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Suicide prevention proclamation See page B-5



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**Volume 8 Issue 34** 

## Labor Day weekend safety tips

**Don Robbins** 

Editor, Ho'okele

As summer draws to a close, Sailors, Airmen and their families will gear up to celebrate the Labor Day holiday this weekend.

Here are some tips on ways to keep safe throughout the holiday weekend.

- Be careful at intersections. It may not be safe to assume that others are going to do the right thing.
- When driving, stay focused (not distracted), keep your eyes on the road, and be aware of other drivers, to help prevent accidents.
- Don't drink and drive. If you drink, have a sober designated driver with you or call a taxi.
- Wear an approved life jacket when boating or in the water.
- When grilling, keep your grill at least three feet away from your house, porch, shed, trees or bushes.
- Protect your skin from the sun by wearing sunscreen. Limit the amount of direct sunlight you receive be-
- tween 10 a.m. and 2 p.m. Drink plenty of water regularly and often even if you do not feel
- thirsty on a sunny day. If you're at a pool with children who are either very young or who can't swim, make sure they are never left alone, even if they aren't in the water.
- If you are taking care of an infant/toddler, make sure to keep them within arm's reach.
- Learn about rescue swimming, take a CPR course and bring life preservers on boats.

## **USS John Paul Jones**, **PMRF** connect



#### Missile Defense Agency

The Missile Defense Agency (MDA) and U.S. Navy sailors aboard USS John Paul Jones (DDG 53) successfully conducted a this was a key milestone in giving our Aecomplex missile defense flight test, resulting in the intercept of a medium-range ballistic missile (MRBM) target using Standard Missile (SM) 6 guided missiles during a test off the coast of Hawaii, Aug. 30.

John Paul Jones detected and tracked a target missile launched from the Pacific Missile Range Facility on Kauai, Hawaii,

develop this important new capability, and gis BMD (Ballistic Missile Defense) ships an enhanced capability to defeat ballistic missiles in their terminal phase," said MDA Director Lt. Gen. Sam Greaves. "We will continue developing ballistic missile defense technologies to stay ahead of the threat as it

evolves.' This test, designated Flight Test Stan-

with its onboard AN/SPY-1 radar and on- dard Missile (FTM) 27 Event 2, marks the board SM-6 missiles executed the intercept. second time that an SM-6 missile has suc-We are working closely with the fleet to cessfully intercepted a medium-range ballistic missile target. Aegis BMD is the naval component of the Ballistic Missile Defense System. MDA and the U.S. Navy cooperatively manage the Aegis BMD program.

MDA's mission is to develop, test, and field integrated, layered, ballistic missile defense system to defend the United States, its deployed forces, allies and friends against all ranges of enemy ballistic missiles in all phases of flight. Visit www.mda.mil.

U.S Navy and public domain photos

U.S. Navy, Marine Corps divers recovered the remains of all 10 USS John S. McCain (DDG 56) Sailors. The fallen Sailors are:



Electronics Technician 1st Class Charles Nathan Findley, 31, from Kansas City, Missouri



**Interior Communications Electrician 1st Class** Abraham Lopez, 39, from El Paso, Texas



**Electronics Technician 2nd** Class Kevin Sayer Bushell, 26, from Gaithersburg, Maryland



Electronics Technician 2nd Class Jacob Daniel Drake, 21, from Cable, Ohio



Information Systems **Technician 2nd Class Timothy** Thomas Eckels Jr., 23, from Manchester, Maryland



**Information Systems** Technician 2nd Class Corey George Ingram, 28, from Poughkeepsie, New York

**Electronics Technician 3rd** 

Class John Henry Hoagland

III, 20, from Killeen, Texas



**Electronics Technician 3rd** Class Dustin Louis Doyon, 26, from Suffield, Connecticut



**Interior Communications Electrician 3rd Class Logan** Stephen Palmer, 23, from Decatur, Illinois



Hill, New Jersey

Aaron Smith, 22, of Cherry

## **USS Michael Murphy** holds change of command

**Ensign Kasey Landry** 

USS Michael Murphy Public Affairs

USS Michael Murphy (DDG 112) held a change of command ceremony at Pier B15 on Aug. 30. The ceremony marked the passage of command from Cmdr. Robert A. Heely Jr. to Cmdr. Kevin T. Louis.

Heely, the ship's fourth commanding officer, assumed command of USS Michael Murphy in March of 2016. During his time in command, the ship's more than 300 crewmembers excelled in the completion of the new time-based basic phase, earning the ship an above fleet average score during the board of inspection and survey. He also led the crew through training exercises with the Carl Vinson Carrier Strike Group and Michael Murphy's second deployment to the western Pacific. For his next tour, Heely will serve as Destroyer Branch Head at the OP-NAV (Office of the Chief of Naval Operations) Surface Warfare Directorate (N96) in Arlington, Virginia.

This tour as captain of Michael Murphy has been the thrill of a lifetime and that's because of the crew," Heely said.
"A ship is only as good as its crew and this was a great team. Through a grueling schedule, their work was always bigger than any one person. They were resilient and took pride ownership to another level. They inspired me each day as they carried on the legacy of our namesake Lt. Michael Murphy. I was proud to be their teammate.'

Louis, Michael Murphy's prospective commanding officer, has served as the ship's executive officer for the past year and a half. His previous at-sea assignments include USS Roosevelt (DDG 80) and USS O'Kane (DDG 77), and his time ashore includes tours with the Office of Naval Intelligence, PERS-41, and Surface Warfare Officers School.



Photo by Staff Sgt. Christopher Stoltz

Cmdr. Kevin T. Lewis, incoming commanding officer, speaks during the USS Michael Murphy change of command, Aug. 30.



Story and photo by MC2 Somers Steelman

Navy Public Affairs Support Element Detachment

Chief petty officers from commands across the Pacific celebrated ten years mentorship, leadership, and heritage training aboard the weeklong USS Missouri Chief Petty Officer (CPO) Legacy Academy at Joint Base Pearl Harbor-Hickam, Aug. 20 to Sept. 1.

The CPO Legacy Academy has taken place aboard the Battleship Missouri Memorial since 2007.

The CPO Legacy Academy is a six-day course, which chief selectees live aboard the Battleship Missouri Memorial alongside chief mentors to learn about the history and heritage of the U.S. Navy and the chief petty officer community.

"To lead the future of our great Navy, we must understand our heritage," said Command Master Chief David B. Carter, command master chief for Commander Navy Region Hawaii. "That is why I believed the USS Missouri is the ideal location for our CPO Legacy academy. It is an inspiring symbol of our past, with an outstanding legacy.'

The CPO Legacy Academy gives chief selectees the opportunity to spend time with senior enlisted and

prior legacy alumni. "This program embodies the role of today's chiefs," said Chief Master at Arms Jonathan Prichard assigned to the USS Michael Murphy (DDG 112), a CPO Legacy Academy alumni and mentor.

"A chief is tasked with more than just making sure a job gets done, the chief is the keeper of Navy traditions and values, and we are charged with passing that down to our Sailors."

While aboard the Battleship Missouri Memorial, the chief selectees participated in preservation activities, leadership training, reenactment scenarios, and visited numerous historical sites around Pearl Harbor all designed to help prepare the selects for their future roles as chief petty officers.

"They have been immersed in the legacy of this great ship and our Navy, and now have a greater understanding of what it means to be a chief," Carter said. "As 'the chief' our CPO selectees will be expected to share their knowledge and experience to those coming up behind them, as to ensure that those who have made the ultimate sacrifice before them did not do so in vain."

In its 10 years, The USS Missouri CPO Legacy Academy has assisted many service members in learning what it means to be a chief.

"As a chief, you never stop learning, that should be first and foremost in your thought process," said Senior Chief Information Systems ficers!"

Technician Dan Hallman, attached to Naval Computer and Telecommunications Area Master Station Pacific and lead coordinator for the Legacy Academy.

The old call is 'Go ask the chief' and it's only through our combined knowledge that we as chiefs can answer that call."

For the chief selectees, the Legacy Academy is just one step on their long journey to becoming "the chief."

"I am grateful and humbled to take part in something so steeped in our Navy's values and traditions," said Chief (Select) Hospital Corpsman Zeila Vasquez attached to Naval Health Clinic Hawaii.

"Through the hardships of this course, we have learned that our greatest strength comes from the shared knowledge and experience we all have, that strength is something I can share with my Sailors, for as long as I serve."

At the close of WWII, Fleet Adm. William Halsey shared this anecdote when asked about an exchange between him and a retired chief: "That man was my chief when I was an ensign and no one before or after taught me as much about ships or men as he did. You civilians don't understand, you see those battle ships sitting there and think they float on the water, don't you? You're wrong. They are carried out to sea on the on the backs of those chief petty of-

## Trident Warrior paves way for future at-sea experimentation

Commander, 3rd Fleet **Public Affairs and Naval Surface Warfare Systems Command Public Affairs** 

ecution, Trident Warrior (TW) explored innovative solutions through fleet experimentation during various evolutions off the coast of southern California from June to August.

Directed by the Navy Warfare Development Command (NWDC) and Space and Naval Warfare Systems Command (SP-AWAR), and supported by Commander, U.S. 3rd Fleet (C3F), TW17 featured at-sea experimentation of more than 20 critical maritime initia-

Participants in TW17 included organizations such as SPAWAR Systems Center (SSC) Pa-

Office for Command, Marines currently serv-Control, Communications, Computers and Intelligence (PEO C4I), Naval Information Forces (NAVIFOR), Johns Hop-In its 15th year of ex- kins University Applied Physics Laboratory (JHU/APL) and Office of Naval Research (ONR).

> TW experiments are designed to fast-track the introduction of new capabilities, innovative technologies, and tactics, techniques and procedures (TTPs) to aid maritime forces in all domains of warfare — air, land, sea and cyber.

"Trident Warrior is exceptionally unique," said Dan Hallock, TW17 deputy director. "The event provides a venue to dynamically experiment with new ideas and innovations in a real-world environment. Each initiative is put directly into cific, Program Executive the hands of Sailors and

ing our fleet, and then the initiative is evaluated for This process enables war-Warrior experimentation investments for the fleet. to examine an experiment's potential and influence the direction of development and implementation. The resulting enhanced capabilities allow individuals to perform their job more effec-

tively and efficiently." TW17 took advantage of previously scheduled ship training events to leverage maximum experimentation opportunities with minimum cost and impact on fleet operations. Experiments were completed by temporarily deploying advanced capabilities on fleet assets to collect real-world performance data and feedback from users during the underway experimentation

throughout the experiments will be provided warfighting effectiveness. to Navy decision makers as recommendations re-

> Participants included aircraft carrier USS Theodore Roosevelt (CVN 71), guided-missile cruiser USS Bunker Hill (CG 52), guided-missile destroyers USS Milius (DDG 69), USS Preble (DDG 88), USS Halsey (DDG 97), USS Sampson (DDG 102), Los Angeles-Class fast attack submarine USS Pasadena (SSN 752) and the experimental medium-displacement unmanned surface vehicle (MDUSV), known as Sea Hunter.

The TW process specifically aligned each initiative into focus areas to include: Electromagnetic Maneuver Warfare; Agile Command and Control; which initiatives have

ligence, Surveillance and Reconnaissance (ISR). Once the initiatives were aligned under a desigsponsors of each initiative to develop an experiment designed to address issues the technology is targeting.

"Trident Warrior allows engineers, scientists and the operators to answer critical questions regarding the development of technology," Hallock said. We need to think if the initiative will reduce communication time and by how much. We can actually experiment during Trident Warrior and find out. Depending on what was learned during experimentation, we then work with the sponsors and requirements personnel to determine

period. Data collected Cybersecurity; and Intel- the potential to be accelerated for acquisition and which require further development."

Vice Adm. Nora Tyson, fighters to utilize Trident garding future capability nated focus area, the TW C3F, observed several team worked with the events during TW17 and was genuinely impressed with the initiatives and urgency to get new ideas into the hands of the warfighter.

"In the end, that's what this is all about," Tyson said. "Saving time, saving money and, most importantly, giving our Sailors and Marines the right tools to make them more effective warfighters ... which will help save lives. Next year's Trident Warrior is currently scheduled alongside Exercise Rim of the Pacific. Our international partners will appreciate the new technologies and concepts being developed to improve the maritime warfighting domain."



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# Diverse VIEWS



#### Submitted by David D. Underwood Jr. and Ensign Makeedra Hayes

### What are your plans for the Labor Day weekend?



GM2 Aran Fowler **IBPHH** 

"I honestly just plan to relax. I want to sleep, barbecue, and I might go on a hike or two.'



SrA Marquis Henry 647th Civil Engineer Squadron

"To spend the day with my family at the beach. The world is becoming even more crazy than what it was. I don't know if I'm leaving to fight, so I'm making memories for my kids."



**CS3** Anthony Howell USS Preble (DDG-88)

"I haven't really decided because I just got to the island. But probably spend time with my island family because I have been stationed here before."



Maj. Barbara Karodia 15th Aerospace Medicine Squadron

"Going on my delayed honeymoon. Visiting Australia and South Africa to meet my new in-laws.



Annalyn Lazano Navy Exchange Fleet Store

"I'm hoping I'll be in California with my son. He has chronic kidney disease and needs a kidney transplant, so we are waiting for the call and it should be over the holiday weekend. All our bags are packed!"



TSgt. Tanekia Lewis Air Force ROTC

"Heading to the beach and making memories with my daughters."

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

# COMMENTARY

Adm. Scott Swift

Commander, U.S. Pacific Fleet



## Toughness, resilience: part of our heritage

was shared by Adm. Scott Swift on the Pacific Fleet (PACFLT) Facebook page,

This week has been a very difficult one for PACFLT and our Navy family.

I've just departed Yokosuka after meetings with Forward Deployed Naval Forces command triads, with the families of USS John S. McCain, and with the crew of USS Fitzgerald.

Earlier in the week I went aboard USS John S. McCain after it arrived in Singapore and talked with many of its

Editor's note: The following message crew as well. I visited with the injured in our history, and no matter the chal-McCain Sailors in the hospital and met with the families that had traveled to Singapore to meet the ship in what they expected to be much happier circum-

> In talking with each of those groups, what was very apparent to me was the toughness and the resilience that makes our Sailors and families so special. They are fighters. In the wake of two tragic collisions, our hearts may be broken but our will remains strong. The Pacific Fleet has faced adversity before

lenge, we have overcome it. The toughness and resilience that I

saw in full display by Pacific Fleet Sailors and their families in both Singapore and Yokosuka is part of our heritage.

The work our Navy does in this part of the world is critical for the nation and the region. For decades, our Navy has helped provide the security and stability at sea in our area of responsibility to the benefit of all, and we continue to do just that today. We are the most capable Navy on earth, and PACFLT makes up nearly 60 percent of that Navy.

We will determine the causes of these incidents, we will learn from them and we will apply those lessons. What changes need to be made will be made. We have the full support of and forceful backup from our Chief of Naval Operations to provide the resources and the oversight necessary to fulfill this pressing requirement.

As much or more so than any of my 34 predecessors as PACFLT Commander, I have the utmost confidence in you, the Sailors of Pacific Fleet.

## 735 AMS introduces automatic cargo processing initiative

Story and photo by Tech. Sgt. Heather Redman

15th Wing Public Affairs

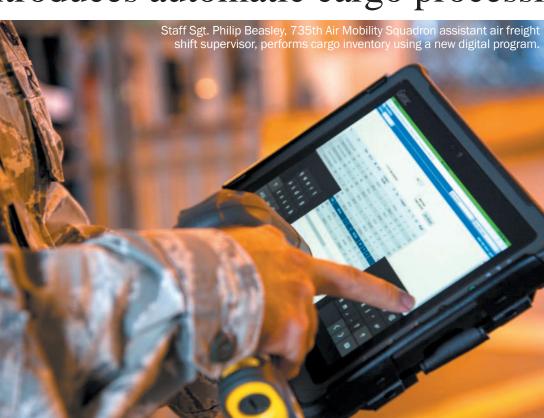
Airmen from the 735th Air Mobility Squadron (AMS) have developed and tested on Aug. 23 a new automated system to save time and money at Joint Base Pearl Harbor-Hickam.

In February 2017, the 735 AMS discussed the possibility of combining readily available resources along with off-the-shelf technology to expedite cargo processing. By utilizing tablets and wireless scanners, the 735 AMS has developed and implemented the Air Forces' first wireless cargo processing program.

"The Air Force is constantly pushing for innovation and this is a big step for us in that direction," said Capt. Joseph Henn, 735 AMS transportation operations officer. "By utilizing the Wi-Fi and tablets in the cargo bays, we have become more mobile and are able to complete multiple tasks at once."

Although the objective for this new program is to run entirely digital, paper records are still maintained to some degree.

"If for some reason the Wi-Fi does fail, we always have the



ability to go back to our own procedures. It just takes more time," said Staff Sgt. Philip Beasley, 735 AMS assistant air

freight shift supervisor.

Inspiration for the new program came from processes in place in the civilian sector.

"Private shipping companies are able to ship to customers very quickly because their processes are automated," said Master Sgt. Reynaldo Penamora, 735 AMS air freight superintendent. "They take the cargo off the plane, scan it, and they sort it. Our goal with this is to mimic their processes."

The original process used to take an average of 65 minutes to complete inventory and pallet build up. With most of that time being used to verify shipping numbers by hand.

"Our new process eliminates wasted time of walking back and forth and has the advantage of being more accurate," Penamora said. "By utilizing equipment we already had available to us, we have been able to automate most of our documents which we can now share almost instantaneously with the other offices.'

Since its implementation, the automated program has reduced the number of process steps from 34 to 20, decreased processing times by 46 percent, and eliminated all errors.

"Going digital decreases time and the number of steps in our processes by eliminating the need to run between offices," said Senior Master Sgt. William Palmer, 735 AMS aerial port operations superintendent.

## D'OKE

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Joint Base Pearl Harbor-Hickam Capt. Jeff Bernard

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## Hawaii Air National Guard members dash to aircraft

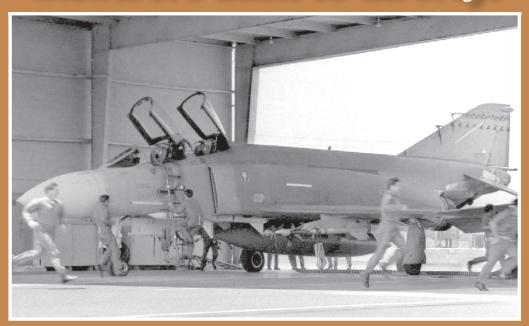
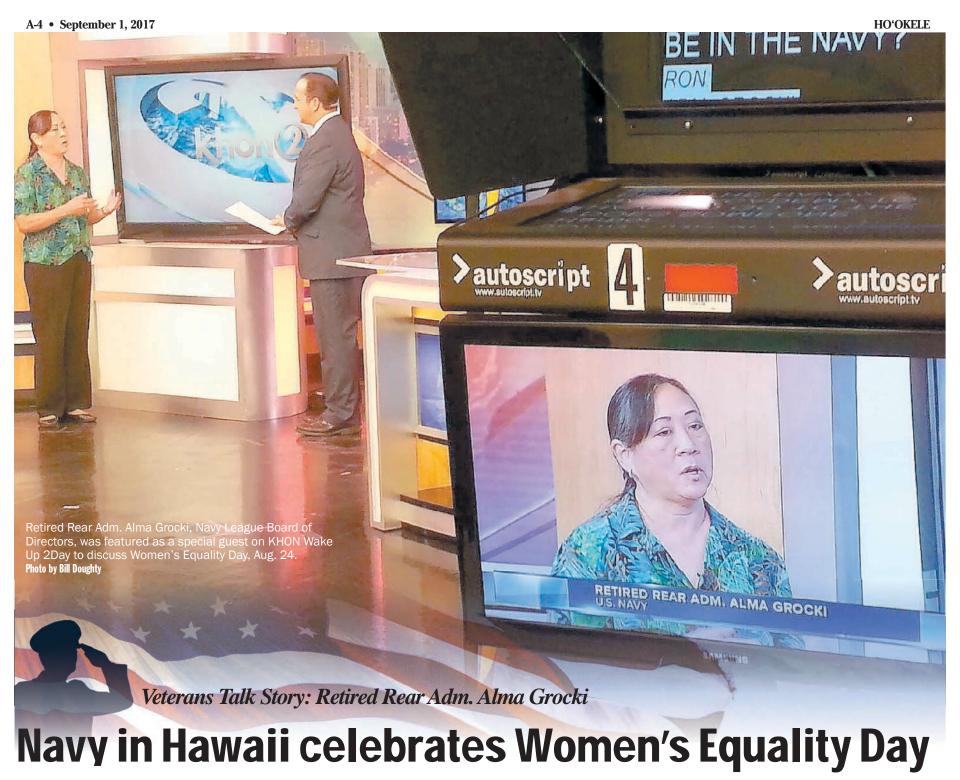


Photo courtesy of the Hawaii State Department of Transportation Hawaii Air National Guard alert crews dash to their F-4 aircraft at Hickam Air Force Base for one last practice scramble before being relieved of the responsibility for defending Hawaii's airspace to the new F-15 Eagles, Sept. 1, 1987. The practice took place 30 years ago today.



**Ensign Britney Duesler** 

Navy Region Hawaii Public Affairs

Thirty-six years ago, Alma Lau Grocki, a Kalihi native and graduate of Punahou High School, was a newly commissioned ensign in the United States Navy. She was the first woman from Hawaii to graduate from the United States Naval Academy, which had only recently begun allowing women to attend the school. Today, as a retired rear admiral, she sits on multiple volunteer boards here in Hawaii, giving back to the community that set her on her path in the Navy.

Grocki, whose father worked at the Pearl Harbor Naval Shipyard, grew up walking the piers of Pearl Harbor. She was a member of the Reserve Officer Training Corps at Punahou High School, and knew the military was where

equal across all branches.

In 1973, President Richard Nixon stated in his Proclamation of Women's Equality Day that the country was "paving new avenues to advance economic opportunity for women... Yet, much still remains to be done."

Grocki, just four years later, sion-making.

ship. That's why I went to-

wards the Navy," Grocki said. The Naval Academy also offered her a guaranteed job after college, which, as a young woman growing up in Kalihi, played a part in her deci-

things. You could fly jets or I probably wouldn't have othhelicopters, or drive a surface erwise. After 35 years, I was able to retire and not have to work. That's huge."

Grocki, whose career as an engineering duty officer ultimately led her back to Pearl Harbor, uses her time as a retiree to ensure that today's Hawaii teenagers know about waii, we live so far away from the mainland, I don't think we get all the messages about how to be in the service.

Holding positions on multiple volunteer boards in the community, where she works on veterans issues and community outreach, Grocki also works to spread education opportunities to Hawaii's youth, preserving the heritage of Hawaii's military history, and improving community-military relationships. For Grocki, as well as many of Hawaii's service members, the ability to serve in Hawaii is more than just "duty in paradise.'

"Hawaii is an island state. We're completely surrounded by water, and the Navy keeps the sea lanes open. We're a strategic place in the middle of the Pacific. The Pacific Missile Range in Kauai and the Pearl Harbor base are essential to the Navy, but more importantly we live aloha here and we can bring that aloha spirit anywhere

"Joining the Navy meant we weren't pigeon-holed into traditional 'women's jobs,' and because of that it opened up a whole world of what we could do and how we could advance."

- Alma Grocki, Retired rear admiral

reaped the benefit of that advanced economic opportunity by becoming a member of the second class of women at the Naval Academy.

However, as emy was the best option. When

order to go to college. My family scrimped and saved in order to send me to Punahou," "I thought the Naval Acad- that going to the Naval Acad- because of that it opened up a emy led to having opportuni-

"I needed a scholarship in the opportunities available in the military.

'Joining the Navy meant we weren't pigeon-holed into Grocki said. "I strongly believe traditional 'women's jobs,' and whole world of what we could a woman in the 1970s, options you graduated, you could ties in the fleet that allowed do and how we could advance," the Navy goes," Adm. Grocki for military service weren't do more mainstream kind of me to get jobs and do things Grocki said. "But here in Hasaid.

## Shipyard supports USS San Francisco's transition to new role

MA2 Dale Smotherman

PHNSY & IMF Public Affairs

Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility (PHNSY & IMF) experts played a key role in completing complex work required to prepare a former attack submarine for a new role as a moored training ship which will support the U.S. Navy's submarine

A team of 88 shipyarders have been carrying out a valve and elbow replacement on USS San Francisco (SSN 711) in Norfolk Naval Shipyard (NNSY) since July 17.

This Special Emphasis Job (SEJ) was scheduled to be completed in 38 days, but PHNSY & IMF Code 361, a division and project team of the shipyard's 300N Nuclear Production Department, set a targeted completion date of 32 Days. The team from Pearl Harbor was up to the challenge, completing the job in 25 days, a full thirteen days ahead of schedule

Pearl Harbor's support of this project was essential to ensure key system component integrity will be maintained for San Francisco's new duties as a moored training ship.

SEJ's refer to critical and complex work that has been deemed outside of routine shipyard capabilities and functions.

PHNSY & IMF Commanding Officer Capt. Greg Burton said the collaboration between the two shipyards proved the importance of the services both organizations provide.

"Our country has four public and two private nuclear-capable shipyards, and we can't always do what is assigned to us," Burton said.

"When you get down into the specific skills needed, sometimes there are imbalances, and sometimes one yard has a specific skill. When the shipyards share, we learn faster. The high-velocity learning piece is critical, and not just because it's a Chief of Naval Operations' priority, but because we recognize it as a corporation and we've set up communities of practice so we can share our knowledge. If we rely on the shipyards as single entities, we're less efficient. Being able to share these teams allows us to get the nation's work done.'

Jantzen Nishikawa, Code 361 Project Superintendent, emphasized that cooperation between Pearl Harbor and Norfolk as critical to the successful completion of the complex job.

"We functioned as one shipyard with NNSY to support our "Big Navy" needs and mission," Nishi-kawa said. "We eliminated the mindset of 'NNSY jobs are NNSY jobs and PHNSY jobs are PHNSY jobs.' Working with Norfolk, we were able to execute this job with a 'One Shipyard' mindset."

Going into this assignment, PHNSY & IMF had limited experience in executing SEJ's of this magnitude at off-site locations. The sharing and implementation of best practices and experiences from NNSY and the other public shipyards empowered Pearl Harbor shipyarders to anticipate and engage problems and challenges before they were encountered.

The work completed by the PHNSY & IMF team was praised by Capt. Scott Brown, commanding officer of NNSY.

"I wanted to pass on my thanks to you and your team for the tremendous work on USS San Francisco," Brown said. "Outstanding professionals with first time quality on a very difficult job. NNSY and the MTS program thank you. Well done!

To learn more about PHNSY & IMF, visit www. facebook.com/PearlHarborNavalShipyard.



Capt. Greg Burton, commanding officer of PHNSY & IMF, congratulates Duane Hiromasa, a welder assigned to Shop 26N and a member of the valve replacement team assigned to special work on USS San Francisco (SSN 711) at Norfolk Naval Shipyard.

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Photo by MC2 Omar Powell

Capt. Vincent Johnson, commanding officer of Pacific Missile Range Facility, accompanies Rear Adm. Brian P. Fort, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific on a familiarization flight over Pacific Missile Range Facility's various sites on Kauai, Aug. 18.



Chief (Select) Cryptologic Technician (Collection) Michael Collier (left) and Chief

(Select) Electronics Technician Aaron Gushiken prepare to lower the ensign during

evening colors aboard the Battleship Missouri Memorial at Joint Base Pearl Harbor-

Hickam, as part of their duties for the Chief Petty Officer (CPO) Legacy Academy, Aug. 24. See related story on page A-2 on how the USS Missouri became a venue for the

**Photo by MCSN Nicholas Burgains** 

A MH-60R Sea Hawk helicopter receives fuel during flight operations aboard the Arleigh Burke-class guided-missile destroyer USS Halsey (DDG 97), Aug. 19. Halsey is underway conducting a composite training unit exercise (COMPTUEX) with the Theodore Roosevelt Carrier Strike Group in preparation for an upcoming deployment.



Photo by MC1 Brandi Brown

Adm. Harry Harris, commander, United States Pacific Command (USPACOM), center; Maj. Gen. Daniel Yoo, commander, Special Operations Command Pacific, left; and Sgt. Maj. Anthony Spadaro, USPACOM senior enlisted leader, right, render their salutes for colors during the 70th anniversary ceremony for USPACOM. Established Jan. 1, 1947, USPACOM is the oldest and largest U.S. geographic combatant command and is responsible for all U.S. military operations in the Indo-Asia-Pacific region.



Photo by MC2 Gabrielle Joyner

Photo by Staff Sgt. David Owsianka

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#### **Don Robbins**

Editor, Ho'okele

September is National Suicide Prevention and Awareness Month.

"As a community, we come together during the month of September to focus on suicide awareness and prevention efforts. Prevention and intervention are critical to prevent another individual from dying by suicide. One loss of life is one too many!" said Melanie D'Andrea, training instructor for Personal and Family Life Education at the Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC).

"Awareness reduces stigma and encourages people to ask for help, which is a clear sign of strength," D'Andrea said

MFSC has scheduled a full month of events to em-

phasize the significance of prevention, awareness, intervention and resiliency.

• Joint services suicide prevention and awareness proclamation signing will be held from 10 to 10:30 a.m. Sept. 6 at the Missing Man Memorial at Joint Base Pearl Harbor-Hickam. The proclamation signing is designed to bring the community together to promote awareness, prevention and intervention during the month of September.

"Friends Unplugged" event will be held from 4 to 5:30 p.m. Sept. 7 at Joint Base Teen Center. Teens attending this class will "park" their technology, think about happy places, and learn about support

networks and resources for resiliency. For registration details, call 448-0418.

 Join the Joint Base Pearl Harbor-Hickam team in a walk to raise awareness from 9 a.m. to 12:30 p.m. Sept. 9 at Ala Moana Beach Park's Magic Island. The American Foundation for Suicide Prevention's Oahu Out of Darkness Walk is an annual community event. To register, visit www.afsp.org, click "join a team," and look Hickam Medical/JBPHH Team.

• Stress management class will be held from 1 to 4 p.m. Sept. 11 at MFSC. Stress is a normal psychological and physical reaction to the ever-increasing demands of life. Participants in this class can learn how stress affects our personal and professional lives, how we can decrease the stress we are experiencing, how to interrupt the stress cycle and use relaxation techniques. To register, visit www.great-lifehawaii.com.

• Sunset Yoga for Courage will be held from 6 to 7 p.m. Sept. 13 at the Missing Man Memorial at Joint Base. In partnership with Morale, Welfare and Recreation Fitness, MFSC will hold a sunset yoga special, complete with information on self-care. Participants can learn ways to build resilience, and positively cope with life stress. Participants should bring their own yoga mat and register at www.greatlifehawaii.com.

• Applied Suicide Intervention Skills Training (ASIST) will be held from 8 a.m. to 4 p.m. each day Sept. 13-14 at MFSC Wahiawa Annex. ASIST is a two-day, 15-hour workshop that teaches suicide first aid intervention skills. Similar to the medical first aid concept, suicide first aid caregivers learn verbal intervention skills that apply potentially lifesaving techniques to reduce suicide risk. Please attend this training in civilian attire. The class is sponsored by MFSC and Chaplain Religious Enrichment Development Operation (CREDO.) To register, visit www. greatlifehawaii.com.

Fight For Each Other (F4EO) event will be held at 9 a.m. Sept. 15 at Hickam Memorial Theater. F4EO was designed with the idea that service members from all military branches are one family. The event is designed to increase awareness and hear from

people directly impacted by suicide.

• Resiliency bingo will be held from 11 a.m. to 1 p.m. Sept. 15 at Beeman Center. In partnership with MWR Liberty Programs, MFSC will bring the resiliency bingo to the Free Food Friday event. The event is open to single Airmen and Sailors only. They can eat lunch provided by the Liberty Center while building resiliency. For more information, call 473-2583.

• Tranquil Seas—Stress and Self-Care event will be held from 5:30 to 7:30 p.m. Sept. 20 at MFSC. The event is designed to evaluate ways you can build self-care into your daily routine, be mindful through your activities and achieve fulfillment. To register, visit www.greatlifehawaii.com.

• Suicide prevention training for teens will be held from 4 to 5:30 p.m. Sept. 22 at the Joint Base Teen

Center. Teens ages 13 to 17 are welcome to attend. To register, call Zach Pigott at 448-0418.

Resiliency 5K Run and Fair will be held from 7 to 10 a.m. Sept. 23 at Hickam Fitness Center. In recognition of Suicide Prevention and Awareness month, the event will be held by JBPHH and MWR Fitness to increase awareness of resiliency activities and services available. To register, visit www.greatlife-hawaii.com.

 Anger management class will be held from 9:30 a.m. to 12:30 p.m. Sept. 25 at Hickam MFSC. To register, visit www.greatlifehawaii.com.

 SafeTALK class will be held from 8 to 11 a.m. Sept. 29 at MFSC. Participants can learn how to identify people with thoughts of suicide, support their desire for safety, move beyond common tendencies to miss, dismiss or avoid suicide, and apply the TALK steps (Tell, Ask, Listen, Keep Safe). The class is sponsored by MFSC and CREDO. To register, visit www.greatlifehawaii.com.

• In addition, to raise awareness, MFSC is reaching out to area high school JROTC units to bring suicide prevention training to cadets. Teens will build skills in awareness, reaching out for help when at risk and connecting a friend to help when they identify risk. The training is scheduled for Sept. 18 at Radford High School, Sept. 20 at Kapolei High School, and Sept. 21 at Campbell High School.

CNRH issues reminder of marijuana prohibition

Photo illustration

**Ensign Matthew Meltzer** and **Ensign Britney Duesler** 

Navy Region Hawaii Public Affairs

Recently, the first two Medical Marijuana Dispensaries opened on Oahu and Maui, and more are expected to follow. This is following the 2015 state government decision to create the Medical Marijuana Dispensary Program, which authorized vendors to apply for licenses to sell cannabis to patients with a prescription from their physician.

Despite the change in state law, marijuana remains classified as a schedule one controlled substance under federal law. Therefore, all military personnel are reminded that the use, possession, or sale of controlled substances, including marijuana, is prohibited under the Uniform Code of Military Justice.

The military maintains a zero tolerance policy towards drug abuse, and use of controlled substances

by military personnel could lead to non-judicial punishment, court martial, and/or administrative separation.

Navy Region Hawaii Drug and Alcohol Programs Advisor (DAPA) Master-At-Arms Chief Petty Officer David Baines reminds personnel that "prescribed medications from an authorized military medical provider are considered approved drug use; marijuana is NOT among them. Please keep in mind that service members diagnosed as drug dependent shall be offered treatment prior to separation, but will still be separated from the military."

Department of Defense (DoD) civilian employees are reminded they, too, are prohibited from using controlled substances as a condition of their employment. Everyone, including contractors and military dependents, are prohibited from possessing or using controlled substances while on base.

For more information visit www.public.navy.mil/bupers-npc/reference/messages/Documents/NA-VADMINS/NAV2010/NAV10108.txt.

HO'OKELE September 1, 2017 • B-1

# HOOKELE LIFE & Leisure Land Report For the November of the Control of the Control



Abovo Polow Operation Hole On Cadete complete an obstacle course

anything but easy, and having those parents deploy is one of the more challenging aspects of that situation. That's why Operation Hele On was designed, and on Aug. 18, roughly 100 service members' children got a first-hand look at what it's like to lace up their combat boots and "deploy."

Military & Family Support Center's (MFSC) 14th Annual Operation Hele On, Hawaiian for "ready go," is a day-long exercise developed to help alleviate many of the stresses commonly experienced by the children of service members, when one or both active-duty parents are called away from home to serve their country.

Georgia Thompson, MFSC's Deployment Readiness Program coordinator, along with fellow coordinators Alli Barber and David Alvarado, spent more than six months organizing a fun, interactive event for the families.

"This event is very near and dear to my heart because I have three children who've grown up in the military," Thompson said. "They've experienced their father going on eight deployments and two remote tours, and they've done mock deployments before, as well. It helped them understand more about what their dad does for us when he's away, how important it is, and how much

more coming home means to us as a family."

Hele On begins like any normal, if slightly easier, first day at boot camp. First, the young Cadets are checked-in, given personalized dog tags and "gear" donated by Operation Homefront and the USO, and are divided into six teams: the Seals, Wildcats, Sea Hawks, Mustangs, Sky Warriors and the Falcons. Volunteer active-duty service members acting as recruit division commanders and military training instructors then lead them through basic training by

think I enjoyed the displays and the tours as much as the children did!" Vales Mendez said. "It's great to see how engaged and how motivated they all are. It's also a real eye-opener and a great learning experience for them. They get a small taste of what their parents go through, and I think that can really help them deal with the reality of what happens when a parent has to deploy."

Events included combat arms and explosive ordnance disposal displays, as well as a timed obstacle course and a tour of Arleigh Burke-class guided-missile destroyer USS Hopper (DDG 70).

Bailey Conant, a 13-year-old team Mustang Cadet whose father is in the U.S. Air Force, said her favorite part of the day was being chosen to call cadences during her team's marching exercises. Her twin sister Riley enthusiastically added her favorite part of the day was marching in step to her sister's cadence.

"We know it's just as hard for him to be gone as it is for us," Bailey said.

"But seeing everyone out here working together and having fun makes it easier. We know he's getting taken care of when he has to go," Riley said.

At the conclusion of the day's events, the six well-trained teams had a "homecoming" ceremony, complete with personalized welcome home signs for every Cadet made by MFSC volunteers, as well as signs waved enthusiastically by their parents. A recognition ceremony was then held for all of the teams' participation, and awards were given for team's individual performances on the obstacle course, as well as team spirit and drill presentation.

For more information on future MFSC events, please visit www.facebook.com/JB-



Below, Chief Machinist's Mate (Auxiliary) Luis Navarrodiaz, center, leads Sea





## Amazing streak of HIANG championships continues

Story and photo by Randy Dela Cruz

 $Sports\ Editor,\ Hoʻokele$ 

To say that the Hawaii Air National Guard (HIANG) intramural volleyball squad is a dynasty is actually quite an understatement.

Since winning their first volleyball championship back in 2002, the team entered last week's title matchup against the 15th Operations Group (15 OG) looking for their 16th consecutive first-

place trophy. In a battle of two first-place teams, the HIANG, champions of the Gold Division, squared off against the 15 OG, champs of the Blue Division. It was a winner-take-all showdown on Aug. 24 at Hickam Fitness Center, Joint Base Pearl Har-

Showing that the HIANG is not anywhere near slowing down, the team blitzed the 15 OG in straight sets, 25-9 and 25-9, to walk away with yet another championship trophy to add to their showcase.

"It's the same for me. It's like in set one.



Tech. Sgt. Stephen Lorenzo hammers a shot through the 15 OG defense.

renzo, who is the only member of the squad to play in all 16 championships. "But for some, they know the history, but this is their first win."

Perhaps feeling the need to lead by example, Lorenzo came out on fire and smashed backto-back kills in helping HIANG take a 6-0 run right off the bat

the first set alone. The second block finished off the first set in an easy 25-9 win.

Fellow hitter Staff Sgt. AlanMichael Warner also added three kills, while setter Senior Airman Braden Park, who was back after being on TDY for a month, didn't miss a beat in

feeding the team's big guns. The HIANG's first set win lead. captain Tech. Sgt. Stephen Lo- two more kills and two blocks in team gave up only point at a said let's play our game," Lo- earn it."

time and didn't allow the 15 renzo said. "We were just try-OG to string any scores backto-back.

'That was thanks to Braden," Lorenzo said. "He's the commander out there. He's the one who makes the call and he chooses the hitters that comes

Park said that while he felt a little rusty at first, it didn't take long for him to feel right at home among his teammates.

"It was rough at first. I was getting the cobwebs out," Park said. "I tried my best and my teammates helped me out a lot out there. They make me look good.'

The second set proved to be more of the same, as the HI-ANG broke away from an early 3-3 tie to score four straight points for a 7-3 advantage.

From there, HIANG outscored the 15 OG 10-5, and when Warner served up an ace, the team's lead ballooned up to double digits at 18-8.

Following the ace, Lorenzo and put down another kill and Lt. Col. Rick Cox got a block, before Warner added his second ace for a commanding 21-8

another day," said HIANG team — Lorenzo went on to pick up—was so dominating that the — "Right from the start, I just—doesn't matter. We still have to

ing to make it hard for them (15 OG) to win. We minimized our mistakes and then giving the ball, as hard as we can, to them, so that they would have a hard time setting."

As the only member with 16 titles to his name, Lorenzo, who at age 40, said that he's not sure how long he can keep playing the game he loves.

Although he still looks to be at the top of his game, he said that it gets harder every year and he knows he'll have to hang it up sooner or later.

"I actually have a limit coming up close," he said. "I actually feel the age and 40 is pushing it. Can I do it until I'm 50? I don't know. As long as you keep exercising, it doesn't hurt as much and you can keep go-

For now, Lorenzo said he'll enjoy this year's championship and hopes the HIANG can do it again next year.

"I hope we get a chance next year," he said. "I'll give my hardest effort and let the chips fall where they may. I feel like we have to earn it. Even though we may be favored, it

## Fisher House Run, Walk or Roll event set for Sept. 9

At right, The Fisher House 8K Hero and Remembrance Run, Walk or Roll honors fallen service members since Sept. 11, 2001 and includes boots, with attached photo identification, for each of the more than 7,000 fallen service members.

Ho'okele file photo by MC2 Johans Chavarro

## Foundation helps military families

**Don Robbins** 

Editor, Ho'okele

The sixth annual Fisher House 8K Hero and Remembrance Run, Walk or Roll will be held Sept. 9 on Ford Island.

"This event was created to raise awareness about the Fisher House mission," said Theresa Johnson, who created the remembrance event.

Recent tragedies such as the loss of Sailors who died following incidents involving the USS John McCain (DDG 56), USS Fitzgerald (DDG 62) and Army Soldiers lost after a helicopter crash off Oahu's Kaena Point bring the Fisher House Foundation's mission into focus, Johnson said.

Fisher House works with the military branches and affected members not covered by government orders to provide them with dignified transfer flights at no cost, Johnson said.

"Fisher House is there to step up for them," Johnson said. "Fisher House does a lot behind the scenes that a lot of people don't realize. They look out for the families of the fallen. Fisher House tries to be there for the families from the minute there is a

tragedy.' According to the website www.fisherhouse.org, Fisher House Foundacomforting homes where military and veterans' families can stay at no cost while a loved one is receiving treatment.

These homes are located at major military and VA medical centers nationwide, close to the medical center or hospital they serve, including one in Hawaii at Tripler Army Medical

Fisher House Foundation also operates the Hero Miles program, using donated frequent flyer miles to bring family members to the bedside of injured service members as well as the Hotels for Heroes program using donated hotel points to allow family members to stay at hotels near medical centers without charge, Johnson

The Foundation also manages a grant program that supports other military charities and scholarship funds for military children, spouses and children of fallen and disabled veterans.

Besides being the creator of the 8K remembrance run, Johnson is a Fisher House manager. She is also a former Fisher House resident who needed their assistance when her son, an Army service member, was injured.

I had to walk that mile too. Fisher House Foundation helped fly me from tion is best known for a network of Hawaii to Germany," Johnson said.



#### **Don Robbins**

Editor, Ho'okele

The free Fisher House 8K Hero and Remembrance Run, Walk or Roll event starts at 6:30 a.m. Sept. 9 at Pacific Aviation Museum on Ford Island.

All participants should be on the island no later than 6 a.m. The official welcome and military honors will be held from 6:30~a.m. to 7~a.m. It is open to members of the military and the public.

Traveling Bronzed Boots will be passed on to the unit with the most participation whose team, to include family members, is registered online by

Strollers, wheelchairs, small children's bikes, hand bikes and skates are

allowed. No skateboards, adult bikes or pets are allowed. Shirts will be available for pre-order purchase online for \$18 or \$20 at the event. Limited quantities are available.

Bottled water will be available, but no

snacks will be provided.

"We are here to provide comfort homes to our service members and their families during a medical crisis. This is our sixth year honoring our fallen service members by creating an event that would bring back the names and faces of all service members who lost their lives in combat since 9/11," said Theresa Johnson, who created the remembrance event.

There are boots with pictures of fallen service members on them that will line the 8K route. Once the event is over the boots will be reassembled on Ford Island on the corner of Enterprise and O'Kane Boulevard and will stay on display until Sept.

Participants can register for the Fisher House 8K Hero and Remembrance Run, Walk or Roll at www. eventbrite.com.

For more information, contact anita. clingerman2@gmail.com or 436-5543 or theresa.m.johnson2@aol.com (931) 217-0800 or visit the Tripler Fisher House page on Facebook.

**HO'OKELE** September 1, 2017 • B-3

## Port Royal and North Carolina finish in tie

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

USS North Carolina (SSN 777) scored early in the first half, but USS Port Royal (CG 73) got on the scoreboard late in the second half to end the game in a 1-1 tie in a Summer Soccer League matchup on Aug. 26 at Earhart Field, Joint Base Pearl Harbor-Hickam.

North Carolina, who entered the game in sole possession of third place, currently holds a record of 3-2-1, with Port Royal holding a record of 1-4-1.

North Carolina took an early lead after converting a goal on only their second shot on goal in the first

After missing their first shot, Lt. j.g. Jeremy Bottomley took a pass on the right side of the field and drove to the goal on a breakaway.

Seeing that he was in a one-onone with the goalkeeper, Bottomley took the ball even with the top of the box, before kicking a shot in for a goal.

The goalkeeper tipped the ball, but it wasn't enough to block the shot, as the ball came off the tips of  $% \left\{ 1,2,...,n\right\}$ his fingers and made it just under the crossbar.

"After I took a cut, I saw the goalie was diving left, so I had to aim for a high shot," Bottomley verge of the holding off Port Royal said. "I was worried that it was a to get the win, but with only little too high. It hit the top bar, but it went in.

Although the goal was scored early in the game, things dried up for North Carolina, as the team was handcuffed by the Port Royal

Combined with the hot and dry conditions of the day, Bottomley said that both factors played a big role in the outcome of the game.

They (Port Royal) had a lot of subs," Bottomley said. "I think they just had fresh legs and that works out all the time."

Meanwhile, Gas Turbine Systems Technician (Mechanical) 2nd Class Ariel Malagon of Port Royal had a different take on why North Carolina was locked down.

He said that while Port Royal used their subs to their advantage, it was team strategy that created so many problems for North Caro-

"It just takes a groove at first," Malagon said. "Everybody is stiff. You're trying to figure out how the team plays, you see who's attacking and who's staying back. We just observed it real quick and then we figured out who was doing what."

The first half ended with North Carolina holding a 1-0 advantage.

In the second half, it appeared that North Carolina was on the minutes remaining in the game, Malagon came up with a huge

As the middleman in a breakaway, Malagon took the point, flooded the box and then kicked a shot straight past the goalkeeper to tie the score at 1-1.

"At that point, you put it all out there," Malagon said. "You're hungry, so you got to do what you got to do to get a point. That was it. If you got an opportunity, you take it. You can make a pass or a lot of things, but when you feel it, you take the

Later on, Malagon got a chance to help Port Royal steal a victory, but during a penalty shot opportunity, he misfired and got his shot stopped.

"I saw him (goalkeeper) dodging left and I tried to hit it right down the middle," Malagon said about the possible game winner. "He's long and he hit it with his leg. Coming into the game in 9th

place out of 11 teams, Malagon said that teams with better records might take Port Royal lightly.

If that happens, he said that they better be prepared for a surprise.

We've had a few losses, Malagon said. "But that doesn't mean we don't come here and play. We're going to show up every time.



Lt. j.g. Jeremy Bottomley breaks out in front on his way to kicking in the first goal of the game.

## Driving range special offered at Mamala Bay

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

You don't need to be a golfer to take advantage of the latest special happening at Mamala Bay Golf Course. In fact, organizers invite curious customers to visit and see what the fun is all about.

The new \$2 Tuesdays begins next week at the course and will repeat on select Tuesdays in September and October. From 4 to 6 p.m. customers get two baskets of balls to hit at the driving range for \$2.

The club's PGA pros will be on hand offering tips to golfers, and also those who've never swung a club before. When it comes to clubs, novices need not worry. Golf clubs will be available to borrow at no charge.

The \$2 theme is extended to hot dogs at the same price. Bottled water and soda are \$1. \$2 Tuesdays is open to patrons ages 8 and older, making it appropriate for families to participate.

as a fun introduction to www.greatlifehawaii.com the game of golf. \$2 Tues- or call 449-2304.

days are scheduled for Sept. 5 and 19, and Oct. 3 and 17. It is designed as the latest in a variety of cost-saving and customer-friendly options at the course overlooking scenic Mamala Bay.

In addition, 9 before 9 is a weekday special for those that want to get in a shorter morning session on the course. Players can tee off before 9 a.m. Monday to Friday and play a quick nine holes. This special is tailored for the golfer who can't commit multiple hours to a full round of 18 holes during the week.

Play Before Dusk is a special on the other end of spectrum, appealing to mid-afternoon golfers. You can start your round after 2:30 p.m., and for one price, play as many holes as you can until dusk.

This special is also available Monday through Friday. With the sun currently setting after 6:30 p.m., most golfers can get a full round in before it gets dark.

For more information on the \$2 Tuesday and other activities at Mamala The event is intended Bay Golf Course, visit



Fleet and Family Readiness Marketing photo

Golfers, and even non-golfers, can take swings during \$2 Tuesdays at Mamala Bay Golf Course driving range. The first one will be held on Sept. 5 with others following on Sept. 12 and Oct. 3 and 17.

UPCOMING EVENTS

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

## Therapy dog helps reading confidence

- Read to Dog program will be held from 9 to 11 a.m. Sept. 1 and Sept. 6 at the Joint Base Pearl Harbor-Hickam Library. Children are encouraged to read aloud to Bear, a therapy dog whose calm demeanor and nonjudgmental listening helps the child feel more comfortable and confident in their reading skills. Appointments are required. Call 449-8299 for more information and to schedule your child's time.
- Private swim lessons registration begins Sept. 1 at the Hickam Family Pool. Lessons begin on Sept. 16 and will be held on Saturdays from 10 a.m. to noon. Lessons are one-on-one instruction in accordance with the American Red Cross swim lesson program. The cost is \$30 and the lessons are open to ages 3 and up. For more information, call 260-9736.
- Youth sports Labor Day softball clinic will be held from 8 a.m. to noon Sept. 2 at Vandenberg Baseball Field. Kids can learn basic fielding, throwing and batting skills. This event is free and is open to youth ages 7 to The clinic is broken into two sessions: 8 to 10 a.m. (for 7 to 8 year olds) and 10 a.m. to noon (for 9 to 16 year olds). The deadline to register is today. For more information, call 473-0789.
- Bottom fishing will be held from 8:30 to 11:30 a.m. Sept. 3 at Hickam Harbor. The cost of this activity is \$30 and participants need to register online by Sept 1. For more information, call 449-5215.
- **\$2 Tuesdays** will be held from 4 to 6 p.m. Sept. 5 at Mamala Bay Golf Course Driving Range. The event includes \$2 for two buckets of balls (that's half-price), plus \$2 hot dogs and \$1 bottled water and soda and other deals. Club pros will also be on hand to offer tips. Giveaways will be offered. This event is open to patrons ages 8 and up. For more information, call 449-2304.
- Golf demo day will be held from 4 to 6:30 p.m. Sept. 6 at Navy-Marine Golf Course. For more information, call 471-0142.
- Moonlight paddle will be held from 7:30 to 9:30 p.m. Sept. 6 at Hickam Harbor. The cost is \$25 with all gear included. The deadline to sign up is Sept. 3. For more information, call 449-5215.
- NFL football will return beginning 2:30 p.m. Sept. 7, with the game showing at 10th Puka at Ke'alohi Golf Course and Club Pearl Brews & Cues. The full slate of games will be on Sunday, Sept. 10, with both locations opening early so customers can see all the games live via NFL Sunday Ticket. For more information, call 448-2318 (10th Puka) or 473-1743 (Club Pearl).
- Free float night will be held from 5 to 7 p.m. Sept. 8 at Scott Pool. Customers can bring their own pool floats to cool off from the late summer heat. This event is open to all ages. For more information, call 473-0394.
- Women's surf lessons take place from 9 a.m. to noon Sept. 9 at Hickam Harbor. Participants can get professional instruction from the MWR Outdoor Recreation staff on technique, etiquette and history. The cost of the class is \$30 and deadline to sign up is Sept. 7. For more information, call 449-5215.
- Standup Paddleboard of Haleiwa/North Shore will be held from 8 a.m. to 2 p.m. Sept. 9 departing from the Outdoor Adventure Center. All gear is provided. The cost of this activity is \$30 and deadline to sign up is Sept. 7.
- Learn Stand Up Paddle Board will be offered from 9:15 to 10:15 a.m. and 10:30 to 11:30 a.m. Sept. 10 at Hickam Harbor. The cost of this class is \$25 and the deadline to sign up is Sept. 8. For more information, call 449-5215.

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## Hispanic heritage special meal set

In honor of Hispanic American Heritage Month, a special meal will be served from 11 a.m. to 12:30 p.m. Sept. 20 at the Silver Dolphin Bistro, Joint Base Pearl Harbor-Hickam.

The special meal is open to all active-duty personnel, escorted family members of active duty personnel, retirees and Department of Defense employees with a valid ID card. The cost of the meal is \$5.55. Cash only is accepted, and please bring exact change to expedite time spent at the cashier stand.

Menu items will include chicken tortilla soup, build-your-own salad, Spanish corn, grilled zucchini, tomatoes and onions (calabacitas).

Entrees will include pollo asado, pork carnitas and beef enchilada casse-

Starches will include arroz amarillo (yellow rice) and Cuban black

beans. Bread choices will consist of assorted hot rolls and jalapeno cornbread.

Desserts offered will be the ceremonial cake, churros, peanut butter cookies and an ice cream



## Student is 'A-OK' with Navy Exchange



Navy Exchange (NEX) A-OK Student Reward Program winner, 8-year-old Zachary Vida, (right) is congratulated by NEX duty manager Regina McCallion at a recent ceremony. Vida's father is a Navy petty officer in the 624th Security Forces Squadron at Joint Base Pearl Harbor-Hickam. The A-OK Student Reward Program offers all qualified students with a B-grade point average equivalent or better a chance to participate in a quarterly drawing for monetary awards.

The Pearl Harbor

Photo courtesy of **Pearl Harbor Navy Exchange** 

## Classes available through MFSC

The Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC) has scheduled several classes for the upcoming week, including finances, sponsorship, resumes and time-management.

 Financial readiness training for Air Force supervisors will be held from 7:30 a.m. to 3:30 p.m. Sept. 5 at MFSC Hickam. It provides a basic understanding of typical military financial problems, how to deal with a financial crisis with one of your members (car buying, investing, TSP, credit, security clearances, creditors, etc.), and creates an awareness of available resources.

• Sponsor training will be Business Administration, is deheld from 1 to 3 p.m. Sept. 5 at MFSC Wahiawa. It is designed to give the new sponsor information, resources, and tools needed to assist incoming personnel and families, in order to ease their transition to a new environment. Spouses are encouraged to attend.

 Time management class will be held from 1 to 3 p.m. Sept. 5 at MFSC Pearl Harbor.

Transition GPS: (Goals, Plans, Success): BOOTS TO BUSINESS two-day seminar will be held from 8 a.m. to 4 p.m. each day Sept. 5-6 at MFSC Pearl Harbor. This seminar, provided by the U.S. Small

signed to assist participants in launching and growing a business as a post-military career.

 Resume writing class for the civilian job market will be held from 1:30 to 3:30 p.m. Sept. 6 at MFSC Hickam.

 Class on writing resumes for federal jobs will be held from 4:30 to 6:30 p.m. Sept. 6 at MFSC Pearl Harbor. Participants can learn to navigate the USAJobs website and understand the application process. It will also cover topics such as hiring preferences and programs for veterans and military spouses.

• Survivor Benefit Plan (SBP)

class will be held from 1 to 3:30 p.m. Sept. 6 at MFSC Pearl Harbor. The SBP is an insurance plan that will pay your surviving spouse a monthly payment (annuity) to help make up for the loss of your retirement

 Class on maintaining work and personal life balance will be held from 1 to 3 p.m. Sept. 7 at MFSC Pearl Harbor.

• Learn to discover ways to earn supplemental income at a class from 1 to 3 p.m. Sept. 8 at MFSC Hickam. The class is also designed to help participants identify red flags for scams and determine their entrepreneurial risk tolerance.

For more information, visit www.great life haw a ii.com/fam*ily-support/mfsc-class-schedule* or call 474-1999.

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# HO'OKELE PEARL HARBOR - HICKAM CALENDAR

#### FIND THE FORCE

**TODAY** — Defenders of the Force can become one with the Star Wars universe during "Find the Force," a special augmented reality event, today, Sept. 1 at the Hickam Main Store Exchange. Star Wars fans can start the smartphone-assisted treasure hunt by downloading the Star Wars app prior to arriving at the store. Participants can then load the "Find the Force" experience and scan signs in the store unlocking an augmented reality experience featuring characters from "Star Wars: The Last Jedi." Shoppers can also unlock characters from home at www.shopmyexchange.com. Hickam Exchange is at Hickam Main Store Buildings 1232,1235. The store will be open from 10 a.m. to 10 p.m. today. FMI: call 423-1304, or visit www.starwars. com/findtheforce.

#### **ANNIVERSARY OF END OF WWII**

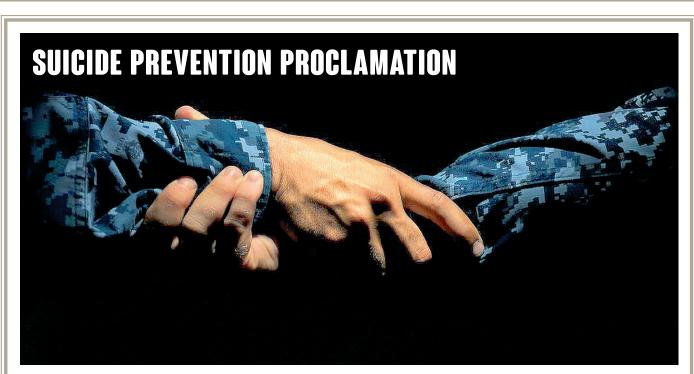
**SEPT. 2** — The Battleship Missouri Memorial invites the public to attend a free special ceremony at 9:02 a.m. aboard the ship's fantail, commemorating 72 years of peace between the U.S. and Japan and the end of World War II. Guests should be seated by 8:45 a.m. Keynote speaker Lt. Gen. David H. Berger, commander of the U.S. Marine Corps Forces Pacific, will present an address also honoring the 75th anniversary of the Battle of Guadalcanal. Rear Adm. Brian Fort, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, will also join the ceremony as a distinguished guest speaker. FMI: call 1-877-644-4896 or visit www. USSMissouri.org.

### PET ADOPTION EVENT

SEPT. 2 — Pearl Harbor Navy Exchange and Oahu SPCA have teamed up to bring military families monthly pet adoption events on the first Saturday of the month from 11 a.m. to 2 p.m. at the NEX pet shop, 4888 Bougainville Drive. The event will feature a range of pets from kittens and puppies to full-grown dogs and cats for adoption. The event is open to authorized patrons only. FMI: call Stephanie Lau at 423-3287.

#### PACFLT BAND WIND ENSEMBLE

SEPT. 2 — The U.S. Pacific Fleet Band



**SEPT.** 6 — A joint services suicide prevention and awareness proclamation signing will be held from 10 to 10:30 a.m. at the Missing Man Memorial at Joint Base Pearl Harbor-Hickam. The proclamation signing is designed to bring the community together to promote awareness, prevention and intervention during the month of September. FMI: www. greatlifehawaii.com/family-support/mfsc-class-schedule or 474-1999.

Wind Ensemble will perform at a free public concert at the Kailua District Park at 5 p.m. The America In Concert event will be held under the direction of Lt. Kelly Cartwright.

#### **YOUTH SPORTS VOLUNTEERS**

**SEPT. 4 TO NOV. 2**—Youth Sports and Fitness is looking for volunteer head coaches for soccer and basketball. There will be two practices a week for an hour each with games on Saturday, starting Sept. 23. Soccer will be at Quick Field and Basketball will be at Bloch arena or subbase gym. Coaches should wear athletic shorts and shoes. Volunteer shirts will be provided. FMI: email Brittany Bigham at Brittany.bigham@navy.mil or call 473-0789.

#### REMEMBRANCE RUN, WALK, ROLL

**SEPT. 9** – The Fisher House 8K Hero and Remembrance Run. Walk or Roll will be held at 6:30 a.m. starting from the Pacific Aviation Museum on Ford Island. The free event is open to the military and the public. Event shirts will be available for pre-order purchase online for \$18 or \$20 at the event. Register online at www.eventbrite.com. FMI: anita. clingerman2@gmail.com or 436-5543 and theresa.m.johnson2@aol.com or (931) 217-0800.

#### **POW/MIA DAY CEREMONY**

**SEPT. 15** – The Defense POW/MIA Accounting Agency will hold a National POW/MIA Recognition Day Ceremony at 10 a.m. at the National Memorial Cemetery of the Pacific (Punchbowl).

#### **ARMED FORCES BIRTHDAYS**

**SEPT. 16-17, OCT. 14-15** -The Pearl Harbor Historic Sites is commemorating the official birthdays of each branch of the U.S. military by offering free pass days to activeduty, retired members and their family members. The Battleship Missouri Memorial, Pacific Aviation Museum Pearl Harbor and USS Bowfin Submarine Museum and Park will all offer free admission to the service members of the U.S. Air Force on Sept. 16-17 and to members of the U.S. Navy on Oct. 14-15. A valid military I.D. must be presented at the Ticket and Information Booth at the Pearl Harbor Visitor Center or onsite at each of the historic sites. The official Air Force birthday is Sept. 18 and the Navy birthday is Oct. 13. FMI: www. pearlharborhistoricsites.org/

## DAY FOR KIDS VOLUNTEERS

SEPT. 16 - Joint Base Pearl Harbor-Hickam Child and Youth Programs is

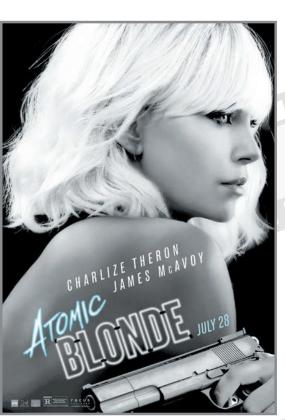
seeking 15 volunteers for their Day for Kids event from 7:30 a.m. to 5:30 p.m. Saturday, Sept. 16. Volunteers are needed to assist with arts and crafts, the maze, beanbag toss, croquet, pop-up movie theater, set-up and break down. The event will be at the kids sports field located behind the Hickam School Age Center (70 Alula Way, Building 1335). FMI: Brittany Bigham at Brittany. bigham@navy.mil or 473-0789.

### **BELLOWS AFS CENTENNIAL**

**SEPT. 23** – Bellows Air Force Station will hold its centennial hoolaulea from 10 a.m. to 5 p.m. on the Turtle Cove lawn. The event will feature entertainment, food, keiki rides, vendors and military vehicle/historic/environmental displays. FMI: www.facebook.com/bellowsafs/

#### JOINT SPOUSES' CONFERENCE

**SEPT. 29** – The 2017 Joint Spouses' Conference will be held at Neal S. Blaisdell Center. Doors open at 8 a.m. The cost of the registration is \$75 per person, which includes four workshops, a lunch and an event swag bag. Workshop spaces fill quickly. FMI: email director@ ischawaii.com or visit www.ischawaii. com or jointspousesconferencehawaii on Facebook and #theischawaii or Instagram.



# MOVIE SHOWTIMES

## **SHARKEY THEATER**

TODAY - SEPT. 1

7:00 PM • Annabelle: Creation (R)

#### SATURDAY - SEPT. 2

2:30 PM • The Emoji Movie (PG)

4:40 PM • The Dark Tower (PG-13)

6:50 PM • Girls Trip (R)

#### SUNDAY - SEPT. 3

2:30 PM • The Emoji Movie (3-D) (PG)

4:40 PM • Atomic Blonde (R)

7:10 PM • Annabelle: Creation (R)

## **HICKAM MEMORIAL THEATER**

TODAY - SEPT. 1

7:00 PM • The Dark Tower (PG-13)

SATURDAY - SEPT. 2

3:00 PM • The Emoji Movie (PG-13)

6:00 PM • War for the Planet of the Apes (PG-13)

SUNDAY - SEPT. 3

3:00 PM • The Emoji Movie (PG-13)

THURSDAY - SEPT. 7

6:00 PM • War for the Planet of the Apes (PG-13)

## **Atomic Blonde**

Sensual and savage, Lorraine Broughton is the most elite spy in MI6, an agent who's willing to use all of her lethal skills to stay alive during an impossible mission. With the Berlin Wall about to fall, she travels into the heart of the city to retrieve a priceless dossier and take down a ruthless espionage ring. Once there, she teams up with an embedded station chief to navigate her way through the deadliest game of spies.