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Communicating the mission

Photo by MC1 Corwin Colbert

Rear Adm. Brian Fort, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, speaks to service members and civilians during an all-hands call and award ceremony at the Pearl Harbor Memorial Chapel, March 15.

Navy informs community at Red Hill workshop

Story and photo by
MC1 Corwin Colbert

Navy Region Hawaii
Public Affairs

The Navy and Defense Logistics Agency hosted a public information workshop at Moanalua Middle School, March 14.

The workshop provided an opportunity for attendees to ask questions and hear the latest update on the Administrative Order on Consent for the Red Hill Bulk Fuel Storage Facility.

Red Hill is a national strategic asset with 20 underground fuel storage tanks providing fuel essential to our nation's defenders, who safeguard national interests and support humanitarian missions overseas.

At the workshop, the Navy provided details about the Tank Upgrade Alternative (TUA) report and evaluated each alternative.

The Navy has invested more than \$200 million in recent years to continue the modernization process.



Naval Facilities Engineering Command Hawaii's Peter Laplaca displays core samples of the recent examination of the soil around Red Hill Bulk Fuel Storage Facility during a public information workshop at Moanalua Middle School on March 14. The Navy and Defense Logistics Agency hosted the workshop for the community.

Rear Adm. Brian Fort, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, said the workshop and report is a part of the Na-

vy's continuing efforts to invest in the integrity of the Red Hill facility.

"We are committed to continuing a thorough study of the hydro-geology

at Red Hill, in coordination with the regulators," Fort said.

"We have not and will not rush to judgment or conclusions, and we will

continue to keep the drinking water safe, no matter what. There is much more work to do in studying, analyzing and then implementing all the right initiatives at Red Hill."

"We must understand every potential action, reaction and consequence of our decisions, but this is also a good time to recognize how much progress we have made and continue to make."

The TUA report was released in December and is available on the EPA's website: <https://www.epa.gov/red-hill>.

In a letter distributed in December, Fort welcomed stakeholders and neighbors to read the comprehensive report and visit relevant websites.

"With our submission of the Tank Upgrade Alternative report on Dec. 8, the Navy and Defense Logistics Agency provided one of several tools to our regulators to help evaluate six options for upgrading the tanks at Red Hill," Fort said. "I welcome stakeholders and neighbors to read the comprehensive report, available

on the EPA's Red Hill website."

The EPA posted a fact sheet on its site that provides updates on enhanced tank maintenance procedures, the groundwater monitoring network, drinking water standards, tank upgrade study, and the process for selecting upgrades, along with other information.

"The EPA confirms that drinking water meets all federal and state standards. Full drinking water reports are available online, and additional information about how the DOH safeguards drinking water is available at <http://health.hawaii.gov/sdwb/>.

"We're happy to present the science, facts and evidence behind our decision-making process," Fort noted. "For more general information from the Navy about Red Hill, I invite you to visit our website: www.cnrc.navy.mil/redhill. Regulators confirm our drinking water continues to be safe to drink and the Red Hill tanks are not leaking," Fort said.

Hawaii Defenders build partnership at Patriot South 18

Senior Airman John
Linzmeier

154th Wing Public Affairs

Imagine this. A major earthquake registering 7.7 on the richter scale strikes a town called Luxora Arkansas—about 70 miles north of Mississippi affecting a town called Aloha City in Perry County.

There are reports of high numbers of injuries, casualties and major infrastructure damage throughout Aloha City. As criminal activity is on the rise in rural areas, the Mississippi Emergency Management Agencies is getting to the point of being overrun. There isn't enough law enforcement support to respond to the looters and to help those injured civilians in those hard to reach places.

The governor of the state of Mississippi has declared Perry County a federal emergency area, and enacted an emergency message action, asking for support of outside states and local, state and federal agencies to respond to the area affected.

Disasters like this happen all the time, which is why approximately 1,000 participants from federal,

state and local entities came together for this year's iteration of exercise Patriot South, held Feb. 13-15, in the Gulfport Mississippi area.

In this particular training scenario, the Hawaii Air National Guard 154th Security Forces Squadron flew 4,200 miles to join Mississippi law enforcement's call-to-arms.

Upon the triggering event of Patriot South, the catastrophic 'earthquake,' Hawaii Airmen united with the Mississippi Department of Wildlife, Fisheries and Parks Special Response Team (MDWFP SRT) at Camp Shelby, Mississippi, where they were unofficially deputized for all purposes of the training events. Over the next three days, the Airmen served as much-needed backup for the responders in a series of trials, such as supply delivery, medical care, search and rescue, VIP escort, crowd management and even herding cattle in order to clear an airfield.

"Based off my experience of working with active duty Airmen, the training we went through felt very realistic," said Airman First Class Marvin Bumanglag, 154th



Photo by Staff Sgt. James Ro

Tech Sgt. Tashalynn Willing, 154th Security Forces Squadron fire team member, puts on personal protective equipment during Patriot South exercise, Feb. 15, at Camp Shelby, Mississippi. The participating Airmen were temporarily "deputized" by local police in order to serve as back-up support through the events of a simulated earthquake.

SFS fireteam member. "Some parts got really stressful, but as long as we stayed in communication with each other, we were able to handle each situation they threw at us. It also helped me get to know the people I work with better and now I've got a lot more trust and

confidence in them." Each training activity was carefully planned to mimic an actual emergency event which occurred during the past year.

In order to bring each crisis scenario to life, security forces Airmen from the 129th Rescue Wing,

California, played out the roles of injured victims, aggressors, general public and VIPs, making this the first national level exercise to include multiple Air National Guard security forces units working together with state law enforcement.

While the two units ha-

ven't collaborated before, one of the largest advantages of the civilian-military police team was its diversity of experience. Several of the MDWFP members hail from military backgrounds and have been recognized as one of the best team of trackers in the nation. Out of the 94 Security Forces Squadrons in the ANG, the guardsmen of the 154th have the highest deployment rate of all and many of its guardsmen have civilian careers as police officers and other emergency management agencies.

Throughout the exercise, participants had plenty of opportunities to share their expertise and learn something new from their new partners.

"Its remarkable how we only met each other a few days ago, but our teams just gelled together like they've been working together for their past ten to fifteen years," said police Capt. Dale Bell, MDWFP SRT chief. "This experience has definitely been a bridge builder between the Air National Guard and the Mississippi Department of Wildlife, Fisheries and Parks; a complete win-win for the state and the country."



Joint Base Pearl Harbor-Hickam Honors and Ceremonial Guard participates in the ash scattering ceremony of Pearl Harbor survivor Haile Jaekel and his wife, Merle, at the USS Utah Memorial, March 12.

Pearl Harbor survivor, wife laid to rest at USS Utah Memorial

Story and photo by
Jim Neuman

*Navy Region Hawaii
Public Affairs*

On the morning of Dec. 7, 1941, a young 17-year old airplane mechanic from rural Oregon found himself in the middle of a war that would change his life forever. A Marine handed Seaman Apprentice Haile Jaekel a Browning automatic rifle, which he used to shoot “at everything that went by.” He would suffer a leg injury from enemy strafing and go on to serve in the war aboard the USS Salt Lake City and various VP squadrons.

He participated in the Doolittle Raid on Tokyo, the Battle of Guadalcanal and the struggle to roll back the enemy in

the vast Pacific from the Marshall, Wake and Marcus Islands to the Attu landings in Alaska. He wrapped up his service in World War II by flying anti-submarine patrols in the Atlantic, before picking up a commission in the U.S. Air Force and retiring as a captain in the California National Guard.

Haile Jaekel was laid to rest along with his wife, Merle Jaekel, in a moving ceremony on the USS Utah Memorial March 12.

“I know that Haile never considered himself a hero,” said Jim Taylor, the Navy Region Hawaii Pearl Harbor survivor liaison. “Most of the guys that were here that day didn’t think of themselves as heroes, they would tell you they were just doing their jobs.”

Haile and Merle Jaekel were joined together for the last time in the waters of Pearl Harbor, after 71 years of marriage. Their daughters, Pam and Kristine, noticed that their parents’ ashes twisted and turned together in the breeze before descending into the harbor. They were both touched by the Navy ceremony.

“Dad would have loved this,” Kristine said. “He was really about peace.” “He wanted people to remember Pearl Harbor so that we would be prepared and stay strong so that it wouldn’t happen again.”

The sight of the Sailors in dress whites, standing ready at attention brought those values home for the family. “We can’t think of a better way to honor their memory.”

Navy to hire on-the-spot at job fair

**Anna General and
Jim Neuman**

*Navy Region Hawaii
Public Affairs*

Commander, Navy Region Hawaii (CNRH) and Naval Facilities Engineering Command (NAVFAC) Hawaii will conduct on-site interviews and offer positions on-the-spot to qualified, eligible candidates during the Hawaii Career Expo at the Neal Blaisdell Center March 28 from 9 a.m. to 3 p.m.

Several departments within CNRH will participate in this year’s career expo in partnership with NAVFAC Hawaii as a result of the success of the previous job fair held in January.

Career opportunities are available in a variety of fields like engineering, public safety, community planning and environmental protection. Specifically fire fighters, security guards, dispatchers, plumbing, electrical — including high voltage, HVAC, hazardous waste disposers and electronics. In addition, jobs in lodging, recreation, food and beverage, and others will be available.

During the previous job fair, many positions were filled on-the-spot.

“It went excellent! We had a couple hundred applicants that came up seeking our jobs.”

We were hiring at the time and announced that we were looking at 64 vacancies for security guards. At the end of the fair, we had given 84 job offers and had 15 additional contingent offers should there be openings that become available,” said Shawn Morrissey, CNRH deputy operations officer.

Benefits for federal employees

- Retirement plan - a 401(k)-type savings plan (the government Thrift Savings Plan)
- Group health and life insurance
- Long-term care disability insurance
- Dental and vision insurance
- Flexible spending account options
- 10 paid federal holidays per year
- 13 sick days
- Up to five weeks of vacation annually
- Family-oriented leave
- Leave sharing
- Flexible time
- Part-time and job sharing positions
- Telecommuting arrangements
- Child and elder care resources
- Child care services
- Employees can utilize Morale, Welfare and Recreation (MWR) facilities
- Free TSA pre-check option

Qualified applicants may receive an interview while at the expo, so come prepared with an updated resume on hand. Take advantage of the opportunity to market yourself in person and stand out among hundreds of applicants.

Once you’re a federal government employee, you’ll have greater chances for other federal government employment — throughout the world.

“The job fair is an opportunity for job seekers to actually talk to someone (employers) about the job, bring a resume and to get some information,” Morrissey said.

Civilian careers in the Department of the Navy have an important role in supporting and protecting the fleet, family and warfighter while making a difference in our nation’s security.

As deputy operations officer for the operations department, Morrissey said the job fair is a way for their department to be able to reach out to a broad audience of people to fill jobs they have available for operations.

“We will be looking at 50 job offers for security guard positions, 12 to 15 firefighter positions and 12 security administration assistants that

we will be filling in our security department,” Morrissey said.

“At NAVFAC we are looking to fill 100 jobs,” said Denise Emsley, NAVFAC Public Affairs Officer.

The benefits and training available to federal employees make working on the Navy team an unparalleled opportunity.

As components of the U.S. Navy, CNRH and NAVFAC offer competitive salaries as well as an outstanding government employee benefits package, which also include annual cost-of-living adjustments. Some benefits vary from site-to-site, but CNRH and NAVFAC are dedicated to supporting our workforce — improving their quality of life — across the board.

Diverse VIEWS



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

What's your favorite retail store in Hawaii and why?



Lance Cpl. Seth Lang
USNS Mercy (TAH 19)

"I just flew in from Japan and my phone doesn't work here, so my favorite store for the short time I have been here is the mini NEX because it has W-Fi."



Nashaly Rodriguez-Foster
MWR ITT Office

"I love the VANS store because the clothes there fit my style."



ETN3 William Kirkpatrick
USS Illinois (SSN 786)

"I just moved from New York to here so I haven't been out much, but I will say the Mall at Pearl Harbor is really like a mall. I was able to find anything I needed in there."



1st Lt. Dennis Do
15th Wing

"Best Buy. I'm a real techie and love to get my hands on all the new electronics and video games. Almost as good as shopping at Amazon since they price match."



Tech. Sgt. Nicholas Mike
647th Civil Engineer Squadron

"Costco has so much to choose from and is much cheaper than most stores because you buy in bulk. I like how they rotate products in and out frequently."



Senior Airman Ashley Wilson
15th Aerospace Medicine Squadron

"Ross has so much stuff ranging from trendy clothes to dog supplies. Always down for a deal!"

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

COMMENTARY

Facts are important at Red Hill

Capt. Richard Hayes
Commanding Officer, Naval Facilities Engineering Command Hawaii



Capt. Richard Hayes

Commanding Officer, Naval Facilities Engineering Command Hawaii

Red Hill provides fuel that is essential to our nation's defense and protects the flow of commerce to and from Hawaii. It is important to know the facts about the fuel tanks at Red Hill, given the amount of misinformation recently distributed.

During the Red Hill public information workshop held March 14 at Moanalua Middle School, the community learned more about this vital facility and about our commitment to protecting the drinking water we all share.

It has been more than four years since Tank 5 leaked 27,000 gallons

of fuel at Red Hill that came about due to contractor errors, poor oversight, and a slow response to alarms. The tank itself was not defective. We learned from that event and instituted safeguards, checks and balances, and better procedures that we continued to refine.

Since 2014, and under the Administrative Order on Consent, the Navy and the Defense Logistics Agency have invested tens of millions of dollars to modernize the facility, protect drinking water, and study future options for the strategically important fuel facility that helps power the Navy, Air Force, National Guard and Coast Guard in Hawaii.

The Navy has also provided tours of the Red Hill facility and briefings to more than 300 elected officials and

community representatives. This year alone, we gave Red Hill briefings to four neighborhood boards, with two more scheduled later this month.

During the Red Hill public information workshop, we showed the community how much work had taken place at Red Hill over the past four years — and how we are moving forward in the months ahead. We explained the progress we've made and outlined the unique engineering realities that exist at Red Hill.

During our workshop we had information stations and subject matter experts who answered questions about our modernization efforts, showed how we monitored and tested the water, and discussed the Tank Upgrade Alternatives under consider-

ation at Red Hill, among other topics.

The comprehensive Tank Upgrade Alternative report submitted in December is available on the EPA's website at www.epa.gov/red-hill. We are also considering alternate tank locations and other possibilities as we move forward, and we continue to invite public comments and questions.

We are committed to transparency and providing the facts about Red Hill. For comprehensive reports, visit EPA's website. For clean water reports and other accurate drinking water information, visit the DOH website at <http://health.hawaii.gov/sdwb/>. For photos, video, fact sheets, stakeholder letters and other information from the Navy, please visit www.cnic.navy.mil/redhill.

Be safe at St. Patrick's Day celebrations

Don Robbins

Editor, Ho'okele

According to the National Safety Center's St. Patrick's Day Impaired Driving Campaign, for many Americans St. Patrick's Day has become a popular night out to celebrate with friends and family. Unfortunately, due to the large volume of drunk drivers, the night out has also become very dangerous. Encourage your employees and co-workers to plan a safe way home before the festivities begin, and remember — Luck won't keep you out of a jam this St. Patrick's Day.

This year St. Patrick's Day takes place Saturday, March 17, and may likely also be celebrated all weekend. Because many people celebrate the holiday by drinking alcohol, it can turn into one of the most alcohol-fueled times of the year.

According to the Naval Safety Center, alcohol-related mishaps kill and injure Sail-

ors and Marines every year. In fiscal year 2016, alcohol was a factor in 55 mishaps. Of those mishaps eight had fatalities. There is always a safer ride home. The National Highway Traffic Safety Administration reported more than 700 people were killed nationwide in accidents involving drunk drivers during the St. Patrick's Day holiday period from 2006 to 2010.

Here are some of the government's drinking facts. Absorption of alcohol depends on your size, weight, body fat and gender, the amount of alcohol consumed, the amount of food in your stomach and your use of medications. The following are some helpful hints:

- Never drink alone.
- Have a sober person with you if you go out.
- Have a backup plan.
- Charge your phone before you leave.
- Save the numbers of at least three cab services.



File photo

- Buy a drink with ingredients that you're familiar with the effects.
- Always stay hydrated with water.
- Pace yourself when drinking.
- Never drink on an empty stomach.
- Stop drinking if you start to feel drunk.
- Most importantly, choose a designated driver, or plan to call a cab.

According to Navy Alcohol and Drug Abuse Prevention Office officials, binge drinking can pose health and safety risks, including car crashes and injuries if you use poor judgment. Whether you are meeting a few friends at the local pub after work or

attending a party, if you plan on drinking alcohol, don't ever drive. Ensure you and others make it home safely.

For more information, see these St. Patrick's Day materials from the National Highway Transportation Safety Administration at www.trafficsafetymarketing.gov/get-materials/drunk-driving/drive-sober-or-get-pulled-over/saint-patricks-day

To see how TRICARE can help, visit www.tricare.mil/mtf

To find a local resource, call the Center for Substance Abuse Treatment at 1-800-662-HELP.

Vehicle launches for first docking in space



The Gemini Agena Target Vehicle-8 (GATV-8) launches March 16, 1966, atop an Atlas rocket and serving as the target for the first docking in space, with Gemini 8 and its crew of Neil Armstrong and David Scott. The vehicle lifted off 52 years ago today. Perfecting rendezvous and docking techniques were critical steps on the way to the moon, since they were required to get astronauts to and from the lunar surface.

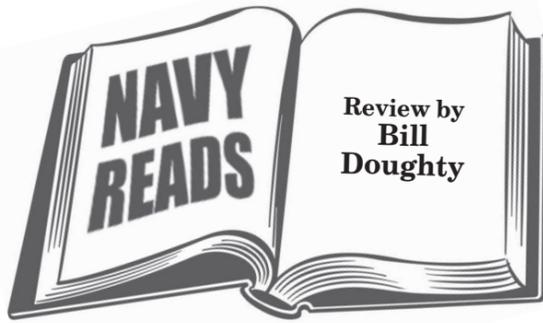
Photo courtesy of NASA

<p>FOR THE NAVY AND AIR FORCE TEAM IN HAWAII</p>	
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Women in science who changed the world

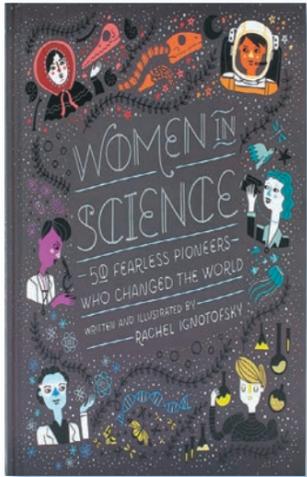


With cool-weird drawings and sparkling insights, writer-illustrator Rachel Ignatofsky profiles some of the women who stand out in fields of Science, Technology, Engineering and Mathematics in "Women in Science: 50 Fearless Pioneers Who Changed the World" (Ten Speed Press, 2016).

"Throughout history many women have risked everything in the name of science," she writes. "This book tells the stories of some of these scientists, from ancient Greece to the modern day, who in the face of 'No' said, 'Try and stop me.'"

Among the 50 women featured are Wang Zhenyi, Ada Lovelace, Karen Horney, Marie Curie, Marjory Stoneman Douglas, Rachel Carson, Katherine Johnson, Valentina Tereshkova, Jane Goodall, Maryam Mirzakhani, and Grace Hopper, "Navy admiral and computer scientist."

"Grace Hopper was ... a relentless trailblazer, recognized as the mother of computer programming," Ignatofsky writes. The author spices her profile of "Amazing Grace" with one-liners like: "Invented the first compiler, forever changing how we use computers," "Her great-grandfather was also in the Navy," and "Pioneered the standards for testing computer systems." Grace Hopper who was born in 1906, was 14 years old when women in the United States achieved the right to vote, a step toward greater equality for women. She earned a PhD in mathematics at Yale 14 years after passage of the 19th Amendment. Hopper joined the Women Accepted for Volunteer Emergency Service (WAVES) in 1943, bringing her mathematics skills to the war effort.



Women in Science: 50 Fearless Pioneers Who Changed the World

Rachel Ignatofsky
(Ten Speed Press, 2016).

"After the war, Grace joined the private sector. At the time, programmers needed the skills that came with an advanced degree in mathematics and used binary code to program. Grace Hopper thought it would be easier to just 'talk' to a computer in English. Everyone thought Grace was nuts, but she proved them wrong when she invented the first compiler. This led to create COBOL, the first universal computer language. Thanks to Grace just about anyone can learn to code! Grace returned to the Navy in 1967. Even after she retired as the oldest person on active duty (just a few months short of turning 80), she continued to lecture, consult, and teach — always reminding the world that 'the most damaging phrase in the language is 'we've always done it this way.'"

"The women in this book prove to the world that no matter your gender, your race, or your background, anyone can achieve great things."

— Rachel Ignatofsky



Along with the short biographies of the 50 featured women are a timeline, statistics in STEM, an illustrated list of lab tools and a glossary. While this book appeals to young readers it, like the works of Mary Roach and Hope Jahren can inspire any reader to see how women have contributed to progress in the world.

The author's other books (this one was her first) include "I Love Science" and "Women in Sports."

Ignatofsky, who supports critical thinking and evidence-based decision-making exemplified in the "March for Science," writes in her conclusion:

"Women make up half of our population, and we simply cannot afford to ignore that brain power — the progress of humankind depends on our continual search for knowledge. The women in this book prove to the world that no matter your gender, your race, or your background, anyone can achieve great things. Their legacy lives on. Today, women all over the world are still risking everything to discover and explore."

Don't try to stop them.

(A version of this review appears on Navy Reads blog —<http://navyreads.blogspot.com> — along with a new post, "Who was Marjory Stoneman Douglas?")

CNO's Naval History Essay Contest: The Influence of History Upon Seapower

From Naval History and Heritage Command

The Chief of Naval Operations (CNO) has announced the requirements for the 2018 Naval History Essay Contest with a submission deadline of June 30.

The essay requires entrants to elaborate on a naval history topic of their choice that relates a lesson from history that applies to establishing and maintaining maritime superiority in today's environment.

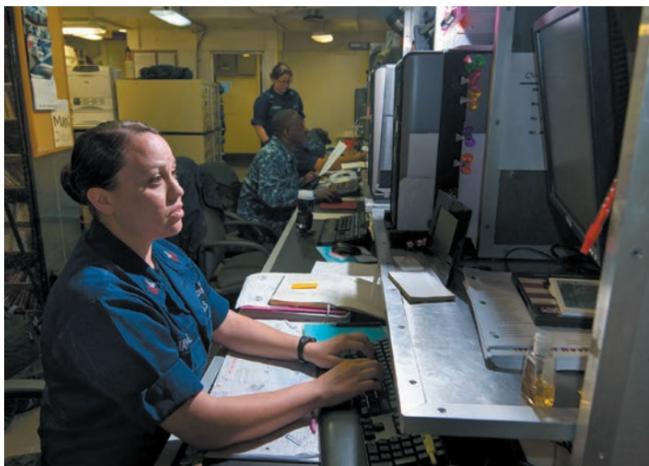
Specific requirements can be found in NAVADMIN 029/18. There are a number of prizes at stake, including \$5,000 for first place, \$2,500 for the second place entry, and \$1,500 for third place.

According to the message, the CNO directed the contest to further our understanding of how lessons from history inform our way ahead.

The goal of the contest is to inspire insight and dialog from across the widest spectrum of academic, operational, military and civilian personnel both from within the naval services and those with a sincere interest in the history of the Navy, Marine Corps and Coast Guard.

The essay contest is open to professional and amateur historians alike, whether they're in the Navy or not; whether they're U.S. citizens or not.

The selections will be screened by the United States Naval Institute (USNI) and



U.S. Navy file photo

The Chief of Naval Operations will be accepting submissions for the 2018 Naval History Essay Contest until June 30.

the finalists will be presented to a joint committee comprised of senior staff from USNI (one person), the U.S. Naval Academy (one), the Naval War College (one), the Naval History and Heritage Command (one), the Office of the Chief of Naval Operations (two), and one distinguished naval historian from outside the Navy.

History's impact on the modern age can be a pretty broad question, so essay entries should be able to cut across an enormous array of answers.

Maybe Capt. John Paul Jones or Adm. Chester Nimitz's leadership inspires you as a model when discharging your duties. Or perhaps the successful effort, in the face of overwhelming odds, of the

crew of USS Samuel B. Roberts (FFG 58) in saving their ship after it struck a mine emboldens you to hone your damage control abilities.

The contest is not limited to specific subjects like those. You can also think more strategically, such as how the Navy has projected power differently across time. Unintended consequences of actions — good or bad — are also fair game. If it has to do with history, today, and the sea services — write about it!

"We're looking for subjects that study the history of the U.S. Navy, for sure, but any other historical, maritime history that relates to our maritime strategy," said Cmdr. Ryan Ahler, Naval History and

Heritage Command's (NHHC) assistant director for the Director's Action Group. "I think this is a really good opportunity for us to take a look at the long history of lessons learned and apply them to the present and how we maintain maritime superiority."

"The Navy is really looking for entries from a full spectrum of writers, not just professional historians and people who do this for a living, but also for entries from those on the deck plates," Ahler said. "The hardest part will be getting amateur historians and Sailors out in the fleet to submit, but honestly I think that's where a lot of the best stuff will come from."

Submissions may not exceed 3,500 words (excluding footnotes/endnotes/sources), nor may you include your name on the entry. All submissions will be judged blind, so in addition to the essay, please create a separate attachment including your biography, phone number and mailing address.

Your submission package should be emailed to cnessaycontest@usni.org with the subject heading the title of your essay.

For more details, see the NAVADMIN, or go to <https://www.history.navy.mil/get-involved/essay-contest.html>. For more details about this contest, please visit the NHHC CNO Naval History Essay Contest web page, or email jday@usni.org.

COMPACFLT hosts Sea of Dreams exposition

MC1 Phillip Pavlovich

PACFLT Public Affairs

Adm. Scott Swift, commander of U.S. Pacific Fleet (PACFLT), delivered opening remarks to more than 250 personnel during the Sea of Dreams Expo held at Joint Base Pearl Harbor-Hickam, March 12.

Sea of Dreams, a PACFLT-led event, is focused on encouraging dialogue, fostering innovation and providing a better understanding of current and future challenges faced in the area of responsibility.

"The significance of bringing together program offices, industry representatives, and fleet operators cannot be overstated," Swift said. "By gaining a shared understanding of the Pacific Fleet operating environment, we can proceed together with the involved organizations towards solutions that incorporate strategic thought, operational understanding, and tactical execution."

Those in attendance included individuals from the Department of Defense warfare centers, program managers, government officials, university research centers, laboratories, academia, developers, program managers, and industry.

For more news on the Pacific Fleet, visit www.cpf.navy.mil.

Pearl Harbor - Hickam *Highlights*



Photo by Tech. Sgt. Kathrine Dodd

Members of the Defense POW/MIA Accounting Agency (DPAA) render honors during a chain of custody event for the remains of U.S. Army Sgt. 1st Class Harry E. Harkness who was recently identified by the DPAA Laboratory at Joint Base Pearl Harbor-Hickam, March 9. Harkness was a member of Company L, 3rd Battalion, 8th Cavalry Regiment when he was killed in the winter of 1950 during combat near Unsan, North Korea. DPAA conducts global search, recovery and laboratory operations to provide the fullest possible accounting for our missing personnel to their families and the nation.



At left, Sailors assigned to the Arleigh Burke-Class guided-missile destroyer USS Michael Murphy (DDG 112) visit, board, search and seizure (VBSS) team and French sailors from French frigate FNS Vendemiaire practice VBSS techniques aboard Michael Murphy during a passing exercise (PASSEX) in the South China Sea, March 4. Michael Murphy is currently operating in the Pacific as part of the Carl Vinson Strike Group.

Photo by MC3 Jasen MorenoGarcia

Musician 1st Class Travis Stanley, assigned to U.S. Pacific Fleet Band aboard Military Sealift Command hospital ship USNS Mercy (T-AH 19), plays the trombone while departing Joint Base Pearl Harbor-Hickam, March 6, in support of Pacific Partnership 2018 (PP18). PP18's mission is to work collectively with host and partner nations to enhance regional interoperability and disaster response capabilities, increase stability and security in the region, and foster new and enduring friendships across the Indo-Pacific Region. Pacific Partnership, now in its 13th iteration, is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific.

Photo by MCSN Harley K. Sarmiento



Photo by MC3 Morgan K. Nall

Sailors heave on a line to hoist the rescue swimmer during a man overboard drill aboard the Arleigh Burke-class guided-missile destroyer USS Preble (DDG 88) in the Arabian Gulf, March 5. Preble is deployed to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region.



Kids get their turn at

PAINTING

Dennis McGeary leads his group of young artists during one of the first Cookies and Canvas sessions at the Joint Base Pearl Harbor-Hickam Arts and Crafts Center.

FFR Marketing photos

Reid Tokeshi

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Now kids on base get to have their own painting party, just like the ones their parents and other grownups do. Cookies and Canvas is a new activity at the Joint Base Pearl Harbor-Hickam Arts and Crafts Center and it's geared strictly to youth.

This single session at the center guides the kids through the process of creating their own painted masterpiece on canvas, while enjoying a sweet treat. Held every other Wednesday, each session features a different subject. The intent is to create a fun learning experience revolving around art.

Dennis McGeary, the instructor for Cookies and Canvas, describes it as similar to the Paint and Sip held every Wednesday evening. Both are two-hour long sessions where an experienced artist guides customers through the painting of the day. While Paint and Sip is for adults, Cookies and Canvas is held at the Arts and Crafts Center in the afternoon and is for kids ages 7 to 14.

McGeary said the children enjoy the two-hour sessions.

"Painting in two hours goes by fast," he said, adding that the kids really get into the painting. The inclusion of treats and music also helps make the time pass quickly.

The activity has just started taking place this month.

McGeary is hopeful that it will grow as more parents learn about it.

"The first one was pretty good," he said. He added that "word will get around" and the after-school, single session format makes it affordable and time-friendly.

Cookies and Canvas is held every other Wednesday from 3:30 to 5:30 p.m. with the next one scheduled for March 21. The cost is \$30 and includes all art supplies.

Aprons are provided but it's recommended that the kids wear clothes that it's okay to get paint on. Registration can be done online at www.greatlife-hawaii.com.

For more information, visit or call the Arts and Crafts Center at 448-9907.



Shaw takes control to lead 647 CES to victory

WHO'ŌKELE
SPORTS



Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

In a showdown against the division-leading 545th Transportation Company (545 TC), star forward Staff Sgt. Elvis Shaw of the 647th Civil Engineer Squadron (647 CES) was locked in and ready to go long before the first tip-off of the game.

With the minutes ticking down to the start of the matchup, Shaw picked up a floor dust mop and meticulously swept every inch of the court in preparation for the all-important contest.

Once the game got underway, Shaw applied his cleanup skills to help his team wipe away the 545 TC. The 647 CES scoring machine put on a show with 33 points in a 78-67 win March 13 in an Over 30 White Division intramural basketball game that was held at Joint Base Pearl Harbor-Hickam Fitness Center.

The win was the third in a row for the 647 CES, who has now caught the 545 TC at the top of the division with a 4-2 record.

"It was definitely a must-win," Shaw said. "It was one of those teams that we had to get some get-back on. They beat us that one game when I wasn't here, so I guess they thought that they could beat us like that. We needed to get that win."

With Shaw back in the lineup, the 647 CES looked for him and got the ball to him often, as Shaw opened up the game red-hot and stayed that way throughout.

After Master Sgt. Brent Jordan popped in the first shot from long distance, Shaw followed up with three treys in a row to spot the 647 CES to a 16-10 lead after eight minutes of play.

Although the 647 CES managed to take two seven-point leads in the first half, the 545 TC answered each time and came back to pull to within a single point at halftime.

In fact, the 545 TC could

have taken the lead at the end of the first half, but missed four straight free throws and a 15-foot jumper at the buzzer to trail 36-35 at the break.

The 545 TC got balanced production from its players, with Staff Sgt. Alonso Grimes scoring 10 points and Army Sgt. Brian Robinson adding eight points that included two treys.

Meanwhile, Shaw was a one-man-wrecking crew in the first half for the 647 CES, as he came up with 18 points, with four from beyond the three-point arc.

In the second half, Shaw was back at it again and set the stage for an 11-point lead by connecting on his fifth trey of the night at the 18:25 mark.

The 545 TC, led by the shooting of Robinson, mounted another comeback to pull to within four points, but the 647 CES came back again to stifle yet another run to regain control.

"Those are the best games," Shaw said about the back-and-forth battle. "They (545 TC) just wouldn't go away, so they make you play harder. We just started to take care of the ball a little better in the second half."

As momentum swung back to the 647 CES, Staff Sgt. Corey Doss started to find his range and knocked down a trey with 9:30 on the clock that gave the CES a 58-47 lead.

Doss, who only had four points in the first half, caught fire in the second half to score 15 points and finish with a total of 19.

High-point man for the 545 TC was Robinson, who connected on seven three-point shots and finished the night with 26 points, while Grimes added 11.

"It's a great feeling," Shaw said about how well the entire team performed to pick up their fourth win of the season. "It's like at any moment, anybody can be the X-factor. That's the good thing about our team. We've got a whole lot of talent, where one person can come up and do exactly what they're supposed to do at the right time."

Staff Sgt. Elvis Shaw throws down a monster jam for two of his game-high 33 points.

Test your knowledge for Women's History Month

Michelle Ching

Equal Employment Opportunity Counselor
Navy Region Hawaii

As part of Women's History Month, here's your chance to test your knowledge on women with great vision and achievement.

The first person to email Michelle Ching (Equal Employment Opportunity counselor for Navy Region Hawaii) the answers at michelle.ching.ctr@navy.mil will win a \$50 Exchange gift card and five vouchers for free food at AAFES food courts.

Special thanks to Esperanza (Pini) Duverney (service

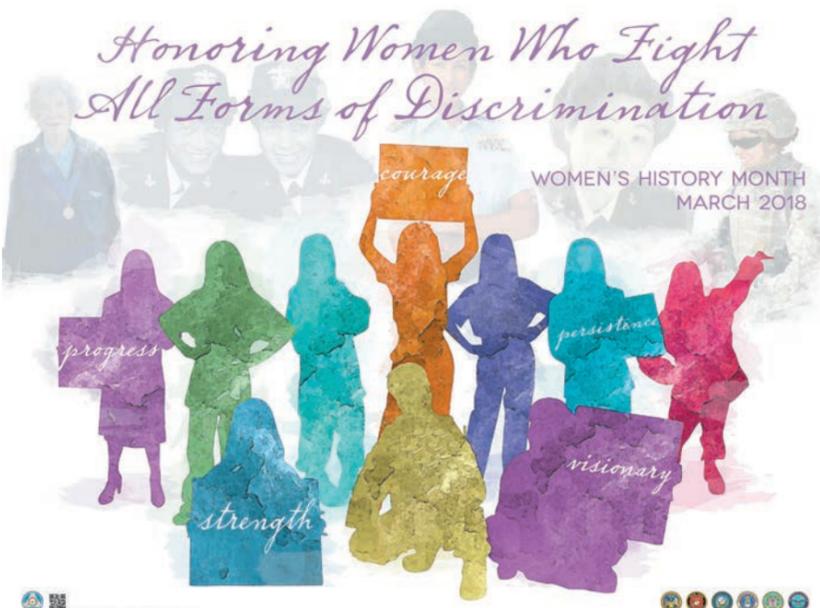
business manager at the AAFES Hawaii Services Office) for providing the prize.

Questions:

Who are the following inspirational women?

1. The last queen of the Hawaiian Islands, deposed because American business interests wanted to annex Hawaii to the U.S.
2. The first Japanese American woman and the first woman of color to be elected to the United States Congress.
3. Leading suffragist who was arrested and convicted of attempting to vote in the 1872 election.

4. Championed the fight for gender equality, achieved sainthood, helped desegregate schools and coined the phrase "Jane Crow."
5. An 83-year-old Supreme Court Justice that is an advocate for gender equality and does 20 push-ups a day, along with 30-second planks.
6. Known as the "mother of the modern day civil rights movement" in America.
7. A writer, nurse, founder American Birth Control League, and founder president of Planned Parenthood.
8. Prominent advocate for transgender women's rights and author of the book "Redefining Realness: My Path to Womanhood, Identity, Love & So Much More."



Too much firepower leads Port Royal over Louisville

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Not since 2014, when USS Port Royal (CG 73) won the Joint Base Pearl Harbor-Hickam (JBPHH) intramural basketball championship, has the ship gotten out to the kind of season it has so far this year.

In the latest battle of the 2018 season, Port Royal Admirals coupled balanced scoring with a tough defense to defeat USS Louisville (SSN 724), 65-31, March 10 in an Afloat Division intramural basketball game at JBPHH Fitness Center.

It was the fifth victory in a row without a defeat for the Admirals who are threatening to run away with the Afloat Division title, while Louisville fell to 1-2.

Leading the way for the Admirals was guard Information Systems Technician 3rd Class Dre Clark, who has stepped up all season long to provide consistent and clutch scoring for the team.

Against Louisville, Clark led his team with 16 points, with 11 of the points coming in the second half, as Port Royal pulled away for the win.

Clark got things started right off the opening buzzer by hitting a jumper for a trey on the first shot of the game.

The hoop got the Admirals started as they ran off 13 straight points, while holding Louisville without a basket for the first seven minutes of the game.

"Everything is coming together," said Clark about the team's fast start against Louisville. "We're playing with each other more, so everything is like we're getting used to how everybody plays and where they're going to be at. We're more natural now and we're meshing better."

Louisville finally got on the scoreboard when Sonar Technician (Submarine) 1st Class William Keech

sank a shot with 12:51 remaining in the first half.

However, the score by Keech did little to stop Port Royal from scoring at will.

With 10:31 on the clock before halftime, Electrician's Mate 1st Class John Gee pulled up at the top of the three-point arc and connected on a slash down to put Port Royal up by 15 points at 18-3.

Port Royal had four players with five or more points in the first half, as the team took a dominating 32-14 lead at the break.

Determined to put the game away, Port Royal came out on fire in the second half and quickly ended any hopes of a comeback by Louisville.

The Admirals built up a 30-point lead at 44-14 on a layup by Clark with 16:38 remaining in the game.

Two more baskets by Port Royal raised the team's run to 16 points, before Keech scored on a layup to end the skid for Louisville.

Besides Clark, Port Royal got 12 points from Gee, Ensign Brandon Green and Ensign Teo Ledesma, and seven points from Electronics Technician 2nd Class Jorge A. Gonzalez. Keech scored 16 points to lead all scorers on Louisville.

The Admirals' balanced scoring attack is a welcomed relief, said Clark, who added that without the pressure to carry the team, he could just go out and play his game.

"It feels good because it takes the pressure off of me," he said. "I believe in what my teammates can do."

Although Port Royal seems to be running away with the division right now, Clark said that he and his teammates aren't feeling the pressure of being undefeated.

"We take it as, we don't want to lose, so we play harder because we want to stay undefeated," he said. "I think we're capable (of winning the title). I think we will do it. I'm confident of my team."



Electrician's Mate 1st Class John Gee drives to the basket to put up a shot in the lane.

HO'OKOLE
SPORTS



Gas Turbine System Technician (Mechanical) 3rd Class Zach Kelsh slams home a two-handed dunk in the first half.

Big game by Kelsh leads JPJ over Hopper

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Gas Turbine System Technician (Mechanical) 3rd Class Zach Kelsh threw down 19 points and played a solid game down at the post to lead USS John Paul Jones (DDG 53) to a 46-33 win over USS Hooper (DDG 70) March 10 in an Afloat Division intramural basketball matchup at Joint Base Pearl Harbor-Hickam.

The win kept John Paul Jones in the hunt for the Afloat Division title with a record of 4-2, while Hopper fell to 1-1.

With no one else scoring in double figures in the entire game, Kelsh was undoubtedly the main reason why John Paul Jones was able to pull ahead and stay there for the win.

After John Paul Jones grabbed a five-point lead on a trey from Fire Controlman (Aegis) 1st Class Jared Borders, the team struggled to break beyond that barrier until just before halftime.

With a 1:20 remaining on the clock before the break, Kelsh breathed life back into the John Paul Jones' attack by completing a breakaway with a two-handed, rim-rattling slam dunk that finally upped the team's lead to seven at 19-12.

The teams traded baskets to finish out the first half, as John Paul Jones led by a score of 21-14 at intermission.

While Kelsh's strong outburst on offense was a bright spot in the John Paul Jones attack, the team's skintight defense is what seemed to be the main ingredient to its lead at halftime.

In the entire first half, the defense for John Paul Jones held Hopper to only three baskets, which were all scored by Information Systems Technician 3rd Class Anthony Averett.

"We've been running that zone all season," Kelsh said about the team's tight defense.

"We've figured out how to rotate and that really helped us. They were play-

ing all five of them outside and we rotated really good. Luckily, they (Hopper) weren't shooting that good."

After picking up seven points in the first half, Kelsh really went to work in the second half.

Just coming off the break at halftime, Kelsh stood just beyond the arc and swished a trey that gave John Paul Jones their first double-digit lead at 24-14.

Although Hopper did attempt to make several runs throughout the second half, each time the team got closer, John Paul Jones would come away with a key bucket to keep its double-digit lead in tact.

Up by only seven at 32-25 with 9:52 remaining in the game, Borders stepped up to the top of the arc and knocked down a clutch trey that put the lead back up to 10 at 35-25.

Then again, with 6:25 on the clock and the lead down to nine points, Fireman Jeffrey Jones drove to the basket for a lay-up that made it 38-27.

As the lead dropped below 10 points one more time at 42-33, Kelsh finally put the game away for good with a basket-and-one that made it 45-33 at the 1:20 mark.

"We were just trying to keep the momentum going," Kelsh said about how the team managed to pull away each time Hopper drew close.

"Seems like when we get up, we have a tendency to let off and people start coming back. So we just try to keep the foot on the gas and try to keep pushing."

While Kelsh said that the season has been somewhat of a rollercoaster this year, he believes that a win over a tough team like Hopper just might be the proof that the team is ready to turn the corner.

"I hope so," he said. "Every week, we got a different number of players, but we're trying to keep the same momentum going every game. With the people we have, I think we have a really good shot. Hopefully, everyone shows up for the next couple of games."

HO'OKOLE
SPORTS





UPCOMING EVENTS

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Submissions sought for Creative Writing Contest

● **Submissions for the Creative Writing Contest** are being accepted now through April 7 at the Joint Base Pearl Harbor-Hickam Library. Patrons can send in entries in the poetry and short story divisions. It is free to enter and categories are child (6-10), young adult (11-18) and adult (19 and older). For more information, call 449-8299.

● Reservations are being accepted now for the **Easter brunch buffet** that will be held from 10 a.m. to 2 p.m. April 1 at the Historic Hickam Officers' Club. The buffet will feature stuffed leg of lamb, roast beef, carved ham and more. The cost is \$43 for adults and lower price points for children 12 and under. Reservations are required. Seating times are every half hour beginning at 10 a.m. For more information, call 448-4608.

● **Vendor registration is open for the 43rd annual Spring Craft Fair**, which will be held from 9 a.m. to 3 p.m. May 5 at the Joint Base Arts and Crafts Center. All items sold at the craft fair need to be handmade. Applicants will need to bring items (or photos of items) for screening at the time of registration. The cost is \$75 for a 15-foot-by-15-foot space or \$105 for two vendors to share a space. For more information, call 448-9907.

● **The Joint Base Teen Center will participate in paintball** from 8:30 a.m. to 4 p.m. March 19 at Bellows Air Force Station. The group will also head to the beach afterward. This event is free and is open to teens registered at the center. Teens can stop by the center to register if they have not done so yet. For more information, call 448-1068.

● **Free Family night: Ultimate Frisbee** takes place from 5:30 to 7 p.m. March 20 at the Teen Center. Families of teens registered at the center are invited to stop by and enjoy light snacks, play games and learn about upcoming events. For more information, call 448-1068.

● **Free Teen Center will hike Wiliwili Nui Ridge** from 8 a.m. to 3:30 p.m. March 21. Participants should wear comfortable hiking clothes and shoes and can take a camera. This event is open to teens registered at the center. For more information, call 448-1068.

● **Cookies and Canvas** plays with paint from 3:30 to 5:30 p.m. March 21 at the Joint Base Arts and Crafts Center. Participants can create their own painted masterpiece on canvas while nibbling on a sweet treat. The cost of this activity is \$30 and it is open to youth ages 7 to 14. Registration can be done online at www.greatlifeohawaii.com. For more information, call 448-9907.

● **Crab boil** gets cooking from 5 to 8 p.m. March 23 at the Historic Hickam Officers' Club. Patrons can have an East Coast/Louisiana themed dinner with Dungeness crab, shrimp, andouille sausage, potatoes and corn, boiled up together and served hot. This event is open to all base-eligible patrons and the cost is \$30 for adults with lower prices for club members and youth. Reservations are required. For more information, call 448-4608.

● **Free golf clinic** will be held at 1 p.m. March 24 at Mamala Bay Golf Course. For more information, call 449-2304.

Volunteers can help get kids fit

Special Olympics Hawaii

Special Olympics Hawaii partners with the state Department of Education for district Fifth Grade Fitness Meets. Volunteers are needed to assist in the fitness testing of fifth-grade students in special and general education from various schools from 7:30 a.m. to 12:30 p.m.

Upcoming Fifth Grade Fitness Meets include:

- April 27 at University of Hawaii Klum Gym. There are 20 volunteers needed.
- May 2 at Farrington High School. There are 15 volunteers needed.

T-shirts and certificates of appreciation will be available to all volunteers.

In addition, volunteers are also needed for Special Olympics Hawaii 2018 Preschool Play Days. Volun-

teers can help get preschool special education students active. Volunteers are needed to run various activity stations for the children from 7:30 a.m. to 12:30 p.m.

Upcoming Preschool Play Days include:

- March 29 at Mililani District Park. There are 35 volunteers needed.
- April 6 at Manoa District Park. There are 35 volunteers needed.
- April 13 at Ewa Mahiko District Park. There are 50 volunteers needed.
- April 20 at Kailua District Park. There are 40 volunteers needed.

T-Shirts and certificates of appreciation will be available to all volunteers. This event is for adult volunteers only.

For more information and to volunteer, contact YN1 Dena Sinclair at 257-0716 or email dena.sinclair@navy.mil.



MY FAVORITE PHOTO

Don Robbins, Ho'okele editor, took this recent photo of the variety of plants growing at Wahiawa Botanical Garden. How to submit: email photos and information editor@hookelenews.com.

Easter Sunrise Service volunteers needed

Joint Base Pearl Harbor-Hickam Public Affairs

The Pearl Harbor Memorial Chapel needs volunteers to assist with setup for the Easter Sunrise Service aboard the Battleship Missouri Memorial.

Volunteers are needed March 31 from noon to 3 p.m. to set up chairs under the fantail tent and from 4 to 5 p.m. to set up

chairs under gun turret three.

In addition, April 1 from 4:30 to 8 a.m., volunteers are needed as parking attendants, ushers, security and moving chairs after the service.

The Easter Sunrise Service will start at 6:30 a.m. April 1.

For more information, contact RP2 Dominic Tinoco at dominic.tinoco@navy.mil or 473-3971.



Ford Island Bridge Run set for April 7

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The 21st annual Ford Island 10K Bridge Run will be held Saturday, April 7 at 7 a.m. at Joint Base Pearl Harbor-Hickam.

For the past 20 years, the Ford Island Bridge Run has been one of the largest 10K runs on Oahu. Race walkers, leisure walkers, serious and recreational runners have experienced the scenic and historical sights along the race route.

The 10K (6.2 miles) route starts at the entrance to Adm. Bernard "Chick" Clarey Bridge, crosses the bridge to the historic Ford Island where it circles the island on a scenic flat perimeter course, then it crosses back and finishes on Richardson Center field.

The first 3,000 finishers

will receive a medal.

Walkers, runners and strollers are all welcome. No pets are allowed.

Registration entry deadline is March 22.

Mail-in entries will not be accepted if postmarked after April 2.

Online registration closes on midnight March 30.

Entry fees are \$30 regular entry, \$25 military family member, \$25 active duty military, \$40 late entry (after March 22 until April 6), \$45 race day entry accepted until 6:45 a.m.

Packet pick-up is March 31, from 8 a.m. to 4 p.m. at Richardson Pool building 1, located across from Rainbow Bay Marina.

All pre-registered entrants will receive a pre-race postcard.

No packets will be issued without an ID or an email confirmation. The race packet will include a race number and a T-shirt.

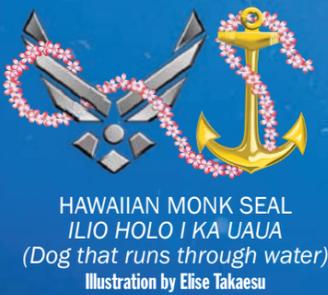
Limited free parking will be available at Rainbow Bay Marina, the site of packet pick-up.

Additional parking available at the Aloha Stadium overflow parking lot across from the start/finish line.

Ford Island Bridge will be closed during the race between 6:50 and 7:30 a.m.

Participants can download an application and register online at <https://www.active.com/pearl-harbor-hi/running/distance-running-races/21st-annual-ford-island-bridge-run-10k-2018>. Online registration closes on March 30 at midnight.

For more information, call 473-0784, 473-2494 or 473-2437.



HAWAIIAN MONK SEAL
ILIO HOLO I KA UAUU
(Dog that runs through water)
Illustration by Elise Takaesu

HO'OKELE

PEARL HARBOR - HICKAM

MARCH

COMMUNITY CALENDAR

ST. PADDY'S DAY 5K

TODAY — The 118th Submarine Officers' Birthday Ball Committee will hold the 10th annual St. Paddy's Day 5K race today, March 16, at the Navy Lodge on Ford Island. Registration begins at 6:30 a.m. and the race starts at 7 a.m. The event is open to all active duty military, retirees, Department of Defense civilians and family members. Registration is required for those ages 12 and older. ID is required for access onto Ford Island. Awards will be provided for the top overall man and woman finishers, best costume and the largest boat participation. Registration can also be done online. FMI: www.cspbirthdayball.wixsite.com/2018.

TAX ASSISTANCE CENTER

NOW — The Navy Tax Assistance Center is now open at the Navy College Building, 1260 Pierce St., building 679, Joint Base Pearl Harbor-Hickam. The center is in classroom 11 on the first floor. The Tax Assistance Center will be open Monday, Wednesday, and Friday from 8 a.m. to 1 p.m. Unlike in past years, the tax assistance center will only provide services to active duty service members E1-E6 and their dependents with the ability to electronically file individual tax returns through internet-based software applications. Volunteers are also needed. The center relies on local commands for supplies, including papers, pens and toner cartridges. FMI: 473-1394 or email Rosemarie.Lombardi@navy.mil or 473-1387 or email Kevin.R.Griffin@navy.mil.

CONFLICT RESOLUTION

MARCH 19 — A workshop on conflict resolution will be held from 10 a.m. to noon at Military and Family Support Center Pearl Harbor. This workshop is designed for people to manage conflict by examining their attitudes/behaviors when faced with conflicting situations. They can learn how to prevent conflict from escalating and how to work with others to solve problems. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

BLOOD DRIVES

MARCH 20, 26 — Armed Services Blood Program (ASBP) officials are asking for blood donors to stop by

HIGH-TECH PARENTING



MARCH 20 — A class on high-tech parenting will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. The class is designed for parents to help their children understand the value of safety, modesty and care while posting on the internet. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

Tripler Army Medical Center's second floor oceanside blood center in March or anytime they are at the hospital to make a life-saving donation. In addition, a blood drive will be held March 20 from 9 a.m. to 1 p.m. at the NOAA building main entrance on Ford Island. A blood drive will also be held March 26 from 9 a.m. to 1 p.m. at Marine Corps Base Hawaii Kaneohe Bay chapel. FMI: www.militaryblood.dod.mil or call 433-6148 to make a blood donation appointment.

SUPPLEMENTAL INCOME OPPORTUNITIES

MARCH 20 — A class on ways to earn supplemental income will be held from 4:30 to 6:30 p.m. at Military and Family Support Center Pearl Harbor. This course is designed to cover legitimate remote employment opportunities, local part-time/temporary/seasonal jobs, self-employment and government contracting, leveraging a hobby into a money-maker, quick-start income opportunities and money saving apps. The class can also help participants identify red flags for scams and determine their entrepreneurial risk tolerance and potential. They can learn how to prevent conflict from escalating and how to work with others to solve problems. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

NEW MOMS AND DADS CLASS

MARCH 21 — A class for new and soon-to-be parents (or those who are thinking about becoming parents) will be held from 5 to 8 p.m. at Military and Family Support Center Hickam. Participants can learn about the roles, responsibilities, demands and joys of being parents. The session will also include discussion of early childhood social, emotional and physical development, crying and consoling, basic care information, and what to expect in the first year. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

WOMEN'S HISTORY MONTH OBSERVANCE, MEAL

MARCH 21 — The Joint Force Diversity Committee will hold a celebration of Women's History Month event March 21 from 10 to 11 a.m. at Sharkey Theater. This month's theme is "Honoring Women Who Fight All Forms of Discrimination." A special meal will follow at the Silver Dolphin Bistro at Joint Base Pearl Harbor-Hickam from 11 a.m. to 12:30 p.m. The meal is open to active duty personnel (they may escort guests), escorted family members of active duty personnel, retirees (they may not escort guests), and Department of Defense employees with a valid ID card (they may not

escort guests). Please bring exact change for cash transactions. Silver Dolphin Bistro is now accepting Visa, MasterCard, American Express and Discover credit cards.

PUPPET THEATER

MARCH 21 — Puppet theater featuring the "The Hungry Caterpillar" will be held from 10 to 11 a.m. at Military and Family Support Center Pearl Harbor. The event will include children's story time with props for an interactive puppet theater experience. Following the story, children and parents will complete an activity to promote creativity and quality time. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

DEALING WITH DIFFICULT PEOPLE

MARCH 22 — A class on dealing with difficult people will be held from 10 a.m. to noon at Military and Family Support Center Pearl Harbor. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

BREAKFAST WITH THE EASTER BUNNY

MARCH 24 — The annual Breakfast with the Easter Bunny will be held from 8 to 9 a.m. at the Pearl Harbor Navy Exchange food court lanai. The event will include a French toast and ham breakfast, balloon art, crafts, photos with the Easter Bunny and prizes. The cost for children ages 3 and up is \$12, and for adults is \$8. The event is for authorized patrons only. FMI: 423-3287.

CAREER EXPO 2018 AT THE BLAISDELL CENTER

MARCH 28 — A Career Expo 2018 will be held from 9 a.m. to 3 p.m. at the Neal Blaisdell Center. The event will include free admission for military service members in uniform. General admission to the event is \$3. The admission fee for military and students is \$1.

BELLOWS EASTER EGG-STRAVAGANZA

MARCH 31 — Bellows Air Force Station will hold an Easter Egg-Stravaganza from 10 a.m. to noon at the Bellows Ahiki Mini Golf pavilion. The event will include five categories for all ages so even grown-ups can join in. FMI: www.bellowsafs.com or call 864-0144 or visit Bellows AFS on Facebook.



MOVIE SHOWTIMES

SHARKEY THEATER

TODAY — MARCH 16
7:00 PM • Black Panther (3-D) (PG-13)

SATURDAY — MARCH 17
2:30 PM • Peter Rabbit (PG)
4:50 PM • The Shape of Water (R)
7:20 PM • Black Panther (PG-13)

SUNDAY — MARCH 18
2:30 PM • Early Man (PG)
4:40 PM • Winchester: The House that Ghosts Built (PG-13)
6:50 PM • Black Panther (3-D) (PG-13)

THURSDAY — MARCH 22
7:00 PM • Maze Runner: The Death Cure (PG-13)

HICKAM MEMORIAL THEATER

TODAY — MARCH 16
7:00 PM • Black Panther (PG-13)

SATURDAY — MARCH 17
3:00 PM • Early Man (PG)
5:30 PM • Black Panther (PG-13)

SUNDAY — MARCH 18
1:30 PM • Early Man (PG)
4:00 PM • Black Panther (PG-13)

THURSDAY — MARCH 22
6:30 PM • Fifty Shades Freed (R)

Black Panther

After the death of his father, T'Challa returns home to the African nation of Wakanda to take his rightful place as king. When a powerful enemy suddenly reappears, T'Challa's mettle as king — and as Black Panther — gets tested when he's drawn into a conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, the young king must rally his allies and release the full power of Black Panther to defeat his foes and secure the safety of his people.

**Movie schedules are subject to change without notice.*



FFR Marketing photo

Chef "Kal" Tolentino adds some extra flavor to a customer's dish at the last crab boil held at the Historic Hickam Officers' Club last year.

Crab boil to return next week

Reid Tokeshi

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

It was a hit last year, so they're bringing it back. The Historic Hickam Officers' Club is offering a crab boil on March 23 from 5 to 8 p.m. and it is open to all base-eligible patrons. Last year's event served as a drive for the club membership program, and it was very popular.

"We had a bunch of great reviews so it seemed like doing it again made sense," said Mark Lokar Officers' Club manager. For those unfamiliar, Lokar described how this meal is prepared and served.

"We prepare the crab boil bags beforehand. Once the customer lets us know they're ready to eat, the cooks drop the bags in seasoned water to boil. Once it's simmered long enough they pull it out and place it in a bowl and our guests take it back to their table."

The bags contain an entire meal in one, with Dungeness crab, shrimp, andouille sausage, potatoes and corn.

"It's an East Coast/Louisiana feel with an amazing view," Lokar said.

Prices are \$30 for adults, but he added, "if you're a club member you get it \$6 cheaper (\$24) and you can get that price for up to three other guests."

Youth prices are \$15 for ages 7

to 12 and \$7.50 for kids ages 3 to 6. Reservations are required and can be made by calling 448-4608.

The crab boil is the latest in a string of specials that are held at the Historic Hickam Officers' Club.

Because of the name, there is a misconception that only a select audience is eligible to take part. But actually, unless otherwise specified, all the events at the club are open to anyone with base access.

This includes the weekly events like Mongolian barbecue and Sunday brunch, as well as the special upcoming meals like Easter and Mother's Day brunches.

For more information on upcoming events at the club, go to www.greatlifehawaii.com or call 448-4608.

Focusing on nutrition:

Labels help patrons achieve wellness goals

Story and photo by
Defense Commissary
Agency

It's only natural to highlight the commissary's nutrition guide program (NGP) during March, National Nutrition Month, and this year the spotlight is on the center of the store.

"With the focus on eating healthy and nutritious foods, many may feel that items in the center of the store or those that have undergone some processing need to be avoided," said Deborah Harris, registered dietitian and the Defense Commissary Agency's health and wellness program manager. "The fact is that there are many items in the center of the store that promote health and fuel the body for optimal performance."

Calling them economical and having a longer shelf life than fresh produce and lean meats, Harris said food items found in the center of the store should be pantry staples used in conjunction with fresh produce, lean meats and healthy fats to build a healthy eating pattern.

"Our nutrition guide program, which was designed in collaboration with dietitians throughout the Department of Defense, identifies high-performance, nutrient-dense foods with a thumbs-up icon on the NGP shelf sign next to the food item," Harris said. "Shoppers can combine these items with our fresh produce and lean meats to build a high-nutrient-quality shopping basket, and then enjoy cooking and preparing more meals at home."

There's such a wide variety and volume of center-store food items, from boxed cereal to canned beans and everything in between, that the commissary's nutrition guide program, which was launched by DeCA just a year ago, is viewed as a tool to make shopping easier.

"The military community should have confidence in building their basket with us using the nutrition guide program because it's scientifically credible," Harris said.

The program's color-coded shelf labels point out items with key nutrient attributes. There's dark blue for low sodium, brown for whole grain, purple for no sugar added, light blue for low fat and golden yellow for good source of fiber. There's also green for the lifestyle choice of USDA-certified organic. While many items have a combination of qualifying attributes, the ones with the "thumbs up" icon are especially recognized as nutrient-dense, high-performance foods.

"This is all about the customer," Harris said. "The NGP helps make shopping easier so our patrons can achieve their health and wellness goals."

