



Women's Joint Leadership Symposium to be held Oct. 24, 25
See page A-3



VEST/ Motorcycle safety coverage
See pages A-4, B-6



'Spook-tacular' Halloween events planned for JBPHH
See pages B-3, B-4



Families invited to Kapuaikaula Makahiki
See page B-5

HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

October 21, 2016

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

Volume 7 Issue 41

Big-name celebrities to rock Joint Base

Joint Base Pearl Harbor-Hickam
Public Affairs

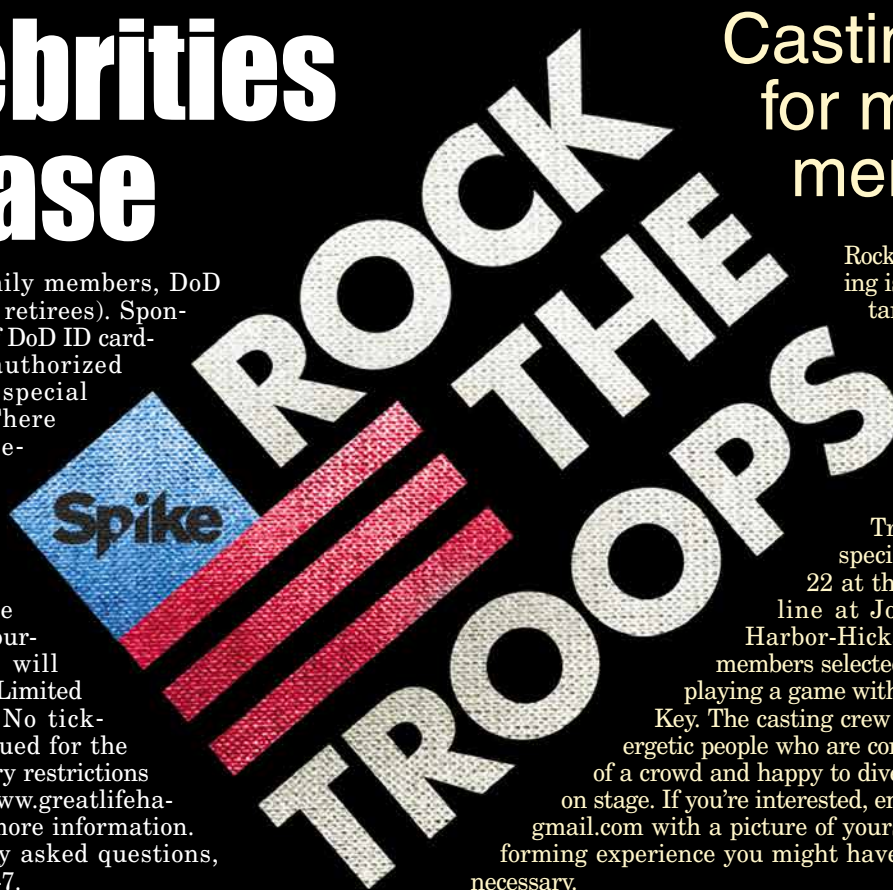
Rock The Troops, a music and entertainment event, will be held at Joint Base Pearl Harbor-Hickam on Saturday, Oct. 22 at 5:30 p.m. at the Hickam flight line. Gates will open at 3 p.m. Actor Dwayne Johnson will host the event, which will feature performances by stars in music, film, and comedy.

Dwayne Johnson announced the following acts to include Kevin Hart, Terry Crews, Jack Black, Keegan-Michael Key, Rob Riggle, Scott Eastwood, JB Smoove, Jeffrey Ross and Laird Hamilton. Musical performances by Nick Jonas, Tenacious D, Flo Rida, Lynyrd Skynyrd and Aaron Lewis will rock the night away. Rock The Troops will be filmed by Spike TV and air on Spike at a later date.

As an option, military personnel who attend in uniform can view the concert in front of the stage.

The event is free and open to military and Department of Defense (DoD) ID cardholders

(military, family members, DoD civilians, and retirees). Sponsored guests of DoD ID cardholders are authorized with a valid special event pass. There are no age restrictions, but expect a PG-13 show. Food and drinks will be available for purchase. Sales will be cash only. Limited ATM access. No tickets will be issued for the event, but entry restrictions apply. Visit www.greatlife-hawaii.com for more information. For frequently asked questions, turn to page A-7.



Casting call for military members

Rock The Troops casting is looking for military members from any branch of service to work as a team as part of a special segment for the Rock The Troops television special taping on Oct. 22 at the Hickam flight-line at Joint Base Pearl Harbor-Hickam. The service members selected will be on-stage playing a game with Keegan-Michael Key. The casting crew is looking for energetic people who are comfortable in front of a crowd and happy to dive in and have fun on stage. If you're interested, email RTTcasting@gmail.com with a picture of yourself and any performing experience you might have—no experience necessary.

Cooking competition held at Joint Base

Story and photo by
Brandon Bosworth

Assistant Editor, Ho'okele

The Navy Food Management Team from Navy Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Pearl Harbor hosted a cooking competition at Lockwood Hall, Joint Base Pearl Harbor-Hickam (JBPHH), Oct. 13.

The contest was part of a food and product expo featuring vendors from several companies.

"We initiated this event last year," Capt. Ken Epps, commanding officer of NAVSUP FLC Pearl Harbor, said. "It was wildly successful so we're thrilled to do it again."

The cooking competition featured teams from USS Chung-Hoon (DDG-93), USS Hawaii (SSN-776), USS Jacksonville (SSN-699) and USS Preble (DDG-88) as well as a JBPHH team comprised of Airmen and Sailors.

The theme for the com-

petition was Hispanic Heritage Month. Each team had 90 minutes to create dishes, which had to include at least one appetizer and one main course. Dishes were judged based on three criteria: creativity, presentation and taste.

Judges for the event were Brooks Palmer, spouse of Rear Adm. (Select) John Palmer; Capt. James Jenks, Navy Region Hawaii Chief of Staff; Cmdr. Thomas Gorey, JBPHH chief staff officer and Steve Fontanilla, sous chef for Hale Koa Hotel.

The team from USS Hawaii won the completion with their guacamole nachos and Mexican lasagna. Preble came in second place and third place went to Jacksonville.

"It felt great when they finally announced the first place winner," said Petty Officer Zachary Ellis from the Hawaii team. "It took a couple of seconds before I realized 'that's us!' This was the first time we ever competed."



The culinary team from USS Hawaii (SSN-776) serves the dishes they prepared to the judges during a cooking competition held at Lockwood Hall Oct. 13.

Sailors join the community in cleaning local bike path

Story and photo by
Petty Officer 1st Class
Nardel Gervacio

Navy Public Affairs Support
Element Detachment Hawaii

Volunteers picked up 5.14 tons of debris, along with 40 shopping carts from neighborhood stores and miscellaneous metals at the semi-annual Pearl Harbor bike path cleanup on Oct. 15. Sailors assigned to Joint Base Pearl Harbor-Hickam (JBPHH) and their families partnered with the City and County of Honolulu for this joint effort.

The cleanup along the 13.5-mile waterfront from Rainbow Bay Marina to Blaisdell Park, was one of the many ways Sailors, Airmen and their families are able to support and strengthen relationships with their local community.

Participants walked the path, picking up all the trash and ensuring it was clear of obstructions for the safety of bike riders and pedestrians, according to Chief Petty Officer Dan Mayer, volunteer service coordinator,



Sailors pick up trash on a bike path along Pearl Harbor during a volunteer cleanup, Oct. 15.

JBPHH. At the end of the day the volunteers had removed approximately 50 trash bags worth of trash and debris from the bike path.

Tonya Ketza from City and County of Honolulu's Department of Facility Maintenance, was onsite to help coordinate the

effort and said having volunteers from the Navy made a big difference.

"It's difficult for the city to maintain the path on its own," Ketza said. "Navy volunteers are so hard working, very skilled and able to get things done really quickly and efficiently, we're so

glad to have them."

For Chief Petty Officer Robert Pagtakhan, this was his first opportunity to support the community since his recent transfer from Atsugi, Japan. Pagtakhan said the bike cleanup was a great way for his whole family to be more active within their community.

"I'm here to help out the community and to introduce my daughters to volunteer work. These events allow them to take pride in their community," Pagtakhan said. "We have a responsibility to do our part and preserve this area. This community project is a great opportunity for us to come together and lend a hand."

"The bike path is a historic trail that runs along the railway here and it's been a little over 10 years that the community took it back and created this paved path," Ketza said. "It's a powerful recreational resource for the community here, to be outside and have an active life and be able to enjoy the beauty of Pearl Harbor."

"The turnout was fantastic," Mayer said. "I think it's important to show that the Navy is helping support the community as a whole, it's not just here to support the Navy's mission, its here to make a difference in the local community."

For upcoming volunteer opportunities, visit www.cnic.navy.mil/pearlharbor or call 473-0662.

Pearl Harbor submarine community receives new mobile galley

**Petty Officer 2nd Class
Shaun Griffin**

*Commander, Submarine Forces
Pacific*

The Naval Submarine Support Command (NSSC) recently purchased a mobile galley to feed USS Columbus (SSN 762) Sailors prepared meals pierside while the boat's galley undergoes routine maintenance at Joint Base Pearl Harbor-Hickam.

The brand new mobile galley was purchased for approximately \$192,000 from U.S. Mobile Kitchens out of Maryland.

"The old mobile galley has become less cost-effective to maintain," said Chief Petty Officer Michael Duncan, a culinary specialist stationed at NSSC, who handled the purchase of the new mobile galley.

"It took more than two years to finally get it here but it was necessary to support the waterfront."

Columbus, which is the first boat to use the new mobile galley, requested NSSC's support once they found out their galley would be tempo-



Sailor's stationed aboard the Los Angeles Class fast-attack submarine USS Columbus (SSN 762) order food at a mobile galley parked pierside, Oct. 14.

rarily shut down.

"Any time we need to do maintenance in the galley or on the systems that af-

fect galley function, we contact NSSC," Petty Officer 1st Class John Nordman, Columbus' leading culinary

specialist, said.

The boat's supply officer, Lt. j.g. Jose Chirinos, who oversees the mobile galley's daily

operations, said the galley is a breath of fresh air compared to the old mobile galley.

"This galley has everything we need to get the job done, including all new equipment and air conditioning," Chirinos said. "When we would do burger day in the old mobile galley, I think it would get up to 120 degrees."

The newest addition to the waterfront has also brought the Sailors and officers of Columbus closer together.

"There's no Chiefs Mess or wardroom up here," said Seaman Jean Luc Constantine, a sonar technician temporarily assigned to the galley as a food service attendant. "The whole crew eats together and I think this has brought us closer."

The new mobile galley continues to allow a submarine's culinary specialist to prepare food for the crew during maintenance periods, now with a side of island sunshine.

"Sailors get the chance to get some fresh air, look at the water, and relax for a little bit while they eat here," Chirinos said. "It's really the hottest thing on the waterfront."

PMRF celebrates 241 years of Navy pride

Robert Purdy

*Pacific Missile Range
Facility Public Affairs*

Pacific Missile Range Facility (PMRF) celebrated 241 years of Navy pride during the 2016 PMRF U.S. Navy Birthday Ball held at the Grand Hyatt Resort and Spa, Kauai on Oct. 14.

Capt. Vincent Johnson, commanding officer of PMRF was joined by Sailors, spouses, family, friends, veterans, and many distinguished guests who gathered to celebrate the Navy's 241st birthday. This years theme was entitled "America's Sailor: For 241 Years – Tough, Bold, and Ready."

Johnson began his opening remarks by ex-

pressing his appreciation to PMRF's ohana (family) in attendance. "In my 20 plus years of service, I have never felt so welcomed and appreciated by the community and its elected officials. We could not do our job without your support and I hope we continue to earn your trust," Johnson said.

Reps. Dee Morikawa

and Derek Kawakami presented Johnson with a proclamation from the Hawaiian State Legislature commemorating the 241st birthday of the Navy, during a special presentation ceremony.

The event included a traditional cake cutting ceremony by the most junior and most senior Sailors in attendance. Senior Chief Matthew Ballard

shared the honor of cutting the cake with the most junior, Seaman Caleb Mennenga.

Petty Officer Second Class Omar Powell who was in attendance said, "This was my first Navy Ball and where better to celebrate than on Kauai. It was an honor to be part of the celebration. It was a great event and I felt a strong sense of pride to

be part of the Navy."

PMRF is the world's largest instrumented multi-environment training and test range in the world.

For more information on Pacific Missile Range Facility, Barking Sands, visit www.cnmc.navy.mil/pmrp or on Facebook at www.facebook.com/PacificMissileRangeFacility.

PACAF hosts ROKAF Academy cadets to promote interoperability

Capt. Candice Dillitte

*Pacific Air Forces Public
Affairs*

Pacific Air Forces (PACAF) hosted more than 90 Republic of Korea Air Force (ROKAF) Academy cadets during an immersion at Joint Base Pearl Harbor-Hickam, Oct. 19.

The visit was part of an effort to build a foundation of partnership and interoperability between PACAF Airmen and future ROKAF leaders.

"Since 1950 our two nations have fought together to defend the Korean peninsula and that relationship grows stronger each and every day," said Maj. Gen. Mark Dillon, PACAF vice commander, speaking to the cadets.

The visit included U.S. Pacific Command strategy and PACAF command briefs to highlight the command's role and mission in the Indo-Asia-Pacific region and further the cadets' understanding of that role. Additionally, the cadets visited and had the opportunity to pay their respects at the USS Arizona Memorial, the USS Missouri Memorial and the National Memorial Cemetery of the Pacific where they participated in a wreath-laying ceremony.

During the PACAF briefing, Dillon correlated the ROKAF's part in presence, partnership, power projection and people. He discussed how joint and combined exercises such as Red Flag-Alaska, Vigilant Ace, Cope North and Ulchi



U.S. Air Force photo by Staff Sgt. Kamaile Chan

Republic of Korea Air Force (ROKAF) Lt. Gen. Keon Wan Lee (left), ROKAF Academy superintendent, talks with U.S. Air Force Maj. Gen. Mark C. Dillon, Pacific Air Forces vice commander, during the recent PACAF-hosted ROKAF Academy cadet visit to Joint Base Pearl Harbor-Hickam, Oct. 19.

Freedom Guardian, help the alliance remain strong for the future.

"The incredibly strong alliance between our two air forces and the presence of the United States around the theater allows us to project power and presence and partnerships across the entire region," Dillon said. "It's all underpinned by our

great Airmen."

For Republic of Korea Air Force Academy Senior Cadet Seung-tae Han, a highlight was visiting a U.S. Air Force base for the first time and learning about how the U.S. and ROK work together.

"My favorite part of the visit was visiting and speaking with members of the U.S. Air Force," Han said.

"I learned about U.S. Air Force tasks and strategies and how the U.S. continues to support the Republic of Korea through various exercises and engagements. This allowed me to have a better understanding of our relationship."

This was the third time a ROKAF academy cadet class visited Headquarters PACAF.

Samsung Galaxy Note 7 banned on all air travel

Headquarters Air Mobility Command

The U.S. Department of Transportation, with the Federal Aviation Administration, issued an emergency order banning all Samsung Galaxy Note 7 smartphone devices from air transportation in the United States.

Headquarters Air Mobility Command (HQ AMC) has taken additional steps to ban this device on all Department of Defense (DoD) owned and/or controlled aircraft worldwide.

Individuals who own or possess a Samsung Galaxy Note 7 device may not transport the device on their person, in carry-on baggage, or in checked baggage on any DoD owned or controlled aircraft.

This prohibition includes all Samsung Galaxy Note 7 devices. The ban is effective immediately.

This restriction includes all DoD owned and/or controlled aircraft, AMC organic military aircraft, patriot express, and operational support airlift missions.

All passengers must be briefed on this ban. If passengers attempt to travel by air with their Samsung Galaxy Note 7 devices, they will be denied boarding. This ban applies to all AMC and Navy operated AMC passenger terminals.

For more information, please contact the passenger policy branch at (618) 229-4593, or e-mail org.amca-71@us.af.mil.



Diverse VIEWS



How can leaders prevent or respond to bullying in the workplace?



Staff Sgt. Samon Carver
18th Aeromedical Evacuation Squadron

“Leaders can prevent bullying in the Air Force by ensuring that everyone is respected no matter how different they may be. Leaders can also respond to it by not allowing it to happen and when it is brought to their attention, taking the correct response. The workplace should be a safe place for everyone.”

Petty Officer 2nd Class Marcella Faust
Regional Legal Service Office Hawaii



“Leaders should remain unbiased, objective and fair to cultivate good order in the workplace.”



Senior Master Sgt. Freddie Harris
324th Intelligence Squadron

“Leaders at all levels can prevent and respond to bullying, that includes everyone from E-1 to O-10. This is done by creating a positive environment that does not tolerate bullying. This is mainly done by making the position of zero tolerance known through communication and visible leadership.”

Petty Officer 2nd Class Makaylah French
Pearl Harbor Naval Shipyard



“Eliminate favoritism and be intrusive by stopping yellow-light behavior early before it gets worse.”



Staff Sgt. Timothy Haught
15th Wing/JA

“Working as a paralegal, I have seen that bullying is still an issue in the military, although in my opinion, it is no more or less prevalent in the military than in the civilian sector. I encourage leaders to recognize the new forms of bullying, identify any potential issues, and stop it at its source. Bullying comes in many different shades, it is not rank specific, and should be looked at with a person-to-person mindset, not a rank-centered mindset. As always, leaders should have an open door policy, and know your people.”

Petty Officer 2nd Class Lachelle Gatson
NIOG



“Know your Sailors. Intervene at signs of trouble. There are many methods. Try them all because one method may work differently with different people.”



Tim Lynch
PACAF Air Postal Squadron

“All members need to be proactive, and reactive if the situation occurs. Open communication, before, does significantly reduce occurrence of any poor conduct.”

Petty Officer Otis Hare
USS Jefferson City (SSN 759)



“Be an example. Always stay professional and others will follow.”



Wai Hung Wu
15th Comptroller Squadron

“Leadership can prevent bullying by having communication with the unit/team. Having the open communication, team members can voice their concern if bullying does exist in the workplace.”

Provided by Petty Officer 1st Class Corwin Colbert and David D. Underwood Jr.

*Want to see your command featured in Diverse Views?
Got opinions to share?*

Drop us a line at editor@hookelenews.com

Commentary

Supporting breast cancer awareness

Barack Obama

President of the United States of America



Barack Obama

Every year, too many Americans are touched by the pain and hardship caused by breast cancer—a disease that, among women, is not only one of the most common cancers, but also one of the leading causes of cancer-related death.

During National Breast Cancer Awareness Month, we honor all those who lost their lives to breast cancer, and we recognize the courageous survivors who are still fighting it. For these individuals, and for their loved ones who give their unwavering support during the most trying times, we recommit ourselves to the essential and necessary work of forging a future free from cancer in all its forms.

Hundreds of thousands of Americans will be diagnosed with breast cancer this year, and tens of thousands will lose their battle with this disease. Although both women and men can have breast

cancer, women are at higher risk.

Women with a family history of breast cancer, or those who are older or obese, are also more likely to be diagnosed with breast cancer. I encourage all women to find out if they are at increased risk and to learn more about recommended screenings by speaking with their health care providers and by visiting www.Cancer.gov/Breast.

Early detection and treatment can save lives. Since I took office, I have worked to make quality, affordable health care a reality for more Americans.

The Affordable Care Act has given millions of women expanded access to preventive services, including screening tests such as mammograms, with no out-of-pocket costs.

Women can no longer be denied coverage because of a pre-existing condition, including a family history of breast cancer, and lifetime and annual limits on essential health benefits have been eliminated.

Critical research efforts over time have yielded great progress in how we diagnose and treat breast cancer, which has produced a steady increase in survival rates for those suffering from this disease -- and it is crucial that we keep building on these successes.

This year, the National Cancer Institute launched the largest study of its kind to investigate the role of genetic and biological factors in breast cancer risk among African American women, who have a higher risk of dying from breast cancer.

The White House Cancer Moonshot Task

Force, also launched this year, is a new national effort striving to make a decade's worth of progress in preventing, diagnosing, and treating cancer in just five years.

And through the Precision Medicine Initiative -- a bold research effort aimed at delivering disease prevention and treatment based on an individual's unique traits and genetic information -- we are pursuing new oncology-focused efforts to advance personalized care through targeted cancer therapies.

This month, with bold pink ribbons displayed proudly across America, we stand in solidarity with breast cancer survivors and reaffirm our commitment to raising awareness of this disease and to advancing research efforts.

Let us thank the countless advocates, medical professionals, researchers, and caregivers who dedicate their lives to fighting for a world without breast cancer, and together, let us carry out our mission to cure cancer once and for all.

Women's Joint Leadership Symposium to be held Oct. 24, 25

The 2016 Hawaii Women's Joint Leadership Symposium will be held at the Ford Island Conference Center, from 7:30 a.m. to 3:30 p.m. on Oct. 24 and 25. The conference center is at 547 Hornet Ave., building 89.

The theme is “Leading with a Purpose: Embracing the Future.”

Navy keynote speakers will include Rear Adm. Bette Bolivar,

commander, Joint Region Marianas and U.S. Pacific Fleet Master Chief Susan Whitman

Uniform for attendees will be the uniform of the day. This event is open to all men and women of all ranks.

Besides the activities on Ford Island, an Air Force Women's Joint Leadership Symposium event will be held from 7:30 a.m. to noon Oct. 25 at Hollister Audi-

torium, 375 Mamiya Ave., Joint Base Pearl Harbor-Hickam. Lt. Col. Tonya Brunson will be the keynote speaker.

RSVP to the website www.2016hwjls.eventbrite.com no later than Oct. 21 because seating is limited.

For more information, email chanda.r.clifton@navy.mil or call 472-8881, ext. 325 or david.taylor@navy.mil or 473-1781.

Commands sought to participate in NAVCO visit

Hawaii commands are being sought to participate in a (Navy Office of Community Outreach) NAVCO media production visit to Joint Base Pearl Harbor-Hickam from Nov. 7 to 11 for Commander, Pacific Fleet

efforts to emphasize the 75th anniversary of America's entry into World War II.

Commands interested in participating should contact David Werner at (808) 474-8299 or email david.werner@navy.mil no

later than Oct. 28.

Once commands are identified, additional details will be provided.

For more information, visit www.outreach.navy.mil/media-outreach.

Liberators fly near Kauai

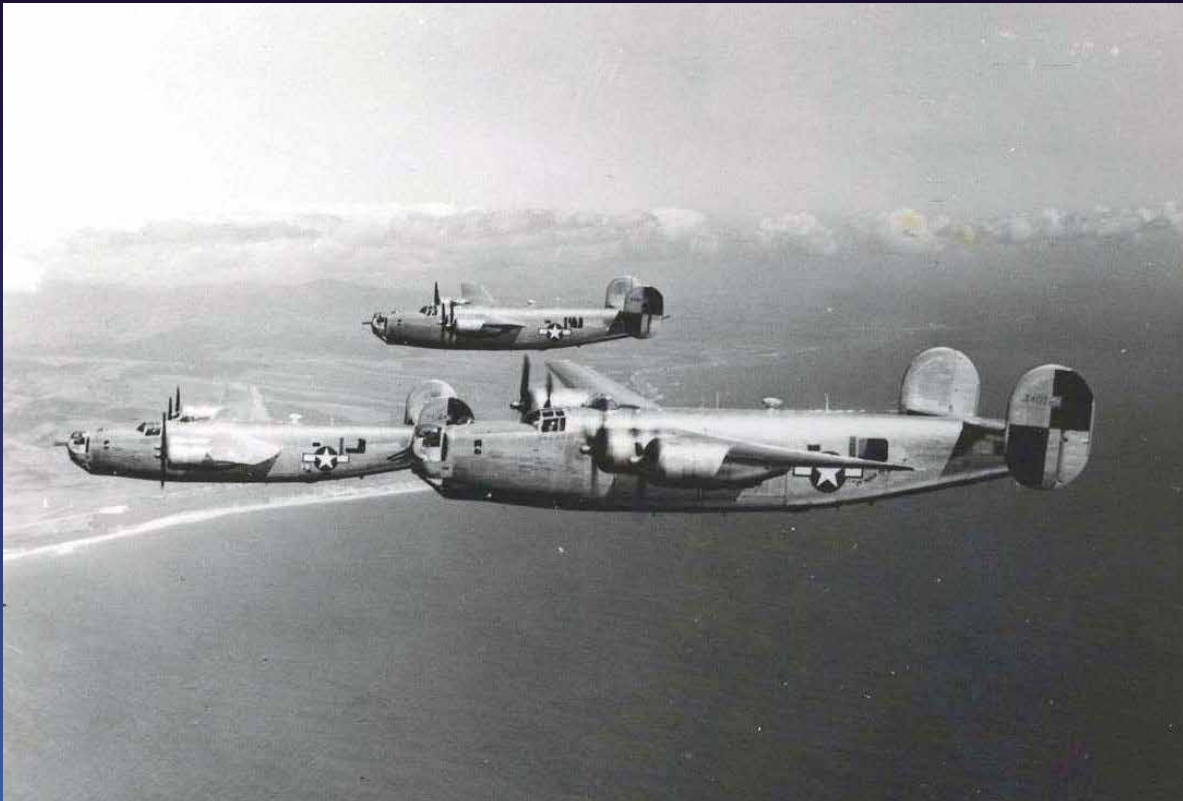


Photo courtesy of the Hawai'i Department of Transportation

Consolidated B-24 Liberators of the 867th Bomb Squadron, 494th Bomb Corps from Hickam Field practice formation flying off the south tip of Kauai in October, 1944, which was 72 years ago this month.

HO'OKELE

PEARL HARBOR - HICKAM NEWS

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Editor's note: VEST 2.0, which stands for Vigilance, Engagement, Speed and Together is a program initiated by Navy Region Hawaii intended to promote heightened awareness and security.

Military installations join island-wide Text-to-911 service

Story and photo by
Petty Officer 2nd Class
Johans Chavarro

Navy Public Affairs Support
Element Detachment Hawaii

Text-to-911 is an emergency service that is provided to all mobile users in the state of Hawaii. It allows someone to use their activated cell phone to contact the 911 center via text message instead of calling 911.

“Given Hawaii’s unique and rural geography, technology advances, and the hearing/speech-impaired members of our community, it’s critical that we close the gap to ensure everyone has access to our first responders,” U.S. Rep. Tulsi Gabbard of Hawaii said.

“The ‘Text-to-911’ service is a revolution in how we alert the authorities to emergent, life-or-death situations that do not allow for a caller to speak to a dispatcher, such as with home invasions, domestic violence cases, or active shooter scenarios. This new service will help save lives all across Hawaii. As one of only seven states to implement this program, Hawaii is leading the way in serving all members of our community.”

Text-to-911 is not intended to serve as a replacement to traditional voice calling but serves as an outlet for those unable to speak while in an emergency. Some situations might be when it is unsafe to place a voice call to 911, experiencing a medical emergency that renders you incapable of speaking or hearing, unable to call 911 due to being in a location with sporadic cellular voice service, and unable



City and county officials from throughout the islands of Hawaii gather at the Hawaii State Capitol for the inaugural island-wide Text-to-911 service launch, Oct. 13.

to speak or hear due to injury or physical restraint.

To use the service, persons simply need to send a text to the number “911.” Next, they will need to provide location, type of emergency (police, fire or ambulance) and address, if known. Persons may also send brief messages, but are advised to use plain English, no emojis and no abbreviations.

According to John Freeland, director, Regional Dispatch Center of Navy Region Hawaii, the 911 emergency phone services are provided at all military installations and will be processed at the Regional Dispatch Center (RDC).

“Wireless cell phone providers have placed ‘call routing’ towers throughout the island,” Freeland said. “When a call is made from an ‘on installation’ cellular phone, the call is routed to the RDC. The RDC Emergency Response Dispatchers process the 911 text (or call) message and dispatch the required emergency responders.”

“As for ‘outside the fence’ security, the services between Honolulu City and County Call

Center and the CNRH RDC are connected and able to receive transferred calls. We also are each other’s back up call center, should one center fail receiving calls,” Freeland said.

As technology continues to advance and text messaging continues to be one of the primary methods of communication today, Freeland said it also becomes important for RDC to stay current and in line with social standards to augment current emergency response services.

“As the communications technology evolves we too at the RDC evolve and keep consistent with the newest bells and whistles as time and money allows,” Freeland said. “We work with the Honolulu City and County Call Center and keep a ‘mirror’ system. Using the text to 911 only enhances the service that has existed here for quite some time.”

Text-to-911 can support plain text Short Messaging Services (SMS) messages only and is limited to 160 characters per text. Pictures, videos and emojis currently cannot be processed.

In addition, callers must have active wireless service including a text or data plan, and the device’s location service must be turned on. Text-to-911 may not be available if the wireless phone is roaming or outside of the provider’s coverage area.

Consumers are advised to call 911 when possible because calling is a faster, more efficient way to relay an emergency, as the caller’s location isn’t automatically sent to emergency responders in a text.

For more information, please visit <http://ags.hawaii.gov/hawaii-enhanced-9-1-1-board/text-to-911/>

A photo illustration depicts the Text-to-911 services available throughout the islands of Hawaii.



Doxxing: What it is and how to protect yourself

Brandon Bosworth

Assistant Editor, Hoʻokele

Actress Felicia Day’s ‘You’re Never Weird on the Internet (Almost)’ is for the most part a lightweight, amusing book about things such as her experience creating her own web series, working with Joss Whedon and her love of fantasy novels and video games.

However, there is a story in the latter half of the book that is neither lightweight nor amusing. After taking a stand against misogyny in the gaming community, Day found herself the target of a vicious online hate campaign. At one point, her attackers posted her home address on the web. Day had been doxxed.

What is doxxing?

“Doxxing is derived from the term ‘dropping documents,’” said Marcus Hokama, cyber security specialist, Navy Region Hawaii Information Assurance.

“It involves the research and broadcasting of personally identifiable information about an individual using the internet with the intent to embarrass, scare, blackmail or bully the victim. This can be as simple as searching public databases and social media websites to hacking.”

In Felicia Day’s case, her home address was posted online alongside threatening comments. This is a typical example of doxxing. There is a great deal of personal information about people

easily found on the web, including date of birth, marital status, work history and address. While this data can prove useful in finding old friends or family members, it can also be used by doxxers to harass and intimidate their targets.

The legality of doxxing is complicated. For example, publically posting an individual’s home address may be a violation of privacy, but it isn’t usually illegal. However, posting someone’s home address alongside a threat of violence often is against the law, though specifics depend on the jurisdiction.

Most of the personal data online is accessed via so-called data brokers. Companies such as Spokeo, ZoomInfo and PeopleSmart maintain

Below are opt-out links for several major data brokers

Spokeo: www.spokeo.com/opt_out/new

Pipl: www.pipl.com/directory/remove/

ZoomInfo: www.zoominfo.com/lookupEmail

PeopleSmart: www.peoplesmart.com/optout-go

BeenVerified: www.beenverified.com/optout

PeopleFinders: www.peoplefinders.com/manage/

PeekYou: www.peakyou.com/about/contact/optout/index.php

This is only a small sampling of data broker websites. The Privacy Rights Clearinghouse maintains large list of data brokers at <http://ow.ly/9Bzp305j5ld>.

searchable databases containing information about countless individuals culled from a variety of source. Chances are, your information is on one or more of these sites, whether you want it to be or not.

If you don’t want your personal information easily accessible online, the responsibility is on you to opt-out of the websites

where the data is posted. This isn’t always easy, and data brokers often make it difficult to remove listings from their sites. Links to opt-out pages for some popular sites are listed in the sidebar.

How do you know if your personal information is online? The best thing to do is to regularly do an internet search of your name and see what

comes up.

Unfortunately, searching for your name online and opting-out of data broker websites once or twice is not enough. The web is in a constant state of flux, meaning even information you had removed could pop again somewhere else. Protecting yourself from doxxing requires constant vigilance.

October is National Bullying Prevention Month

Break the cycle of bullying

J.D. Levite

Air Force Surgeon General
Public Affairs

FALLS CHURCH, Va.—Bullying is not just a part of life that stops in the schoolyard; it can have consequences that stretch into adulthood and impact people for the rest of their lives.

According to the National Center for Education, one in four children will experience bullying in their lives, and it comes in many forms: social, verbal, physical and even cyberbullying. But just because it exists and has remained for a long time doesn’t mean it has to stay that way forever.

“We can prevent bullying,” said Maj. Joshua Duncan, a pediatrician and the chief resident for General Preventive Medicine Residency with the Uniformed Services University of Health Sciences. “We can change these behaviors, and we can prevent some of the consequences we see.”

Some of those consequences include an impact on healthy behavior for both children who bully and children who get bullied. For both, there can be psychological effects.

Duncan said, “A lot of people who have experienced bullying will develop mental health disorders like anxiety or depression. Being bullied also puts them at risk for suicide as

well as developing psychoses.”

He added that children who are bullied while involved in sports or other physical activities can be at a greater risk for developing obesity.

“This can be a form of social bullying where they’re the last person picked on the team or nobody wants to include them,” he said. “That causes them to withdraw. They tend to avoid those kinds of experiences. They tend to avoid physical activity because they’ve been bullied.”

Duncan also said children who bully can develop many of the same mental health issues, and they are more prone to engage in certain activities like substance abuse or exhibit criminal behavior as they age. They also can continue abusive relationships later on in life.

For this reason, it’s important for adults, including parents and teachers and other authority figures, to learn to recognize the signs associated with bullying. Duncan said kids tend not to report bullying because they want to be independent and don’t want to be judged by their peers.

Some of the signs for children who are being bullied include unexplained injuries, psychosomatic symptoms like stomach aches or headaches, difficulty sleeping, and bed-wetting episodes. These children can be withdrawn and refuse to participate in social activities or sports. Some of them may even run away or attempt to

injure themselves.

Duncan said, “These signs aren’t always specific to bullying, but in cases where any of those symptoms are present that should raise a flag for not just parents but also primary care providers and teachers, too.”

There are three things Duncan recommends for countering bullying: ignore, stand up, and get help. The first step stems from the fact that bullying is often one person trying to create or take advantage of a real or perceived power imbalance. Often ignoring a bully’s advances removes the power he’s trying to wield.

“That doesn’t always work,” Duncan said. “In that case, I would encourage children to stand up both figuratively and literally. Standing up tall and looking the bully in the eye levels the playing field of the power imbalance.” He said he encourages parents to rehearse firm statements with their children so they have something definitive to say.

The last step is getting help, and that means finding other people to be on your team.

There are several resources available on bullying. The first place to start is with the school and local governments because both should have anti-bullying policies in place that are worth knowing.

Duncan also recommends StopBullying.gov as a great resource for parents, children and providers as well.

Keep safety in mind when riding motorcycles

Joint Base Pearl Harbor-Hickam
Safety Office

According to Joint Base requirements, motorcycle personal protective equipment (PPE) needs to be reflective in appearance or a reflective safety vest should be worn in nighttime or low visibility conditions. Backpacks should have reflective materials attached to them.

•Goggles and face shield

Motorcyclists should wear impact- or shatter-resistant goggles or full-faced shield protection attached to the helmet. A windshield or eyeglasses alone are not sufficient.

•Helmets

Helmets need to be certified to meet Department of Transportation (DOT) standards and properly fastened under the chin.

•Reflective safety vest

The motorcycle rider should wear an upper body lime green or international orange reflective safety vest with reflective strips stitched, ironed or otherwise attached to the vest on both the front and back sides.

•Clothing

Clothing should consist of a long-sleeved shirt or jacket, long pants, and full-fingered gloves designed for use on a motorcycle.

•Footwear

Motorcyclists should wear sturdy footwear, such as leather boots or over-the-ankle shoes. Tennis shoes, sneakers or sandals are not sufficient.

Pearl Harbor-Hickam Highlights



(Above) U.S. Air Force Maj. Gen. Mark C. Dillon, Pacific Air Forces vice commander, presents a briefing to more than 90 Republic of Korea Air Force (ROKAF) Academy cadets during their visit to Joint Base Pearl Harbor-Hickam, Oct. 19. This marks the third visit by ROKAFA cadets who after commissioning, will likely work alongside U.S. forces on the Korean peninsula. The visit is an opportunity for PACAF to show the cadets how PACAF and U.S. Pacific Command operate and gain a better understanding of the region and the importance of regional security.

U.S. Air Force photo by Staff Sgt. Kamaile Chan



(Above) Crewmembers from the Honolulu Fire Department look over information during a search and rescue exercise held off Honolulu, Oct. 18. Crewmembers from the Coast Guard 14th District, Honolulu Fire Department, Ocean Safety and Lifeguard Services, Honolulu Police Department and Joint Base Pearl Harbor Hickam's MWR lifeguards conducted the exercise to evaluate notification and response procedures between first responders.

U.S. Coast Guard photo by Petty Officer 2nd Class Tara Molle



(Left) Members of the Defense POW/MIA Accounting Agency (DPAA) salute the disinterred casket of an unknown U.S. service member at the National Memorial Cemetery of the Pacific, Oct. 17. The remains will be taken back to DPAA's lab for analysis and hopeful identification as part of the agency's mission to provide the fullest possible accounting for missing personnel to their families and the nation.

U.S. Marine Corps photo by Sgt. Eric M. LaClair

(Below) A U.S. Air Force C-17 Globemaster III aircraft from Joint Base Pearl Harbor-Hickam prepares to take off from Allen Army Airfield, Alaska during exercise RED FLAG-Alaska 17-1, Oct. 13.

U.S. Air Force photo by Master Sgt. Joseph Swafford



Go For Green fully implemented across Navy

Kathy Adams

Naval Supply Systems Command Office of Corporate Communications

Naval Supply Systems Command (NAVSUP) has fully implemented the Go For Green (G4G) program worldwide as of Oct. 20.

G4G is a food identification system designed to help service members identify the least processed food and beverage choices while dining in military galleys. The color codes — Green (Eat Often), Yellow (Eat Occasionally), and Red (Eat Rarely), along with a salt shaker graphic to measure sodium content — help service members choose foods and beverages that boost their performance, readiness, and health.

The G4G labeling guides service members to the best choice while still providing alternate options.

Foods labeled green are placed at the beginning of the serving line, and provide the most nutrients. Alternate menu options, labeled yellow and red, are to be enjoyed in smaller portions and less often.

All ashore and afloat galleys, as well as Navy Food Management teams; Bureau of Medicine dietitians; Morale, Welfare, and Recreation (MWR) command fitness leaders; Navy food service personnel; and Navy and Marine Corps



U.S. Navy file photo

Information Systems Technician 2nd Class Fausto Buelna attends an African American History Month luncheon at Silver Dolphin Bistro, Joint Base Pearl Harbor-Hickam, in this photo from 2014.

Public Health Promotion directors have been trained on the principles of G4G.

Posters, food label cards, and table toppers are prominently displayed in the

galleys to help Sailors be aware of which choices are the best for their overall health and performance.

Thirty- and 60-second video spots will begin air-

ing during the holidays on the American Forces Network to aid in the explanation of the G4G program.

A training video on the G4G program is

available at <http://www.youtube.com/watch?v=8N-7loI0zAY4/>.

NAVSUP's mission is to provide supplies, services, and quality-of-life support

to the Navy and joint warfighter.

For more news from Naval Supply Systems Command, visit <http://www.navy.mil/local/navsup/>.

White House, DoD salute companies' commitment to hire military spouses

Story and photo by
Lisa Ferdinando

DoD News, Defense Media Activity

WASHINGTON (AFNS) —Employers who hire military spouses are doing the right thing for their businesses —and for the country, speakers at a Department of Defense Military Spouse Employment Partnership (MSEP) event said this week.

White House and Defense Department officials, business representatives and military spouses were among those who attended the Oct. 17 induction of 50 employers to the MSEP program — the largest induction class since the initiative was launched five years ago.

“By hiring military spouses, employers are promoting stability in military families, which increases the readiness of the force,” said Todd A. Weiler, the assistant secretary of defense for manpower and reserve affairs.

“You’re getting a loyal and committed workforce, and we’re getting a more stable, a more predictable, a less stressful environment for our families,” he said.

Biden: ‘Debt of gratitude’ to military families

Dr. Jill Biden, the wife of Vice President Joe Biden, helped to launch the MSEP program in 2011. Speaking at the event—which was held at the U.S. Chamber of Commerce building, the same location where the program was launched—she said the entire family serves

when a member is in the military.

“I believe that we owe those who wear our uniform and their families a debt of gratitude,” she added. “Military spouses are among the most skilled and dedicated members of America’s workforce. That’s why all of you are here today.”

At the program’s inception, supporters were excited to have 50 partner companies that pledged to increase employment opportunities for military spouses, Biden noted. The number has increased significantly, she said, pointing out that the 50 new inductees were joining 335 other companies that had already partnered with the program.

“Since we launched, more than 100,000 military spouses have been hired, and that is truly remarkable,” Biden said, welcoming the new partners into the program. “Our veterans, service members and their families deserve the very best efforts of each of us, to show them how much we appreciate their service to our country.”

No such thing as ‘average’ military spouse

The experiences and makeup of military spouses vary greatly, including in age, backgrounds, education, career aspirations, family composition and religions, said Ellyn Dunford, the wife of Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff.

“There is no such thing as an average military spouse, nor an



DoD photo by Lisa Ferdinando

Dr. Jill Biden, wife of Vice President Joe Biden, speaks at a Department of Defense Military Spouse Employment Partnership event in Washington, D.C., Oct. 17.

average military spouse experience,” she said. Dunford relayed the challenges of balancing her career as a physical therapist with her family life through more than three decades as a military spouse.

“Amid the frequent moves, military families face challenges as spouses try to balance a career, including perhaps even being geo-

graphically separated to keep a job,” she said. Dunford said the lessons she learned over the decades have helped her in her current role and in advocating for military families.

She applauded the efforts of the MSEP and its partner companies, saying those who hire military spouses are using “their heart and their head.”

APF employees encouraged to update disability self-identification code

Guss Alexander

Navy Region Hawaii Equal Employment Opportunity

The Department of Defense (DoD) is committed to increasing and improving employment opportunities for individuals with disabilities. To demonstrate DoD’s commitment as an employer of choice and hiring

individuals with targeted disabilities, appropriated funded (APF) employees are encouraged to update their disability self-identification code on an annual basis. All new APF employees are asked to voluntarily and anonymously complete a SF-256 which gathers disability employment information within the federal government. The

SF-256 lists various types of disabilities. Many employees opt not to complete the SF-256 for various reasons such as not considering themselves to be an individual with a disability or fearing their disability status may negatively impact their employment/career. The collected statistical data is used to determine if hiring and retention goals of people with

disabilities are met and for no other purpose. Updated disability workforce data is a means for the components to accurately incorporate the data into its strategic planning efforts. APF civilian employees may update their information by visiting the MyBiz portal at <https://compo.dcpds.cpmosd.mil/> and then selecting “HR Path,” clicking on the

“Personal” icon, expanding the “Disability” section, selecting the appropriate code and clicking on the “update” button to save the change. Those that may not have computer access may visit their servicing Human Resources Office for a SF-256. For more information, contact Guss Alexander at guss.alexander@navy.mil or 449-1701.

STOMP workshop location changed


The location for the Specialized Training of Military Parents (STOMP) Navy Hawaii workshop on Nov. 3 and 4 has been changed to Makai Recreation Center on the Hickam side of Joint Base Pearl Harbor-Hickam. The rec center is located at 1859 McChord St. The event will be held from 8:30 a.m. to 3:30 p.m. on both days and will include one-hour lunch breaks. The event will include interactive break-out sessions for participants to learn what their child’s Individual Family Service Plan/ Individualized Education Plan (IFSP/IEP) can do, Section 504 accommodations and modifications, advocating and making a plan. Participants can register online for the STOMP workshop at <http://stomp-hawaii.eventbrite.com>. The first day of the workshop includes discussion of rights of a parent of a child

with disability, communicating effectively to attain collaborative relationships for the child, and other topics. The second day of the workshop includes discussion of TRICARE, Supplemental Security Income (SSI), Medicaid, wills, guardianships, special-needs trusts and other topics. The event is a program of Partnerships For Action, Voices For Empowerment (PAVE), whose mission is to provide support, advocacy, training and informational resources to empower families and individuals with disabilities. For more information, contact Kim Munoz, school liaison officer for Joint Base Pearl Harbor-Hickam at 471-3673 or kim.munoz@navy.mil or Kimberly Crutchfield, school liaison officer for Navy Region Hawaii at 471-3662 or kimberly.crutchfield@navy.mil.

Military recognition ceremony planned for college graduates

A military recognition ceremony for college graduates, presented by Joint Base Pearl Harbor-Hickam, will begin at 9 a.m. Nov. 4 at the Historic Hickam Officers Club lanai. The event will honor Joint Base service members who earned or will earn an associate, bachelor, master or doctorate degree between September 2015 and December 2016. Families and friends are invited to attend. Graduates’ attire should be service dress uniform. To participate, email Kenneth.p.bohan@navy.mil or call 473-0686, or Charles.mansfield@navy.mil or call (321) 536-5208, or Robert.redmond.1@us.af.mil or call 448-2705 no later than Oct. 21 and provide the following information:

- Full name
- Rate/rank
- Current command
- Contact phone number
- Email address
- Name of college or university awarding degree or certificate
- Complete title of degree or certificate
- Proof of degree completion (college transcript or diploma)
- Any honors received from the college or university.



Joint Base Pearl Harbor-Hickam Public Affairs

•Who can attend the “Rock The Troops” event?
The event is free and open to military and Department of Defense (DoD) ID cardholders (military, family members, DoD civilians, and retirees). Outside guests age 16 and older of DoD ID cardholders are required to have a “Rock The Troops” special event pass. All gates entering Joint Base Pearl Harbor-Hickam will be 100 percent ID

check on concert day.

•How do I get the passes and will my guests need to be with me at all times?
Joint Base Pearl Harbor-Hickam security will send the sponsor an email with the passes to distribute to their guests, if they have submitted their request form before Oct. 20. If passes are obtained after Oct. 20, guests may expect delays at the Pass & ID office and should prepare accordingly. The pass will allow unescorted access, just as long as each sponsored guest is prepared to show their event pass and picture ID at the gate. For questions on the pass process, call 449-0865.

•Can I bring mats and chairs?
Yes, guests may bring outside folding chairs and mats at their leisure. Carry light. No chairs will be available for guests.

•Is there an age restriction on

who can attend?
There are no age restrictions, but expect a PG-13 show.

•Can I bring my water bottle or bottled water?
Yes, bottled water and water containers are allowed.

•Will there be food and drinks?
Yes, food and drinks will be available for purchase. Sales will be cash only.

•Can I bring a camera?
Cameras are allowed, but no camera bags.

•Will there be a meet-and-greet?
There are no meet-and-greets planned.

•Can I bring snacks for my kids?
Light snacks for infants and toddlers are acceptable. Please bring only baby-essential items.

•Will there be parking for those with a handicap placard?
Handicap parking will be available

near the event location. To access the parking from O’Malley Gate, you must take the right two lanes.

•What personal items are allowed at the event?
Small diaper bags (please bring only baby essential items), folding strollers, purses, umbrellas, mats, folding lawn chairs, cell phones and cameras (No cameras bags allowed). Note: All items carried in are subject to search. As courtesy to others, please bring only essential items.

•Is there overnight camping?
No overnight camping allowed.

•Can I tailgate at the parking lot?
With limitation, you can only park your cars/trucks. No tents, barbecue grills, tables, etc. allowed.

•Can I volunteer?
At this time, we are not accepting volunteers.

HO'okele
HO'okele

Life & Leisure

Pink Fun Run

highlights breast cancer awareness

Joint Base Pearl Harbor-Hickam Public Affairs

Pearl Harbor Navy Exchange (NEX) hosted the Pink Fun Run for Breast Cancer Awareness on Oct. 14. It was a partnership event with Navy Lodge, Joint Base Morale, Welfare and Recreation, Defense Commissary Agency, Naval Health Clinic Hawaii, Army and Air Force Exchange Service, the USO and other organizations. There were 290 runners and walkers who participated in the event from different commands including, Navy, Army, Air Force, Marines and Department of Defense civilians. October is Breast Cancer Awareness Month.

Each participant was provided water, fresh fruit, granola bars, breast cancer awareness information, healthy living information, coffee mugs and free mini massages.

"It was a great event for our military community," said Stephanie Lau, NEX customer relations manager.



Artists brush up at Paint & Sip class

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Every Wednesday, the Historic Hickam Officers' Club at Joint Base Pearl Harbor-Hickam offers Paint & Sip, a social event where attendees get informal in-

struction on painting while enjoying food and beverages.

During the event, an experienced instructor leads the group through a featured painting of the night. Patrons can follow the instructor in a straightforward manner, or if they feel the urge, can add their own touches to make the painting unique and personal. There

is no grading so there is no pressure to do the painting "right."

For a short time the status of Paint & Sip was uncertain, as the original instructor who launched the activity—a military spouse—eventually moved on. However, a stable of artists connected to Morale, Welfare and Recreation's (MWR) Arts

& Crafts Center stepped up and offered their services. Now, customers can experience the varied styles and perspectives of a range of instructors. Davilla Harding began the rotation, which now includes other artists Dennis McGeary and Charis Derry.

Paint & Sip takes place every Wednesday from 5:30 to

8:30 p.m. and is open to all ranks. The cost is \$40 and includes all art supplies. Food and beverages are available for purchase from the Koa Lounge. To sign up or for more information, visit or call the Arts & Crafts Center at 448-9907, ext. 103. Online registration is available at www.greatlifehawaii.com.



Paint & Sip sessions at the Historic Hickam Officers' Club. JBPHH offers patrons the opportunity to learn how to paint in an informal, relaxed atmosphere.

MWR Marketing photo

MustDash 5K Turkey Trot set for Thanksgiving

The Surface Navy Association's (SNA) Pearl Harbor Chapter is sponsoring the third annual MustDash 5K Turkey Trot to support men's health.

The run will be held on Ford Island at the intersection of O'Kane Boulevard and Wasp Boulevard at 7:30 a.m. on Thanksgiving Day, Nov. 24.

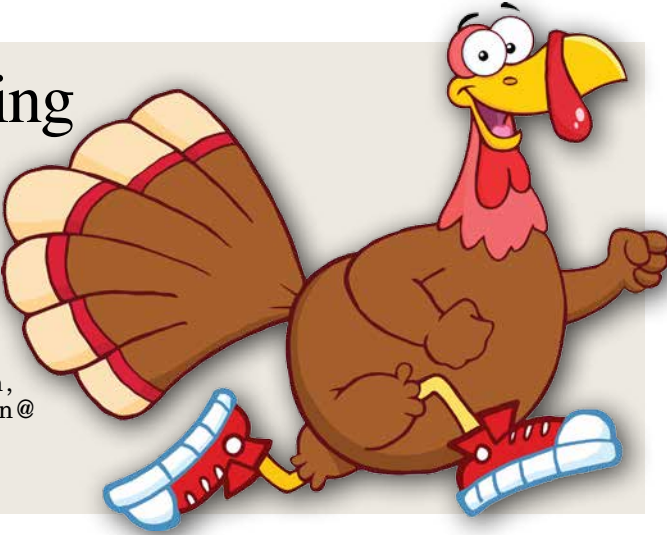
Prizes will be awarded in three

categories: best real mustache, best fake mustache and worst in show (for those men that try their hardest to grow a mustache, yet fail miserably.) Participants can register by Nov. 7 for \$25 by emailing SNAmustdash@gmail.com with their T-shirt size.

Shirts are in men's sizes. Current and new SNA members can register for \$18.

Sign up for SNA is online at navysna.org or fill out an application at the race to receive the member discount. Late registration will be available for \$30 (\$23 for SNA members) until Nov. 14.

For more information, email Bridgette.barden@ddg97.navy.mil.





Enforcers reach milestone with win over 690 COS



Petty Officer 1st Class Jordan Wells noses the tip of the football over the goal line for the Enforcers' first touchdown.

**Story and photo
by Randy Dela Cruz**

Sports Editor, Ho'okele

The Joint Base Pearl Harbor-Hickam Security Enforcers continued to set the pace in Joint Base intramural flag football by becoming the first team in the Gold Division to win five straight games by defeating the 690th Cyberspace Operations Squadron (690 COS), 27-2, on Oct. 18 at Ward Field.

The win kept the Enforcers in a tie for first place in the division with a record of 5-0, while the 690 COS fell to 1-4.

Petty Officer 3rd Class Myles Schumacher was one of the main cogs in the team's dominating win.

Schumacher, who delivered a pick-six and ran for another touchdown while playing quarterback, said that the biggest difference between last year and this season is that the team is committing a lot fewer errors this time around.

"Last year, we were all over the place and even lost in the first round of the playoffs," Schumacher said. "The 5-0 shows just how far we've come. We're making all the right things and we're not making mistakes. That's our biggest thing: mistake-free football."

While the Enforcers were limiting their errors on the field, the team's aggressive play on defense paid off by forcing the 690 COS into a turnover in the first series of the game.

On the second play from scrimmage, the Enforcers came up big, when Petty Officer 2nd Class Clive Campbell stepped up to intercept a ball that was tipped into the air.

Then on offense, facing a fourth-and-goal on the 690 COS 10-yard line, starting quarterback Petty Officer 2nd Class Kevin Jones found an open Petty Officer 1st Class Jordan Wells down the middle of the field and connected for the first touchdown of the game.

"It's just a safety net," said Wells, who has made a season out of catching open shots down the middle for a touchdown. "We go to it in times of need. All of our receivers are good and all of our linemen can catch. If our receivers aren't open, our linemen are, so it always works."

On the 690's second possession, the team moved the ball into the red zone, but was forced to give the ball back on downs at the Enforcers' 16.

Back with the ball, Jones moved the chains down to the 690 19-yard-line on just six plays.

Then, Jones, on first down, connected with Petty Officer 3rd Class Alex Naquin to put the ball inside the 10.

On second and goal from the eight-yard line, Jones went back to Wells for the duo's second hookup for a touchdown to make it 13-0.

With only a couple of minutes

before halftime, Schumacher came up with the play that may have been the backbreaker for the 690.

Starting at their own 15, the 690 COS picked up four yards to place the ball at their own 19.

However on second down, Schumacher, from his cornerback position, broke on the pass and grabbed it for an interception, before taking it all the way to the house to give the Enforcers a 19-0 lead at halftime.

"They ran it twice in the first half," Schumacher said. "They ran one on a screen pass and the other went deep. I just ran for it. If he threw it over my head, I would've looked dumb. But fortunately, he thought he could make the throw and I made the catch and ran 20 yards for the touchdown."

In the second half, the Enforcers gave up two points on a safety, but before the game was over, Schumacher, subbing for Jones, finished a drive by running off on a short sweep to the left for six.

While Schumacher made a statement with his outstanding play on both sides of the ball, Wells said that solid team ball is what's getting the job done for the Enforcers.

As for keeping the streak alive, Wells said that it's not something the players are dwelling upon.

"We're not thinking about it (the streak)," Wells said. "It's just one game at a time."

747th CS beats Pound Town in battle of unbeatens

**Story and photo
by Randy Dela Cruz**

Sports Editor, Ho'okele

Senior Airman Jamal Jones tossed a short shuffle pass to Tech. Sgt. Eric Hawkins for a touchdown with less than two minutes remaining in the game to lead the 747th Communication Squadron (747 CS) to a 13-7 come-from-behind victory over the 647th Security Forces Squadron (647 SFS) Pound Town in a battle of unbeaten teams in the Gold Division on Oct. 18 at Ward Field.

With the win, the 747 CS remained in a tie for first place by becoming the second team to join the ranks of the undefeated in the division with a record of 5-0.

The game also marked the first loss suffered by Pound Town, which had entered the matchup with record of 3-0.

"It's a team effort," said Jones, who has been one of the most electrifying players in Joint Base flag football this year. "We all won this in the secondary. We all trust each other. That's pretty much it on defense."

Pound Town, which took the opening drive all the way to the house, was shut down for the rest of the game by a 747 CS defense that has been dominating opponents all season long.

Pound Town quarterback Airman 1st Class David Jay led a scoring drive on the first series of the game, but it wasn't easy.

Jay needed 11 plays to reach pay dirt and almost ran out of downs, before taking it in by himself on a short fourth-and-goal sweep to the left corner of the end zone.

The team then made good on its point after touchdown (PAT) to take a 7-0 lead.

Back the other way, the 747 CS had an easier time answering the call with quarterback



Senior Airman Jamal Jones cuts back to avoid the defense. Jones led the 747 CS to victory by catching a pass for a touchdown, throwing a pass for a TD and picking up an interception on defense.

Senior Airman Zachary Murphy needing only three downs to score a touchdown.

Murphy rushed the ball for nine yards on the first play, and then delivered a bomb to Senior Airman Jamie Brown that moved the chains all the way to the 647 SFS 28-yard line.

Finally, on the third play, Murphy connected on a scoring pass to Jones to make it 7-6.

The 747 CS failed to convert their PAT and trailed by a single point, which stayed that way until the final two minutes.

Unexpectedly, the two teams with high-powered offenses

couldn't get things going for most the game.

The 747 CS has their chances, but the 674 SFS defense seemed to come up with a big play each time the CS came knocking on its door.

Defensive backs, Airman 1st Class Adrian Navarro and Air-

man 1st Class William Wilson came up with huge interceptions to stop drives by the 747 CS.

Wilson's interception appeared to be a game saver, when he picked off a pass by Murphy that stopped a CS drive at the Pound Town one-yard line.

However, after the Pound Town defense came up with its big play, the 747 CS defense created a huge break of their own, when it forced the 647 SFS to punt the ball away after only four downs.

With the clock ticking down, the 747 CS began their final drive with the ball resting on their own 25.

Murphy used just four plays to get to the red zone once again, as he guided the team down to the Pound Town eight-yard line.

Two running plays moved the ball to the four, but not wanting to see the opportunity slip away, Jones stepped in at QB on third down.

On the snap, Jones stayed in the pocket and then suddenly flicked a shuffle pass to a wide open Hawkins, who put the squeeze on the ball for the go-ahead touchdown.

"We normally don't pass to me," Hawkins said about how he was able to get open. "I'm just glad I caught it."

Pound Town had one last-ditch attempt to retake the lead, but fittingly, Jones ended any chance of the 747 CS coming back when he intercepted a bomb with only 30 seconds remaining.

"Basically, we talk about the game plan all week," Jones said about the team's tough defensive play. "We go out and have fun. We yell at each other, but it's all love. Somebody might get their feelings hurt, but we want to win. We want to win the whole thing and go undefeated."

515 AMOW annual haunted house set for Oct. 28, 29, 30

The 515th Air Mobility Operations Wing (AMOW) will hold their third annual haunted house on Oct. 28, 29 and 30. The event will feature live-action clowns, zombies and monsters, an electric chair and graveyard display, a terror filled hospital ward, and a creepy freight elevator ride.

The event will be located at the wing's headquarters at 290 Vickers Ave. on the Hickam side of Joint Base. Take O'Malley Boulevard main gate, O'Malley Boulevard to Atterbury Circle, and fourth exit onto Vickers Avenue. Tours will run from 6 p.m. to 10 p.m. for three consecutive nights. Admission rate is \$10 for ages 12 and up and \$5 for ages 11 and below.

For more information, email 515amow.boosterclub@us.af.mil.



‘Spook-tacular’ Halloween events planned for JBPHH

Joint Base Morale, Welfare and Recreation has a ghostly array of activities for patrons to celebrate the Halloween season this month.

- **Sacred Spirits Driving Ghost Tour** with Liberty will be held Oct. 26. The tour will depart Liberty Express at 8:15 a.m., Beeman at 9 a.m., Instant at 9:15 a.m., and Makai Rec at 9:30 a.m. The tour will return at 4 p.m. The cost is \$10. The tour will take about five hours with some walking, so wear walking shoes. Participants can bring their camera for photos. If participants are meeting the rest of the tour there, the tour will be at the Ala Moana Hotel on Mahukona Street at 10:15 a.m. This event is open to single, active-duty military E1-E6 only. For more information, call 473-2583.
- **Free Movie Night at Pool 2** will begin at 6 p.m. Oct. 28. The scheduled movie is “Hotel Transylvania 2.” (PG). The movie will begin when sun goes down (weather permitting). Floaties are welcome. The event will include free popcorn for all at-

tendees while supplies last. For more information, call 260-9736.

- **Teen Center Halloween Lock-in** will be held from 7 p.m. Oct. 28 to 7 a.m. Oct. 29 at the Joint Base Pearl Harbor-Hickam Teen Center. The event is for ages 13–18 years old. The cost is \$25, or \$20 with a canned food donation. Participants need to register by Oct. 26. Teens can celebrate with a full night of games, bowling, food and more. Costumes are welcome. For more information, call 448-0418.
- The second annual **Zombie Run 5K** will begin at 7 a.m. Oct. 28 at the Missing Man Formation, Joint Base Pearl

Harbor-Hickam Sign in is at 6:30 a.m. Participants are welcome to wear costumes of any type. The course will include flat roads, little hills and dips. The top three finishers and best costume will receive a prize. The cost of registration is \$15. Children 10 and under can enter for free. For more information, email larry.best@us.af.mil or call 789-5253.

- **Halloween Zumba Bash** will be held from 9 to 11 a.m. Oct. 29 at the Joint Base Pearl Harbor-Hickam Fitness Center. The cost is two GE class coupons. Participants can dress up in their favorite costume,

and have a two-hour workout with Joint Base Zumba instructors. For more information, call 471-2019.

- **Halloween All Weekend Long** will be featured from 11 a.m. to 9 p.m. Oct. 29-31 at Sam Choy's Island Style Seafood Grille. Prices vary on items. The restaurant will be offering food and drink specials to celebrate Halloween in both the restaurant and the Hapa Deck and bar. For more information, call 422-3002.
- **Halloween Costume Contest** will be held at 1 p.m. Oct. 30 at Sharkey Theater for ages 12 years and under. Prizes will be given in the following age categories: 4 years and younger, 5–8 years old, and 9–12 years old. There will be free entry to the 2:30 p.m. movie for those dressed in costume. For more information, call 473-0726.
- **Haunted Plantation with Liberty** will be held Oct. 30. The tour will depart Liberty Express at 4 p.m., Beeman at 5:30 p.m., Instant at 5:15 p.m., and

Makai Rec at 5 p.m.

The tour will return at 8 p.m. The cost is \$5. Participants can bring money for food afterwards. This event is open to single, active-duty military E1–E6 only. For more information, call 473-2583.

- **Halloween Bowling Party** will be held from 3:30 to 5:30 p.m. Oct. 31 at the bowling centers on the Hickam and Pearl Harbor sides of Joint Base. Patrons can get one free game of bowling when they purchase one game of bowling (shoe rental not included). Plus, there will be free treats for those dressed in costume. For more information, call 448-9959 or 473-2574.
- **Free Spooktacular Dinner and Costume Contest** with Liberty will be held from 5 to 7 p.m. Oct. 31 at Beeman Center. The costume contest will include prizes for the top three best costumes. This event is open to single, active-duty military E1–E6 only. For more information, call 473-2583.



Operation Homefront accepting Military Child of the Year nominations

Through Dec. 5, Operation Homefront, a national nonprofit with the mission of building strong, stable, and secure military families, will accept nominations for the 2017 Military Child of the Year awards, which will be presented at a recognition gala April 6, 2017, in the nation's capital.

Mary Turpin, an Army family member from Wahiawa, was one of 30 nationwide 2016 finalists. Summer Lecher, a Marine Corps family member from Kailua, was among the 90 nationwide 2016 semifinalists. Both were 17 when they were nominated.

The annual awards will recognize seven outstanding young people. Six of them in the age 8 to 18 range will represent a branch of the armed forces — the Army, Marine Corps, Navy, Air Force, Coast Guard, and National Guard — for their scholarship, vol-



unteerism, leadership, extracurricular involvement, and other criteria while facing the challenges of military family life.

The seventh award, which is open to young people ages 13 to 18, is the Military Child of the Year Award for Innovation. With a new invention, improvement to existing technology, creation of a new nonprofit or community service group, or expansion of an existing membership organization, the winner of this

award shows the power of innovative thinking.

The six armed services branch Military Child of the Year awardees will receive \$10,000 each, a laptop computer and other donated gifts, and be flown with a parent or guardian to Washington, D.C., for the gala, during which senior leaders of each branch of service will present the awards.

The Military Child of the Year Award for Innovation recipient will receive a \$5,000 cash award, benefit from mentorship, and be flown to Washington along with a parent or guardian to be recognized at the gala.

Anyone may nominate a favorite young patriot. Parents, siblings, teachers, coaches, clergy, neighbors, grandparents and anyone who knows a child's talents may nominate. Go to www.militarychildoftheyear.org and click the nominate tab.

USS Bowfin Memorial Scholarships available

The Pacific Fleet Submarine Memorial Association announced that the application period for USS Bowfin Memorial Scholarships has opened for Hawaii area assigned submarine families for 2017-2018 academic year.

Since 1985, this scholarship program has given more than \$700,000 in scholarships to hundreds of Hawaii area submariners and their families. This year, the USS Bowfin Submarine Museum Board of Directors has made available up to \$75,000 in funds to support this scholarship effort that provides monies for tuition, books, and fees for subma-

ners, their spouses and children.

Scholarship applications are available online at www.bowfin.org/scholarship or by calling USS Bowfin Submarine Museum and Park at (808) 423-1341.

Completed scholarship application packages must be postmarked by March 24, 2017 in order to support the interview process on April 1, 2017. Scholarships will be awarded in a ceremony at USS Bowfin Submarine Museum and Park on April 29, 2017.

For more information, call (808) 423-1341.

Self-request mammograms offered at NHCH

Naval Health Clinic Hawaii

Women over the age of 40 can self-request their own mammograms without referral as long as they provide their primary care manager's (PCM) name.

This service allows patients the flexibility of scheduling their screening mammogram when it is most convenient. Examinations will be performed per normal screening and results will be submitted to the patient's PCM.

Naval Health Clinic Hawaii (NHCH)

TRICARE Prime patients with no current breast issues (mass/lump, breast discharge, breast pain or history of breast cancer) may contact NHCH Radiology Department by phone or in person at any Radiology front desk to schedule their mammogram.

Mammogram appointments are available from 8 a.m. to 2:30 p.m. Monday through Friday.

For more information, call the NHCH Radiology Department at Makalapa Clinic at 473-1880, ext. 9-2200.

MY FAVORITE PHOTO



Sailors raise the flag recently at Joint Base Pearl Harbor-Hickam in this photo taken by John Burns, administrative support assistant for Navy Region Hawaii. How to submit: Send photos to editor@hookelenews.com.



Family meals are important

Defense Commissary Agency

Colleen S. Kesselring

According to the Archives of Pediatric and Adolescent Medicine, there are great benefits to enjoy when families eat meals together.

Did you know when families eat meals together the meals tend to be more nutritious? But there are other great benefits for kids and teens: better grades, better moods, less depression and thoughts about suicide, less tobacco, alcohol and marijuana use, and less disordered eating habits, a greater acceptance for fruits and vegetables and less obesity.

It's simple to get these long-term benefits for you and your family. Eat meals together at the same table, without the television on (even in the background) or other electronic devices and distractions. Use this time to make meals and memories together.

Why is this simple task so beneficial? It's about having a conversation and connecting. When families come together and share a meal, conversations tend to be longer so more rare words are introduced to

kids and teens and vocabularies improve. Longer conversations allow young people to process new concepts and ideas, and ask questions.

More frequent family meals offer routine and consistency for all family members. Family meals provide time to socialize youth and role model good communication skills and manners.

So give this great vehicle for connecting families a try. The more frequent the meals shared the better. Start by aiming to cook more meals at home. Work with your family to develop a week's plan for dinner meals and then make a shopping list together. One great resource to help you is the “Thinking Outside the Box,” dietitian-approved, quick meal solutions. For the time it takes to go through a drive-thru, your family can have a more nutritious and tasty meal. Just be sure to fill half your plates with fruits and vegetables.

Colleen Kesselring is a dietitian and program analyst with the Department of Defense Education Activity (DoDEA).

For more information, visit www.commissaries.com.

OCTOBER/NOVEMBER

HO'OKELE
PEARL HARBOR - HICKAM

COMMUNITY
CALENDAR

HARVEST FESTIVAL TODAY — Pearl Harbor Memorial Chapel will hold a free Harvest Festival from 5:30 to 8:30 p.m. Oct. 21. The event will include food, games, crafts, bounce houses, face painting, costumes and more. The festival is open to all Department of Defense card holders and their families. The chapel is located at 1600 Pearl Harbor Blvd. across the McDonald's at Joint Base Pearl Harbor-Hickam. FMI: 473-3971.

ROCK THE TROOPS OCT. 22 — Rock the Troops featuring Dwayne Johnson will be held at Joint Base Pearl Harbor-Hickam. Gates will open at 3 p.m. Admission is free for military members and their guests. The event will also feature other celebrities in music, film and comedy. FMI: www.greatlifehawaii.com.

WOMEN'S JOINT LEADERSHIP SYMPOSIUM OCT. 24, 25 — The 2016 Hawaii Women's Joint Leadership Symposium will be held at the Ford Island Conference Center from 7:30 a.m. to 3:30 p.m. over two days. The theme is "Leading with a Purpose: Embracing the Future." Rear Adm. Bette Bolivar, commander, Joint Region Marianas will be a speaker. The target audience is women and men serving in all pay grades and military services on Oahu. It is also for men who lead women in their commands. Volunteers are also sought for the event. FMI: email chanda.r.clifton@navy.mil or call 472-8881, ext. 325 or david.taylor@navy.mil or 473-1781.

ANGER MANAGEMENT CLASS OCT. 25 — An anger management class will be held from 8 to 11 a.m. at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

INTERVIEW SKILLS OCT. 25 — A class on sharpening your job-interview skills will be held from 4:30 to 6 p.m. will be held at Military and Family Support Center Pearl Harbor. Mock interview experience will be provided. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

CAR-BUYING STRATEGIES OCT. 25 — A class on strategies for buying a car will be held from 4:30 to 6 p.m. at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

A SHOT OF REALITY OCT. 26 — As part of a Resilient Workforce Summit, A Shot of Reality event for all hands will be held from 9 to 10 a.m. and 1 to 2 p.m. at Sharkey Theater. The same training will be offered twice. Navy Region Hawaii Command Master Chief David Carter will provide the opening remarks. The event is designed to keep the audience engaged with humorous improvisations from professional comedians, while educational sketches will illustrate alcohol facts and statistics. The goal of the show is to provide Sailors with the tools necessary to make the right decisions when it comes to how alcohol impacts their lives both on and off duty. FMI: call 474-1930 or email maricel.ashton@navy.mil.

AFTER GPS OCT. 27 — An After GPS workshop will be held from 8 a.m. to 3:30 p.m. at Military and Family Support Center Hickam. The workshop is a follow-on to the five-day TGPS workshop. Information briefs will include Survivor Benefit, TRICARE, Veterans Affairs, Workforce Development Office and CAPSTONE preparation. This workshop also includes an employer panel to assist participants in understanding the civilian hiring process. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

FBI RECRUITMENT OCT. 28 — A workshop on FBI recruitment will be held from 9 to 11 a.m. at Military and Family Support Center Pearl Harbor. Agency representatives will be available to discuss career choices, qualification requirements and hiring procedures. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

AHUA REEF RESTORATION OCT. 28 — An Ahua Reef restoration event will be held from 8 to 11 a.m. Volunteers will help restore a Native Hawaiian wetland by aiding in the removal of non-native invasive weeds, creating a habitat for native plants and birds. Volunteers should bring sunblock, water, a hat, gloves and snacks. All tools will be provided. FMI: RVSP to Corrina Carnes at corrina.carnes.ctr@Navy.mil.

NOVEMBER
RECOGNITION FOR GRADUATES

NOV. 4 — A military recognition ceremony for college graduates, presented by Joint Base Pearl Harbor-Hickam, will begin at 9 a.m. Nov. 4 at the Historic Hickam Officers Club lanai. FMI: email Kenneth.p.bohan@navy.mil or Charles.mansfield@navy.mil or Robert.redmond.1@us.af.mil no later than Oct. 21.

KAPUAIKAULA MAKAHIKI NOV. 5 — Navy Region Hawaii and Joint Base Pearl Harbor-Hickam will hold a free Kapuaikaula Makahiki beginning at 9 a.m. at Hickam Harbor Beach. At Kapuaikaula (Hickam Beach), participants will experience Makahiki, an ancient Hawaiian festival of Thanksgiving. The event will include various games of skill from Hawaii's past, along with Native Hawaiian culture and protocol. Families are welcome to attend the event and they can bring beach chairs and mats. FMI: 471-1171, ext. 368 or 473-0662.

MOVIE
SHOWTIMES



BLAIR WITCH

A group of college students venture into the Black Hills Forest in Maryland to uncover the mysteries surrounding the disappearance of James' sister who many believe is connected to the legend of the Blair Witch. At first the group is hopeful, especially when a pair of locals offer to act as guides through the dark and winding woods, but as the endless night wears on, the group is visited by a menacing presence. Slowly, they begin to realize the legend is all too real and more sinister than they could have imagined.

SHARKEY THEATER

TODAY — OCT. 21
6:40 PM The Magnificent Seven (PG-13)

SATURDAY — OCT. 22
2:30 PM The Wild Life (3-D) (PG)
4:40 PM The Wild Life (3-D) (PG)
6:40 PM The Magnificent Seven (PG-13)

SUNDAY — OCT. 23
2:30 PM Storks (3-D) (PG)
4:40 PM Snowden (R)
7:30 PM Blair Witch (R)

THURSDAY — OCT. 27
2:30 PM Sully (PG-13)

HICKAM MEMORIAL THEATER

TODAY — OCT. 21
7:00 PM Storks (PG)

SATURDAY — OCT. 22
3:00 PM Storks (PG)
6:00 PM Bridget Jones's Baby (R)

SUNDAY — OCT. 23
3:00 PM Storks (PG)

THURSDAY — OCT. 27
7:00 PM Bad Moms (R)

Parkour camp held at Joint Base

Story and photos by
Gaea Armour

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Teens vaulted, climbed and jumped at a parkour camp held at the Hangar Skate Park, Joint Base Pearl Harbor-Hickam from Oct. 10 to 14.

Ryland Lanagan, an



Army veteran from Oregon, led the camp. He taught the basics of Parkour to youth ages 12 through 17 years old. Parkour, from the French word “parcours” which means “the way through,” has been gaining in popularity worldwide.

“The goal is to quickly and efficiently navigate through any environment using only that environment, body, creativity and instinctive reflex,” Lanagan said.

Parkour is not as simple as going through an obstacle course.

It involves a variety of techniques such as rolls, landings, takeoffs, vaults, precision jumps, bar moves and wall climbs. The camp commenced with basic techniques at the Hangar Skate Park and base playgrounds, then later concluded at a local parkour gym in town.

“I have to be creative,” Lanagan said. “I know that everyone is different, and will learn best if they get exposure to



different ways of ‘hear it, see it, do it.’ I need to be able to break moves down into smaller, easier, simpler segments and then to progress from there. I meet them where they are at, and teach them to get to know themselves, their strengths and weaknesses.”

“My teaching strategy is to provide a safe environment for people to progress at their own speed. Provide them the opportunity to learn via repetition, experimentation, teach them to feel connected to their movement and to celebrate their success with

them. Encouragement and positivity are a huge part of the Parkour community’s values.”

Lanagan hopes to stage another parkour camp sometime next year and teach more to military youth.

Another parkour camp will possibly be offered again by next school break as it gains more popularity. For future youth sports events and to stay informed, visit greatlifehawaii.com.

Teens learn the basics of parkour at a camp held at JBPHH Oct. 10-14.

MWR to hold fitness, recreational activities

Joint Base Morale, Welfare and Recreation will hold a variety of fitness-related events for patrons in the upcoming week.

•Creative Coaching Spinning Workshop will be held from 8 a.m. to noon Oct. 23 at the Joint Base Pearl Harbor-Hickam Fitness Center. Participants can learn the fundamentals of creating course designs for spinning classes using the four Ps: population, purpose, planning and progression. The cost is \$109. To register and receive a \$19 discount, call 1-800-847-7746 ext. 600.

• Outdoor Yoga and Green Smoothie Clinic will be held from 9:30 to 10:30 a.m. Oct. 28 at Aloha Aina Park (Hickam side of JBPHH). This is a special outdoor yoga clinic. Participants can receive green smoothies in a take-home jar. The

cost is \$15. For more information, visit www.re-alwellnessco.com or call 471-2019.

•Hike Koko Head Bridge to Ridge will begin at 8 a.m. Oct. 29 at the MWR Outdoor Adventure Center-Fleet Store. This hike starts at the parking lot to Halona Blowhole on the southeast coast of Oahu through a lava tube leading to the trail head. The cost is \$20, and the deadline to sign up is Oct 27. For more information, call 473-1198.

•Spearfishing Excursion will begin at 9 a.m. Oct. 29 at the MWR Outdoor Recreation-Hickam Harbor. Participants must have taken “Learn to Spearfish” course to participate, as the skills needed for this activity can be moderate to difficult. The cost is \$20, and the deadline to sign up is Oct. 27. For more information, call 449-5215.

GOT SPORTS

Phone: (808)473-2888

editor@hookelenews.com

Get revved up about motorcycle safety

Here are seven motorcycle safety tips from the magazine “Ride,” published by the Naval Safety Center.

1. Always wear a helmet. Choose a helmet that displays the DOT label which indicates that it meets federal safety standards.

2. Know your limits.

Your motorcycle has limits. Know them.

3. Watch speed. Follow posted speed limits.

4. Keep your distance. No one likes a tailgater. Keep a safe distance between your bike and other vehicles.

5. Signal. Use your signals.

6. Use both brakes.

When braking use both brakes at the same time by applying them slow and steady.

7. Be seen. Avoid blind spots and always use your headlights day or night.

For more information, visit the Naval Safety Center website at www.public.navy.mil/

navsafecen/Pages/index.aspx

A Sailor rides a motorcycle at Joint Base Pearl Harbor-Hickam while following Navy safety procedures and protocols in this photo from 2014.

U.S. Navy file photo by P02 Johans Chavarro

