

Navy in Hawaii honors Vietnam veterans



(Left) Marines, Airmen and Sailors honor the legacy of Vietnam veterans during the Pearl Harbor Colors ceremony held June 18.

(Below) Sailors from the Joint Base Honors and Ceremonies Guard parade colors during the Pearl Harbor Colors ceremony commemorating the 50th anniversary of the Vietnam War. (Additional photo on page A-5.)



Story and photos by
MC1 Omari K. Way

Navy Region Hawaii Public
Affairs

During yesterday's Pearl Harbor Colors ceremony, Navy Region Hawaii, in conjunction with National Park Service, honored the flag and paid tribute to American service members who were on duty during the Vietnam War.

Set at the World War II Valor in the Pacific National Monument Visitor Center, the ceremony featured the U.S. Pacific Fleet Band, Joint Base Honors and Ceremonies Guard, an official observance of "morning colors" and a timely reminder.

"This year marks the 50th anniversary of the Vietnam War and today, in recognition of that commemoration, we are here to honor the service and sacrifice of our Vietnam veterans and to say 'thank you' for that service," said Lt. Damall Martin, event organizer, during his opening remarks.

Robert "Tim" Guard, a Vietnam veteran, was the ceremony's guest speaker. Guard is chairman of the board for the USS Missouri Memorial Association and is a recipient of the Navy Meritorious Public Service Citation.

A former Navy lieutenant, Guard talked to the audience about the legacy of the Vietnam War. His awards include a Bronze Star, Navy Commendation Medal, Navy Achievement Medal and the Republic of Vietnam Legion of Merit.

Guard delivered a speech full of lessons learned. "Korea may be remembered as the Forgotten War, but Vietnam could be known as the War of the Forgotten Veteran," he said.

"We Vietnam veterans came home to a nation of fellow Americans who hardly seemed to care that we had ever left," Guard said. "People were apathetic at best, derisive at their worst."

Guard also spoke of the problems faced by many of the Vietnam War veterans living today. As of May, the Veteran Administration reports that number to be more than 153,000.

"The battle 'Vietnam' continues today for many veterans as they cope with unemployment, homelessness, incarceration, PTSD, drugs and inadequate VA medical care. Estimates run as high as 60 percent of all Vietnam veterans who are afflicted today by one or more of these conditions," Guard said.

But Guard soon shifted his focus toward gratitude and hope and noted the difference in how veterans of recent conflicts are treated.

"The lasting lesson learned from the experience of Vietnam is that veterans [today] return home, greeted by well-deserved tributes for their service to America," he said.

Other Vietnam vets who

were part of the 1,500 plus audience agreed with Guard's observation.

Retired U.S. Army Col. Ben Acchido, former Hawaii State VFW commander, said he is thankful that "regardless of politics, troops are supported."

Guard ended his address speaking to the many Vietnam veterans who came to honor the flag. He said, "Vietnam veterans, welcome home."

The bandmaster sounded attention to colors. The color guard paraded the colors.

The next Pearl Harbor Colors ceremony is scheduled for July 16 and will highlight Navy youth outreach programs.

For more news from Navy Region Hawaii, visit www.navy.mil/local/cnrh/.

Kirkendall bids 'aloha' to 647th ABG and Joint Base ohana

Joint Base Pearl Harbor
Public Affairs

Col. David Kirkendall will relinquish command of the 647th Air Base Group to Col. Richard Smith during a change of command ceremony today at the Missing Man Formation.

Kirkendall has served as the commander of 647th Air Base Group and deputy commander of Joint Base Pearl Harbor-Hickam since May 2013.

His next assignment will be at PACAF as the 613th Air Operations Center vice commander.

As the 647th Air Base

Group commander, Kirkendall led more than 950 personnel and five squadrons to deliver the full range of mission support for base, theater and global air/joint operations.

As the deputy Joint Base commander, he assisted the Joint Base commander with activating, integrating and guiding more than 50 installation support functions for Joint Base operations, supporting more than 38,000 personnel and their families.

Among his accomplishments, Kirkendall led the first JBPHH "Wings Over



U.S. Navy photo by MC1 Steven Khor

The U.S. Navy Flight Demonstration Squadron, the Blue Angels, perform in F/A-18 Hornets during an air show at Joint Base Pearl Harbor-Hickam, Sept. 28, 2014. Col. David Kirkendall led the first JBPHH "Wings Over the Pacific" Air Show.

the Pacific" Air Show, solidifying relationships throughout Oahu and

showcasing military capabilities to more than 90,000 visitors. Through

his direct influence, the installation executed 221 joint projects to revitalize

\$7 billion worth of aging infrastructure to support mission accomplishment.

Before coming to the islands, Smith served as the senior staff officer of the NATO International Military Staff and deputy of the logistics branch, logistics and resources division.

(See next week's *Ho'okele* for full coverage of Col. Kirkendall's change of command ceremony. See the June 12 edition of *Ho'okele* for his aloha message to the troops. *Ho'okele* can be found at www.cnic.navy.mil/hawaii and www.hookelenews.com.)

Operational mission is complete for Screaming Eagles

Tech. Sgt. Aaron Oelrich

15th Wing Public Affairs

Members of the 96th Air Refueling Squadron (ARS) launched four KC-135 Stratotankers to conduct their final mission or "fini" flight June 11 at Joint Base Pearl Harbor-Hickam.

According to Lt Col. Jason Work, 96th ARS commander, due to the upcoming deactivation of the 96th ARS, this was the last operational mission for the squadron.

To mark the historic final mission, four KC-135 Stratotankers showed the range of KC-135 capabilities by conducting aerial refueling and defensive maneuvering as a four ship.

"It was a unique opportunity. We do not get to go up in a four ship very often," said Work. "Hawaii offers a great training



U.S. Air Force Photo by Capt. Nicole White

The aircrew from the 96th Air Refueling Squadron get a wet welcome back to celebrate the squadron's last operational flight June 11 at Joint Base Pearl Harbor-Hickam. (Additional photos on page A-5.)

opportunity because there is so much air space, and maintenance

was gracious enough to generate all four aircraft so that

we could go out and fly."

Each KC-135 executed refueling operations for six F-22 Raptors from the 199th Fighter Squadron. The four ship also completed defensive maneuvering by practicing how to react, as a four ship, to an air-to-air or surface-to-air threat. The defensive maneuvering included in-place turns, scatter turns, combat descends and defensive climbs maneuvers, and rejoining at the end of the training to the four-ship formation.

"This is one of those times when you really show the merits of a squadron and how disciplined they are, when you do large ship formations," said Work.

"This is the first opportunity that most of the aircrews have had to operate as a four ship performing defensive maneuvering, and everyone performed perfectly. All the maneuvering

was very safe," he said.

Once on the ground, their families and the squadron leadership greeted the aircrews with lei, water guns and water hoses to celebrate the final mission.

"It is nice to get all of the squadron together to fly as a four ship. We don't get a lot of opportunities to do that," said Capt. Britton Adamson, 96th ARS pilot.

"We had the new pilots flying with the older pilots and landing was great, seeing all the family's coming out and the leadership coming out to the flight line as we parked. It is bittersweet leaving, but it was a gratifying thing to be a part of as we finish our mission."

The 96th ARS will hold a deactivation ceremony in September, marking the end of their five years of service as a total force integration squadron at the 15th Wing.



NEX to honor Oahu's plastic bag ban
See page A-2



Pearl Harbor survivor Elkovics joins shipmates during USS Utah ceremony
See page A-4



Pearl Harbor Sailors raise half a million dollars for 2015 NMCRS Fund Drive
See page A-6



Reminder: Properly dispose of your green waste to help eradicate CRB
See page A-7



ITT manager becomes pa'u queen for a day
See page B-1



Taking Back Sunday to perform Saturday
See page B-4

Drinking water remains safe in Red Hill vicinity

Navy Region Hawaii Public Affairs

As Ho'okele went to press on Thursday, preparations were being made for a public meeting to discuss the Red Hill facility. Held at Moanalua Middle School cafeteria Thursday evening, the meeting was hosted by the Environmental Protection Agency.

At the June 18 meeting, the agencies that were involved in the development of an Administrative Order of Consent (AOC) discussed the content of the proposed agreement, answered questions, and accepted verbal comments. A public comment period will conclude July 1.

Results of recent laboratory tests indicate that Navy drinking water sources continue to meet federal regulatory safe drinking water and state of Hawaii standards, and the water is safe to drink.

Test results of samples drawn from the Red Hill Shaft drinking water well that serves Joint Base Pearl



U.S. Navy file photo

Fuel tanks at Red Hill are continuously monitored.

Harbor-Hickam in the vicinity of Red Hill were provided to the State Department of Health (DOH) on June 9. The results from an independent certified laboratory are “non-detect” for all parameters tested, indicating there is no fuel contamination in the drinking water source.

Laboratory tests have been conducted at least quarterly on water samples taken from various wells in the area since a fuel release of 27,000 gallons was reported on Jan. 13, 2014 by operators at the Red Hill

Bulk Fuel Storage Facility.

Tests on drinking water samples taken since the release have consistently been well within federal and state guidelines, most often as non-detect, or no presence of fuel contamination in drinking water wells.

The Red Hill facility is a national strategic asset that provides secure fuel storage for ships and aircraft of U.S. Pacific Fleet and other military branches. “While the facility’s value to our nation remains vital as America rebalances its forces to the Indo-Asia-Pacific, the Navy

considers the availability of safe drinking water on Oahu to be a non-negotiable requirement,” said Capt. Dean Tufts, regional engineer for Navy Region Hawaii.

“Drinking water in the communities surrounding Red Hill remains safe,” Tufts added. “And the Navy has maintained a state-approved groundwater protection plan since 2008, updated three times (in 2009, 2010 and 2014), and we continue to co-ordinate routine updates with the State Department of Health.”

The Navy is committed to ensuring the Red Hill fuel storage facility is maintained with the best available, practicable technology, complies with all regulations, and is operated safely. Since 2006, the Department of Defense has invested more than \$150 million in improving operations, modernizing facilities, and conducting environmental monitoring.

There are more than \$60 million in current and planned projects. This is in addition to projects and upgrades that will be developed through the Administrative Order on Consent (AOC) announced by the Environmental Protection Agency and the DOH on June 1.

“The AOC provides an engineering-based roadmap for the operation of Red Hill. The Navy and Defense Logistics Agency are ready to move forward within the framework of this consent order” Tufts said.

“With the AOC, we can improve the protection of drinking water while preserving an important strategic asset,” he said.

The Navy is also preparing to announce their latest annual water quality reports. “Naval Facilities Engineering Command (NAVFAC) Hawaii is the Navy’s water purveyor in Hawaii, and its personnel operate six water systems,” said Aaron Poentis, environmental business line director. “Providing safe drinking water to customers is a mission-critical responsibility we take very seriously.”

As with all other drinking water providers throughout the country, NAVFAC Hawaii is required by the U.S. Environmental Protection Agency (EPA) to report test results on water that has been delivered over the past year. The report for 2014 will show that all Navy water sampling/testing met federal and state drinking water standards and that the results were provided to state regulators as required for review and analysis.

The water quality reports are mailed or hand-delivered to NAVFAC Hawaii’s customers in June.

NEX locations in Hawaii to honor Oahu’s plastic bag ban

Brandon Bosworth

Assistant Editor, Ho'okele

Per Chapter 9, Article 9 of the Revised Ordinances of Honolulu, as of July 1, Oahu businesses will be prohibited from providing plastic checkout bags and non-recyclable paper bags to customers at the point of sale for the purpose of transporting groceries or other merchandise.

While the Navy Exchange is not required to comply with the ban on plastic bags, the NEX has chosen to voluntarily comply with the ban in order to contribute to Hawaii’s environmental objectives.

“All plastic bags in use at NEX locations in Hawaii after July 1 will be in full compliance



with current ASTM D6400 standards and specifications for compostability,” said Sante Campanile, Navy Exchange Hawaii District vice president.

“We also intend to promote the use of reusable bags. Customers can bring their own reusable bags or select from a wide range of styles available for purchase,” he said.

“The Navy Exchange is proud to support Hawaii’s ban on plastic bags and welcomes all authorized patrons to join us in ‘thinking green,’” he said.

For more information regarding the plastic bag ban, visit www.opala.org.

A patron uses her own reusable bag while shopping at the NEX.

Photo by Stephanie Lau

Commentary

Reflections of a proud Vietnam veteran who served in combat

Tim Guard

Chairman of the Board of Directors, USS Missouri Memorial Association

I am a veteran who served in combat and represented our country proudly in the Vietnam War.

For most Americans who did not serve in Vietnam, either because they were too young, too old or lucky enough to receive a high draft number, Vietnam was a war to be quickly forgotten and whose veterans were too often ignored for their service.

Korea may be remembered as the Forgotten War, but Vietnam could be known as the War of the Forgotten Veteran.

More than 2.5 million young Americans bravely served alongside each other in Vietnam. Many fought in unforgiving, deadly battles in dense jungles, firefights to rival any that have been fought in America's more cel-



Tim Guard

ebrated wars.

Many crossed exposed rice paddies, leaving themselves vulnerable to enemy attack.

Or like myself, many veterans experienced the sweaty nervous fear of creeping along a narrow canal in the Delta.

Vietnam was a very stark reality for our citizen Soldiers, with memories that we carry with us every day.

Sadly, for more than



50,000 of America's finest, Vietnam became the place where young lives ended and the hearts of families were broken forever.

When our heroic American veterans of Vietnam returned from Asia's far shores, there was no fanfare beyond the hugs and joy from families, friends and loved ones.

There were no bands playing patriotic music, no parades along main street, no proclamation from our political leaders stating, "Welcome home veteran. Thank you for your service."

I remember disembarking from my flight at Honolulu International Airport and being shocked to see effigies of American servicemen hanging from coconut trees.

We Vietnam veterans came home to a nation of fellow Americans who hardly seemed to care that

we had ever left.

People were apathetic at best, derisive at their worst.

The past 45 years have healed most of the psychological wounds, but for many veterans of Vietnam, the pain and trouble are still ever present in their daily lives.

The battle "Vietnam" continues today for many veterans as they cope with unemployment, homelessness, incarceration, PTSD, drugs and inadequate VA medical care. Estimates run as high as 60 percent of all Vietnam veterans are afflicted today by one or more of these conditions.

Time and circumstances have moderated the attitude of Americans about the Vietnam War and, especially, toward their fellow citizens who served our nation in combat so long ago.

Just the generational

change itself has helped to dampen America's negativity about the people who served in Vietnam.

Today, many young Americans would be challenged to locate Vietnam on a map, much less know of the terrible conflict fought there so many years ago.

Ironically, many young Americans now go to Vietnam to vacation and experience the culture of its people.

More recent wars in far off places have replaced the looming specter that Vietnam once occupied in America's collective psyche—Kosovo, Persian Gulf, Iraq, Afghanistan and, today, the borderless war of ISIS. In each case, America's veterans are serving our nation proudly and bravely.

But, thankfully, a lasting lesson learned from the experience of Vietnam is that veterans of these wars return home greeted by well-deserved tributes for their service to America.

Proclamations are issued, bands play patriotic music, parades march along main street, and people cheer.

America truly affirms the pride and appreciation our nation has for the courage, valor, sacrifice and service of these veterans.

It's an affirmation of national pride and appreciation that the veterans of Vietnam longed for so long ago.

Vietnam veterans—welcome home!

(Editor's note: Local businessman and Navy veteran Tim Guard is chairman of the board of directors of the USS Missouri Memorial Association. He is the third chairman in the association's 20-year history. Guard commanded a swift boat during the Vietnam War, earning combat citations such as the Bronze Star, Navy Commendation Medal, Navy Achievement Medal and RVN Legion of Merit. Upon completion of his active naval service, Guard joined the Navy Reserve forces, serving in a variety of command billets. He is a longstanding member of the Navy League of the United States and has previously served as president for the Honolulu Council.)

Diverse Views



What's the top quality that you think a good father should have?



IT2 Joseph Dent
USS Chosin (CG 65)

"Kindness is the most important trait a father can have, in my opinion. Whether it is kindness to your family, your friends, or even to strangers, it is a very important trait for any person to

have. Kindness makes a person approachable, and it also can make a lasting impression."

Master Sgt. Michael Bliss
17th Operational Weather Squadron

"The top quality of a father is a willingness to always teach his children and the willingness to forgive his children's mistakes."



CTR 3 Henry Lundblad
DIRSUP Hawaii

"I would say generosity would be the most important trait a father should have. It could teach his children to be generous themselves, and that is one thing we should perpetuate."

1st Lt. Chris Delano
56th Air and Space Communications Squadron

"A top quality of a father is dedication—dedication to work and family, to ensure his children are well taken care of, and the ability to support them no matter what circumstance."



LSC Joel Williams
DLA Troop Support Pacific

"I believe the most important trait a father could possess is the ability to coach. As a father, you are coaching and mentoring your child at all times, so it is critical to have that ability.

Coaching is all-encompassing, and can lay the foundation for your child's greatness."

Master Sgt. Leslie Franklin
PACAF

"A top quality of a father is always being there for his children emotionally, spiritually and just providing support."



Danielle Mayse
Navy Spouse

"I would say patience is the most important trait a father could possess. When raising a child, one will need to exercise patience nearly every day. Sometimes a child can be very frustrating, and it takes patience to make it through any difficult situation."

Senior Airman James Goins
15th Aircraft Maintenance Squadron

"I believe the top quality a father can have is the ability to speak with candor. The reason being is he's honest and shows his son or daughter the power of honesty."



Provided by Senior Airman Christopher Stoltz and David D. Underwood Jr.

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

Drop us a line at editor@hookelenews.com or karen.spangler@navy.mil

Mission commander visits school Sailors helped build



Capt. Christopher Engdahl, mission commander of Pacific Partnership 2015, and Vica Ralulu, headmistress of Viani Primary School in Vanua Levu, Fiji, are greeted by children as they arrive at the school for a ceremony on June 17. The crew of the Military Sealift Command hospital ship USNS Mercy (T-AH 19) helped build a classroom at the Viani Primary School and celebrated with a ribbon cutting ceremony.

U.S. Navy photo by MC3 Mayra A. Conde

Navy Skyhawk supports Marines in Vietnam



U.S. Navy photo

A U.S. Navy Douglas A-4F Skyhawk (BuNo 154976) from Attack Squadron VA-113 Stingers launches "Zuni" rockets in support of U.S. Marines at Khe Sanh, Vietnam, in 1968. VA-113 was assigned to Carrier Air Wing 9 (CVW-9) aboard the aircraft carrier USS Enterprise (CVAN-65) for a deployment to Vietnam from Jan. 3 to July 18, 1968.

HO'OKELE

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Ho'okele is delivered weekly to Navy & Air Force housing units and Navy and Air Force installations throughout Oahu.

Pearl Harbor survivor Elkovics joins shipmates during USS Utah ceremony

Story and photos by
MC3 Gabrielle Joyner

*Navy Public Affairs Support
Element Detachment Hawaii*

The ashes of Pearl Harbor survivor Boatswain's Mate 1st Class Michael Elkovics were laid to rest at USS Utah Memorial on Ford Island, Joint Base Pearl Harbor Hickam (JBPHH), during a ceremony held June 10.

In attendance were three of Elkovics' grandsons, Michael, Brad and Jason, as well as their spouses, children and family friends.

Jim Taylor, Pearl Harbor survivor liaison, gave remarks and Cmdr. George Mendes, command chaplain at JBPHH, provided the benediction.

"It was my grandfather's wish to rest here and, as the oldest grandson, I wanted to make sure everything was the way he wanted it," said Elkovics' grandson, Robert Bradley Smith.

"I was honored that I was here and that he was able to be here, and I appreciate the Navy for the opportunity," he said.

Elkovics was born Nov. 14, 1921 in Morristown, N.J. He joined the U.S. Navy in August 1940. He served on the cruiser USS St. Louis, which was docked in the shipyard on the morning of Dec. 7. St. Louis had just arrived at Pearl Harbor three or four days prior.

According to Taylor, who told the story of that fateful morning, Michael was doing his laundry when the attack started. St. Louis was the first large ship to get out of the harbor that fateful morning.

"They [USS St. Louis] were credited with shooting down three Japanese planes that day," said Taylor. "Michael stayed on the gun for three



days in anticipation of follow-up battles while the ship was at sea."

"The ship made it through the war—it was, indeed, a lucky ship. Needless to say, Michael was a lucky man to have survived not only the attack on Dec. 7, but the entire war.

"He loved his ship—it was nicknamed the Lucky Lou. He and the ship survived many kamikaze and torpedo attacks. In the long run, the ship was sold by the Navy but it sunk while under tow," Taylor said.

Elkovics also served aboard the USS Mt. Olympus and the USS Magoffin during his Navy career. The USS St. Louis earned 11 battle stars, and Elkovics earned several honors for his service in the U.S. Navy. He died Dec. 13, 2013 at the age of 93.

"Michael probably would have said he was not a hero; he was just doing his job," said Taylor. "He would probably have said the real heroes are those that didn't make it home. I personally disagree. Michael was indeed a hero."

Michael Jason Smith, Elkovics' grandson who also served in the U.S. Navy, reminisced about times he had with his grandfather.

"His stories and his life were the ones that shaped my own," said Jason Smith. "We had similar personalities. I'm glad I was able to say my goodbyes to him."

Taylor talked about Elkovics' wish to have his ashes returned to Hawaii after his death. "It was Michael's wish to have his ashes returned here at Pearl Harbor so he could be with his shipmates, his brothers, who were killed that terrible day. Thanks to his wonderful family, that wish will come true today," Taylor said.

Pearl Harbor-Hickam*Highlights*

Former Hawaii State VFW commander and retired U.S. Army Col. Ben V. Acohido captures photos at Pearl Harbor Colors Ceremony commemorating the 50th anniversary of the Vietnam War. Acohido served in Vietnam 1968-69.

U.S. Navy photo by MC1 Omari K. Way



U.S. Navy photo by MC1 Omari K. Way

(Above) Former Navy Lt. Robert “Tim” Guard speaks about the lessons learned from the Vietnam War during the Pearl Harbor Colors ceremony held June 18.

(Left) Two KC-135 Stratotankers from the 96th Air Refueling Squadron take off during the 96th ARS’s final operational mission at Joint Base Pearl Harbor-Hickam, June 11. Four KC-135 operated together to executed refueling operations on six F-22 Raptors from the 199th Fighter Squadron and accomplished defensive maneuvering as a four ship during the historical flight.

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



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

Aircrew from the 96th Air Refueling Squadron step to their KC-135 Stratotankers for the final operational mission of the 96th ARS. Aircrews executed aerial refueling and defensive maneuvering in four KC-135s to mark the historic final mission.

(Right) Veterans from the United States Submarine Veterans, Bowfin Base chapter, and Sailors from Submarine Force, U.S. Pacific Fleet, attend a monthly bell tolling ceremony held June 10 at the Submarine Memorial Chapel at Joint Base Pearl Harbor-Hickam. This month’s event honored seven submarines and their crews lost during the month of June over the submarine force’s 115-year history.

U.S. Navy photo by MC1 Steven Khor



JBPHH celebrates Lesbian, Gay, Bisexual and Transgender Pride Month

MCC Barry Hirayama

Navy Public Affairs
Support Element
Detachment Hawaii

A military-wide seminar celebrating Lesbian, Gay, Bisexual and Transgender (LGBT) Pride Month was held June 10 at Hickam Memorial Theater at Joint Base Pearl Harbor-Hickam (JBPHH).

Approximately 100 service members and their family members attended the seminar, which featured remarks from guest speaker Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, and several members of the JBPHH LGBT planning committee.

The seminar was also the first of its kind, recognizing LGBT Pride Month at JBPHH.

“It makes me happy to see such a sizeable group of individuals attending our seminar today, because it’s



U.S. Navy photo by C2 Jeff Troutman

Members of the Joint Base Pearl Harbor-Hickam (JBPHH) Lesbian, Gay, Bisexual and Transgender (LGBT) planning committee read excerpts from President Barack Obama’s LGBT proclamation during a seminar highlighting LGBT Pride Month at Hickam Memorial Theater.

a reflection of the respect our community has for diversity, inclusion and equal opportunity,” said Williams.

“It’s important that we remember to celebrate this kind of individuality every day and not just on one day of the year or for one

month of the year. It’s a major part of our community mentality, where people from all backgrounds are treated with dignity

and respect,” he said.

Williams’ remarks touched on the impact that LGBT Pride Month continues to have on teamwork and equality across all military branches and commended those individuals who help make LGBT awareness not just a success but a touchstone of our nation’s military.

“LGBT awareness and equality in our military proves that we’re leading by example,” said Williams.

“It shows that members of the LGBT community are being judged by the quality of their work and not by their sexual orientation or their ideals. It’s both our military and civic responsibility to support that,” he said.

At the conclusion of Williams’ speech, five members of the JBPHH LGBT planning committee took turns reading President Barack Obama’s proclamation for LGBT Pride Month, which points out the contributions made by LGBT Americans in promoting

equal rights to all regardless of sexual orientation or gender identity.

“It was a real honor for me to speak to the LGBT community here today, because events like this celebrate who people are and celebrates their individuality,” said Air Force Staff Sgt. Nicole Harley, a member of the JBPHH LGBT planning committee.

“We’ve come such a long way since the repeal when, before, military members had to hide who they really were just for the opportunity to serve. Having the opportunity now to serve and be who we are without fear of prejudice is a real blessing for me,” she said.

The month of June is officially recognized by the U.S. military as a time to honor and respect the historic passing of the “Don’t Ask, Don’t Tell” Repeal Act on Dec. 22, 2010, which allowed members of the LGBT community to serve in the U.S. military without fear of prejudice or discrimination.

Pearl Harbor Sailors raise half a million dollars for 2015 NMCRS Fund Drive

Story and photo by
MC2 Johans Chavarro

Navy Public Affairs
Support Element
Detachment Hawaii

Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific and the honorary chair of the Navy-Marine Corps Relief Society Advisory Board, and Rear Adm. (sel) Grafton D. “Chip” Chase Jr., commanding officer of Naval Supply Systems Command Fleet Logistics Center Pearl Harbor, presented Pearl Harbor Navy-Marine Corps Relief Society (NMCRS) with a ceremonial check during an NMCRS fund drive ceremony held June 10 at Joint Base Pearl Harbor-Hickam (JBPHH).

Commands throughout JBPHH raised \$483,262.31 through Sailor contributions and command-organized events such as car washes, bake sales and similar activities.

During the ceremony, Williams recognized the hard work of those involved in coordinating the 2015 NMCRS fund drive and advised them to let their success in the fund drive motivate them in future endeavors.

“I believe we should take pride and reflect on the great work you [coordinators] have done, as individual leaders, to lead this fund drive and

the challenges that come with it,” said Williams.

“When you go back to your commands, you should take back some of the energy and some of the enthusiasm from today, and take pride in the efforts you have made in trying to inspire others to give back to their Navy and their shipmates. If you can do that, like you’ve done with this fund drive, think of the other things you’re going to be able to do. Think of the other things you’re going to be able to inspire and influence and lead individuals to do,” he said.

Williams described the near half a million dollars raised as a testament of the responsibility and commitment Sailors feel toward one another.

“This nearly half a million dollars is a very good effort and a reflection of how much we care about shipmates taking care of shipmates,” said Williams.

“I really like Adm. Harris’ thoughts that the greatest ‘ships’ in the Navy aren’t necessarily the ships in port, but rather the relationships, the partnerships and the friendships. I really believe that, and I think that this half a million dollars we raised is a direct reflection of that.”

After his remarks, Williams and Chase presented Paul Belanger, director of Navy Marine Corps Relief Society Pearl Harbor,



Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, delivers remarks during the Pearl Harbor Navy-Marine Corps Relief Society (NMCRS) 2015 Fund Drive award ceremony at Joint Base Pearl Harbor-Hickam.

with a check for \$483,262.31.

Belanger thanked the command NMCRS representatives throughout Pearl Harbor for staying committed to the 2015 fund drive and, again, beating the previous year’s contributions.

“Hawaii, again, has set records for the Navy Relief Fund Drive contributions,” said Belanger. “When you look at per capita, based on population size, Hawaii is at the top in the world again ... so the one thing I want to say is, ‘thank you,’ for running such an outstanding fund drive this year.”

Ensign Kelsey McCullough, NMCRS representa-

tive for the guided-missile destroyer USS John Paul Jones (DDG 53), said beyond the opportunity to aid Sailors and peers in need, the NMCRS also allowed all Sailors the opportunity to focus on the mission, rather than financial concern or strain.

“NMCRS is great for the

slogan, ‘Sailors helping Sailors.’ I think it’s a great way for us to give extra to our peers and our Sailors and also helping people all over the nation and the Navy pursue common goals,” McCullough said.

“Through the NMCRS, people get the chance to per-

form better at work because they’re no longer worried about the financial strain of being behind on bills or having issues with their car. The NMCRS helps eliminate that,” he said.

Nearly 90 percent of the NMCRS’ workforce is comprised of volunteers who provide financial assistance and counseling, quick assistance loans, education assistance, health education and post-combat support, advice on how to budget for a baby, emergency travel assistance, disaster relief and thrift shops for Sailors, Marines and their families.

NMCRS began in 1904, when several naval officers, wives of naval officers, and civilian friends saw the need for more formal and organized assistance. NMCRS was incorporated on Jan. 23 of that year. Initial funding came from the proceeds of the 1903 Army-Navy Football Game and in its first year, the NMCRS gave \$9,500 to widows and families of enlisted men.

Reminder: Properly dispose of your green waste to help eradicate CRB

Lt. Corbin Dryden

Navy Region Hawaii Public Affairs

As new residents settle in during the permanent change of station summer season, all can be reminded of the assistance needed to help prevent spread of the invasive coconut rhinoceros beetle (CRB).

All tenants, contractors and residents working or living at Joint Base Pearl Harbor-Hickam (JBPHH) can help eradicate the CRB through proper and quick disposal of green waste. Green waste includes: all tree, bush, hedge, flower trimmings in part or whole, grass, mulch, compost heaps, fruit and vegetable scraps, decaying stumps and other plant matter. It

excludes fresh grass clippings removed from JBPHH within 12 hours and soil.

A large (up to 2.5 inches long) scarab beetle, CRB bore into the crowns of coconut palms and feed on sap. Once a beetle has bored through developing leaves, they grow out in a distinctive V-shape, weakening and potentially killing the palm.

First discovered on Oahu in December 2013, CRB pose a threat to the island’s coconut trees and numerous other ornamental palm species. Lacking natural predators on Oahu, eggs are laid in rotting logs, mulch, compost, potting soil or even manure. Larvae are large, white C-shaped grubs up to 3.5 inches in length; adult beetles emerge about four months later.

Eradication efforts quickly began on military property and a unified command was established by the state. Partnered with the United States Department of Agriculture, Hawaii Department of Agriculture and University of Hawaii, JBPHH has quickly moved to prevent the spread of the beetle through hanging panel traps, barrel traps and clearing of potential breeding sites on the property.

CRB damage and traps are continuously surveyed at Mamala Bay Golf Course, Navy-Marine Corps Golf Course and throughout the base while large mulch piles, which provide a breeding ground for the beetles, are sifted through and moved to a burning site for incineration with air-curtain burners.

Residents can assist in these ef-

forts through proper disposal of green waste and by notifying the state pest hotline if any CRB or CRB damage is found. Keep green waste covered to prevent potential spread and do not stockpile for longer than 24 hours. If any stage of CRB is suspected in your green waste, do not disturb or transfer material and call the pest hotline immediately.

It is undetermined how the CRB arrived on Oahu or JBPHH. Inspectors at Honolulu International Airport (HNL) have discovered CRB in luggage from a flight in Japan. Military flights from east Asia could be another possibility. JBPHH is the nearest green space to the

shared runways at HNL but does not necessarily indicate the beetles arrived via military flight.

Residents can contact the CRB eradication program at 679-5244, email stoprhino@gmail.com, or dial the state pest hotline at 643-PEST to report any sightings of rhino beetles or possible beetle damage.

(Below) Adult rhinoceros beetles are very large, dark brown, with a body length of about two inches.



Women redefined: A Sailor’s perspective on military careers

Story and photo by MC3 Amber Porter

Patrol Squadron Nine Public Affairs

“I am a naval Aircrewman mechanical third class petty officer in the United States Navy,” said Kishke Nelson, a Sailor assigned to the ‘Golden Eagles’ of Patrol Squadron (VP) 9.

“I have a job to do, and I perform my duties because I am a hard worker and take pride in my work. It doesn’t and shouldn’t matter that I am a woman. What does matter is that I am doing my job and doing it well,” Nelson said.

Speakers at the 28th annual Joint Women’s Leadership Symposium in San Diego, which concluded June 12, talked about some of the issues that women like Nelson face in the military and strategies to overcome these difficulties.

Adm. Michelle Howard, the Navy’s number two officer, has said that to normalize workplace relations, move beyond tokenism and overcome stereotypes, the Navy needs a “critical mass” of at least 25 percent women,



Aviation Machinist’s Mate Airman Danielle Weakley, assigned to the “Golden Eagles” of Patrol Squadron (VP) 9, inspects engine three from a P-3C Orion maritime patrol aircraft as part of the squadron’s advanced readiness program.

including the same proportion aboard each ship and squadron.

The Navy is progressing steadily toward their target with new recruits, 25 percent of whom are female. At the Naval Academy, 22 percent of midshipmen are women. Currently about 18 percent of the total Navy is female, slightly higher than the average across the services.

Lt. Celesse Hidrovo-Guidry, a P3-C Orion mar-

itime patrol aircraft pilot assigned to the Golden Eagles Patrol Squadron (VP-9) at Marine Corps Base Hawaii, Kaneohe, believes that it is important for women to have representation and opportunity, but emphasized that success in the military is dependent on the individual’s attitude and work ethic.

“This job really isn’t for everyone. You have to want to serve your country, know what you’re getting into, and

do the research,” said Hidrovo-Guidry.

“Both males and females have family issues and work issues. Both have goals, aspirations, responsibilities and positional roles to live up to. Women are important to the military and with the recent news around women in combat, it’s empowering to see us getting recognition for our same hard work and perseverance,” she said.

According to the United

States Navy website, “The idea that certain jobs are better suited for men and men alone is redefined in the Navy. Stereotypes are overridden by determination, by proven capabilities, and by a shared appreciation for work that’s driven by hands-on skills and adrenaline. Here, women are definitely in on the action. And women who seek to pursue what some may consider male-dominated roles are not only welcome, they’re wanted—in any of dozens of dynamic fields.”

For Aviation Machinist’s Mate Airman Danielle Weakley, the website was a motivational recruitment tool in her decision to join the Navy. “The allure to join an organization that promises challenges, excitement, rewards and liberation was irresistible,” said Weakley.

“I think that what really hooked me though was being able to break a conventional role and earn respect for myself through my profession, equal to that of my male counterparts,” she said.

Aviation Electrician’s Mate 1st Class Beatriz

Campos, also assigned to the Golden Eagles, said she joined the military to get out of New York City, be independent, and to have financial support to complete college. “The most rewarding part of the Navy has been my education, training, and the travel. I was able to complete my associates degree and am very close to completing my bachelor’s degree.

“I love the lifestyle and the job security,” said Campos. “I love knowing that I can go on vacation and still get paid and that my family will be taken care of in any case I am not present.

“I am a part of the Facebook group called ‘Women Redefined,’” explained Chief Aviation Maintenance Administrationman Arlene Williams.

“It’s monitored by the Women in the Navy initiatives and discusses personal and professional-based issues in our working environment. I think that the redefining of women in the Navy is important as more females join, and there are increasing roles that we shouldn’t be afraid to step into,” Williams said.

HO'OKELE

Life Leisure

ITT manager becomes Pa'u Queen for a day

Photo Illustration

Photos by Jackie Chee and Kai Markell

Story by Blair Martin

Staff Writer, Ho'okele

For Information Tickets and Travel (ITT) manager Terri Dinubilo at Joint Base Pearl Harbor-Hickam, introducing military families to the aloha state has been a passion of hers since she first visited Hawaii as a teenager in 1976.

This past Saturday, the Sacramento native was able to become the face of centuries-old Hawaiian tradition when she served as queen of the pa'u riders for the 99th annual Kamehameha Day parade.

Meant to honor Hawaii's first king, Kamehameha the Great, the parade was held June 13 and featured colorful flower-covered floats, traditional pa'u riders (costumed horse riders) and marching bands in downtown Honolulu, near the 'Iolani Palace. Local entertainment, authentic cuisine, cultural demonstrations, educational exhibits and an awards ceremony topped off the celebration.

Dinubilo, a life-long lover of horses, has served as a pa'u rider in the Kamehameha parade (as well as the Aloha Flower Festival parade held every September) for the past 14 years.

According to her, every year a pa'u queen is selected by one who has ridden in prior parades representing the princess of each island and the equine committee makes a selection to the invitee.

"My duties included selecting my riders (queen's court members), organizing and planning the unit's attire, practice rides and parade lineup, as well as gathering the foliage for the horse lei," she said.

Dinubilo explained that pa'u riders are named for the long and ornate garments they wear (pa'u).

"Back when horses first came to the island, women wore pa'u to cover their clothes and protect them from the dust, so they could attend the parties they were going to," she explained.

The traditional pa'u wardrobe once included 12 yards of satin and was held in place with kukui nuts twisted inside the fabric.

As queen, Dinubilo not only personally chose the fabric for the garments her equestrian court would wear but was also instrumental in creating the design for the body lei all the horses and riders would wear during the parade.

Each riding court (with the exception of the queen herself) is judged at the end of the parade on various criteria of creativity in presentation and horsemanship.

It takes thousands of flowers and other foliage to create the ornate lei each riding unit court wears throughout the parade, and their color is important, as it is representative of each different island, she explained.

"The preparation of the lei begins the Sunday prior to the parade and last every night until the day of the parade," Dinubilo said of the long and tedious process.

"The women begin getting ready at midnight the day of the

parade, and we personally make each lei out of about 75 bouquets using a special lei wrapping method," she added.

But for Dinubilo, all of the long hours of painstaking attention to detail were worth the effort on parade day.

"It was a very satisfying moment," she said. "Sitting on my horse and seeing hundreds of faces staring back at us with awe and especially seeing all of the smiles on the children's faces, it made all of those long hours of picking flowers, making lei, grooming horses and parade prep worth it."

The moment proved to be an emotional one for Dinubilo who added that becoming pa'u queen also marks retiring as a pa'u rider on the Hawaiian parade circuit.

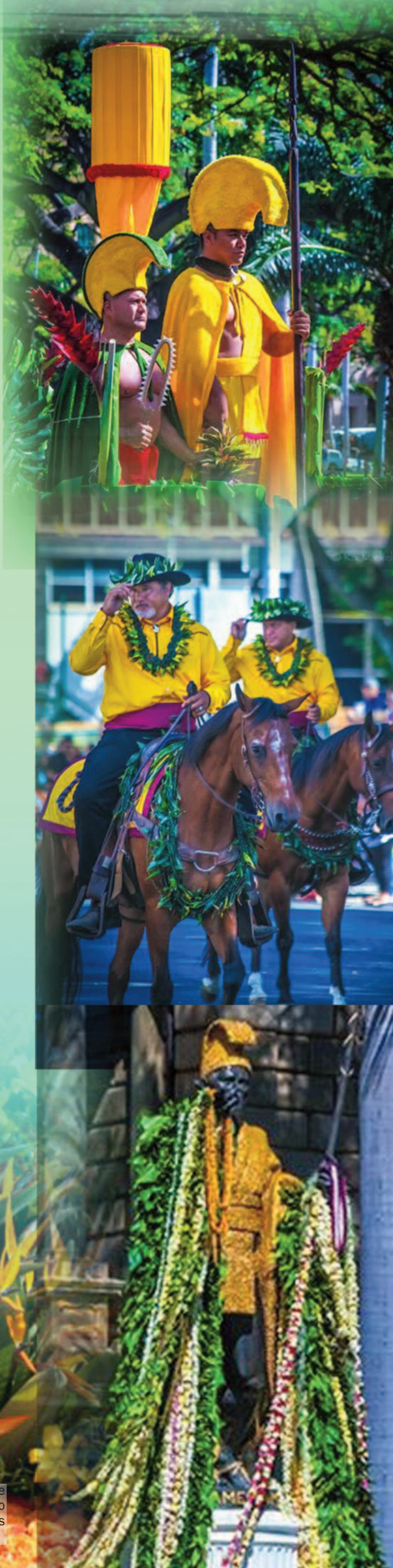
"As queen, it is your finale means your final ride as a pa'u rider on any parade circuit," she explained. "I can't ride again unless as a private citizen or if I was with another organization. So this was a very emotional, bittersweet moment for me," she added.

In a final gesture as pa'u queen, Dinubilo said she decided she would do something most traditional pa'u riders would not—interact with the crowd.

"On any other [riding] court, I could have risked having points deducted," she said. "But this time, I decided that when we had to stop and wait for traffic to pass, I would ride my horse up to people and just talk with them, let them touch the flowers, let their children pet my horse," she added. "It was a great finale to a very special time in my life."



Terri Dinubilo, an Information Tickets and Travel (ITT) manager at Joint Base Pearl Harbor-Hickam, rides in the 99th annual Kamehameha Day parade as queen of the pa'u riders on June 13 in downtown Honolulu. Dinubilo was featured in the parade along with other traditional pa'u riders (costumed horse riders), marching bands and colorful flower-covered floats that celebrated Hawaii's historic traditions and culture.



Pearl City Paniolos score 8-0 win over Kailua Storm

**Story and photo by
Randy Dela Cruz**

Sports Editor, Ho‘okele

Of the team’s active 35-man roster, the Pearl City Paniolos tackle football squad has a total of four Sailors, two Airmen and four Department of Defense civilians who work at Joint Base Pearl Harbor-Hickam, and another nine active-duty Army Soldiers.

It has the largest military membership among Hawaii Gridiron League’s six squads and not surprisingly is one of the winningest franchises since the league, under the leadership of former University of Hawaii standout and ex-NFL player Darrick Branch, made its debut in 2012.

Last Sunday, June 14, the Paniolos took another step forward in defense of their co-championship season by earning a tough 8-0 victory over the Kailua Storm in an afternoon matchup at St. Louis High School in Honolulu.

“We’ve been playing together for a long time now,” said Paniolos head Coach Shandale Graham.

“They play as a team. They know how each other play so hats off to them. They come to play every week.”

That team camaraderie is a key element in its success and Graham explained that although the Paniolos have civilians mixed in with military personnel, everyone understands that when the players step on the field, whether for practice or game day, it’s all for one and one for all.

“Football is all about bonding,” Graham said. “Everybody bonds through the love of the game. If you love the game just as much as the next person, you can bond with them automatic.”

Although the Paniolos got out of the gates on a bad note by turning over the football against the Storm, the team’s defense stepped up to bail out the offense by coming up with a turnover of their own.

With the ball resting in Paniolos territory at the 33, Storm quarterback Kalai Silva went for it all with a bomb straight toward the end zone.

Instead of hitting pay dirt, Silva’s toss was

picked off by Aviation Boatswain’s Mate (Equipment) 2nd Class Isaac Atkins, Naval Brig, behind the goal line and returned all the way out to the Paniolos 45.

“I was watching the receivers and when they (the offense) would run (the football) the receivers would run slow,” Atkins said. “As soon they hiked the ball and saw them (receivers) sprinting, I knew that they would pass the ball. So I just backed up, I saw him (Silva) put it in the air and I made a play on the ball.”

A rush by running back Chief Master-at-Arms James Jones, Joint Base Pearl Harbor-Hickam Security, placed the ball on the 39 and then two plays later quarterback Ensign Nick Morahan, USS Hopper (DDG 70), came up with the biggest play of the game when he dropped back into the pocket and delivered a pass into the hands of Army Staff Sgt. Alexander McClure, who made the catch at the Storm seven-yard line.

“The entire game, they (Storm) were blitzing off

of that strong left side,” Morahan explained. “We knew that the slots were going to be open. It (the ball) got tipped, but luckily, it went right to him.”

While the toss was a little short, McClure said that there was no way he was not going to come down without the ball.

“I beat my guy at the line,” McClure noted. “I looked back and saw him (defensive back) look at me and I knew it was golden from then. So at that point, I pulled up, saw it coming short, and I went and go get it.”

On the very next play, running back Maurice Melton ground and pounded his way for the final seven yards and the only touchdown of the game.

The win raised the Paniolos record this season to 2-1-1 and, while it’s good enough for a winning season, Atkins said that this year’s team has some unfinished business to take care of.

“We got our minds set on Waikiki (Stingrays),” Atkins said. “That’s our only loss and that’s who we want to beat.”



Army Staff Sgt. Alexander McClure goes up to haul in a pass from quarterback Ensign Nick Morahan, USS Hopper (DDG 70), for a 40-yard reception.

Navy Region Hawaii athlete to compete in Warrior Games

Don Robbins

Editor, Ho‘okele

An active-duty athlete from Navy Region Hawaii is among those who will be participating in the 2015 Department of Defense Warrior Games, which will take place from today to June 28 at Marine Corps Base Quantico, Va.

Navy Hospital Corpsman 2nd Class Roel Espino of Naval Health Clinic Hawaii will be competing in archery and shooting events.

The Warrior Games will bring together about 200 wounded war-

rior athletes from all branches of military services, as well as the United Kingdom.

Navy Wounded Warrior—Safe Harbor is facilitating Team Navy’s involvement in the event, and this year’s team includes seriously wounded, ill and injured Sailors and Coast Guardsmen from regions throughout the United States.

According to his Warrior Games profile, Espino enlisted in the Navy in September 2008 because of the unexpected adventure a military career promised.

When he finished training, he hoped his first duty station would

be Naples, Italy. However, he was assigned to the 1st Marines.

Then in March 2014, while stationed at Naval Health Clinic Hawaii (his second command), Espino was riding a motorcycle when he was struck by a car and thrown from the bike. He suffered a traumatic brain injury and injuries to his right leg. He now suffers from amnesia.

He is a graduate of Kaplan University and said he expects to medically retire from the Navy this year. He has long been active, playing football and baseball in high school, but he had never tried archery before he started

adaptive sports.

“After my accident I was angry. Through adaptive sports, I was able to discover new skills and make new friends who suffered from similar ailments,” Espino said.

He is preparing to go into competitive archery and shooting when he transitions to civilian life. He said he is grateful for the positive influence sports have had on his life, and that he is excited about competing at the Department of Defense Warrior Games.

(For more information on the games, visit the website <http://ow.ly/OuYTf>.)

STORY IDEAS?

Contact the Ho‘okele editor for guidelines and story/photo submission requirements

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HO‘OKELE

Port Royal comes back to win in extra innings

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

A backlog of three teams tied for second place has created a scramble for one of four playoff spots in the Afloat Division.

On June 13, two of the teams squared off in hopes of clearing the postseason picture, which is scheduled for the final week-end of June.

While the USS Jefferson City (SSN 759) No Glove, No Love clearly held the upper hand over USS Port Royal (CG 73) in the early innings of their showdown, Port Royal came back to tie the score before winning 10-8 in extra innings at Millican Field, Joint Base Pearl Harbor-Hickam.

The win put Port Royal in sole possession of second place with a record of 6-2, while Jefferson City fell to 5-3.

"I don't know if you've seen any other of our games, but we've been down," said Port Royal pitcher Hospital Corpsman 2nd Class Glen Murrill, who went the distance for the win, while contributing four RBIs on three hits.

"A couple weeks ago, we were down against Hopper 8-2 going into the bottom of the seventh.



Ship's Serviceman Seaman Jay Donte slides safely into third base to put a runner in scoring position for USS Port Royal (CG 73).

We pushed it into overtime and then we scored nine times in the bottom of the ninth. It's all about finding that stride."

In the bottom of the first inning, Jefferson City got on stride first when the team picked up four runs on three hits and a sacrifice fly.

Electronics Technician 2nd Class Garrett Handwork drove in the first run of the game before Chief Electronics Techni-

cian Joe Barrett and Sonar Technician (Submarine) 2nd Class Kyle Brown picked up an RBI single.

While Port Royal went down easy in the top of the first, Murrill got the team right back into the game by punching a double to drive in two runs to cut the Jefferson City lead in half.

Murrill allowed two hits to Jefferson City in the bottom of

the second but held the team without a run to keep the game within reach.

That helped Port Royal to inch even closer when Sonar Technician (Surface) Seaman Anthony Jones clubbed a single to drive in a run and make it 4-3 in favor of Jefferson City.

Clinging to a one-run lead, Jefferson City got some needed breathing room by scoring two runs in the bottom of the third for a 6-3 advantage.

Barrett led off the inning with a triple and came home on a base hit by Brown to get things started.

Later in the fourth inning, Barrett drove in another run with a single to make it a 7-4 game in favor of No Glove, No Love.

However, Port Royal came as close as they had ever been in the game by scoring two times in the top of the sixth to make it 7-6.

After Jefferson City responded with a run of their own to make it 8-6, Port Royal completed the comeback with two runs on RBI singles by Jones and Ship's Serviceman Seaman Jay Donte tying the game at 8-8.

Then after Murrill shut out Jefferson City in the bottom of the seventh, Port Royal came

back in the eighth to score two more times on a triple by Ensign Jay Hall and a single by Ensign Andrew Martinez.

"I was in the front of the batter's box the whole game," Hall said about his big hit that accounted for the go-ahead run. "I wasn't having any luck, so I scooted back. I just wanted to get it in play, and it went farther than I expected it to."

Murrill proceeded to set Jefferson City down in order in the bottom of the eighth to preserve the win.

With only one week remaining in the regular season, the win by Port Royal should be good enough to clinch down a spot in the upcoming playoffs.

Murrill said that the team has already shown that they can play well under pressure, so anything can happen.

"I like our chances," Murrill admitted. "We got a lot of good hitters. With that being said, I think we have a lot of depth to make a run in this thing."

STORY IDEAS?
Contact the Ho'okele editor for guidelines and story/photo submission requirements
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HO'OKELE

No secret about NIOC's postseason aspirations

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Navy Information Operations Command (NIOC) Victorious Secret's march through the regular season has been a continues series of one-upmanship, as the team started off the year slow, but picked up steam to earn the Red Division's No. 2 seed going into the playoffs, which are scheduled for the final weekend of June.

After securing their spot in the playoffs with a come-from-behind win over Afloat Training Group (ATG) a week ago, NIOC ended their regular season one game early with a 13-0 win over Fleet Area Control and Surveillance Facility (FACSFAC) Pearl Harbor on June 15 in an intramural softball matchup at Ward Field, Joint Base Pearl Harbor-Hickam.

NIOC ended the regular season with a record of 7-2 while FACSFAC, with a double-header to play on June 22, dropped their seventh game against only one win.

"This is all a new team," said Chief Cryptologic Technician (Collection) Ross Beebe, who accounted for three of the team's 13 runs with a two-run homer and an RBI single. "None of us have played

together prior to this season. We got six, seven, eight games and chemistry showed up."

In the top of the first, NIOC went right to work when lead-off hitter Master-at-Arms 2nd Class Jason Davis stroked the first pitch of the game for a single.

Then with two men on, Chief Cryptologic Technician (Networks) Josh Porter shot a line drive that got past the outfield and rolled to the left-field fence for a three-run, inside-the-park home run and a 3-0 advantage.

Some shaky fielding by FACSFAC in the top of the second allowed NIOC to score two more runs and take a 5-0 lead.

The game really got away from FACSFAC in the top of the third when NIOC paraded nine batters to the plate and scored five more times to break the contest open at 10-0.

The big hit in the inning came off the bat of Beebe, who with Porter on first, smashed a towering shot that flew over the head of the FACSFAC center fielder and allowed Beebe to circle the bases for a two-run, inside-the-park homer.

"I was just swinging through the zone," said Beebe about his deep shot.

A sacrifice by Information Systems Technician 2nd Class Dsean Handy plated another run before pitcher Cryptologic

Technician (Collection) 1st Class Will Maldonado helped out his own cause by stroking a two-run single.

Back to the top of the order in the fourth, Davis got ahold of a pitch and drilled a bullet through the left-center field gap.

As the ball skipped toward the fence, Davis got on his horse and touched them all for a solo jack and an 11-0 lead.

"Leadoff sets it off," said Davis about how seriously he takes his business at the top of the order. "As soon as I get on, that sets it up for the two, three and four hitters. If I get on and the guys see it, it's just one hit after another."

After closing out the regular season with a win, Davis said that he really likes the way the team has progressed from day one.

Guys are hitting, getting on base and, according to Davis, are ready to make a strong run in the postseason.

"We're a completely different team," he pointed out. "We got our whole team back and everybody is healthy, so we're ready to go."

Davis said the key will be for the team to avoid injuries and for everyone to show up.

"We just need to stay together," Davis stated. "We beat the No. 1 team already, so we're ready to go."



Chief Cryptologic Technician (Networks) Josh Porter congratulates teammate Chief Cryptologic Technician (Collection) Ross Beebe after Beebe delivered a two-run, inside-the-park homer.

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http://www.hookelenews.com or https://www.cnic.navy.mil/hawaii

Tips for living longer, healthier lives

Yan Kennon

Senior Writer, Naval Hospital
Jacksonville Public Affairs

June is Men's Health Month, a time to raise the awareness of preventable health problems and encourage early detection.

Twelve percent of men (18 years and over) are in fair or poor health, according to the Centers for Disease Control and Prevention. While men should make health a priority and take active daily steps to become healthier and stronger, there are many easy things that men — and women — can do to improve and maintain health.

"By proactively getting the right health services, screenings and treatments, we help our chances of living a longer, healthier life," said Capt. John Le Favour, Naval Hospital Jacksonville commanding officer.

"Things such as age, health and family history, lifestyle choices, and other factors impact our health care needs and how often we need it. That's why early detection is key. So we encourage you to get regular checkups and tests to find problems before they start," Le Favour said.

Get good sleep

Insufficient sleep can be associated with a number of chronic diseases and conditions such as diabetes, obesity and depression. Sleep needs change with age. Seven to nine hours is ideal for adults.

Toss the tobacco

About 30 percent of U.S. men smoke cigarettes. It's never too late to quit, plus it produces immediate and long-term benefits — lowers risk of heart disease, cancer, lung disease and other illnesses. And avoid second-hand smoke — it can cause problems similar to those that smoke.

Be active

Thirty-eight percent of U.S. men are overweight. At least two and a half hours of moderate-intensity aerobic activity is recommended each week for adults. And indulge in muscle-strengthening activities at least two days a week. Work all major muscle groups including legs, hips, back, abdomen, chest, shoulders and arms. Spread activity out during the week, no need to do all at once.

Eat healthy

Men should eat a variety of fruits and vegetables every day, as they are sources of the many vitamins and

minerals that protect from chronic diseases. Choose healthy snacks and limit items high in calories, sugar, salt, fat and alcohol.

Manage stress

Physical or emotional tension is often signs of stress. Sometimes stress can be good, but harmful when severe feeling overwhelmed and out of control. Self-care and social support can be the best way to manage stress. Avoid drugs and alcohol, stay active and find support when needed.

Stay on top of your game

Patients should see their primary care manager (PCM) for regular checkups. Because certain diseases may not have symptoms, regular checkups can help diagnose issues early before becoming a problem. Pay attention to obvious signs and symptoms such as chest pain and shortness of breath.

Individuals should also track personal numbers like blood pressure, blood glucose, cholesterol and body mass index. PCMs can identify what tests are needed and frequency needed. And get vaccinated.

Immunizations help maintain health, regardless of age. They can protect individuals and the community from serious disease.

Upcoming blood drives

- June 22, 10 a.m. to 2 p.m., Schofield Barracks Tropics.
 - June 23, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.
 - June 29, 9 a.m. to 1 p.m., 205th Military Intelligence Battalion, building 520, Fort Shafter.
 - June 30, 8 a.m. to 11 a.m., Schofield Barracks Health Clinic, building 683.
 - July 1, 9 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 1770, Joint Base Pearl Harbor-Hickam.
- For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

GOT SPORTS

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Contact the Ho'okele editor for guidelines and story/photo submission requirements.



Taking Back Sunday to perform Saturday

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The rock band Taking Back Sunday will perform Saturday at Ward Field, Joint Base Pearl Harbor-Hickam.

Gates will open at 7:30 p.m. and the show will begin at 8 p.m. The band has been on a two-week Navy Entertainment Tour, and Hawaii is the final stop after shows in Japan and Guam.

“Taking Back Sunday is on their third Navy entertainment tour and love to entertain our troops around the world,” said Karen Fritz, Navy entertainment coordinator for Commander, Navy Installations Command. Fritz pointed out that on their first tour, singer Adam Lazzara performed with a broken leg.

“That says a lot for the integrity of a band when they don’t want to cancel a tour even when their lead singer has a broken leg. They fit our demographic, put on an amazing show and love to spend time with our Sailors. What more could we ask for? The community at JBPHH



Taking Back Sunday will perform Saturday at Ward Field, Joint Base Pearl Harbor-Hickam.

won’t want to miss this one,” said Fritz.

Guitarist Eddie Reyes said the band is happy to be on their third tour with Navy Entertainment.

“It’s always nice on our end to do something for these men and women who make big sacrifices to be away from home and from their families to serve their country. We are looking forward to making new friends around the world. I’ve never actually been to Pearl Harbor and I am looking forward to seeing it,” Reyes

said.

His grandfather fought in World War II, and bass guitarist Shaun Cooper has an appreciation for the strong history of the base. He also revealed a more recent connection, adding, “My friend Bo was stationed there for a couple of years and he loved it, so I can’t wait to meet some of the men and women stationed there now.”

“We are happy to have a rock group that will resonate with our young Sailors, Airmen and all of the military on this island,” said Lara

Katine of MWR Special Events.

“I have spoken with numerous personnel who have responded to the news with, ‘that’s my favorite band.’ Not only will the island experience a great rock band, but our military will enjoy them for free.”

Food and beverages will be available for purchase. Certain safety and security restrictions will also apply.

(For more information on what is allowed at the event, visit www.greatlifehawaii.com.)

Hawaii Transition Summit scheduled for July 8, 9

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

A free transition summit will be held July 8 and 9 at Club Pearl, Joint Base Pearl Harbor-Hickam.

The event is a first of its kind for the military in Hawaii. This two-part event will include an interactive forum, panel discussion and networking reception on the first day from 5 to 8 p.m. and a job fair the next day from 9 a.m. to 5 p.m.

“The summit provides a unique and innovative opportunity to network and explore the best practices for transitioning from the military,” said Richard Carlson, work and family life supervisor at JBPHH Military and Family Support Center.

“Each portion will feature roundtables, panel events, recruiter training, workshops and facilitated discussions focused on improving competitive employment for service members, veterans, and military spouses in addition to networking receptions and opportunities for all involved,” Carlson said.

At the first event on July 8, U.S. Secretary of Labor Thomas Perez will be the keynote speaker. It will begin at 5 p.m., and there will be a networking event at approximately 6 p.m. Attendees, employers and job seekers are welcome to attend.

The transition summit and job fair on July 9 will include speakers from senior government leaders in the U.S. Department of Defense Transition to Veterans Program Office, U.S. Department of Veterans Affairs, U.S. Department of Labor and other government agencies. There will also be a presentation from employers on best practices.

The hiring fair and employment workshops will be available to all in attendance. Workshops will include a resume writing and interview skills event, hosted by Hiring Our Heroes and U.S. Chamber of Commerce Foundation, a military spouse workshop, Veterans Employment Center for job seekers and employers workshop, and VA for VETS, with information about resume writing and federal careers.

Your Weekly Fun with MWR

Visit www.greatlifehawaii.com or subscribe to MWR’s digital magazine Great Life Hawaii.



PeeWee Flag Football Registration period for youth ages 3 to 5 years old closes today. The season runs from July 11 to Sept. 29. The fee is \$25, and registration is available at www.greatlifehawaii.com. FMI: 473-0789.

Father’s Day 8K will begin at 8 a.m. Saturday at Hickam Fitness Center in preparation for the annual half-marathon. Registration is at 7:30 a.m., and there is no entry fee. FMI: 448-2214.

Free Golf Clinic will begin at 9:15 a.m. Saturday at Barber’s Point Golf Course. FMI: 682-1911.

Father’s Day Bowling will be held from 10 a.m. to 1 p.m. June 21 at the bowling centers on the Hickam and Pearl Harbor sides of Joint Base Pearl Harbor-Hickam. Dads can bowl at no charge with a paying family member (up to three games for dad). FMI: 448-9959 or 473-2574.

Father’s Day Movie Special will be available June 21 at Sharkey Theater. Fathers will receive a free small bag of popcorn when accompanied by a family member or have a picture on cell phone of son or daughter. FMI: 473-0726 and www.navywmr.

[org/movies/theater](#).

Belly Flop/Biggest Splash Contest will be held from 1 to 2 p.m. June 21 at Scott Pool. Participants can sign up at the pool starting at noon on event day. There is no charge to enter. FMI: 473-0394.

“Read to the Rhythm” Summer Reading Program: Pacific Fleet Jazz & Pop Combo will be held from 2 to 4 p.m. June 24 at the JBPHH Library. The Pacific Fleet Band will give a free interactive performance and instrument demonstrations. Refreshments will be served.

FMI: 449-8299.

Dive-In Movie Night will begin at 6 p.m. June 26 at Hickam Pool 2. Patrons can watch “How to Train Your Dragon 2” (rated PG) in the pool for free. FMI: 260-9736.

Chill & Grill Plus 9-Ball Tourney will be held from 6:30 to 8:30 p.m. June 26 at Brews & Cues in Club Pearl. Patrons can sign up to play in the pool tournament. There is no charge to enter. FMI: 473-1743.

Learn to Spearfish will begin at 9 a.m. June 27 and June 28 at MWR Outdoor Recreation-

Hickam Harbor. On the first day, class will be held at Hickam Pool and lasts about three hours. All participants will need a mask, fins and snorkel. Other equipment and transportation are provided. The cost is \$60, and the sign-up deadline is June 25. FMI: 449-5215.

Kayaking the Mokulua Islands will be held from 9 a.m. to 3 p.m. June 27 at MWR Outdoor Adventure Center Fleet Store. The trip includes transportation, paddling gear and guides. The cost is \$35, and the sign-up deadline is June 25. FMI: 473-1198.

Community Calendar

JUNE

TAKING BACK SUNDAY CONCERT SATURDAY — The rock band Taking Back Sunday will perform a free concert at Ward Field, Joint Base Pearl Harbor-Hickam, beginning at 8:30 p.m. Gates will open at 7:30 p.m. All military ID card holders and their guests are invited to attend. FMI: www.greatlifehawaii.com.

FATHER'S DAY 8K SATURDAY — A free 8K run will be held at the Hickam Fitness Center. Registration is at 7:30 a.m. and the race will begin at 8 a.m. Awards will be given to the first-place winner in each category, including men's, women's, youth boys, youth girls, stroller men's and stroller women's. FMI: 448-2214.

FATHER'S DAY BOWLING SPECIAL SUNDAY — Fathers can bowl free (up to three free games) with a paying family member from 10 a.m. to 1 p.m. at the bowling centers on the Hickam and Pearl Harbor sides of Joint Base Pearl Harbor-Hickam. FMI: 448-9959 or 473-2574.

NAVFAC HAWAII JOB FAIR 23 — A Naval Facilities Engineering Command Hawaii (NAVFAC Hawaii) job fair for federal job opportunities will be held from 11 a.m. to 6 p.m. at Moanalua Shopping Center Navy Service Center building, room 143. NAVFAC handles the Navy's facilities engineering products and services in Hawaii. The organization plans to hire for various professional, trade and administrative positions. FMI: 471-0163.

HEALTHY LIFESTYLE FESTIVAL 26 TO 29 — The Pearl Harbor Navy Exchange (NEX) and the Defense Commissary Agency (DeCA) will hold a healthy lifestyle festival for authorized patrons from 9 a.m. to 9 p.m. daily at the NEX mall. The event will feature a farmers' market theme and will include a petting zoo, barbecue lunch and fresh produce sold by DeCA in the NEX courtyard. NEX will showcase and sell indigenous Hawaiian plants and a variety of local foods. FMI: 423-3287 or email Stephanie.Lau@nexweb.com.

FITNESS DEMONSTRATIONS 26 AND 29 —Naval Health Clinic Hawaii and Joint Base Morale, Welfare and Recreation will conduct body-fat analysis and demonstrate the Navy Operational Fueling and Fitness

Series training from 11 a.m. to 1 p.m. They will also be available to answer questions on health and exercise programs at the Joint Base Pearl Harbor-Hickam Fitness Center. FMI: 423-3287 or email Stephanie.Lau@nexweb.com.

ALL-HANDS CALL 30 —Master Chief Petty Officer of the Navy (MCPON) Mike Stevens is scheduled to conduct two all-hands calls at Sharkey Theater, JBPHH. The first session will be from 9 to 10 a.m. for E-5 and below. The second session will be from 10:30 to 11:30 a.m. for E-6 and above.

JULY

SUMMER FUN RUN 1 — The Pearl Harbor Navy Exchange (NEX) and the Defense Commissary Agency (DeCA) will hold a free two-mile summer fun run for authorized patrons beginning at 7 a.m. in the NEX parking lot. Applications for the run will be available and accepted at the NEX aloha center concierge desk. Participants can also sign up on the day of the event from 6:15 to 6:45 a.m. Refreshments will be available after the run. FMI: 423-3287 or email Stephanie.Lau@nexweb.com.

BRAIN TRAINING PROGRAM 1, 2 — The Brain Institute of the Center for Brain Health at University of Texas at Dallas will hold free high performance brain training program sessions at the Navy College, Joint Base Pearl Harbor-Hickam. The event is sponsored by the Armed Services YMCA of Honolulu. Space is limited. Members of all branches of service may attend. Sessions for active duty E-8 and above will be held from 9 a.m. to noon on both days. Sessions for spouses of active duty will be held from 6 to 9 p.m. on both days. FMI: Anne Kornegger at 473-3398 or email anne@asymcahi.org.

FOURTH OF JULY CELEBRATION 4 — A Fourth of July celebration will be held from 3 to 9:30 p.m. at Ward Field, Joint Base Pearl Harbor-Hickam. The event will include a fireworks display at 9 p.m. and special guests Dishwalla in concert at 7:30 p.m. A performance and autograph session by street bike stunt rider Aaron Colton will be held at 4:30 and 6:45 p.m. Other free activities will include a petting zoo, batting cage, car show, and trampoline/gymnastics demonstrations. FMI: www.greatlifehawaii.com.



MAX (PG) FREE ADVANCE SCREENING

A dog that helped US Marines in Afghanistan returns to the U.S. and is adopted by his handler's family after suffering a traumatic experience.

Movie Showtimes

SHARKEY THEATER

TODAY 6/19
7:00 PM Poltergeist (3-D) (R)

SATURDAY 6/20
2:30 PM Tomorrowland (PG)
5:10 PM Pitch Perfect 2 (PG-13)
7:30 PM Mad Max: Fury Road (R)

SUNDAY 6/21
2:30 PM Tomorrowland (PG)
5:10 PM Avengers: Age of ultron (PG-13)
7:50 PM Poltergeist (3-D) (R)

THURSDAY 6/25
7:00 PM Pitch Perfect 2 (PG-13)

HICKAM MEMORIAL THEATER

TODAY 6/19
6:00 PM Pitch Perfect 2 (PG-13)

SATURDAY 6/20
5:00 PM Max (PG) Studio appreciation advance screening- free admission at box office.

SUNDAY 6/21
2:00 PM Pitch Perfect 2 (PG-13)

THURSDAY 6/25
7:00 PM Mad Max: Fury Road (R)

Ramadan offers challenges, opportunities in uniform

Story and photo by
Brandon Bosworth

Assistant Editor, Hoʻokele

June 17 marked the beginning of the Muslim holy month of Ramadan. One of the Five Pillars of Islam, it is a time of prayer and fasting. Except under certain extreme circumstances, Muslims are forbidden to eat or drink anything between sunrise and sunset during the 30 days of Ramadan.

For Muslims serving in the U.S. armed forces, honoring Ramadan can be a challenge.

“Early in my career, I had problems,” said Gunnery Sgt. Jimi Khamisi, Marine Air Group 24, Marine Corps Base Hawaii. “I would run and do everything and still maintain my fast. But if your heart is right, God will provide.”

Master-at-Arms 1st Class (SW/AW) Khayree Nuriddin, Joint Base Pearl Harbor-Hickam (JBPHH), believes the sacrifice is well worth it.

“Fasting makes you value what you have,” he said. “And when you break your fast, it’s the best food you’ve ever ate and the best water you’ve ever drank.”

The Ramadan fast is just one difficulty facing Muslims in the military. Another one is other service member’s prejudicial attitudes about the religion.

“A lot of people have only been exposed to negative images of Islam from the media,” said Nuriddin. “But there are Muslims in the U.S. military who are very patriotic and would die for this country.”

Khamisi added, “People have misconceptions and think the Quran encourages violence and killing innocents.”



Master-at-Arms 1st Class (SW/AW) Khayree Nuriddin, Imam Ismail Elsheikh and Gunnery Sgt. Jimi Khamisi discuss Ramadan at Joint Base Pearl Harbor-Hickam on June 15.

To help bridge the gap between Muslims and non-Muslims, the Hickam Chapel at JBPHH will be hosting a Ramadan event from 5:30 to 9 p.m. on June 25. The timing of the event coincides with Iftar, the traditional breaking of the day’s fast. There will be food as well as presentations about Islam, a call to prayer, and a recitation from the Quran in both Arabic and English. People of all faiths are welcome to attend and ask questions.

One of the featured guests at the event will be Imam Ismail Elsheikh of the Muslim Association of Hawaii. Since moving to Hawaii in 2003, Elsheikh has frequently worked with Muslims in the military.

“I like to deal with the military Muslims,” he said. “They are very organized and very serious.”

Elsheikh, Nuriddin and Khamisi

all hope interested individuals will attend the June 25 event and take advantage of the opportunity to learn more about their faith.

“Our goal is to foster friendship and bridge the divide,” said Khamisi. “We want people to experience the best of Islam.”

What: Ramadan Iftar
When: 5:30 to 9 p.m., June 25
Where: Hickam Chapel, 180 Kuntz Ave., JBPHH

This event will feature presentations about Islam, a call to prayer and a recitation from the Quran in both Arabic and English. People of all faiths are welcome to attend and ask questions. For more information, contact Gunnery Sgt. Jimi Khamisi via email at jimi.khamisi@usmc.mil.

Silver Dolphin plans ‘summer bash’

A special “summer bash” meal will be served from 11 a.m. to 12:30 p.m. June 22 at the Silver Dolphin Bistro, Joint Base Pearl Harbor-Hickam.

The meal will include grilled rib-eye steak served with au jus and sautéed mushrooms and onions, boiled crab legs, grilled teriyaki chicken, a baked potato bar, rice pilaf, steamed green beans, but-

tered corn on the cob, New England clam chowder, hot rolls, assorted cakes and cheesecakes and an ice cream bar

The price of the meal is \$5.55. The meal is open to military members, Department of Defense civilians, retirees and family members of active duty military with valid ID cards.

For more information, call 473-2519 or 473-2948.

USO Hawaii to host ‘Twilight Tribute’ troops event at park

USO Hawaii will hold the third annual Twilight Tribute to the Troops from 3 to 9 p.m. Saturday at Sea Life Park.

The event is an opportunity for military and their families to enjoy the park for free with valid military ID or family ID.

The park will be closed to the public during the event, so that Hawaii’s military and their families can experience all the park’s shows and attractions. The event will also include giveaways, children’s activities and entertainment from

Chief Sielu, featuring performances from his luau show.

No RSVP is required. IDs will be accepted for active duty and their family members, Reserves and retired military. Each member of the group age 11 and up needs to present an ID.

Free off-site parking is available at Bellows Air Force Station with continuous shuttle service to and from Sea Life Park, beginning at 2:30 p.m.

(For more information, visit [Facebook.com/HawaiiUSO](https://www.facebook.com/HawaiiUSO).)

My Favorite Photo...

Do you enjoy taking pictures and have a favorite photo? Would you like to see it featured in Hoʻokele? Here is your opportunity.

Your favorite photo can be just about anything, but keep in mind that it should be in good taste.

We aren’t looking for posed family shots, but action and candid shots of family members and pets are fine. If you have

a photo that you think is interesting and creative, here is your chance to see it published.

Photo submissions will be reviewed by Hoʻokele editors who will determine if and when they will run in the newspaper.

Along with your photo, please send a little bit of information about the photo, such as where it was taken or any inter-

esting details. Also include the name of the photographer and contact information.

Please send your photos to editor@hookelenews.com and “cc” Karen Spangler, managing editor, at karen.spangler@navy.mil and Don Robbins, editor, at d Robbins@hookelenews.com. Brush up on your photography skills. Ready, set, shoot!

