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# “Navigator” HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

September 16, 2016

[www.cnic.navy.mil/hawaii](http://www.cnic.navy.mil/hawaii) [www.hookelenews.com](http://www.hookelenews.com)

Volume 7 Issue 36



## Navy pays tribute to 9/11 victims

Photo illustration | U.S. Navy photos by MU1 (SW) Alex Ivy

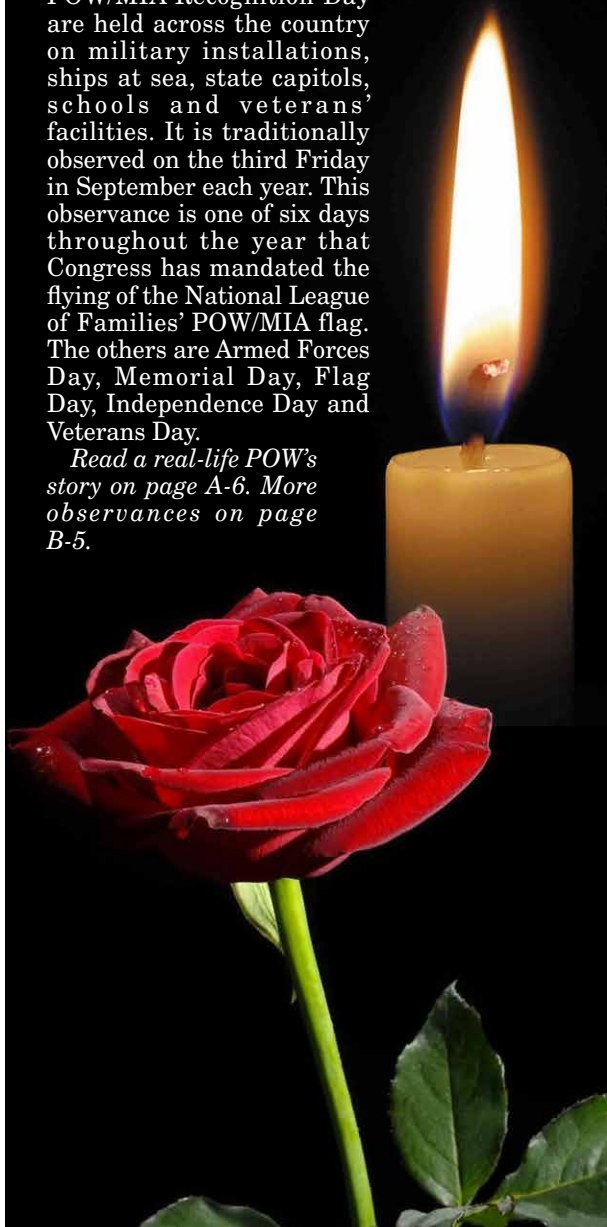
(At left) Musician 3rd Class Galen McKinney, trumpet instrumentalist assigned to the U.S. Pacific Fleet Band, performs taps during a 9/11 remembrance ceremony at Tamarind Park in Honolulu, as a tribute to the lives lost during the Sept. 11, 2001 terrorist attacks. (Above right) Rear Adm. John Fuller, commander, Navy Region Hawaii and Naval Surface Group Pacific, presents remarks during the City and County of Honolulu 9/11 Remembrance Ceremony.

## DCAA to host National POW/ MIA remembrance ceremony

The Defense POW/MIA Accounting Agency will commemorate the National POW/MIA Remembrance Ceremony at the National Memorial Cemetery of the Pacific (Punchbowl) today from 10 to 11 a.m. The ceremony is free and open to the public.

Observances of National POW/MIA Recognition Day are held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities. It is traditionally observed on the third Friday in September each year. This observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day.

Read a real-life POW's story on page A-6. More observances on page B-5.



## Citadel Pacific 16: PMRF always ready, always vigilant

Robert Purdy

*Pacific Missile Range  
Facility Public Affairs*

Pacific Missile Range Facility (PMRF) security forces and Navy first responders refined their emergency response skills during an active shooter drill held at PMRF, Aug. 30.

The exercise which was part of Citadel Pacific 16 (CP-16) focused on an active shooter incident occurring in one of the base facilities. Security forces and first responders participated in drills that included rapid neutralization of the threat, evacuating and ensuring the safety of the building occupants, and administering emergency medical response services to those injured.

Personnel assigned to PMRF security forces arrived on scene after receiving the call and proceeded to isolate and neutralize the shooter who was played by Adam Tabalno, security chief, Manu Kai, LLC.

"Playing the role of the shooter gave me an opportunity to assist our security forces in this very important training. It was a very realistic experience. I was impressed with the PMRF security forces response as well as with the building occupants as they handled themselves very well. They remained calm, evacuated quickly," Tabalno said.

"Some even barricaded themselves in rooms throughout the building and placed help signs on windows. I personally benefited from playing the role as it gave me a



PMRF Security Forces personnel search door to door for suspects and to ensure the safety of building occupants during an active shooter exercise.

new perspective on how I would react to the situation if I were the incident commander," he said.

According to Kelly Balmores, PMRF installation training officer, CP-16 afforded PMRF the opportunity to integrate and evaluate key installation departments, tenant commands and installation response personnel in communicating, reporting and mitigating terrorist activities.

"The scenarios were designed to evaluate the responders' ability to re-

spond to terrorist activities and stress PMRF's integrated response capabilities, Emergency Operations Center (EOC) operations and its ability to support the incident commander," Balmores said.

"The active shooter exercise was the highlight of the week because of the size and complexity of the building and the number of participants involved in the event," he said.

Because of the magnitude of this event, PMRF was successful in recon-

firmed strengths as well as identifying challenges that wouldn't have been recognized from a smaller scale exercise.

This active shooter drill was one of several training exercises which took place during CP-16 and allowed PMRF security forces an opportunity to enhance their skills in preventing, deterring and defending against attacks on facilities, personnel, families and resources critical to the PMRF mission. This year's CP-16 exercise ran from Aug. 29 to Sept. 2.



# New NOAA wing opens at Peltier Child Development Center

Story and photo by  
Brandon Bosworth

Assistant Editor, Ho'okele

The new National Oceanic and Atmospheric Administration (NOAA) wing of the Peltier Child Development Center (CDC) was formally opened during a ribbon cutting ceremony held Sept. 15.

A result of an ongoing partnership between the U.S. Navy and NOAA, the new wing adds nine additional classrooms, bringing the total number of classrooms at the Peltier CDC to 19. The center can now accommodate 248 children ages 6 weeks to 5 years old.

Capt. Stanley Keeve., commander, Joint Base Pearl Harbor-Hickam, was the guest speaker at the ceremony.

“Our CDCs provide high-quality early child care

and education from qualified professionals who can assist our young children in learning and coping with some of the challenge of military life,” Keeve said. “This wonderful facility, where learning and inquiry are encouraged, will provide a stable foundation for early learning and readiness.”

There are eight Child Development Centers on Oahu. The Peltier CDC is located at building 1928, 530 Peltier Avenue. For more information, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

Kimberly Moore, Navy Region Hawaii Child and Youth Programs manager, Capt. Stanley Keeve Jr., commander, JBPHH, and Edward Horton, NOAA chief administration officer, get youthful assistance cutting the ribbon at a ceremony officially opening the new NOAA wing of the Peltier CDC, Sept. 15.



# USS Hopper joins multinational exercise Kakadu

Destroyer Squadron 7  
Public Affairs

DARWIN, Australia—The Arleigh-Burke class guided-missile destroyer USS Hopper (DDG 70) is among the first U.S. Navy ships to participate in exercise Kakadu 2016 in Darwin, Australia.

Other participants in this year's exercise include P-8A Poseidon maritime-surveillance aircraft along with staff from C7F, CTF 73 and CDS 7. While the exercise began in 1993, this is the first year that assets from the U.S. Navy will participate in Kakadu.

The 13th iteration of the multinational maritime exercise began with an opening ceremony, Sept. 12.

Exercise Kakadu is the Royal Australian Navy's premier exercise and provides an opportunity for regional nations to participate in multinational maritime activities from humanitarian assistance and search and rescue operations to high-end maritime warfare scenarios. 2016 is the largest iteration of the exercise



Sailors aboard USS Hopper (DDG 70) stand lookout watch during a berth shift in support of Exercise Kakadu in Darwin, Australia, Sept. 14.

in more than 20 years as 19 ships and submarines, 18 aircraft and more than 3000 personnel will participate.

“Kakadu is a great venue for navies from throughout the world to work together in a mul-

tinational training environment to address shared maritime concerns,” Capt. H. B. Le, commodore, Destroyer Squadron 7, said. “This year's exercise continues the trend of conducting more multinational mar-

itime exercises in the region, and the training scenarios planned for 2016 will go a long way in increasing the interoperability of all navies participating.”

During the sea phase of Kakadu, ships and air-

craft from nine navies will train together in several complex war-fighting scenarios, including an air defense exercise, gunnery exercise, search and rescue training, under-way replenishment approaches, anti-submarine

warfare vulnerability training and divisional tactics.

Prior to the sea phase a harbor phase will allow participants to conduct planning and simulation before heading to sea to execute each scenario.

In addition to the United States, navies from Australia, Canada, France, Indonesia, Japan, Malaysia, Papua New Guinea, Pakistan and Singapore will participate in the sea phase while liaison officers from Brunei, Philippines, Thailand, Tonga, Timor Leste and Vietnam will coordinate and observe from shore.

Commander, Task Force 73 and Destroyer Squadron 7 staff conduct advanced planning, organize resources and directly support the execution of maritime exercises such as the bilateral CARAT series, NEA with Vietnam, and the multilateral Southeast Asia Cooperation and Training (SEACAT) with Bangladesh, Brunei, Cambodia, Indonesia, Malaysia, the Philippines, Singapore and Thailand.



# Diverse VIEWS



This year is the centennial of the National Park Service. What is your favorite national park you have visited, or would like to visit and why?



**Savina Hughes-Thomas**  
*U.S. Air Force retired*

"Yellowstone National Park is where I'd like to visit. I've never been there. I would love to take my family camping, hiking and horseback riding through the national park."

**Yeoman 3rd Class Joel Batista**  
*Commander, Submarine Forces Pacific*

"I want to go to the Grand Canyon because it seems really cool to check out. It's one of my bucket list places to explore."



**Senior Master Sgt. Martin Jackson**  
*56th Air and Space Communications Squadron*

"Mount Rushmore and the Grand Canyon. I've never been and have a desire to go. I would love to learn the history of each park."

**Sonar Technician Surface 3rd Class Michael Buhrman**  
*USS Chung-Hoon (DDG 93)*

"I would like to visit Yellowstone because it seems like a very calm and peaceful place."



**Lt. Col. Brad Morris**  
*HQ PACAF*

"My favorite is the Grand Canyon. I think everyone should see it at least once in their life. The one I want to visit most is Glacier National Park because it just looks so beautiful in pictures."

**Hull Technician Fireman Tyrone Washington**  
*USS O'Kane (DDG 77)*

"I want to visit every national park because I think it would be fun to say that I went to all of them."



**Tech. Sgt. Val Soriano**  
*690th Cyberspace Operations Squadron*

"Hawaii Volcanoes National Park. I would like to be in close proximity to flowing lava. I would also like to see the sunrise at the volcano summit."

**Master Sgt. Renee Ting**  
*15th Medical Operations Squadron*

"Yosemite. I love the way the sunlight shines on El Capitan. It's like God is highlighting his creation. It feeds my soul."



*Provided by David D. Underwood Jr.  
and MC1 Phillip Pavlovich*

*Want to see your command featured in Diverse Views?  
Got opinions to share?  
Drop us a line at [editor@hookelenews.com](mailto:editor@hookelenews.com)*



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## Commentary

# Trust and confidence lead to greater safety, security

**Rear Adm. John Fuller**

*Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific*



Rear Adm. John Fuller

This week I participated in the City of Honolulu's remembrance for the September 11, 2011 victims and first responders.

We took a pause to reflect on how that day, 15 years ago, changed the U.S. and the world. Those of us who are old enough to remember what the world was like before 9/11 have a duty to talk about what changed and why we now take safety and security so seriously.

I know we learned that empowered and innovative leadership can deliver greater safety and better security.

Chief of Naval Operations Adm. John Richardson says that trust and confidence—built on Navy core values of honor, courage and commitment—lead to decentralized operations "guided by commander's intent," which is the way to achieve success in a changing world.

In his "A Design for Maintaining Maritime

Superiority" the CNO shows how trust and confidence are "based on a clear understanding, among peers and between commanders and subordinates, of the risk that can be tolerated" as we undertake those decentralized operations.

We spend a lot of time planning our at-sea and ashore operations; how to measure and define acceptable risk is a fundamental element for achieving mission, safety and security goals.

Think about how the following words from the Commander, U.S. Pacific Fleet's "Commander's

Guidance to the Fleet" apply to safety, security and Operational Risk Management (ORM). Adm. Swift issued his guiding principles this past summer:

"In executing our mission, U.S. Pacific Fleet forces at all levels and ranks will plan, operate, and assess their activities in a manner that is: Thoughtful...rather than rash, Consistent...rather than erratic, Firm...rather than rigid, and patient...rather than reactionary."

The Commander's Guidance calls for "rejecting behavior that place individuals at risk or treat them with anything less than dignity and respect."

So, by extension, we also need to apply those principles at work, at home and on the road. I submit we should all use ORM tools like we developed for work when planning events away from the job.

Our military-civilian team and their families are our most critical enablers and our greatest advantage in achieving our mission. That's why we focus so much on per-

sonal safety and protection, also described as security, awareness, entry control, no soft targets, personal protective gear, and knowing how to react in a crisis through good training.

In his Design, the CNO calls for "high velocity learning," leveraging technology, innovation and new tools creatively.

Our nation learned important lessons about resiliency nearly 75 years ago at Pearl Harbor and we relearned those lessons again in the aftermath of 9/11.

As we focus on achieving personal safety and collective security, we must demonstrate our vigilance through innovative thinking, effective training, holistic readiness and objective self-awareness.

Each day we must commit to achieving the excellence that earned the trust and confidence our country, our service and families place in us. We are all links in the chain; so when it comes to safety and security: know something, see something; say something, do something; and no regrets.

## Commentary

# Football, flyovers, and birthdays

**Col. Kevin Gordon**

*15th Wing Commander*

I love this time of year; leaves start changing color, the air is a little crisper, oh wait... that doesn't happen here in Hawaii, does it? Forgive me, I'm new around here. Regardless, it does mark the beginning of football season (Go Pats!) which reminds me of the power of great teamwork. In football, normally the team that demonstrates the best teamwork is the victor and it rarely matters if they have the best individual player. This reminds me of our great Air Force. We can only succeed in accomplishing the mission if we have a strong team. Sure we have great individual Airmen, but our true strength lies in the totality of our collective efforts. And I sure love seeing those efforts demonstrated over the football stadiums when our Air Force is executing flyovers and showcasing our strength to



the nation!

This week marks the 69th anniversary of our United States Air Force. Our Air Force has established itself as the dominant power in air, space and cyberspace and we truly are the best at what we do around the globe. Since our inception, we have transformed the way our nation defends itself and its allies across the full spectrum of threats. More specifically, before the Air Force became

an independent service, our wing responded wherever and whenever needed in the Pacific and today, whether for disaster relief, humanitarian operations or combat operations, we continue to answer that call. Our team comes from a proud heritage filled with technological innovation, courage and dedication of those who served before us, and as we look toward the future, we see nothing but new and un-

limited horizons. We will continue to deliver unmatched dominance for our joint and international partners and our nation. I am truly proud to be part of our team and serve alongside you as an Airman whether you are active duty, civilian, Guard, Reserve, retiree, veteran or family member. I say Hau'oli la Hanau to our Air Force and fellow Airmen around the world. Thanks for being part of our team!

## First Hispanic submarine CO earned medals

Capt. Marion Frederic Ramirez de Arellano (Aug. 5, 1913 - May 15, 1980) was a submarine commander in the United States Navy and the first Hispanic submarine commanding officer. He was awarded two Silver Stars, the Legion of Merit and a Bronze Star for his actions against the Japanese Imperial Navy during World War II. In April 1944, Ramirez de Arellano as named commanding officer of the USS Balao, thus becoming the first Hispanic submarine commanding officer and participated in his ship's war patrols. On July 5, 1944, Ramirez de Arellano led the rescue of three downed Navy pilots in the Palau area. On Dec. 4, 1944, the Balao departed from Pearl Harbor to patrol in the Yellow Sea. The Balao engaged and sank the Japanese cargo ship Daigo Maru on Jan. 8, 1945. Ramirez de Arellano was awarded a Bronze Star with Combat V and a Letter of Commendation. Hispanic Heritage Month runs from Sept. 15 to Oct. 15.



U.S. Navy photo

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# JBPHH marks Suicide Prevention Awareness Month

Story and photo by  
MC1 Phillip Pavlovich

Navy Region Hawaii  
Public Affairs

Service members from all five branches of the military conducted suicide prevention training and discussions during the event Fight for Each Other (F4EO) in recognition of Suicide Prevention Awareness Month at Hickam Memorial Theater at Joint Base Pearl Harbor-Hickam (JBPHH), Sept. 8.

F4EO is a series of talks from those affected by military-related suicide such as survivors, family members, friends, and coworkers. F4EO was designed with the idea that service members from all military branches are one family.

The Department of Defense (DoD) designated September as Suicide Prevention Awareness Month, which helps promote resources and awareness around the issues of suicide prevention, how to help others, and how to talk about suicide without increasing the risk of harm. This year's theme is "Be There."

"This was the first time we have done a true joint service initiative, including all five service branches, which is significantly enhancing our ability to support all of our DoD personnel and families. Our joint collaborative suicide prevention efforts over the last few years have grown significantly, and this event is just one



An Airman from Joint Base Pearl Harbor-Hickam talks about her information booth during Fight for Each Other, an event in support of Suicide Prevention Month held Sept. 8 at Hickam Theater.

representation of that amazing work," Lt. Rebecca Miranda, Navy Region Hawaii Suicide Prevention program manager, said. Miranda was the speaker-mentor for the F4EO event.

During the event, five active duty or retired service members representing each branch of service spoke. In addition, one guest speaker lost her father, a former member of the U.S. Air Force, to suicide.

"All speakers had personal or professional ex-

periences with suicide, and shared the meaningful aspects to help people better understand how someone could get to the point of feeling suicidal, the tragic aftermath of suicide, and what we can and should do to prevent it," Miranda said.

Speakers talked about the importance of not being afraid to reach out, on behalf of yourself or someone else, for help when needed.

"Each person is valued and important, and during dark times it

may be hard to see or feel that value. Always remember, suicide is a permanent solution to a temporary problem, so don't give up. You are never alone, you just have to reach out," Miranda said.

In 2014, suicide was the 10th leading cause of death with 42,773 deaths that year.

"I spoke tonight because I wanted to get the word out there and hopefully touch somebody and get somebody out there to listen and be

able to help. People often get scared to react and we want to encourage reaction and prevention," U.S. Coast Guardsman Marine Science Technician 3rd Class Laura Hadley, of Coast Guard Sector Honolulu, Sand Island, said.

For more information on this year's campaign, visit [www.dspo.mil/campaign/](http://www.dspo.mil/campaign/).

For free confidential support 24/7, call the Military Crisis Line at 800-273-TALK (8225), text message to 838255,

or chat online at [www.veteranscrisisline.net](http://www.veteranscrisisline.net).

The Crisis Line is available to current and former service members, their families and friends.

For someone in immediate danger, go to the nearest emergency room or call 911. Remember to ACT (Ask, Care, Treat). ASK if someone is depressed and if they are thinking about suicide. Let them know you CARE. Get them assistance (TREATMENT) as soon as possible.



# Pearl Harbor-Hickam Highlights



(Above and left) Chief petty officer selectees perform a drill and cadence routine during the CPO Pride Day drill and cadence competition Sept. 9 at Joint Base Pearl Harbor-Hickam. CPO Pride Day takes place within CPO Pride Week, which includes events that pay homage to chiefs past, present and future via mentoring opportunities, CPO heritage training and a drill and cadence competition held on the final day between chief selectees from commands stationed on Oahu.

U.S. Navy photos by MC2 Johans Chavarro



(Right) Adm. Scott Swift, commander of U.S. Pacific Fleet, speaks during the Ombudsman Appreciation Dinner held Sept. 9 at the Hale Koa Hotel in Waikiki. The dinner was held to honor an assembly of the ombudsmen who support the Navy and Marine Corps commands on Oahu for their hard work and service.

U.S. Navy photo by MC2 Laurie Dexter



Photo courtesy of USS Chung-Hoon Public Affairs

(Above) Diana Perrigan, USS Chung-Hoon's (DDG 93) ombudsman was recognized Sept. 9 for her work this past year by Rear Adm. John Fuller, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific.

Photo courtesy of USS Hopper Public Affairs

(Left) USS Hopper (DDG-70) Coalition of Sailors Against Destructive Decisions (CSADD) hosted a birthday celebration Sept. 6 for the 19th anniversary of the ship's commissioning.



# Vietnam POW shares his story of perseverance

**Story and photo by Brandon Bosworth**

*Assistant Editor, Ho'okele*

Today is National POW/MIA Recognition Day, an annual day honoring the nation's missing service members and their families. To mark the occasion, retired Col. William Reeder, the last U.S. Army soldier taken prisoner during the Vietnam War, was in Hawaii for interviews and to sign copies of his book "Through the Valley: My Captivity in Vietnam" at the Pacific Aviation Museum, Joint Base Pearl Harbor-Hickam.

On May 9, 1972, Reeder was leading a team of AH-1 Cobras supporting two Vietnamese ranger battalions and their American advisors when he was shot down near Ben Het, South Vietnam. Despite having sustained serious injuries including a broken back, Reeder managed to evade cap-



William Reeder

ture for three days. After being captured he spent nearly a year as a prisoner of war (POW), including some time at the infamous Hanoi Hilton.

While imprisoned, Reeder persevered and never lost hope despite torture, malnutrition, illness and forced marches.

"Thoughts of my kids were a big inspiration," he said. "And I never lost faith in God, my family or my country."

Reeder was released in March 1973. During the course of the war, he logged more than 1,000 combat flight hours and was awarded two Distinguished Flying Crosses and three Purple Hearts. Upon repatriation, Reeder continued his military service, eventually serving a total of 30 years.

Soon after his return home Reeder considered writing about his experiences.

"Initial books about POWs were mostly about pilots shot down over North Vietnam," he said. "There was not so much about those captured in South Vietnam. That story wasn't known."

Reeder initially tried writing a historical novel and actually completed several chapters. He shared his work with two well-known writers — Joseph L. Galloway, co-au-

thor of "We Were Soldiers Once...and Young" and Robert Mason, author of "Chickenhawk"—both of whom encouraged him to forgo the fictional format and tell his own story.

"Writing a 'no-kidding-true-story-about-me' was much harder than writing a novel," Reeder said. "Some memories were crystal clear and some weren't. I did a bunch of re-

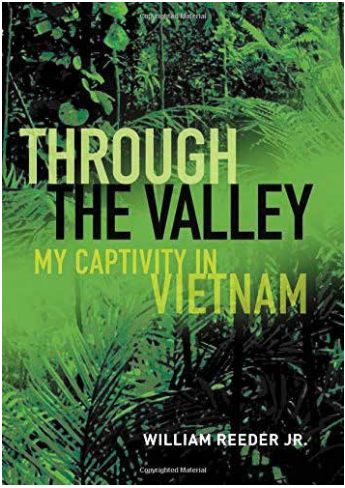
search and searched out and talked to fellow Soldiers."

The hard work paid off, and Naval Institute Press published Reeder's book earlier this year.

"For the general reader, I hope people with struggles and challenges in their lives find some strength and inspiration from my experiences," Reeder said. "For military readers, they might draw some lessons that can help in their deployments and missions in combat zones."

Reeder believes sharing his experiences both in the book and with friends and family over the years has enabled him to overcome the horror of what he went through. He thinks that is an important lesson for today's service members dealing with trauma.

"No matter how bad you feel, find opportunities to share your story," he said. "You need to be able to talk about your experiences."



## Embracing the history, culture and heritage of Hispanic Americans

**Anna Marie G. General**

*Managing Editor, Ho'okele*

In celebration of Hispanic Heritage Month, Sailors and Airmen at Joint Base Pearl Harbor-Hickam observe Hispanic Heritage from Sept. 15 to Oct. 15 each year. This year's theme is "Hispanic Americans: Embracing, Enriching, and Enabling America."

By celebrating the histories, cultures and contributions of Hispanic Americans whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America, we learn to embrace their way of life.

"For many Hispanics serving the armed services today, we are first or second generation Americans who understood firsthand the struggles our parents and forefathers faced abroad," Capt. Robert Espinosa, acting chief of staff for Navy Region Hawaii, said.

"Their heart-wrenching stories and ensuing passion for the opportunity and freedom that America offered, provides Hispanics and all Americans a rich history to reflect and draw upon on the drive that continues to fuel our diverse culture today—one of a brighter and better future for everyone," he said.

According to the De-

fense Equal Opportunity Management Institute, the observance began in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Reagan in 1988 to cover a 31-day period starting on Sept. 15 and ending on Oct. 15.

Hispanics embrace America as the great beacon of hope and believe in the American dream, in self-determination, liberty, and the pursuit of happiness.

Hispanics enrich the American culture through diversity, hard work, compassion, and to make the country better than it already is by bringing their own traditions, culture,

values and work ethic to the table.

Hispanics enable America with contributions in many fields such as defense of this nation, public service, sports, the arts, politics, business and the service industry.

"Having the honor to serve in our Navy for more than 29 years, I think back to the many Hispanic Airmen and Sailors I have had the pleasure of serving with. From my first aviation ordnance man who I relied upon heavily to properly load sonobouys and weapons, enabling our crew to find, track, and prosecute targets, to a fellow squadron pilot who became the Assistant

Secretary of the Navy for Manpower and Reserve Affairs. They all shared a common thread—self-sacrifice and the desire to serve a purpose much greater than them," Espinosa said.

Based on statistics provided by the Pew Research Center, the Hispanic population in the United States is estimated at 57 million, which accounts for more than half of the total U.S. population with California having the nation's largest Latino community.

"One thing that expresses the richness of the Hispanic culture is its food. Whether Cuban, Puerto Rican, Mexican,

Brazilian, or Chilean, each brings a unique culinary experience. It's a legacy much like language that perpetuates the wonderful tapestry of tradition and our cultures. I am grateful for the indispensable qualities my parents held—to work hard, serve others, be thankful, and eat well," he said.

Navy Region Hawaii will celebrate Hispanic Heritage Month on Wednesday, Sept. 21 at the Pearl Harbor Memorial Chapel from 10 to 11 a.m., which will be followed by a special meal at the Silver Dolphin Bistro from 11 a.m. to 12:30 p.m. Turn to page B-4 for the menu.



# Hawaii Air National Guard hosts Sentry Aloha

Story and photos by  
Airman 1st Class Stan Pak

*154th Wing Public Affairs*

The Hawaii Air National Guard (HIANG) recently completed its first Sentry Aloha exercise of the year at Joint Base Pearl Harbor-Hickam, Aug. 17-26.

Sentry Aloha is an ongoing series of combat exercises hosted by HIANG and involves a variety of fighter and support aircraft from varying Air Force, Air National Guard, and Department of Defense participants.

“Part of the purpose of Sentry Aloha is to integrate with the other guard platforms as well as some active duty units that are here to better understand how each participant operates,” Lt. Col. Kristian Thiele, 149th Fighter Wing F-16 Fighting Falcon instructor pilot, said.

Sentry Aloha exercises are held several times a year with the first one normally starting towards the beginning of the calendar year. Due to the recent deployment of the F-22 Raptors, this inaugural 2016 event was pushed back to August.

The exercise provides a cost-effective and realistic combat experience for participating pilots to aid them in completing their homeland defense and overseas combat missions. The exercise also granted access to flying with or against several fighter jets including the F-22, the F-16, and the F-15 Eagle.

“The F-22 is still a relatively new platform compared to how long the F-16 and F-15 have been around and certainly the tactics are evolving even between the 4th and 5th generation fighters,” Thiele said. “This really provides a great opportunity for us to work together to bring out the best of all those platforms in order to defeat or neutralize the enemy that we’re training against.”

The exercise also included many support aircraft including the C-130 Hercules, KC-135



(Above) A flight of two C-130 Hercules aircraft from the Georgia Air National Guard's 165th Airlift Wing bank right while being escorted to a drop zone by fighter aircraft during Sentry Aloha at Joint Base Pearl Harbor-Hickam, Aug. 29.

(Right) A U.S. Air Force pilot from the Georgia Air National Guard's 165th Airlift Wing executes evasive maneuvers while being escorted by fighters during Sentry Aloha.



Stratotanker, and C-17 Globemaster III.

This iteration of Sentry Aloha involved more than 800 personnel and more than 40 aircraft from eight other states and territories. Ground support was a crucial aspect in keeping all different aircraft mission ready.

“A lot of people think these sorties just happen but there’s a lot of the crew chiefs and all maintenance behind the scenes

getting the work done,” Tech. Sgt. Adam Flood, 149th Fighter Wing crew chief, said.

Sentry Aloha brings together many different facets of wartime missions. All aspects of operations needed to work cohesively in order to achieve mission success.

“We are definitely fighting some pretty difficult scenarios, learning a lot of good lessons based on those scenarios,”

Thiele said. “We don’t necessarily get the opportunity to do a lot of this high-level integration with very robust threats so we are getting a lot out of it,

and I think a kind of ‘re-blueing’ as we would call it in our community—getting to see a lot of these newer combat tactics and be involved in it.”



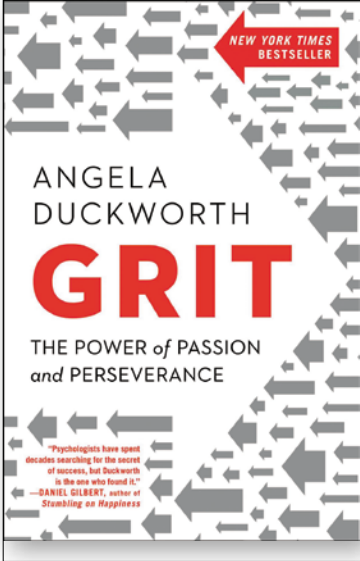
# Honor, courage, commitment: Grit wins the gold

Review by Bill Doughty

“*Grit: Power of Passion and Perseverance*” by Angela Duckworth (2016, Scribner, Simon & Schuster.)

Readers will want to race through this book to pick up valuable tips about potential, resilience, character, training and achievement. From diverse fields or endeavors such as sports, zoo-keeping, NASA, cartooning, spelling bees and more, Duckworth delivers examples from her own life as well the lives of people including Jeff Bezos, Tom Seaver, Julia Child, Aristotle, Ta Nehishi Coates, Benjamin Franklin and the nation of Finland.

Duckworth explores West Point’s “The Beast” (barracks boot camp) as she and other scientists attempt to predict who will succeed and who will drop out. The same evaluation is done, no doubt, in all military branches especially in hyper-competitive areas such as Navy BUDS (Basic Underwater Demolition/SEAL) training.



Natural talent, initial physical strength, and inherent skills are not most important. Mental toughness—grit—is.

Winners like Michael Phelps, Katie Ledecky and Usain Bolt want to go head-to-head with other people, are willing to train continuously and with passion, and can accept failure as motiva-

tion for the next challenge. They understand “there are no shortcuts to excellence.”

It helps, Duckworth notes, to have “purpose-driven grit”—a vision and calling, whether it’s the Olympics, service in the military or as part of an NBA or NFL team. Each has its culture of teamwork, service and, some more than others, a concept of a greater good.

After seeing Duckworth’s TED talk on grit, Seattle Seahawks head coach Pete Carroll, author of “Win Forever,” contacted her and invited her to the Seahawks camp. Carroll’s philosophy is, “Do things better than they have ever been done before.”

The day after Carroll’s team beat the Denver Broncos to win Superbowl XLVIII in 2014, he said this in an interview:

“We’re looking for great competitors. That’s really where it starts. And that’s the guys that really have grit. The mindset that they’re always going to succeed, that they’ve got something to prove. They’re resilient, they’re

not going to let setbacks hold them back. They’re not going to be deterred, you know, by challenges and hurdles and things ... It’s that attitude—we really refer to it as grit.”

Duckworth examines Carroll’s reaction to the following year’s Superbowl XLIX and the coach’s decision to pass rather than run the ball with Marshawn Lynch, resulting in a historic loss. Failure became another opportunity for resilience.

Duckworth is impressed by this Japanese saying: “Fall seven, rise eight.” People with grit don’t give up. They rise to the challenge. They learn that it takes at least 10 years and 10,000 repetitions to become an expert or master. They have purpose and passion.

As a neurobiologist and psychologist, Dr. Duckworth can explain the neuroplasticity of a “remarkably adaptive” brain that allows people to achieve their vision.

*“Like a muscle that gets stronger with use, the brain changes itself when you struggle to mas-*

*ter a new challenge. In fact, there’s never a time in life when the brain is completely ‘fixed.’ Instead, all our lives, our neurons retain the potential to grow new connections with one another and to strengthen the ones we already have. What’s more, throughout adulthood, we maintain the ability to grow myelin, a sort of insulating sheath that protects neurons and speeds signals traveling between them.”*

This book is packed with advice for individuals, leaders and parents. It includes a self-test and practical how-to advice, along with personal and public examples of people and situations where grit wins “the gold.”

It’s a perfect Navy read in the context of preserving a resilient workforce and fostering core values: honor, courage, commitment.”

*(A version of this review appeared on Doughty’s Navy Reads blog, dedicated to the Navy Professional Reading program and related books: <http://navyreads.blogspot.com/>)*

## Dark Skies: Protecting endangered seabirds and the mission

Robert Purdy

Pacific Missile Range Facility Public Affairs Office

It will definitely be darker on Pacific Missile Range Facility (PMRF) beginning Sept. 15 as the base begins its “Dark Skies” program. PMRF will be turning off all non-essential lighting on the base and modifying nighttime operations to help protect rare Hawaiian seabirds and prevent “shearwater fallout.”

The Newell’s shearwater and Hawaiian petrel are two of Hawaii’s seabirds protected by the Endangered Species Act (ESA). During the shearwater fledging season which runs from Sept. 15 to Dec. 15, fledglings of these moun-

tain-nesting birds leave the safety of their nests to make their nocturnal maiden voyages to sea using the position of the stars and natural light from the moon to plot their courses.

Unfortunately, a number of these birds become disoriented by mistaking man-made lights for natural moonlight as they fly over inhabited areas of the island. This can result in a bird accidentally flying into a building, light, electric power cable, or circling a light until they are too exhausted to reroute to sea and eventually falling to the ground, sustaining injury, being hit by a car or falling prey to domestic and wild animals.

John Nelson, PMRF installation environmental program director shared

some tips on how the PMRF community can help protect these seabirds and what to do if they find one in need of help.

“Turn off all unnecessary outdoor lighting, draw curtains and blinds between 6 p.m.–6 a.m., keep pets leashed and supervised at all times and refrain from feeding wildlife including feral cats. If you should happen to find an injured seabird on PMRF, call the PMRF Natural Resources duty phone at (808) 208-4416. Do not attempt to approach or move the bird unless it is in immediate danger. If the bird is in danger, use thick gloves or a piece of cloth to cover the head, slowly grabbing it from behind. Ensure a firm grip, restricting the wings from flapping but paying

special attention not to crush it. Place the bird in a well-ventilated box or pet carrier and transfer it to the Save Our Shearwaters (SOS) aid station box located at the PMRF Pass and I.D. gate. Do not give food or water to the bird. If at all possible, maintain watch over the bird until PMRF Security or PMRF Environmental personnel can transport it to rehabilitation professionals,” Nelson said.

This is the second year that PMRF is initiating the “Dark Skies” program. PMRF personnel have been working closely together to ensure the program is successful by conducting pre-season lighting checks, identifying potential areas to minimize impact, informing

and educating base personnel and ensuring procedures are in place to aid an injured bird in need of assistance.

“Conservation of the environment and wildlife are top priorities for PMRF. We take our environmental responsibility seriously and are consistently working to safeguard the environment and wildlife,” Capt. Vincent Johnson, commanding officer of PMRF, said.

He said that the “Dark Skies” program is a combined base effort. Mission operations, schedule changes, training, safety and security of the base and its residents all have to be taken into account.

“A lot of advanced planning is required to ensure that we achieve our mission and help keep the

birds safe at the same time. It’s truly a team effort and one that cannot be accomplished without the support and cooperation of every member of the PMRF Ohana and the neighboring community,” he said.

PMRF works closely with federal and state agencies, schools, conservation organizations, the public and the host community to implement groundbreaking initiatives towards conservation, environmental protection and the protection of endangered species.

PMRF is the recipient of the 2015 Chief of Naval Operations Environmental Award as well as the 2015 Secretary of the Navy Environmental Award for its achievements in environmental stewardship.



# Pacific Rim symposium improves multilateral partnerships

**Staff Sgt.  
Kamaile O. Chan**

*Headquarters Pacific  
Air Forces Public Affairs*

Sixteen Indo-Asia-Pacific nations gathered in Seoul, Republic of Korea, Sept. 5 through 9 to discuss multilateral cooperation during the (Pacific Rim) PACRIM Airpower Symposium co-hosted by the U.S. and Republic of Korea.

The theme, “Developing Air, Space and Cyberspace Power... the Foundation of Multilateral Cooperation,” focused discussions on improving cooperation and coordination during humanitarian assistance/disaster relief operations, developing enlisted leadership, and enhancing the coordination of air assets during contingencies, among other topics of mutual concern.

U.S. Air Force Brig. Gen. Dirk Smith, Pacific Air Forces director of Air and Cyberspace Operations, led the U.S. delegation and co-



Courtesy photo  
U.S. Air Force Chief Master Sgt. Terrence Greene, U.S. Forces Japan and 5th Air Force command chief master sergeant, speaks during the recent Pacific Rim (PACRIM) Airpower Symposium, Sept. 5-9, in Seoul, Republic of Korea.

chaired the symposium with Republic of Korea Air Force chief of policy, Brig. Gen. Bae Soon Wook. Pacific Air Forces headquarters, located at Joint Base Pearl Harbor-Hickam, led the U.S. planning and execution

of the PACRIM Airpower Symposium and Senior Enlisted Leadership Conference.

“The peace and stability of the Indo-Asia-Pacific region is constantly at risk of being impacted by large-scale crises

that may require a coordinated multinational response,” Smith said. “By building multilateral cooperation in air, space and cyberspace with our partners in the Indo-Asia-Pacific region, we are improving our

ability to deliver a faster and more efficient response.”

The Senior Enlisted Leadership Conference, the largest multinational air force enlisted conference in the Pacific, was held in conjunction

with the PACRIM Airpower Symposium.

First held in 2008, the Senior Enlisted Leadership Conference offers a forum for regional air force senior noncommissioned officers to assemble and discuss common topics of interest and issues that affect proper force development and force management of enlisted forces.

Events like the PACRIM Airpower Symposium lay the foundation for participation by Indo-Asia-Pacific nations in other cooperative events including exercises, humanitarian assistance/disaster relief operations and subject matter expert exchanges and conferences.

Operation DAMAYAN in the Philippines in 2013 and Operations SAHAYOGI HAAT in Nepal in 2015 both demonstrate how bilateral training and developing strong ties through interoperability with military exercises and engagements can foster effective multilateral partnerships.

## 75th Commemoration to ‘honor past, inspire future’

### 75th Pearl Harbor Commemoration Committee

The 75th Commemoration of the Attack on Pearl Harbor has launched with plans of an unprecedented series of events that will take place from Dec. 1 to 11. Themed, “Honoring the Past, Inspiring the Future,” the 75th Commemoration events are designed to attract thousands of global visitors and Hawaii residents.

Centered around National Pearl Harbor Remembrance Day on Dec. 7, other ceremonies and events include memorials dedicated to USS Utah, USS Oklahoma, USS Nevada, the reconciliation “Blackened Canteen Ceremony” at the USS Arizona Memorial, a reception honoring Japanese American veterans, a Pearl Harbor documentary premiere, historic movies on Waikiki Beach, a survivors gala tribute, Waikiki parade; celebration for veterans, active duty military and their families; and culminating to a world-class live concert that is being planned at Aloha Stadium.

The 75th Pearl Harbor Commemoration is chaired by retired U.S. Navy Adm. Thomas B. Fargo who is leading a Blue Ribbon committee planning the ceremonial tributes and events. The 75th com-

memoration is dedicated to our “Greatest Generation,” and to those whose patriotism, ingenuity, and selfless commitment to the greater good, unites generations and instills values of leadership among our youth.

“The 75th anniversary of the attack on Pearl Harbor will focus the world’s attention on Hawaii and provide a unique opportunity to honor the last of those who experienced the emotional awakening triggered on that ‘date which will live in infamy’ and to perpetuate those core values that they shared,” Fargo said.

With initial generous support from the Hawaii Tourism Authority and its global contractors, the Hawaii Visitors and Conventions Bureau, Oahu Visitors Bureau, Pearl Harbor historic partners, military, government and business leaders welcome all veterans, retired and active service military personnel and their families, the general public, invited dignitaries, and national and state political leaders.

For a full list of events, other commemoration details and a library of historic and current photos, visit [www.pearlharbor75thanniversary.com](http://www.pearlharbor75thanniversary.com). This year’s hashtag on Twitter is #pearlharbor75. For additional questions, contact (877) 589-8898 or (808) 589-5592.

If you are a Pearl Harbor Survivor or WWII veteran, or know of one, please contact the Joint Base Pearl Harbor-Hickam Public Affairs Office at [navyhawaiipublicaffairs@gmail.com](mailto:navyhawaiipublicaffairs@gmail.com) or call (808) 473-1173.





HO'OKELE

Motorcyclists kick off the 2016 Tripler Fisher House 8K Hero and Remembrance Run, Walk or Roll at Ford Island at Joint Base Pearl Harbor-Hickam.

# Life & Leisure

Thousands gather at Ford Island to

## REMEMBER THE FALLEN

Story and photos by  
MC2 Johans Chavarro

Navy Public Affairs Support  
Element Detachment Hawaii

Thousands of runners gathered at Ford Island, Joint Base Pearl Harbor-Hickam, to participate in the 2016 Tripler Fisher House 8K Hero and Remembrance Run, Walk or Roll, Sept. 10.

The event honored fallen service members who lost their lives in combat, training or exercises since Sept. 11, 2001. The run included boots, with attached photo identification, for each of the more than 7,000 fallen service members.

"Along the route today, you're going to see boots, boots with pictures, with names," U.S. Marine Corps Col. Sean C. Killeen, commanding officer, Marine Corps Base Hawaii (MCBH), said during the event's opening remarks. "Each one represents a fallen service member. It also represents a family that's facing a loss, and a community that is missing one of its best members."

The boots lined both sides of the road around the Ford Island historic runway, as well as the Adm. Clarey Bridge (Ford Island Bridge).

"It's our honor to host this every year, [and] we hope to continue to host it," U.S. Air Force Col. Richard L. Smith, commander, 647th Air Base Group, 15th Wing, and deputy commander, JBPBH, said. "I just want to say 'thank you' for coming out today, this event doesn't go off without you. So thank you everybody for attending today to help remember our fallen."

Providing musical support through the early hours of the morning, the Marine Forces Pacific Band also sounded taps, followed by a gun salute by the U.S. Air Force rifle detail prior to the run.

Motorcycle riders, including active duty service members, veterans and family members, opened the run with a patriot guard style escort and later greeted, motivated and handed out bottles of water to each runner as they neared the finish line.

Theresa Johnson, event organizer and Fisher House Run manager, said the event served as much as an opportunity to remember and honor fallen service members, as it does an opportunity to lament.

"After the run is over we place the boots in a display, and that really becomes a healing place for both the service member, and the community, because they have something tangible that they can look at," Johnson said. "And having a place for those who have

served with them, who maybe, at that time, didn't really have time to grieve, or were just at a different place, allows them to come out here and spend some time, and share stories that have never been shared."

In addition to bringing awareness to the fallen service members during the event, Johnson hoped to also inform and bring awareness to Fisher House, and the services it can provide to service members and their families.

"Really we just want to bring awareness to Fisher House, because life after Fisher House sometimes means either they are a wounded warrior, or a Gold Star Family," Johnson said. "So we just want people to know what we do, and how we can serve our community."

Completing the race alongside his platoon, 1st Lt. Ben Griffith, a Marine stationed at MCBH, commented on the importance the unit felt to participate in the run in order to remember the Marines and others who served before them.

"We brought the platoon out here to remember our fallen brothers and sisters," Griffith said. "We thought it important to remember the sacrifice of those who came before us so it's not lost on the new generation of Marines."

Among the several military units that participated in the event, chief petty officer selectees and chiefs assigned to the guided-missile destroyer USS Preble (DDG 88) ran in formation in remembrance of their fellow Sailors.

"It's really important for us to not forget," Chief (select) Intelligence Specialist Richard A. Taft said. "It's important to remember, not only where you came from, but why we're doing the things that we're doing."

Upon completion of the run, the boots were collected and lined up in rows on the runway field for everyone in attendance, and visitors to the island, to pay their respects and commemorate the fallen.

The Tripler Fisher House is located behind the Tripler Army Medical Center. A Fisher House is "a home away from home" for veterans and military families of patients receiving treatment at military medical centers.



Above, Chief petty officer selectees, assigned to various commands, run in formation. Below, Runners participate in the 2016 Tripler Fisher House 8K Hero and Remembrance Run, Walk or Roll at Ford Island.



Right, Volunteers assist in lining up more than 7,000 pairs of boots after the run.





# Proper handling can prevent foodborne illness

## Defense Commissary Agency

When it comes to food safety, a few simple precautions at home could prevent a trip to the emergency room, Defense Commissary Agency (DeCA) officials say.

“Commissary patrons have just as important a role to play in protecting themselves from foodborne illnesses as our food safety inspectors,” Chris Wicker, a public health advisor at DeCA headquarters, said. “Simple actions can go far at home, whether it’s keeping your hands and food preparation surfaces clean or not leaving food out unrefrigerated after the meal is over.”

In observance of Food Safety Month, DeCA is reminding its patrons to use the “Be Food Safe” guidelines when they handle their groceries from the store to their kitchen table.

The consequences of ignoring food safety at home can be potentially fatal. According to the Centers for Disease Control and Prevention, more than 100,000 people are hospitalized and 3,000 die of foodborne illnesses each year.

“You cannot

take a day off when it comes to food safety,” Wicker said. “We formally track proper food handling techniques from the farm to the supplier and on to the store. But once they leave the store, consumers must be vigilant, too.”

The “Be Food Safe” message is simple: clean, separate, cook and chill. The Centers for Disease Control and the U.S. Department of Agriculture-Food Safety Inspection Service recommend the following safe handling techniques:

### Clean

- Wash hands with warm soapy water for 20 seconds before and after handling raw meat, poultry or seafood.
- Wash utensils, cutting boards, dishes and countertops with hot soapy water after preparing each food item and before you go on to prepare the next item.
- Food contact surfaces can be sanitized with a freshly



made solution of 1 tablespoon of unscented, liquid chlorine bleach in one gallon of water.

### Separate

- Separate raw meat, poultry and seafood from other foods in your grocery shopping cart and in your refrigerator.
- If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry or seafood.

### Cook

- Cook poultry to a safe minimum internal temperature of 165 F as measured with a food thermometer.

### Chill

- Chill food promptly and properly. Refrigerate or freeze perishables, prepared foods and leftovers within two hours (or one hour if temperatures are above 90 F).
- Wicker said cross contamination along with failure to maintain proper temperatures of foods are leading causes of foodborne illness, even on the trip home from the commissary.
- “It’s always important to keep different perishable

foods separate and that means paying attention to where they are in the car,” he said. “It also means bringing along a cooler if you’re transporting groceries that could spoil during a long trip.”

### A few more tips

- Use hand sanitizer to wipe hands and the handle of the shopping cart.
- Clean hands before sampling food. Either bring moist towelettes or carry a bottle of hand sanitizer to use before you taste.
- If you use reusable grocery bags, wash them often.
- Check food packages for holes, tears or openings. Frozen foods should be solid with no signs of thawing.
- Check for a loose lid on jars whose seals seem tampered with or damaged. Report a defective cap to the store manager.
- Avoid buying cans that are deeply dented, bulging, rusting or have a dent on either the top or side seam.
- Use plastic bags to separate raw meat, poultry and seafood before placing them in your cart to avoid contaminating ready-to-eat foods like bread or produce.
- When shopping, select per-

ishable foods last before check-out and group them together.

- Take groceries home immediately and store them right away. If on an extended trip, bring a cooler with chill packs for perishable foods. Perishable foods must be refrigerated within two hours and only one hour if it is over 90 F outside.
- Keep perishable foods out of the hot trunk in summer and place in the air-conditioned car instead.

For more food safety information, visit the Food Recalls page at [www.commissaries.com/press\\_room/press\\_release/breaking\\_news\\_07/index.cfm](http://www.commissaries.com/press_room/press_release/breaking_news_07/index.cfm). You can also visit the links page at [www.commissaries.com/links.cfm](http://www.commissaries.com/links.cfm) to see a list of websites on the latest health and safety reports and information from other agencies.

To find the latest food safety alerts and product recalls affecting military commissaries, visit [www.commissaries.com](http://www.commissaries.com) and click on the “Food & Product Recalls” box on the front page.

For more food handling techniques, go to Food Safety – Start at the Store at <http://ow.ly/j4DL304dI1c>.

## Kids can learn about food, wellness at workshop

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

A food and label reading workshop for children ages 3 to 12 will be held Oct. 10 from 9:30 to 10:30 a.m. at Aloha Aina Park, Joint Base Pearl Harbor-Hickam. Wellness coach Emily Boll will be leading the workshop. The cost is \$5 per child and free for parents.

During the one-hour workshop, children can play interactive games centered around food. They can learn about the basics of natural sugars and processed sugars, what types of food provides the body with the correct energy and fuel they need and how to feel a level of comfort, joy and ease with food. At

the end of the class, each child can build their own yogurt parfait and create gluten-free cakes snacks to share with their friends and families.

Boll said the purpose of this workshop is to “create a healthy partnership at home where kids and parents feel like they are working together on the same page toward improving their family wellness.” She hopes that at the end of the workshop, both children and parents will learn the importance of food and how it helps promote positive focus, prevent illness and manage energy.

Interested parents can visit [greatlifehawaii.com](http://greatlifehawaii.com) or call 255-7714 for more information.



# OktoberFest pork chops and spatzle swaps in healthy choices

## Defense Commissary Agency

For most Americans, adopting a perfect eating pattern that requires an immediate and complete diet makeover seems overwhelming. This is why most dietitians and health professionals encourage Americans to start with small and simple changes that are sustainable over the long term.

Also, most dietitians advise that there is room in a healthy eating pattern for sweet treats and other indulgences. They encourage Americans to choose nutritious foods like fresh or frozen fruits and vegetables, whole grain products, lean meats and legumes, while limiting and being mindful of sodium and empty calories from unhealthy fats and sugar.

Three simple strategies that can increase the nutritional value of your of overall diet are cooking most of your meals at home so you can control the ingredients, filling your plate up with mostly fruits and vegetables, and filling your grocery cart with food products that have the least processing and contain ingredients that you know.

Another strategy is swapping ingredients in your cooking and baking to make your favorite dishes and indulgences more nutritious.

This featured meal swaps evaporated milk for cream, whole wheat flour for white flour, and olive oil for butter that’s used in traditional recipes. The swaps add heart healthy fat, fiber, and vitamins and minerals and decreases unhealthy fat.

### Directions (serves four):

1. Wash and dry four apples and then slice each apple into four sections (discard the core.) Place the apple slices in a microwave safe dish.
2. Dice one medium white onion. Heat one tablespoon of olive oil in a large frying pan, add the diced onion and a sprinkle of salt. Cook over medium until they become translucent. Remove from the pan and set aside.
3. Heat one tablespoon of olive oil in the same pan, add four pork chops (three to four ounces each), brown



each side over medium-high heat for two minutes and then reduce the heat to medium. Add to the pan 12 ounces of beef broth, eight ounces of pre-sliced, fresh mushrooms, the cooked onions and one teaspoon of dried rosemary. Cover and continue cooking.

4. Add a half-teaspoon of nutmeg and 2 tablespoons of water to the apples. Mix, cover and then microwave for eight to 10 minutes.

5. While the pork and apples are cooking, bring one large pot of water to a boil and prepare the dough for the spatzle (homemade noodles) by combining three cups of whole wheat flour, one teaspoon of salt, a dash each of pepper and nutmeg in a large bowl. Mix in four eggs and one cup milk and then stir until the batter is smooth and elastic.

6. Make a slurry by mixing two tablespoons each of whole wheat flour and cold water and then pour the slurry in with the pork along with 12 ounces of nonfat evaporated milk. Mix well and then simmer uncovered for about five minutes.

7. Using a rubber spatula, drop one-fourth of spatzle batter through the holes of a colander into the boiling water. The spatzle will cook quickly. It’s done when the noodles float. Scoop them out with a slotted spoon and set aside. Repeat until the batter is cooked.

8. Serve each plate with one pork chop, topped with gravy, one-fourth each of the spatzle and apples, alongside a small tossed salad.

Note: The recipe for the gravy can be used in place of canned creamed soups.

### Healthy options

There are plenty of simple ways to substitute more nutritious ingredients for unhealthy fats and sugar while not compromising taste.

The text here will get you started. These swaps can also fill nutritional gaps in your diet and save thousands of calories over a year.

- Substitute unsweetened applesauce or mashed bananas for oils, butter or sugar in baked goods at a 1:1 substitution. Replace the fat or the sugar but not both, and use in mild or vanilla flavored baked goods.
- Substitute avocado for oil and butter in baked goods at a 1:1 substitution. Use in chocolate flavored baked goods.
- Substitute nonfat Greek yogurt for sour cream in all products at a 1:1 substitution.
- Substitute olive oil for butter in all products at a 1:1 substitution.
- Substitute evaporated skim milk for cream and evaporated milk in soups and sauces at a 1:1 substitution.
- Substitute whole wheat flour for white flour in all products. For baked goods use seven-eighths cup of wheat flour for every one cup of white flour. For gravies use 1.5 teaspoon of wheat flour for every one teaspoon of white flour.

For more meal solutions, visit [www.commissaries.com/healthy-living/healthy-eats.cfm](http://www.commissaries.com/healthy-living/healthy-eats.cfm).





# Preble stays strong to outlast Hawaii

**Story and photo  
by Randy Dela Cruz**

*Sports Editor, Ho'okele*

The days of league leaders easily coasting to victory appear to be long gone in the Summer Basketball League, as at least five of the six teams that make up the league are making noise to be the top contender in the playoffs.

Three weeks ago, league-leader Reasonable Doubt lost for the first time this season and two weeks ago, the trend continued as the two co-leaders for second place got knocked off in a double-header of upsets.

Among the losers from two weeks ago, USS Preble (DDG 88) hoped to make restitution as the team took on USS Hawaii (SSN 776) in a battle of third-versus fourth-place teams on Sept. 10 at Joint Base Pearl Harbor-Hickam Fitness Center.

Preble, who admittedly was a bit shorthanded in their 46-42 loss to USS Halsey (DDG 97) the week before, came with a bit more reinforcements against Hawaii and it paid off.

In a tough back-and-forth battle between the two ships, Preble grabbed a 27-21 lead going into halftime, before holding off Hawaii in the second half for a 52-41 victory.

The win kept Preble near the top of the league with a record of 6-3, while Hawaii fell below .500 at four wins and five losses.

"This was huge from the moment we stepped on to the court," Boatswain's Mate 3rd Class Warren Wilson, who led the team in scoring with 17 points said. Last week, he said they were a little bit short. "We just had to get back into it," Wilson said.

In the early minutes of the game, Hawaii kept slight control of the game behind the sharp-shooting and defense of

star player Culinary Specialist 3rd Class Kali Pettigrew, who scored 12 of the team's 21 points in the first half.

However, with just over nine minutes remaining before halftime, a basket by Wilson put Preble on top for the first time at 16-15.

Three minutes later, Wilson added another basket to extend the team's lead to five at 21-16.

After holding a six-point lead going into the second half, Preble stumbled a bit and let Hawaii back into the game on a basket by Pettigrew to tie the score at 31-31 with 15:00 remaining on the clock.

Then on Hawaii's next trip downcourt, Pettigrew stuck a jumper to put his team back on top at 33-31 at the 13:17 mark.

Preble caught Hawaii on two free throws and then retook the lead at 36-33 on a clutch three ball delivered from the hands of Logistics Specialist Seaman Deshyvionne Bester.

As the seconds ticked off the clock, Hawaii, behind a basket by Fire Control Technician Seaman Terrell Clyburn, caught Preble one more time at 36-36.

With the game all knotted up, Preble, which arrived for the game with more players than their previous matchup, began to use those fresh legs to turn up the heat.

The team scored the next five points, with the last two coming from Wilson, to take a 43-36 advantage that sealed the game with time running out.

"It was our guys off the bench," Wilson said of the team's strong finish. "We had a lot more guys get into the rotation."

While Preble has had a few bumps along the way this season, the team has managed to stay competitive throughout the entire year.

Wilson noted that the competitive spirit is here to stay and teams will have to bring their best in order to get past Preble in the playoffs.

"Like I said the last time, I feel that we can play at that level," Wilson said. "As soon as more people come out, we can get into that groove."

Boatswain's Mate 3rd Class Warren Wilson pulls up for a jumper from the baseline for two of his 17 points.

## Halsey scores upset for second straight week

**Story and photo  
by Randy Dela Cruz**

*Sports Editor, Ho'okele*

Don't let their overall record fool you, as the teams prepare for the upcoming postseason in the Summer Basketball League (SBL).

Only two weeks ago, USS Halsey (DDG 97) languished near the bottom of the standings with a record of only two wins and five losses.

However, with reinforcements slowly returning from TAD to fill in the gaps on the team's roster, a new and powerful version of Halsey basketball has emerged out of the dust to possibly assume the status as best team in the SBL.

On Sept. 3, Halsey turned a few heads when they upset the No. 2 team USS Preble (DDG 88) by a score of 46-42 to enjoy the biggest win of their season thus far.

Instead of resting on their laurels, Halsey made believers of even the most skeptical of Joint Base basketball fans by handing the first-place Reasonable Doubt their biggest defeat of the season, as Halsey controlled the entire game for a resounding 78-56 win on Sept. 10 at Joint Base Pearl Harbor-Hickam.

Entering this weekend's play, Reasonable Doubt record, at 6-2, is still good enough to hang on to first place, but Halsey at 4-5, just

might be in the right position to pull off the ultimate surprise and win the title outright.

"We're the team to beat," Halsey guard Spc. Devin Robinson said. "The only thing we need is to keep playing the way we've been playing and we'll be good."

It certainly was good enough for Halsey to crush Reasonable Doubt, who entered the game with only one loss, but with only an hour of rest after having to play a makeup game prior to their showdown with Halsey.

Sensing that Reasonable Doubt might be experiencing a bit of fatigue, Robinson said that the strategy for Halsey was to keep the ball moving quickly in both directions.

"We just came in ready to attack," Robinson said. He added that he knew they were going to beat them, "So, we just came ready to take it to them."

The first sign of big trouble came with 8:10 remaining before halftime, when a lay-up upped the Halsey lead to eight at 19-11 and forced Reasonable Doubt to call their first timeout of the game.

Upon resuming action, Halsey got a sweet jumper from the perimeter from Cryptologic Technician (Maintenance) 2nd Class Darius Griffin to give Halsey their first double-digit lead of the game at 21-11.

Up by 10, Halsey didn't al-

low Reasonable Doubt any time to catch their breath, as Halsey kept up the pace and stepped on the gas at every chance they got.

A lay-up by Robinson with 4:06 remaining before halftime gave Halsey a 30-13 lead and two minutes later, the lead increased to more than 20 points. Sgt. Michael Sibley took a touch pass from Robinson and finished the play for a 37-16 advantage with 2:12 still remaining before halftime.

"It's just smooth," Robinson said about the team's slick style of transition basketball. "That way we can sub and get everybody up."

Although there was still an entire half still left to play, the way Halsey was running with the basketball, the game was considered over well before the final buzzer sounded.

Again, the team was led by the strong post play of center Operations Specialist 1st Class Byron Jones, who finished with 21 points. But the big man got substantial help from several other players — something he wasn't getting in the first games of the season.

Sibley chipped in with 19 points and Robinson ended up with a game high 22 points.

"We just put all of our trust in our players," Robinson said about the team's elevated level of play. "We've been practicing a lot and if we keep going like that the rest of the season, we'll be good."



Spc. Devin Robinson finishes a dunk for two of his game-high 22 points to lead Halsey.





# September is National Preparedness Month

## Defense Commissary Agency

Planning for the worst is a no-brainer when you consider the recent weather events such as the historic flooding in southeast Louisiana.

National Preparedness Month in September draws attention to the wisdom of making an emergency plan for any crisis, Tracie Russ, Defense Commissary Agency sales director, said.

“Whether it’s natural or manmade, a crisis doesn’t conveniently occur on schedule,” Russ said. “So during National Preparedness Month we remind our patrons that they can use their commissary benefit and save money to prepare their survival kits.”

Since April 1, DeCA’s severe weather preparedness promotional package is offering various items at reduced prices until Oct. 31. This package includes: beef jerky and other assorted meat snacks, soup and chili mixes, canned goods,

### Disaster kit

Generally, emergency preparedness officials suggest having a disaster supply kit that includes the following items:

- Water — at least one gallon daily, per person (three-day supply for evacuation, two-week supply for home)
- Nonperishable foods — canned meats, fruits, vegetables, dried fruits, nuts, raisins, cereal, crackers, cookies, energy bars, granola, peanut butter, and foods for infants and the elderly (three-day supply for evacuation, two-week supply for home)
- Paper goods — writing paper, paper plates, paper towels and toilet paper
- Cooking items — pots, pans, baking sheets, cooking utensils, charcoal, a grill and a manual can opener
- First-aid kit — including bandages, medicines and prescription medications
- Cleaning materials — bleach, sanitizing spray, and hand and laundry soap

- Specialty foods — diet and low-calorie foods and drinks
- Toiletries — personal hygiene items and moisture wipes
- Pet care items — food, water, muzzle, leash, carrier, medications, medical records, and identification and immunization tags.
- Lighting accessories — flashlight, batteries, candles and matches
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Duct tape, scissors
- Multipurpose tool
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates and insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Maps of the area
- Blankets or sleeping bags

powdered milk, cereals, batteries, airtight bags, weather-ready flashlights, tape (all-weather, heavy-duty shipping and duct), first-aid kits, lighters, matches, lanterns,

candles, hand sanitizer and anti-bacterial wipes. Specific promotional items may vary from store to store.

“The flooding in Louisiana has displaced thousands of peo-

ple and emphasizes to us all the importance of being ready for the unexpected,” Russ said. “Thanks to our industry partners, commissaries are offering savings on many of the items

our patrons need in an emergency.”

National Preparedness Month coincides with the peak activity for hurricanes in the United States.

The emphasis on being prepared is echoed by the theme, “Don’t Wait, Communicate. Make Your Emergency Plan Today,” which encourages people to create an emergency plan and share it with their loved ones.

Commissary patrons can go to [https://commissaries.com/disaster\\_prep.cfm](https://commissaries.com/disaster_prep.cfm) to learn more about specific disaster preparedness resources for emergencies.

*For more information about National Preparedness Month, go to Ready.gov’s National Preparedness page at <https://www.ready.gov/september> and the Military Family Preparedness page at <https://www.ready.gov/considerations/military-family-preparedness>. For additional advice on preparing for emergencies, see <http://ow.ly/lde73040d70>.*



## Museum adds astrophotography workshop

### Pacific Aviation Museum Pearl Harbor

Due to high enrollment, Pacific Aviation Museum Pearl Harbor has added an additional astrophotography workshop session for students in grades 5-8, on Oct. 11 and 12, from 9 a.m. to 3 p.m. at the museum.

Last month, Pacific Aviation Museum announced the offering of this special two-day workshop for Oct. 13 and 14. In order to accommodate the high number of RSVPs, the Museum has added the second session.

The workshop is part of the Smithsonian Astrophysical Observatory’s Youth Capture the Colorful Cosmos III (YCCC III) program, offering students the opportunity to research, explore, and photograph the cosmos using telescopes owned and maintained by the Har-

vard-Smithsonian Center for Astrophysics.

The goal of the program is to use hands-on exercises to teach youth how to control the MicroObservatory robotic telescopes over the internet, and to take their own images of the universe.

Student projects will be on display at Pacific Aviation Museum, as well as on the Museum’s website beginning Oct. 17. YCCC promotes increased interest, awareness, and knowledge of astronomy content, while promoting an understanding of technology and proficiency in real scientific research skills.

The cost for the two-day program is \$50 per student, \$45 for museum members. For reservations or more information email [Alaina.Haws@PacificAviationMuseum.org](mailto:Alaina.Haws@PacificAviationMuseum.org) or call 808-445-9041.

## Hispanic Heritage Month event set for Sept. 21

A Hispanic Heritage Month event will be held from 10 to 11 a.m. Sept. 21 at the Pearl Harbor Memorial Chapel. The event will be followed by a special meal from 11 a.m. to 12:30 p.m. at the Silver Dolphin Bistro. The meal is open to U.S. military, retirees, Department of Defense civilians and family members of active duty military with a valid ID card. The price of the meal is \$5.55.

The menu will include asopao (a stew) with shrimp and vegetables,

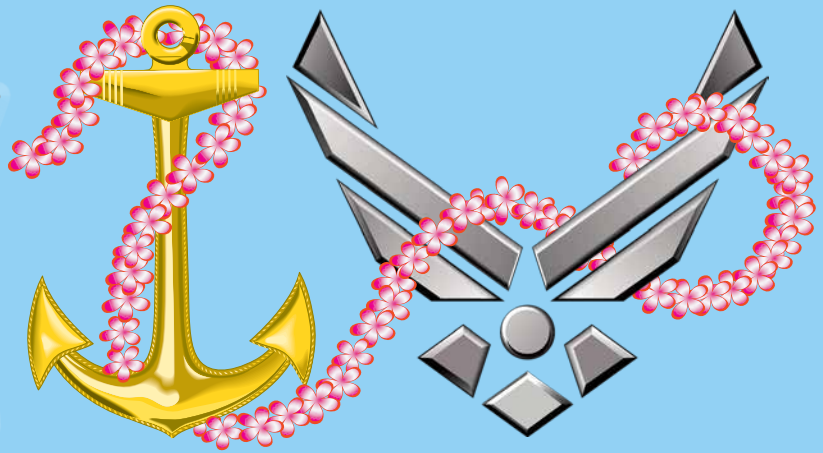
boiled Alaskan king crab legs, aroz con pollo (baked chicken and rice), turkey tamale pie, fish tacos, Spanish rice, papa a la huancaína (scaloped potatoes), Cuban black beans, peas and carrots, guacamole, and pico de gallo.

In addition, the menu will include a garden salad bar, assorted beverage bar, assorted fresh fruit, pan de leche (hot rolls), creamy rice pudding, assorted cakes and cheesecakes, ceremonial cake and an ice cream bar.



# SEPTEMBER COMMUNITY CALENDAR

HO'OKELE  
PEARL HARBOR - HICKAM



## POW/MIA OBSERVANCES TODAY —

Reading of POW/MIA names will be held from 6 a.m. to 6 p.m. at the Missing Man Memorial and Hickam Track, Joint Base Pearl Harbor-Hickam. In addition, a Defense POW/MIA Accounting Agency Remembrance Ceremony will begin at 10 a.m. at the National Memorial Cemetery of the Pacific, also known as Punchbowl. In addition a POW/MIA ceremony will be held at 4 p.m. at the Hickam gas station, where the first returned-POW's stepped off the plane.

## FREE FOOD FRIDAYS WITH LIBERTY

**SEPT. 16, 23, 30** — Joint Base Morale, Welfare and Recreation Liberty Center free food Fridays for E1 to E6 single Sailors and Airmen will be held at Beeman Liberty Center from 11 a.m. to 1 p.m. On Sept. 16, a healthy fun salad bar and ping pong will be offered. On Sept. 23, poke bowl and minute-to-win-it chance to win prizes are featured. On Sept. 30, the event will include a friendly competition pool tournament and barbecue pork sandwiches. FMI: visit the Beeman Liberty Center or call 473-2583.

## FIGHT FOR EACH OTHER PRESENTATIONS

**SEPT. 16, 23, 30** — Fight for Each Other (F4EO), a joint service suicide prevention presentation, will be held at various locations, all starting at 8:30 a.m. They include Sept. 16 at Schofield Barracks Sgt. Smith Theater, Sept. 23 at Marine Corps Base Hawaii Kaneohe Bay Theater, and Sept. 30 at U.S. Coast Guard base Honolulu Club 14. FMI: 474-0045 or Rebecca.miranda@navy.mil.

## COLORING AND PHOTO EVENT

**SEPT. 17** — Children ages 2 to 10 of authorized patrons can dress as their favorite Disney princess at a coloring and photo event from 10 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange. Registration is encouraged and can be done at the NEX aloha center concierge desk. FMI: call Stephanie Lau at 423-3287 or email Stephanie.Lau@nexweb.org.

## GAME COMPETITION SEPT. 17 —

A free NB2K17 game competition will be held from 11 a.m. to 3 p.m. at the Pearl Harbor Navy Exchange electronics department. Preregistration is required. The first place winner will receive a \$100 NEX gift card and the second place winner will receive a \$50 NEX gift card. FMI: call Stephanie Lau at 423-3287 or email Stephanie.Lau@nexweb.org.

## HISPANIC HERITAGE MONTH SEPT. 21 —

A Hispanic Heritage Month event will be held from 10 to 11 a.m. at the Pearl Harbor Memorial Chapel. The event will be followed by a special meal from 11 a.m. to 12:30 p.m. at the Silver Dolphin Bistro. The meal is open to U.S. military, retirees, Department of Defense civilians and family members of active duty military with a valid ID card. The price of the meal is \$5.55.

**CIVILIAN RESUME WRITING SEPT. 21** — A civilian resume writing class will be held from 4:30 to 6 p.m. at Military and Family Support Center Pearl Harbor. 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.greatlifeohawaii.com/family-support/mfsc-class-schedule or call 474-1999.

**HOME BUYING WORKSHOP SEPT. 21** — A home buying workshop will be held from 4:30 to 6:30 p.m. at Military and Family Support Center Pearl Harbor. The workshop will focus on the purchase decision process, steps to take before investing in a home, purchase details and mortgage options. FMI: www.greatlifeohawaii.com/family-support/mfsc-class-schedule or call 474-1999.

## NEW MOMS AND DADS CLASS SEPT. 21 —

A class for new and soon-to-be parents, or those who are thinking about becoming parents, will be held from 5 to 8 p.m. at Military and Family Support Center Hickam. Parents can learn about the roles, responsibilities, demands and joys of being parents. FMI: www.greatlifeohawaii.com/family-support/mfsc-class-schedule or call 474-1999.

## DODGEBALL TOURNAMENT SEPT. 23 —

A dodgeball tournament will be held from 1 to 4 p.m. at Hickam Gym. Teams must register

by Sept. 21. The tournament is limited to 18 teams of six players per team. Official rules are available upon email request. Water and barbecue pupus will be provided. The event is open to all services. FMI: Tech. Sgt. Sergio Jackson at 448-2257 or Tech Sgt. Christopher Fiero at 449-8555 or email afsa.alohachapter.1550@gmail.com.

## WARRIOR RESILIENCY SKILLS RETREAT

**SEPT. 23-25** — CREDO Hawaii is sponsoring a warrior resiliency skills retreat for E1 to E6 military personnel from Sept 23-25 in Waikiki. The retreat is free to active duty service members. FMI: email credohawaii@navy.mil to sign up.

**COIN SHOW SEPT. 23, 24, 25** — The Hawaii State Numismatic Association will hold its 53rd coin show at the Hawaii Convention Center, room 316, in Honolulu. Admission to the show is free. The theme of this year's coin show is Pearl Harbor 75th Anniversary Commemoration. A commemorative elongated copper cent featuring the USS Arizona Memorial will be given away free at the door while supplies last. Several exhibits will feature Pearl Harbor medals and memorabilia. Show hours are noon to 6 p.m. Sept. 23, 10 a.m. to 6 p.m. Sept. 24, and 10 a.m. to 5 p.m. Sept. 25. For more information, call Joe Au-Franz at (808) 377-9377 or email aufranzj001@hawaii.rr.com or Marion Kendrick at (808) 486-4766 or email kendricks001@hawaii.rr.com.

## FREE ADVANCE SCREENING SEPT. 24 —

A studio appreciation free advance screening of a PG-13 movie will be held at 6 p.m. at Hickam Memorial Theater. Doors will open at 4 p.m. Tickets will be available at Hickam Food Court. Seating is open to non-ticket holders 30 minutes prior to show time. FMI: 423-7694 or email newmanbe@aafes.com.

## LIVING HISTORY DAY SEPT. 24 —

A Living History Day event will be held at Pacific Aviation Museum Pearl Harbor. FMI: www.smithsonianmag.com/museumday/ or visit www.pacificaviationmuseum.org.

## SHARKEY THEATER

### TODAY — SEPT. 16

7:00 PM Ben-Hur (PG-13)

### SATURDAY — SEPT. 17

2:30 PM Kubo and The Two Strings (PG)

4:50 PM Pete's Dragon (3-D) (PG)

7:00 PM War Dogs (R)

### SUNDAY — SEPT. 19

2:30 PM Kubo and The Two Strings (3-D) (PG)

4:40 PM Ben-Hur (PG-13)

7:10 PM Suicide Squad (3-D) (PG-13)

### THURSDAY — SEPT. 22

7:00 PM Jason Bourne (PG-13)

## HICKAM MEMORIAL THEATER

### TODAY — SEPT. 16

6:00 PM Pete's Dragon (PG)

### SATURDAY — SEPT. 17

3:00 PM Pete's Dragon (PG)

6:00 PM War Dogs (R)

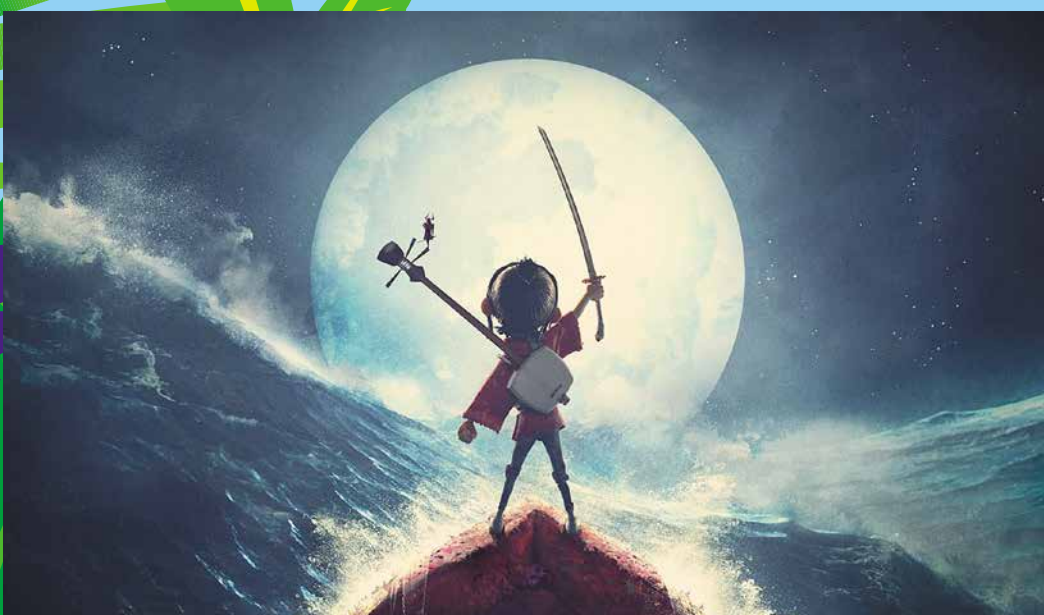
### SUNDAY — SEPT. 19

3:00 PM Pete's Dragon (PG)

### THURSDAY — SEPT. 22

7:00 PM Suicide Squad (PG-13)

# MOVIE SHOW/TIMES



## KUBO AND THE TWO STRINGS

Clever, kindhearted Kubo ekes out a humble living, telling stories to the people of his seaside town including Hosato, Hashi and Kamekichi. But his relatively quiet existence is shattered when he accidentally summons a spirit from his past which storms down from the heavens to enforce an age-old vendetta. Now on the run, Kubo joins forces with Monkey and Beetle, and sets out on a thrilling quest to save his family and solve the mystery of his fallen father, the greatest samurai warrior the world has ever known. With the help of his shamisen — a magical musical instrument — Kubo must battle gods and monsters to unlock the secret of his legacy, reunite his family, and fulfill his heroic destiny.





**UPCOMING EVENTS**


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

- Free float night will be held from 5 to 7 p.m. today at Scott Pool. All floats are welcome at this family-friendly event. For more information, call 473-0394.
- Moonlight paddle of Hickam Harbor will be held from 7:30 to 9:30 p.m. today at MWR Outdoor Recreation Hickam Harbor. All required gear is included. Customers should bring a change of clothes and water. Participants of all paddling abilities are welcome. Participants can sign up by Sept. 13 and the cost is \$25. For more information, call 449-5215.
- Free golf clinic will begin at 9:30 a.m. Sept. 17 at Barbers Point Golf Course. For more information and to pre-register, call 682-1911.
- Boys and Girls Club Day for Kids will be held from 9 a.m. to 1 p.m. Sept. 17 at Hickam Harbor. This year has a pirate theme, with activities including a treasure hunt, noodle boat race and more. Food will be available for purchase. Admission is free and is open to all military and Department of Defense civilian families with children up to 18 years old. For more information, call 473-0789.
- Hike Koko Head bridge to ridge will begin at 7 a.m. Sept. 18 at the MWR Outdoor Adventure Center-Fleet Center. This technical and adrenaline-inducing hike is short but very challenging and dangerous. The one-mile trek

- will test patrons rock climbing skills, comfort with heights and overall fitness. Participants can sign up by Sept. 16 and the cost is \$20. For more information, call 473-1198.
- After-school watercolor classes begin Sept. 20 at 3:45 p.m. in the Joint Base Pearl Harbor-Hickam Arts & Crafts Center. The classes are every Tuesday for six weeks. Students 7 years and up can learn color theory and brush techniques. The cost is \$70 plus supplies. For more information, call 448-9907.
  - Free family movie night will be held from 5:30 to 7:30 p.m. Sept. 20 at the Joint Base Pearl Harbor-Hickam Teen Center. Patrons can watch a free movie and have snacks with the teen center staff. This event is open to families of teens ages 13-18 years. For more information, call 448-0418.
  - Beginning adult watercolor classes begin Sept. 20 at 6 p.m. in the Joint Base Pearl Harbor-Hickam Arts & Crafts Center. The classes will be held every Tuesday for six weeks. Students 16 years and up can learn how to use basic tools, techniques and procedures to compose and paint. The cost is \$70 plus supplies. For more information, call 448-9907.
  - Half-price aeration special will be held from Sept. 21 to 25 at Ke'alahi Par 3 Golf Course. Green fees are half-price while the golf course is being aerated. The course will be closed the day before the half-price special begins. For more information, call 448-2318.
  - Stand up paddleboard of Kahana will be held from 8 a.m. to 1 p.m. Sept. 21, departing from the MWR Outdoor Adventure Center Fleet Store. This calm and flat tour is suited for novice and beginners. Cost is \$25 and deadline to sign up is Sept. 19. For more information, call 473-1198.
  - Beginning sewing class begins Sept. 21 at 6 p.m. in the Joint Base Pearl Harbor-Hickam Arts & Crafts Center. The class is held every Wednesday for five weeks (no class Oct. 5). Students 12 years and up can learn basic sewing machine operation, equipment and techniques. The cost is \$75 plus supplies. For more information, call 448-9907.
  - Free Liberty's Barracks Bash will be held from 5 to 7 p.m. Sept. 22 at Smallwood Hall. The event is open to single active-duty military E1-E6 only.

- It will include a barbecue and drinks, plus music and games. Registration is not required. For more information, call 473-2583
- Free Resiliency 5K Run will be held at 7 a.m. Sept. 23 at the Hickam Fitness Center. The run is in support of Suicide Prevention and Awareness Month. Sign up is accepted on the day of the event. For more information, call 448-2214.
  - Kayak open ocean on the North Shore will be held from 8 a.m. to 1 p.m. Sept. 24, departing from Outdoor Adventure Center Fleet Store. Kayaking skill level is moderate to advanced on this challenging, open ocean adventure. The cost is \$25 and includes all kayaking gear. The sign up deadline is Sept. 22. For more information, call 473-1198.
  - YogaFit for Warriors Instructor Training will be held from 8 a.m. to 6 p.m. Sept. 24 and 25 at Wahiawa Annex Fitness Center. The training is designed to help yoga teachers, health care practitioners and others gain a deeper understanding of how yoga postures are beneficial in releasing trauma in the body. The cost is \$429 with a \$50 discount for military personnel. Participants can register at [www.yogafit.com](http://www.yogafit.com) or call 1-888-786-3111.
  - Chinatown food and historic tour will be held from 8:30 a.m. to 1 p.m. Sept. 24, departing from Hickam Information, Tickets & Travel office. This walking tour reveals the history of Honolulu's Chinatown and includes sampling of treats and a dim sum lunch. The cost is \$30 for adults and \$25 for children 3-11 years. For more information, call 448-2295.
  - Spearfishing excursion will be held from 9 a.m. to noon Sept. 24 at MWR Outdoor Recreation Hickam Harbor. Participants need to have completed the "learn to spearfish" course to participate, as activity will be moderate to difficult. For more information, call 449-5215.
  - Hike Kealia/swim at Mokuleia will be held from 8 a.m. to 2 p.m. Sept. 25, departing from the MWR Outdoor Adventure Center Fleet Store. The hike goes up the mountain on the North Shore before the day ends with a short ride to enjoy the beach. The cost is \$25 and sign up deadline is Sept. 23. For more information, call 473-1198.





# Your action could save a life

**RP2 (AW) Matthew Timper**

*Suicide Prevention Coordinator  
Joint Base Pearl Harbor-Hickam*

September is suicide prevention and awareness month. Suicide continues to pose a serious risk to military personnel and families. Part of mission readiness includes supporting service and family members through societal prevention, intervention resources, community and relationship support. The 2016 theme for Suicide Prevention is “1 Small ACT. Be there — your action could save a life.”

**Upcoming events include:**

- General military training will be held at Pearl Harbor Memorial Chapel Sept. 27 and 29. The briefs for both days will be at 9 a.m. and 1 p.m.
- An awareness event will be held Sept. 26 from 11 a.m. to 1 p.m. There will be volunteers holding up signs at the Pearl Harbor Navy Exchange Fleet Store that will have messages such as: “1 Small ACT! Ask Care Treat,” “ACT —Ask Care Treat,” and “Your life is important!” There will be chaplains, suicide prevention coordinators and other senior leaders present.
- The JBPHH command fitness leader and command master chief have approved command physical training (PT) for the 5k Run For Life event on Sept. 23, beginning at 7 a.m. at the Hickam Gym. The purpose is to promote awareness for suicide prevention and the run will be in lieu of regularly scheduled PT.

## Guidelines for protected wedge-tailed shearwaters

**NAVFAC Hawaii**

November and December is annual shearwater fall-out season at Joint Base Pearl Harbor-Hickam and other locations around Oahu. Juvenile wedge-tailed shearwaters (seabirds) are learning to fly. They often get disoriented by city lights, fly inland instead of toward the sea, fall to the ground and get injured or become vulnerable to predators or become road kill.

If a shearwater is found, contact Naval Facilities Engineering Command (NAVFAC) Hawaii Environmental at (808) 722-7285. During working hours, the seabird will be picked up. After hours, the response may be delayed until the next day and the seabird may need to be secured.

Here is some information on how and when to handle shearwaters. If the seabird is in a safe location, and will be picked up soon, then leave it there. However, if after hours and/or the seabird is in harm’s way (such as the danger of becoming road kill or a victim of predation), the seabird should be secured in a cardboard box.

When handling, cusp the bird firmly without squeezing. Keep the wings close to the body. Birds have strong muscles but fragile bones. Using gloves is desirable. Although their bite is not hard, their fish-catching beak is very sharp. A towel or T-shirt may be used to cover the seabird prior to handling. Keep the box in a quiet location until picked up.



### Upcoming blood drives

- Sept. 20, 9 a.m. to 1 p.m., National Oceanic and Atmospheric Administration (NOAA), 1845 Wasp Blvd., Ford Island, Joint Base Pearl Harbor-Hickam
- Sept. 21, 9 a.m. to 1 p.m., Naval Health Clinic Hawaii, 480 Central Ave., Joint Base Pearl Harbor-Hickam

*For more information, call 433-6699 or 433-6148 or email [michelle.lele@amedd.army.mil](mailto:michelle.lele@amedd.army.mil).*