Lady Paniolos.

The lead shrunk on the Lady Paniolos first offensive drive, which started off from their own 20.

An option and two completed passes by quarterback Britni Ronolo placed the ball deep in Khaos territory on the four-yard line.

From there, McCoy scored the first of her two touchdowns on a four-yard sweep to the left.

Khaos maintained a one-point lead when the Lady Paniolos failed to convert on their PAT.

Soon after kickoff, the Lady Paniolos got the ball back in their possession, when defensive back Desiree Vega picked off a pass from Brown and set up her team's next drive with great field position at the Khaos 20.

Three plays later, Ronolo lofted a pass to Lahela Sylva-Kanagusuku, who reached up and made the grab in the right corner of the end zone to give her team its first lead at 12-7.

Still up at 12-7 to start off the second half, the Lady Paniolos

secured their grip on the lead and game by moving the chains 43 yards to score their third and final touchdown.

On third down and 15 yards to go for a score, Ronolo put the ball up for grabs in the right side of the end zone.

McCoy, backing into double coverage, somehow managed to get her hands on the jump ball to pull it into her arms for a touchdown.

"I really didn't want to go four overtimes like we did," McCoy said. "I just knew that we had to get that ball in, so I just zeroed in and focused on the ball."

Khaos first-year head coach Spc. Marcus Brown said that while the team got out of the gates quickly, having to play back-to-back games may have been too much to overcome.

Still Brown said that he was very proud of the girls for turning their season around in time to make it to the biggest game of the season.

"I read the plays and give guidance to the girls, but they fought for that 100 percent," Brown said. "They fought to get into the championship and that was all them."

Meanwhile, the win couldn't have come at a better time for Lady Paniolos head coach Shandale Graham, who is leaving the islands in a month.

Graham, who coached the team's last championship, took a season off, but returned this summer to pick up right where he left off.

"Coaching these girls was the highlight of my stay," he said. "I will miss them and always remember all the hard work we put in together."

HIANG still team to beat in Joint Base volleyball

**Story and photo
by Randy Dela Cruz**

Sports Editor, Ho'okele

Another year and it looks like not a whole lot has changed in intramural volleyball at Joint Base Pearl Harbor-Hickam.

A look at the standings atop the Gold Division and you will see a familiar team hovering among the league leaders once again.

Last season the Hawaii Air National Guard (HIANG) captured their 13th championship in 14 years and from the looks of the way the team is playing this season, the HIANG could very well make it 14 out of 15.

Facing a stiff challenge entering last Thursday's July 14 showdown against a tough Harambe's Heroes from the 613th Air and Space Operation Center (613 AOC), the HIANG made quick work of their third game of the season by taking a two-set, 25-14 and 25-13, victory at JBPHH Fitness Center.

The win made it three in row against no defeats for HIANG, while Harambe's Heroes fell to 2-2.

While the HIANG used a multitude of heavy hitters to their advantage, one player in particular was responsible for feeding the team's hungry slammers with accurate passes.

Tech. Sgt. Stephen Lorenzo is back once again to lead the attack for the defending intramural volleyball champs HIANG.



Setter Senior Airman Braden Park kept the team's attack going at a steady pace with his precision passes that allowed hitters, such as, veteran players Tech. Sgt. Stephen Lorenzo, Lt. Col. Rick Cox and Lt. Chuck Wood to do their thing at the net.

Although Park was in on just about every score for the HIANG, he said that his job is easy because of the talent that he is surrounded by every game.

"We have so much attackers that are versatile enough to work around a set," Park said.

"They don't need to it to be perfect on the dot. I can just put it up for them and they can take care of business."

With Park's passing hitting each mark, the HIANG got a huge game from Lorenzo, who is the team's captain and one of the best if not consistent players over the past decade.

Lorenzo got going immediately in the first set with a kill to tie the score up at 4-4.

A block and kill by Lorenzo gave HIANG a 6-4 lead and then after a side-out, Lorenzo got his third kill of the game to get the ball back.

Now at service, Lorenzo, aided by back-to-back kills by Staff Sgt. David Stivers, extended the team's lead to 9-5.

Later, a side-out on a kill by Stivers gave the HIANG a three-point run that put them in front by their largest margin at seven with the score at 14-7.

With HIANG steadily increasing their lead, Lorenzo stretched out to get his fourth block of the first set to give his team its first double-digit advantage at 22-12.

The set ended on a service error by Harambe's Heroes.

"He (Lorenzo) brings a lot

of energy to our team," Park said about his team captain. "He's been doing this for years, setting up the team, setting up practices, making sure everyone is here and he's here for every game. He sets the tone for us."

The HIANG used the momentum from the first set and just rolled it over into the second set, as Cox took over service and reeled off six-straight points for an immediate 6-0 lead.

After a side-out, HIANG got the ball back on another block by Lorenzo and was off to six more straight points to increase their lead to 12-1.

Staff Sgt. AlanMichael Warner extended the lead to 15 at 19-4 on a kill, which, by then, was too much for Harambe's Heroes to overcome.

While the win was decisively in favor of HIANG, Park, who was the team's catalyst to victory, said that he still has so much to improve.

As his own biggest critic, Park said that no matter what he does, he always feels that there is room for improvement.

"I put a lot of pressure on myself," he said. "I want to have a perfect set every single time. I cut myself down, but I'm fairly young. This is only my third season with the team and I'm just trying to keep up to the level that everyone else is playing."

Getting the most health from your commissary visit

Defense Commissary Agency

Christine Favus

A major benefit of military life is the ability to shop at a commissary. How much you actually save will depend on what items you’re purchasing.

For some families, commissary shopping leads to significant savings. You can maximize the benefits if you head to the commissary, having done some homework beforehand. In addition to budget benefits, an organized outing to the commissary can lead to healthier meals for the family.

What to choose? The upside and the downside of many of the commissaries is the sheer number of products in the store. It can be overwhelming and confusing. For a simpler life and better health, just keep it simple: your food choices and your recipes.

Before you get there, select a few favorite recipes, especially ones that use leftovers. Plan your weekly menu



Photo courtesy of the Defense Commissary Agency

Filling your cart with fresh fruits and vegetables can increase your healthy choices at the commissary.

and coordinate meal preparation time with your schedule. Choose quick recipes and leftovers for busy days.

At your commissary:

- Avoid shopping hungry.
- Stick to the list you made.

- Shop the perimeter of the store for most of your food purchases because the inner aisles have the majority of processed foods, which can be high in sodium, fats and preservatives.
- Spend the most time in the produce department.

- Aim to fill most of your cart with fruits and vegetables, with the majority being fresh. Take advantage of the fresh produce that is on promotion.
 - When purchasing frozen or canned fruits and vegetables choose items that have no added salt or sugar.
 - Purchase some plant-based proteins like dried or canned beans for a couple of meatless meals during the week.
 - Choose the least processed foods. The fewer ingredients, the better. Aim for most of your items to have five ingredients or less.
 - Be sure to read the Nutrition Facts label and ingredients.
 - Choose items made with whole grain most of the time.
 - Avoid items made with high fructose corn syrup or other added sugars.
 - Aim for most of your products to have less than 200 mg of sodium per serving.
- The Dietary Guidelines for Americans are balance, variety, moderation.
- Don’t forget these basics

when shopping. Most of us tend to choose the same foods over and over again. But varying the types of foods chosen, even the different colors of your vegetables and fruit, will keep meal time more interesting and make meals healthier. Be adventurous!

Balance your meals with an appropriate mix of carbohydrate, protein and fat. Check out the USDA’s MyPlate for a quick snapshot of how our food plates should look.

The Navy and Marine Corps Public Health Center Healthy Eating site provides great resources, tips and guidance on how to be sure you choose foods that best fuel you and your family. Also be sure to check out the “How to Shop Healthy at Your Commissary” video.

(For more information, visit www.commissaries.com.)

(About the author: Christine Favus is a registered dietitian and health educator in the health and wellness department at the Naval Medical Center San Diego.)

Asian lettuce wraps with blue cheese peaches

Defense Commissary Agency

The most important part of building a healthy eating pattern is eating balanced meals and snacks. MyPlate, USDA’s food guidance graphic, shows what experts believe is a nutritious, well-balanced meal.

Experts promote a variety of food choices amongst and within food groups to assure that Americans meet their micronutrient (vitamins and minerals) needs.

The recommended proportions of each food group guide Americans in meeting their macronutrient (fat, carbohydrate, and protein) needs in the ideal combination to promote optimal performance, brain function and blood sugar levels while at the same time, keeping you satisfied and avoiding excess calories.

Some “quick-fix diets,” encourage limiting or even eliminating carbohydrates and fat. Others advise eating some excessively. These diets may cause a drop on the scale by likely decreasing muscle mass.

The best bet for keeping and building your lean muscle mass and decreasing your body fat percentage (which is more important than your weight), is to be sure to consume fats, proteins, and carbohydrates at each meal.

Your body needs a combination of all these supplied to it and you need to refuel with this combination multiple times (meals and snacks) a day. You will feel better, have enough energy, crave less sugar and feel satisfied eating a balance of macronutrients at each meal and/or snack. Your metabolism (the rate you burn calories) will be also running at peak levels, which makes it easier to meet your weight goals.

The key is choosing the correct proportions of each macronutrient while keeping portion sizes in check from each food group. Aim to follow the portion sizes provided in “Guide to meals and snacks.”

Guide for meals and snacks

Carbs: Fill your plate half full with non-starchy vegetables like broccoli, cauliflower, greens, cucumbers, etc. because they provide loads of antiox-

idants, vitamins, minerals, and fiber. Limit pasta, breads, rice, legumes and the starchier veggies like potatoes, carrots, corn, and fruit to about a half cup. For snacks, eat carbs with a fat or protein.

Proteins: For meals, eat a portion of protein about the the size of the palm of your hand at meals (two or three eggs, four to six ounces of chicken, beef or fish). For snacks, aim for half the amount as meals.

Fats: Have a minimum of two servings of fat at meals and one serving at snacks (half an avocado, one ounce of regular cheese, one tablespoon of butter or oil, two tablespoons of peanut butter or other nut butter, etc.)

With fusion being the new thing, why not build a nutritious meal that is nearly ideal in macronutrient proportions (percentages) by using Asian flavors, sweet peaches and blue cheese?

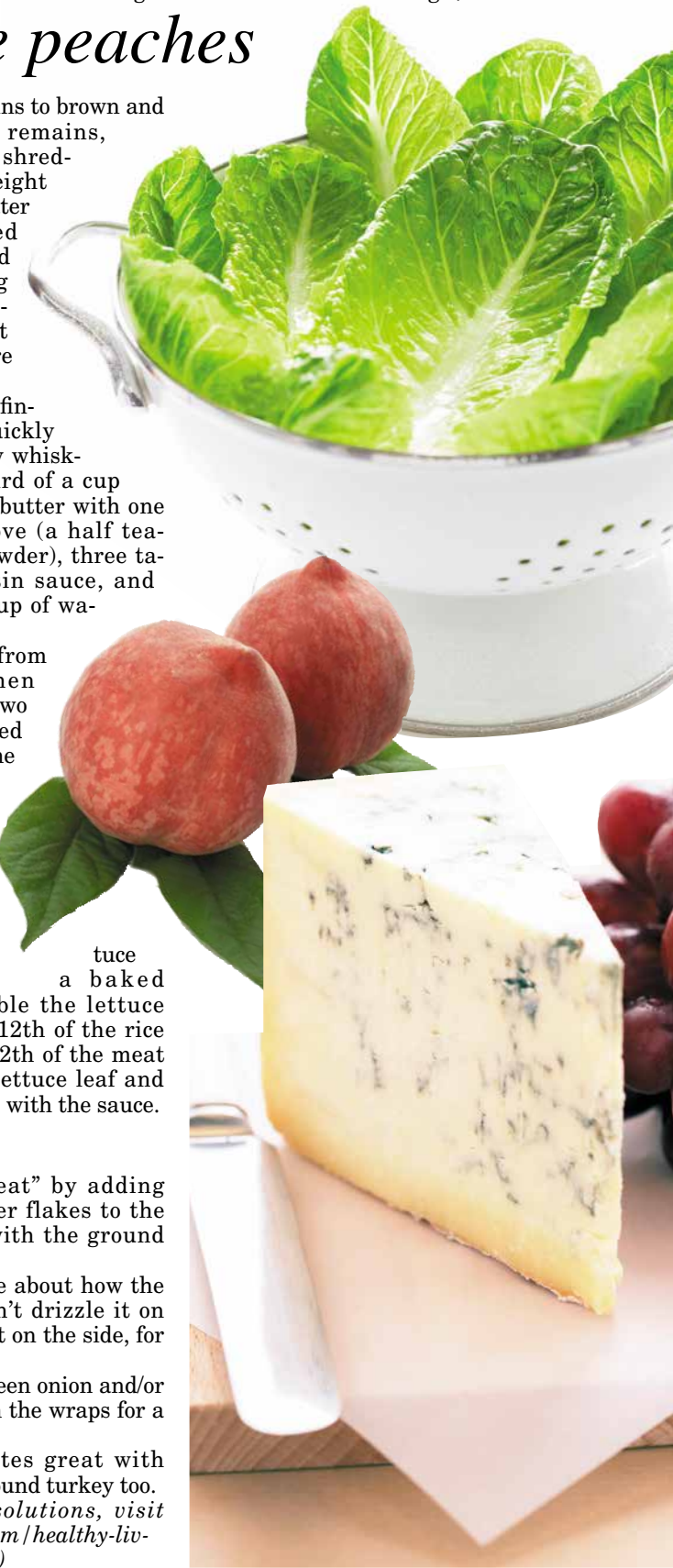
(Serves four) Directions: Pre-heat oven to 400 degrees

1. Measure a half cup of uncooked, instant brown rice and then cook according to package directions.
2. While the rice is cooking, wash and gently pat dry the fresh produce (two peaches and 12 leaves of bibbed lettuce). Set lettuce leaves aside. Slice the peaches in half and remove the pit.
3. Place the peach halves in a baking dish with the flesh side facing up. Slide the dish in the oven and bake for about 20 minutes until the peaches are soft.
4. Once the rice is finished cooking, spread it evenly on a flat cookie sheet and place the rice in the refrigerator to chill.
5. While the rice is chilling and the peaches are baking, prepare the meat mixture by heating over medium heat three teaspoons of sesame oil in a pan and then adding one pound of ground beef (90 percent lean and 10 percent fat), two teaspoons of hoisin sauce, two teaspoons of soy sauce and one minced garlic clove (or a half teaspoon of garlic powder). Mix the ingredients well and then cook over medium-high heat.

6. Once the meat begins to brown and just a little pink remains, add a half cup of shredded carrots, and eight ounces of sliced water chestnuts drained and chopped and continue cooking until no pink remains in the meat and the carrots are crisp tender.
7. While the meat is finishing cooking, quickly make the sauce by whisking together a third of a cup of smooth peanut butter with one minced garlic clove (a half teaspoon of garlic powder), three tablespoons of hoisin sauce, and about a quarter cup of water.
8. Remove peaches from the oven and then sprinkle a total of two ounces of crumbled blue cheese over the peaches (each peach should just have a dusting of blue cheese—about a half ounce.)
9. Serve each plate with three lettuce wraps and half of a baked peach. To assemble the lettuce wraps, place one-12th of the rice topped with one-12th of the meat mixture on each lettuce leaf and then lightly drizzle with the sauce.

Notes:

- Add a little “heat” by adding a pinch of red pepper flakes to the sauce and/or cook with the ground beef.
 - If you aren’t sure about how the sauce will taste, don’t drizzle it on the wraps but serve it on the side, for dipping.
 - Sprinkle some green onion and/or lime zest and juice on the wraps for a little more zip.
 - This recipe tastes great with ground chicken or ground turkey too.
- (For more meal solutions, visit www.commissaries.com/healthy-living/healthy-eats.cfm.)



Submissions being accepted for gallery showcase

Madison Garcia

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

The Joint Base Pearl Harbor-Hickam Arts & Crafts Center will be accepting submissions for the gallery showcase from Aug. 2 through Oct. 1. This event is open to active-duty military and their family members, Department of

Defense (DoD) civilians, contractors, reservists and retirees. The cost to apply is free.

There are three artistic categories: Artist-Craftsman, Photography and Digital Creations. A maximum of three entries will be allowed per category per entrant. All submissions must be framed or “wall ready” to be displayed in the Arts and Crafts Center Gallery. If selected, works will be on display

at the gallery opening reception held from 5:30-7:30 p.m. on Oct. 5. All works will be displayed in the gallery through January 2017.

Entry forms are available for download at www.greatlifehawaii.com. For more information, call 448-9907, extension 102.



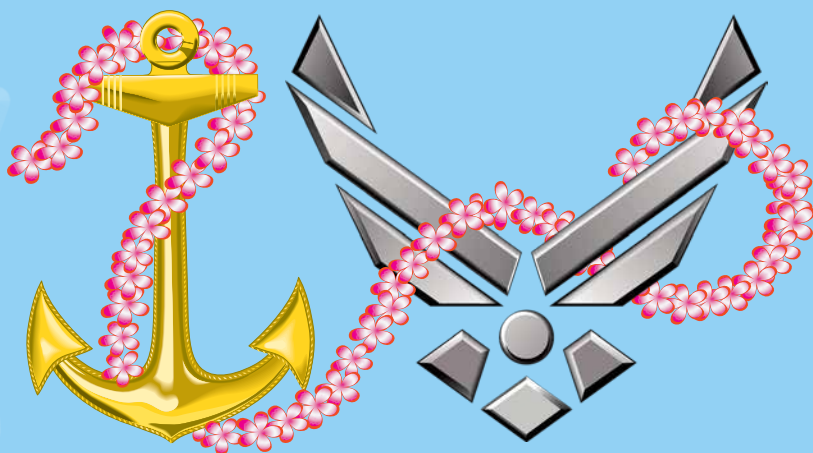
Upcoming blood drives

- July 25, 9 a.m. to 1 p.m., room 2A207, Tripler Army Medical Center
- July 26, 8 a.m. to 3:30 p.m., room 2A207, Tripler Army Medical Center
- Aug. 10, 9 a.m. to 1 p.m., 2293 Victor Wharf Access Road, building 992, SPAWAR Hawaii
- Aug. 16, 11 a.m. to 3 p.m., PX, Schofield Barracks
- Sept. 9, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

JULY – AUGUST COMMUNITY CALENDAR

HO'OKELE
PEARL HARBOR - HICKAM



RED, WHITE AND BLUE 10K— JULY 23

A free Red, White and Blue 10K with the theme Independence Day will begin at 7 a.m. at the Hickam Fitness Center. Awards will be provided to each winner in the following categories: men and women, youth boys and girls 17 and under, and mens and womens stroller. FMI: 448-2214.

ANGER MANAGEMENT CLASS— JULY 26

An anger management class will be held from 8 to 11 a.m. at Military and Family Support Center Pearl Harbor. The class is designed to help participants better understand, channel and control anger. FMI: www.greatlifehawaii.com or call 474-1999.

FEDERAL RESUME WRITING— JULY 26

A class on federal resume writing and navigating USAJobs will be held from 12:30 to 3:30 p.m. at Military and Family Support Center Hickam. Registration is highly encouraged. It's also helpful to bring your own laptop and a federal job announcement from USAJobs you may be interested in pursuing. FMI: www.greatlifehawaii.com or call 474-1999.

MILLION DOLLAR SAILOR/AIRMAN

JULY 26-27 — A two-day class called Million Dollar Sailor/Airman will be held from 7:30 a.m. to 3:30 p.m. at Military and Family Support Center Pearl Harbor. The class is designed for junior Navy and Air Force personnel to learn about proper budgeting techniques, credit management, savings, investment, insurance, military pay and allowances and other financial topics. FMI: www.greatlifehawaii.com or call 474-1999.

MESSLORDS MEAL— JULY 26, 28

Navy Entertainment will present a Messlords special meal with celebrity chefs Ray Lampe and Johnny Brava. The meal will be from 11 a.m. to

12:30 p.m. July 26 at the Silver Dolphin Bistro at a cost of \$5.55 per person, and from 11 a.m. to 1 p.m. July 28 at the Hale Aina Dining Facility at an ala carte cost with a 33 percent surcharge. The meal is open to active duty military, retirees, Department of Defense civilians and family members of active duty with a valid DoD ID card. FMI: www.greatlifehawaii.com.

CIVILIAN RESUME WRITING— JULY 27

A class on civilian resume writing will be held from 12:30 to 3:30 p.m. at Military and Family Support Center Hickam. Registration is highly encouraged. It's also helpful to bring along your own laptop, a draft resume and a civilian job announcement you may be interested in pursuing. FMI: www.greatlifehawaii.com or call 474-1999.

AFTER GPS— JULY 28

A workshop called After GPS will be held from 8 a.m. to 3:30 p.m. at Military and Family Support Center Hickam. It is a follow up to the five-day TGPS workshop. Informative briefs will include survivor benefits, Tricare, Veterans Affairs, Workforce Development Office and CAPSTONE preparation. The workshop also includes an employer panel to assist participants in understanding the civilian hiring process. FMI: www.greatlifehawaii.com or call 474-1999.

PAU HANA CONCERT— JULY 29

A free concert by the group Busekrus will be held from 5 to 7 p.m. at the Hickam Harbor waterfront. Food trucks will be on site, and patrons are welcome to also bring their own food and beverages. FMI: 449-5215.

ADVANCE SCREENING— JULY 30

A free advance screening of the action adventure movie "Suicide Squad" will be held at 4 p.m. at Hickam Memorial Theater. Doors will open at 2 p.m. Patrons are advised to come early to secure their seats. Tickets will be available at the Hickam Exchange food court. "Suicide Squad" is rated PG-13. FMI: 423-7694.

MEET THE FIGHTER— JULY 30, 31

UFC fighter Hector Lombard will make a special meet-and-greet appearance from 11 a.m. to 3 p.m. July 30 at the Pearl Harbor Navy Exchange (NEX) mall sporting goods section. Authorized patrons can take pictures and get autographs with the pro athlete. Lombard will also make an appearance from 11 a.m. to 2 p.m. July 31 at the Hickam Exchange main store, Joint Base Pearl Harbor-Hickam. FMI Stephanie.Lau@nexweb.org or 423-3287 and newmanbe@aafes.com or 423-7694.

NATIONAL NIGHT OUT— AUG. 2

Hickam Communities will hold a National Night Out against crime from 5 to 8 p.m. at the Ka Makani Community Center. The event will include free food, treats, games, prizes, a dunk tank, McGruff the Crime Dog, and a petting zoo. FMI: <http://hcnno2016.rsvpify.com/>

NORTHCUTT APPEARANCE— AUG. 2

UFC fighter "Super" Sage Northcutt will make a special appearance from 1 to 3 p.m. at the Pearl Harbor Navy Exchange main store. Northcutt will also be at the Joint Base Pearl Harbor-Hickam Fitness Center from 4 to 6 p.m. FMI: 423-3287.

JROTC MAGNET COURSE REGISTRATION MEETING— AUG. 6

Punahou School JROTC offers a fully accredited magnet course for all high school students grades 9-12, including homeschool students, who do not have JROTC offered at their schools. The course meets each Wednesday from 3 to 6 p.m. at Punahou. Interested students and their parents must attend an orientation/registration meeting on Aug. 6 from 9 to 10:30 a.m. at Punahou. The class begins Sept. 7. There is no enrollment charge for this course. FMI: Call 944-5723 or email retired Lt. Col. Bob Takao at rtakao@punahou.edu.

MOVIE SHOWTIMES



FINDING DORY

Disney Pixar's "Finding Dory" reunites everyone's favorite forgetful blue tang, Dory, with her friends Nemo and Marlin on a search for answers about her past. What can she remember? Who are her parents? And where did she learn to speak Whale?

SHARKEY THEATER

TODAY— JULY 22

7:00 PM The Shallows (PG-13)

SATURDAY— JULY 23

2:30 PM Finding Dory (3-D) (PG)

4:40 PM Teenage Mutant Ninja Turtles:
Out of the Shadows (PG-13)

7:00 PM Independence Day:
Resurgence (3-D) (PG-13)

SUNDAY— JULY 24

2:30 PM Teenage Mutant Ninja Turtles:
Out of the Shadows (3-D) (PG-13)

4:50 PM Finding Dory (PG)

7:00 PM Free State of Jones (R)

THURSDAY— JULY 28

7:00 PM Central Intelligence (PG-13)

HICKAM MEMORIAL THEATER

TODAY— JULY 22

6:00 PM Central Intelligence (PG-13)

SATURDAY— JULY 23

3:00 PM The Angry Birds Movie (PG)

6:00 PM The Conjuring 2 (PG-13)

SUNDAY— JULY 24

3:00 PM Central Intelligence (PG-13)

THURSDAY— JULY 28

7:00 PM The Conjuring 2 (PG-13)



Summer



OUTDOOR RECREATION



Joint Base MWR

Joint Base Morale, Welfare and Recreation will hold upcoming events for adults and children. For more information visit www.greatlifehawaii.com or subscribe to MWR's digital magazine Great Life Hawaii.

● Free Red White and Blue 10K will begin at 7 a.m. July 23 at Hickam Fitness Center. The theme is Independence Day. Awards will be given to each winner in the following categories: mens and womens, youth boys and girls (17 and under) and mens and womens stroller. For more information, call 448-2214.

● Free golf clinic will begin at 1 p.m. July 23 at Mamala Bay Golf Course. Golf pros will be on hand to introduce the game. For more information and to pre-register, call 449-2304.

● Free lunch and bowl will be held from 11 a.m. to 1 p.m. July 26 at The Escape Bowling Center at Wahiawa Annex. Patrons can receive a free game of bowling, shoe rental and pizza. This is open to all authorized patrons. For more information, call 473-2651.

● Free preschool story time will be held from 9 to 10 a.m. July 27 at the Joint Base Pearl Harbor-Hickam Library. Story time is open to children of all ages. The theme is “Beach Day.” For more information, call 449-8299.

● Stand-up paddleboard yoga will be held from 8:30 to 9:30 a.m. July 29 at Hickam Beach. The class is open to eligible patrons ages 16 and older. The cost is \$10

per session, paddleboard included. No experience in stand-up paddleboarding or yoga is necessary. Boards are attached to an anchoring system to ensure safety. Sign up by July 27. For more information and to sign up, call 449-5215.

● Leon Day “Christmas in July” will be held from 5 to 9 p.m. July 25 at the bowling center on the Pearl Harbor side of Joint Base. All bowling games are \$1.25 on Leon Day (Noel spelled backwards). Each person is limited to three games. The event includes bowling while listening to winter holiday music. For more information, call 473-2574.

● Bike/swim North Shore will be held from 8 a.m. to 1 p.m. July 27 at the MWR Outdoor Adventure Center at the Fleet Store. The cost to participate is \$25. The route starts at Waimea Bay and ends just beyond Sunset Beach. This trip is about seven miles round-trip on level terrain and is an easy ride for beginners. Participants should bring a towel and bathing suit if interested in swimming at beaches along route. Sign up by July 25. For more information, call 473-1198.

● Fall youth NFL flag football, cheerleading, and volleyball registration closes July 29.

Ages vary. The cost is \$50 and the seasons run from September to December. Register online at www.greatlifehawaii.com. For more information, call 473-0789.

● Pau Hana Concert in the Park will be held from 5 to 7 p.m. July 29 at Hickam Harbor Waterfront. Rock band Busekrus will perform. Food trucks will be on site to sell food and beverages. Patrons are welcome to bring their own food and beverages. The cost to attend is free. For more information, call 449-5215.

● Free movie night at the pool will be held from 6 to 8 p.m. July 29 at Pool 2. The movie will begin when the sun goes down. For more information, call 260-9736.

● Navy Entertainment presents Messlords, which will be held from 11 a.m. to 12:30 p.m. July 26 at Silver Dolphin Bistro Galley, costing \$5.55 per person and 11 a.m. to 1 p.m. July 28 at Hale Aina Galley, costing a la carte with a 33 percent surcharge. This event features a meal cooked by celebrity chefs Ray Lampe and Johnny Brava. This event is open to active duty military, retirees, Department of Defense civilians and active duty family members with a valid DoD ID card. For more information, visit www.greatlifehawaii.com.



U.S. Air Force photo by Senior Airman Michael Reeves

535th Airlift Squadron Airmen participate in squadron physical training.

Mobile Fitness Training brings PT to you

Tylyn Taylor

15th Wing Public Affairs

Airmen and Sailors at Joint Base Pearl Harbor-Hickam are being offered an opportunity to bring fitness to the warfighter. Established in 2009, Functional Mobile Fitness Training provides a unique style of instruction that provides service to the individual, as well as large groups of people. Mobile Fitness Training focuses on training styles that prevent injury and supplies facilitation for office or squadron physical training. “We are here to augment and provide additional tools to commands’ physical training leader (PTL) or command fitness leader (CFL), as well as offer instructional classes anywhere from

groups of 10 people, to 600,” Mark McFarland, regional fitness training director, JBPHH, said. McFarland said the whole design of Mobile Fitness Training is to reduce the risk of muscular-skeletal injuries that are common like sprains, strains and stress fractures. The Mobile Fitness Training (MFT) is made up of three commodities: a mobile functional training vehicle, and two stationary functional-training lockers. The MFT can accommodate up to 200 people at one time, and if used with the functional training locker, is able to aid in larger class sizes. “Our goal for the MFT is to provide four one-hour sessions a day, providing 20 hours a week of PT so we can service as many commands as possible,” McFarland said. The functional training lockers

also provide an array of equipment that can be used by the individuals themselves, or under instruction during individual or group sessions. “I saw the Mobile Fitness vehicle out at the track and thought it would be a great way to get the squadron involved in functional fitness. We had a great workout today, and everyone is either exhausted or happy, or both,” Capt. Lucas Coston, 535th Airlift Squadron C-17 Globemaster III pilot, said after his squadron’s PT session. Mobile Fitness Training is available to all active-duty, guard, and reserve service members. Operating hours of the MFT vary depending on appointment schedules. For more information, or to schedule a training session, contact Mark McFarland of the JBPHH Fitness Center at 471-2021.

UFC’s Sage Northcutt to visit Joint Base

Madison Garcia

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Ultimate Fighting Championship (UFC) fighter “Super” Sage Northcutt will meet and greet fans at Joint Base Pearl Harbor-Hickam, Aug. 2. He will be at the Pearl Harbor Navy Exchange main store from 1 to 3 p.m. and at the Joint Base Pearl Harbor-Hickam Fitness Center from 4 to 6 p.m. At 20 years old, Northcutt is the youngest fighter on the current UFC roster and won his debut bout in 57 seconds by technical knockout (TKO) over Francisco Trevino. When he was 9 years old, Northcutt became the youngest person ever to appear on the cover of “Sport Karate Magazine.” He was inducted into the Black Belt Magazine Hall of Fame in 2012. In amateur competition, he was simultaneously a Legacy Fighting Championship lightweight and welterweight titleholder. He is also a champion kickboxer and student at Texas A&M, majoring in Petroleum Engineering. The 6-foot, 1-inch, 155-pound fighter from Katy, Texas most recently won his fight versus Enrique Marin at UFC 200 on July 9 via unanimous decision. *(For more information on the meet and greet at the fitness center, visit www.greatlifehawaii.com and for the NEX call 423-3287.)*



Hickam Half Marathon set

The 10th annual Hickam Half Marathon will begin at 5:30 a.m. Aug. 20 starting and finishing at Earhart Track, Joint Base Pearl Harbor-Hickam. The awards ceremony will start at 8 a.m. Volunteers are also being sought for the event. Volunteers will receive a free T-shirt if they provide their shirt size by Aug. 3. *(For more information, email ciara.meyers@us.af.mil and visit www.facebook.com/events/288587678139153/.)*