

Pacific Partnership team returns home to Hawaii

U.S. Pacific Fleet
Public Affairs

Pacific Partnership 2015 personnel stationed in Hawaii, but recently assigned to the hospital ship USNS Mercy (T-AH 19), returned home Wednesday as the ship pulled in to Joint Base Pearl Harbor/Hickam for a liberty port call.

The 10th iteration of the U.S. Pacific Fleet's annual humanitarian assistance/disaster relief preparedness mission began in late May and took place in the Southeast Asia and Oceania regions.

Born out of the devastation wrought by the 2004 tsunami that swept through parts of Southeast Asia, Pacific Partnership began as a military-led humanitarian response to one of the world's most catastrophic natural disasters. Building on that success and good will, the hospital ship USNS Mercy returned to the re-



The Military Sealift Command hospital ship USNS Mercy (T-AH 19) moors alongside the pier at Joint Base Pearl Harbor-Hickam on its way back from supporting Pacific Partnership 2015.

U.S. Navy photo by MC2 Gabrielle Joyner

gion in 2006 for the inaugural Pacific Partnership mission.

The mission staff expanded to include partner nation militaries and non-governmental organizations working to increase the disaster relief capabilities in the region. Since then, Pacific Partnership has grown in scope and size.

Mercy visited Fiji, Papua New Guinea, the Philippines and Vietnam. Mercy provided healthcare and surgical procedures, community health engagements, engineering projects, subject matter expert exchanges and community relations events in coordination with host nations, NGOs and regional partners that included Australia, New Zealand, Japan, Republic of Korea, Malaysia, Canada, Timor Leste and Fiji.

(For more information on Pacific Partnership, visit the official Pacific Partnership website at <http://www.cpf.navy.mil/pacific-partnership/2015>.)

Pearl Harbor Colors ceremony honors POW/MIAs

Blair Martin Gradel

Joint Base Pearl Harbor-Hickam
Public Affairs

A special Pearl Harbor Colors ceremony was held Sept. 17, paying homage to the service and sacrifices of those missing in action (MIA) or were prisoners of war (POW).

“To date, over 83,000 Americans remain missing from WWII, the Korean War, the Vietnam War, the Cold War, the Gulf Wars, and the ongoing War on Terror,” said Navy Region Hawaii historian Jim Neuman who served as ceremony emcee.

“That’s 83,000 fathers, sons, brothers and friends. Since tomorrow is the official POW/MIA Recognition Day around the country, we gather here on this day to re-affirm our heartfelt promise that they are ‘not forgotten,’” he added.

The national anthem and parading of colors was provided by Pacific Fleet Band and U.S. Pacific Command (PACOM) Joint Service Color Guard.

The Pearl Harbor Colors ceremony highlights a different theme of military heritage at the Pearl Harbor Visitor Center every month.

This month’s theme was held on the eve of National POW/MIA Recognition Day, allowing Americans time to pause to remember those who sacrificed in service to their country.

Retired Army veteran Bob Silva said he always makes a point to attend many POW/MIA events in order to remember friends he lost while serving in a special forces unit during the Vietnam War.

“As a Vietnam vet, I’m really close to this cause. Many of my guys [I served with] are still out there somewhere, and we are still looking for their bodies,” he said. “So when I found out they were doing this event, I just knew I had to show up.”

During the ceremony, Army Maj. Jonathon Doiron, deputy director for Defense POW/MIA Accounting Agency (DPAA), spoke about his command’s mission of providing the fullest possible accounting and recovery of lost service members still missing in action as a result to past national conflicts.

“Our nation exists because of, and depends upon, those who choose to serve selflessly,” he said. “Our veterans highlight the epitome of selfless service. There are still 83,000 service members missing, and it is our daily mission to



Capt. Stanley Keeve, commander of Joint Base Pearl Harbor-Hickam, and retired Navy Capt. Gerald L. Coffee, a former Vietnam War prisoner of war, exchange greetings.



Army Maj. Jon Doiron, deputy director of Defense POW/MIA Accounting Agency (DPAA), speaks during a Pearl Harbor Colors ceremony.



Capt. Stanley Keeve, commander of Joint Base Pearl Harbor-Hickam, and retired Navy Capt. Gerald L. Coffee, a former Vietnam War prisoner of war, salute as members of the Joint-Service color guard pass by.



Chief Musician Ryan Ringnald conducts the U.S. Navy Pacific Fleet Band. (Additional photo on page A-5.)

U.S. Air Force photos by Senior Airman Christopher Stoltz

conduct the research, field investigations and field recoveries necessary to bring these individuals home and provide their families with answers regarding what happened to their loved ones,” he added.

Retired Navy Capt. Gerald Coffee, the keynote speaker for the ceremony, shared his unique perspective as a prisoner of war (POW) during the Vietnam War.

“To have been a POW is a very dubious distinction,” he explained.

“It is not one I thought I would have when I re-enlisted as a young officer back in the 1960s. Although it is not ever my inten-

tion to go into the POW experience in detail, I want to give you some idea of what it was that helped me survive, in my case seven years and nine days in North Vietnam.”

While flying a combat mission off the USS Kitty Hawk in 1966, Coffee’s plane was shot down by North Vietnamese anti-aircraft guns. He eventually was captured and held prisoner for more than seven years in the infamous ‘Hanoi Hilton’ before being released in 1973.

“We looked at our incarceration merely as another form of combat,” he said. “Our combat was against the enemy who held us

there and tried to exploit us for military information and propaganda.”

Coffee attributed much of his survival to his unwavering faith—faith in himself, his country and his God.

“The first two little words that I saw scratched on the wall of my cell there were two words with an equal sign between them. That little formula simply said ‘God = Strength’. For me, that was really true. In fact, it was the key to my survival,” he added.

Musician 3rd Class Clifton Murray of the Pacific Fleet Band said the chance of meeting veterans such as Coffee and hearing their

testimonials has given him greater appreciation of his service to his country.

“His words impress upon me the weight and the seriousness of the organization I’ve become a part of,” the California-native explained after the ceremony.

“I’ve only been in the Navy seven years, but to meet people like him and those [veterans] who have come before, gives me such a deeper sense of pride in my country and makes me want to step up and do my part as a Sailor,” he added.



Navy invites Board of Water Supply to tour Red Hill
See page A-2



Reveille ceremony starts POW/MIA Week
See page A-2



CPO pinning ceremony
See page A-3



Ash scattering ceremony honors Dec. 7 survivor
See page A-6



Mighty ‘Mo’ all decked out
See page B-1



Volunteers are requested for International Coastal Clean-up Day
Page B-5

Navy invites Board of Water Supply to tour Red Hill

Navy shows commitment to keeping the drinking water safe – no matter what

Navy Region Hawaii Public Affairs

The Navy invited members of the board of the Honolulu Board of Water Supply, their consultants and other local stakeholders to visit the Red Hill Bulk Fuel Storage facility Sept. 15.

Rear Adm. John Fuller, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, welcomed the visitors for a tour and discussion to show how the Navy is keeping the drinking water safe while preserving energy security.

“Our non-negotiable priority is keeping the drinking water safe,” said Fuller. “Our Navy is fully committed to environmental stewardship and safe drinking water,” he added.

“The Red Hill fuel facility is a national strategic asset that provides the fuel necessary to defend our nation, safeguard our national interests, and support humanitarian missions overseas,” Fuller said.

Over the summer, Fuller and other Navy leaders have provided familiarization visits to dozens of elected officials, regulators and other stakeholders. Among the senior elected officials who toured the facility and received briefings since July were Sen. Mazie Hirono, Sen. Brian Schatz, Congresswoman Tulsi Gabbard, Congressman Mark Takai and Hawaii Gov. David Ige.

The Navy tests groundwater at several locations, conducts routine drinking supply compliance sampling, and submits test results to regulatory agencies for review and evaluation. The Navy continues to modernize, upgrade and improve the facility.



(Top) Rear Adm. John Fuller, commander of Navy Region Hawaii and Naval Surface Group, Middle Pacific, left of right, briefs members of the Honolulu Board of Water Supply, Moanalua Valley Community Association and Pearl City Neighborhood Board No. 21 during a visit to one of the fuel tanks at the Red Hill Underground Fuel Storage Facility near Pearl Harbor.

(Right, far right) Capt. Ken Epps, commanding officer of NAVSUP Fleet Logistics Center Pearl Harbor, left, briefs on a scaffold inside an empty tank

U.S. Navy photos by MC2 Laurie Dexter



Reveille ceremony starts POW/MIA Week



(Left) Airmen from the Joint Base Pearl Harbor-Hickam (JBPHH) Air Force Sergeant's Association present arms Sept. 14 during a POW/MIA reveille ceremony at JBPHH. The ceremony kicks off this year's POW/MIA Week, which honors the 1,627 missing or unaccounted for military service members (as of April 2015) in all branches of service.

U.S. Air Force photo by Senior Airman Christopher Stoltz

(Below) Airmen From Joint Base Pearl Harbor-Hickam's Honor Guard raise the POW/MIA flag during a POW/MIA reveille ceremony.

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



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Diverse Views



**It's Suicide Prevention Month:
For you, what is the one thing that
makes life most worth living?**

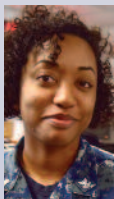


Tech. Sgt. Travis Hutts
U.S. Pacific Command

"Family. They make my foundation and mold me into who I am. Family also makes me a better person by guiding me. Family makes life worth living."

MR2 Ana Vazquez
Transient Personnel Unit

"I would say the one thing that makes life worth living is the continuous pursuit of education. As humans, most of us have the spark of curiosity, the urge to learn as much as we can. Learning more and furthering one's knowledge is what I find makes life most worth living."



Capt. Ashleigh Nguyen
15th Wing

"Service and opportunity. Being an American and taking advantage of the opportunities life gives us and the ability to serve others is something I don't want to take for granted. We are more fortunate than most realize."

RP2 Priscilla Clark
Joint Base Pearl Harbor-Hickam Chapel

"The thing that makes life most worth living is the personal time I have, and everything that falls into it. Education, my family and exercise are just a few examples of what I look forward to. Having the freedom to do what I want is what I think makes life most worth living."



Tech. Sgt. Bernice Martinez
613th Air and Space Operations Center

"My family. I always strive to better myself and be the person my kids look up to. As a single parent, I'm the immediate role model and I spend my days aiming to make their happiness just a bit brighter."

MA1 (Aviation Warfare) Juan Nieves
Joint Base Security

"I would say the one thing that makes life worth living is going home to see my four-year-old daughter. She brightens my day and I will always appreciate having her in my life. At the end of a long day, regardless of how rough it may have been, knowing I am going home to her makes my day better."



Staff Sgt. David Pinzon
15th Medical Support Squadron

"Family and loved ones. You may not always get along or talk to them every day, but whatever life throws at you, they will always be there to pick you up off the floor. They will always be there to hold you up."

Corina Underwood
Air Force retiree family member

"Family is the most important and the friends who are closest to me, because I'll always have their support and they'll always have mine."



Senior Airman Stanley Walker
735th Air Mobility Squadron

"Family and friends. Regardless of what you go through, they will always be there for you."

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

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

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

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Email: editor@hookelenews.com



Commentary

Mid-September highlighted with awards, advancement

Rear Adm. John Fuller

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

Several highlights marked the past five days as an "award winning" week.

Earlier this week I presided at awards ceremonies for Navy Region Hawaii and Naval Surface Group Middle Pacific and aboard USS Chosin (CG 65). At region and MIDPAC, we recognized a diverse military and civilian team. Aboard Chosin, we awarded some stellar Sailors.

The best part of my job is recognizing our people for the great work they do—thanking them for making a positive difference as they support the fleet and take care of our families.

I know there will be many more awards ceremonies in the months ahead—many more opportunities for me to tangibly thank the women and men for the superior



Rear Adm. John V. Fuller

work they do every day.

Also this week, at a separate small ceremony outside my office, I thanked several Joint Base Pearl Harbor-Hickam security team-mates for doing an outstanding job protecting us—they did work behind the scenes things that kept you and me safe without everyone even knowing about it.

Our Air Force/Navy team is professional, skilled and ready. I appreciate all they do to keep our installations

and, more importantly, our people safe.

On Wednesday I had the honor and privilege of speaking to brand new chief petty officers and their families. I reminded them how important they are to the success of our Navy. Chiefs are mentors and teachers – not just for junior enlisted Sailors, but also with junior officers.

Chiefs are known as the backbone of our Navy. They are the go-to specialists who lead by example, support the chain of command, and instill humility.

When the late Adm. Charles Larson, two-term superintendent of the United States Naval Academy, wanted to improve the quality of midshipmen, he assigned a chief to each company at the academy.

Here is what Larson said he expected from naval leaders:

"Excellence without arrogance ... That means that I want you to be re-

ally, really good at what you do, work hard, be confident, have a good work ethic, and have a sense of humility, [realize] that you're not perfect, and you're never going to achieve great results without the help of your subordinates."

My advice to our new chiefs was simple: Lead with your heart and your head. Never stop learning and listening. Always treat others the way you wish to be treated. Always do those things to earn the respect we expect you will command.

Our new chiefs achieved their new anchor collar devices through hard work and a commitment to excellence—and because of steadfast support from their families. Well done! Congratulations to our new chief petty officers and to all their families, friends and shipmates.

Now, let's all celebrate another award-winning week in Hawaii!

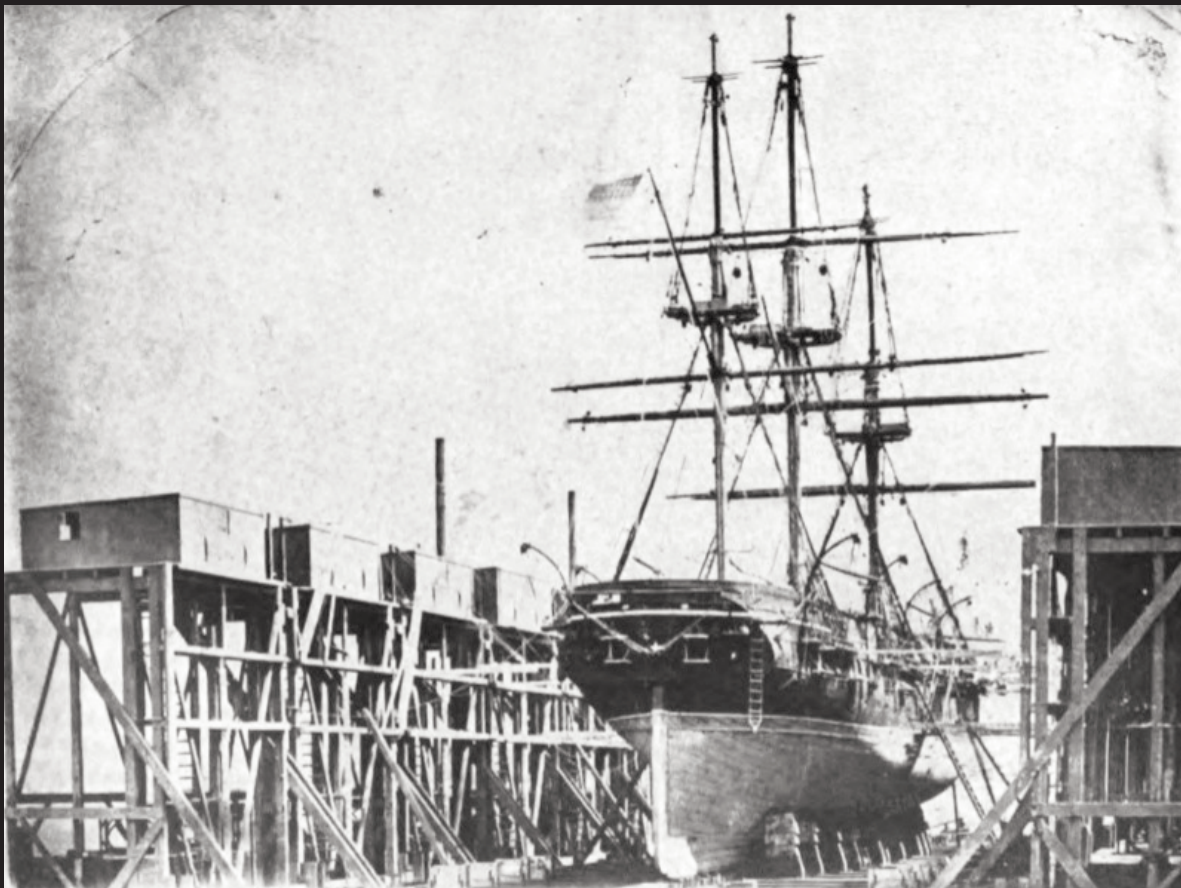
Rear Adm. Fuller honors Chosin Sailors



U.S. Navy photo by FC2(SW) Andrew Albin

Rear Adm. John V. Fuller, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, presents awards to Sailors aboard USS Chosin (CG 65) on Sept. 14.

Navy opens West Coast base



Official U.S. Navy photo

Established on Sept. 16, 1854, Mare Island Naval Shipyard (MINSY) in California was the first permanent United States Navy base on the West Coast, with Cmdr. David G. Farragut serving as base commander. The USS St. Mary's, above, was one of the first ships to use the MINSY dry dock. The sectional dry dock was built in New York and shipped to Mare Island in sections around Cape Horn.



Commander,
Navy Region Hawaii
Rear Adm. John V. Fuller

Chief of Staff
Capt. Mark Manfredi

Commander, Joint Base
Pearl Harbor-Hickam
Capt. Stanley Keeve Jr.

Deputy Commander
Col. Richard Smith

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USS Houston visits Sasebo to strengthen alliance

Lt. Luis Luy

USS Houston (SSN 713) Public Affairs

SASEBO, Japan (NNS) — The Los Angeles-class fast-attack submarine USS Houston (SSN 713), homeported at Pearl Harbor, arrived in Sasebo, Japan, for a visit as part of its deployment to the western Pacific, Sept. 10.

The visit strengthens the already positive alliance between the U.S. and Japan through the crew’s interaction with the Japan Maritime Self-Defense Force.

It also demonstrates the U.S. Navy’s commitment to regional stability and maritime security in the U.S. 7th Fleet area of responsibility.

“Being in Sasebo is a phenomenal opportunity to further our relations with the Japanese navy while expanding our positive presence in the region. The objective of this visit is not only to enhance our operational readiness but to experience and learn from the Japanese culture,” said Cmdr. Scott McGinnis, USS Houston’s commanding officer.

Houston is a fast attack submarine equipped with four torpedo tubes, two countermeasure tubes, and the ability to deploy and operate around the globe. “Prior to arriving in Sasebo,



U.S. Navy photo by MC1 Steven Khor

The Los Angeles-class attack submarine USS Houston (SSN 713) departs from Joint Base Pearl Harbor-Hickam for routine operations.

Houston enhanced its tactical readiness by completing additional navigation and submarine operations training in addition to participating in the CARAT Singapore exercise in July,” said McGinnis.

“Houston has been hard at work and is now ready to replenish her resources while also enjoying the exceptional cultural and entertainment opportunities this visit offers,” he said.

“Since departing Pearl Harbor, Hawaii, mighty warship Houston and her crew have been deployed to the [U.S.] 7th Fleet AOR [area of responsibility] demonstrating both professionalism and perseverance,” said Senior Chief Sonar Technician Paul McCrory, the chief of the boat aboard Houston.

“My crew is looking forward to much deserved rest and an excellent port visit in Sasebo. We are

also excited and grateful for the hospitality and the opportunity to experience Japanese culture and all Sasebo has to offer,” McCrory said.

Many crew members are excited to experience the rich culture of Japan.

“I am looking forward to visiting Nagasaki and experiencing as much Japanese culture as possible,” said Machinist’s Mate 3rd Class Aaron Breemer.

In commemoration of the heavy weight cruiser Houston (CA 30), most commonly known as the Ghost of the Java Coast, which was lost in the Battle of the Java Sea, Houston (SSN 713) was commissioned Sept. 25, 1982 and has starred in deployments, exercises and the submarine movie, “The Hunt for Red October.” Houston is the 132nd nuclear-powered submarine and the 20th of the Los Angeles class.

25th ASOS hosts 2nd annual Cascade Challenge

**Story and photo by
Senior Airman
Christopher Stoltz**

15th Wing Public Affairs

SCHOFIELD BARRACKS, Hawaii—Airmen and Soldiers from across the globe recently converged on the island of Oahu to participate in the second-annual Cascade Challenge, held Sept. 9-11 at Schofield Barracks.

The Cascade Challenge pitted nine teams of two service members in a competition to test their combat skills, knowledge and abilities specific to the Tactical Air Control Party mission. The teams consisted of Airmen and Soldiers from the 25th Air Support Operations Squadron (ASOS) (Wheeler Army Air Field, Hawaii) ; 3rd ASOS (JB Elmendorf-Richardson, AK) ; 5th ASOS (JB Lewis-McChord), U.S. Air Force 1st Weather Squadron and U.S. Army 1st Special Forces Group (JB Lewis-McChord).

The challenge required the participants to complete and pass a total of 22 mental and physical challenges over a three-day period.

“This 72-hour event challenges the best of the best from the Air Force



United States Army Staff Sgt. David Personius discharges his rifle during the live-fire stress-shoot portion of the second-annual Cascade Challenge, held at Schofield Barracks Sept. 9. (Additional photo on page A-5.)

and Army,” said Lt. Col. Russell J. Hall, 25th ASOS commander. “Competition breeds excellence, and this competition is a perfect example of how capable our controllers truly are.”

A few of the challenges the controllers had to overcome included equipment and ruck layouts, special forces physical training tests, the Marine Corps combat fitness test,

an obstacle course and a M9 and M4 weapons assembly challenge.

According to Hall, one of the more difficult challenges was the live-fire stress shoot, which provided the participants a limited amount of time to “zero-in” the sights on their weapons. The controllers then had to hit a series of static and moving targets without hitting “friendly” or

“non-combative” targets.

Some of the mental challenges the controllers had to overcome included: tests on joint tactical air strike request procedures, a medical evacuation practical exercise, a close-air support practical exercise, a radio-skills exercise, map and compass reading exercise, threat visual recognition test, and emergency antennae construction.

After the series of mental and physical challenges, one team stood above the rest. The team included members from the 25th ASOS—1st Lt. Dylan Hallums and Tech. Sgt. Jarred Fischer. This marks the second consecutive Cascade Challenge victory for Fischer, as he won the inaugural challenge last year at Joint Base Lewis-McChord, located in the state of

Washington.

“The major difference between last year’s challenge, and this year was maintaining the physical capacity to complete any task that came up,” said Fischer. “Hawaii’s heat, humidity and terrain drained all of your energy and made it harder to complete those tasks.”

Fischer said it is always rewarding to finish a field exercise and know he has the knowledge and technical expertise to perform and excel in combat situations. In addition, he said meeting new controllers within his field and going through the same exercises together helps build bonds which will help them if they are working together in the future.

The two-time Cascade Challenge champion said although he might be working with some of the participants in the future, he will still remain competitive and strive for a perfect record in future Cascade Challenges.

“If I am participating in future challenges, I most definitely plan to perform at my best,” said Fischer. “More than likely, I will be helping to train the team that will win the Cascade Challenge.”

Who'OKELE Online

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<https://www.cnmc.navy.mil/Hawaii>

Pearl Harbor-Hickam Highlights



Retired Army Col. Arthur Tulak, Military Order of Foreign Wars, talks with a guest Thursday about the 50th anniversary of the Vietnam War. Tulak provided information at the Pearl Harbor Visitor Center after the Pearl Harbor Colors presentation.

U.S. Air Force photo by Senior Airman Christopher Stoltz

(Below) Shyla Oliver, U.S. Army spouse, interprets for deaf family members at the scattering-of-ashes service for Pearl Harbor Survivor Daryl Finch. Jim Taylor, left, Pearl Harbor Survivor liaison, was the speaker for the ceremony. (Story and additional photos on page A-6.)

U.S. Navy photo by MC2 Laurie Dexter



Capt. Adolfo H. Ibarra, commanding officer, USS Port Royal (CG 73), was a featured speaker at a naturalization ceremony held aboard the Battleship Missouri Memorial on Sept. 17. (See next week's Hoʻokele for complete coverage.)

U.S. Navy photo by Brandon B. Bosworth



Participants of the second-annual Cascade Challenge receive a safety briefing before the live-fire stress shoot, held at Schofield Barracks, Sept. 9. The Cascade Challenge lasted three days and pitted nine two-man teams in a competition to test their combat skills, knowledge, and abilities specific to the Tactical Air Control Party mission.

U.S. Air Force photo by Senior Airman Christopher Stoltz



Members of Joint Base Pearl Harbor-Hickam's Honors and Ceremonial Guard present the U.S. Ensign at a ceremony marking the 14th anniversary of 9/11 held at Tamarind Park, Bishop Square, Honolulu, Sept. 11. The ceremony honored those who were lost on that fateful day in 2001 and also thanked Hawaii's first responders.

U.S. Navy photo by MC1 Meranda Keller

Members from both Naval Facilities Engineering Command (NAVFAC) and 647th Civil Engineering Squadron clear debris from a fallen tree at Joint Base Pearl Harbor-Hickam (JBPHH). Southern fringes of tropical storm Jijena brought heavy rainfall throughout the state, adding more moisture to the already saturated ground and causing trees to topple over.

U.S. Navy photo by MC1 Meranda Keller



Ash scattering ceremony honors Dec. 7 survivor

Story and photos by
MC2 Laurie Dexter

Navy Public Affairs
Support Element
Detachment Hawaii

Ashes of the late Pearl Harbor survivor Navy Chief Petty Officer Daryl L. Finch were scattered into the waters at the USS Utah Memorial on Ford Island, Joint Base Pearl Harbor-Hickam during a ceremony Sept. 9.

Finch was born Sept. 9, 1920 in Fairbanks, Iowa, making the day of the ceremony his 95th birthday.

He joined the U.S. Navy in 1938 and upon completion at Recruit Training Command, he received orders to the battleship USS Oklahoma (BB 37) in Pearl Harbor.

After spending time as a mess cook aboard the Oklahoma, he was sent to metal smith school and later was reassigned to the naval aviation supply center on Ford Island.

"He was very fortunate to have been at the supply center on Dec. 7," said Jim Tay-



lor, Pearl Harbor survivor liaison. "The USS Oklahoma had over 400 casualties that day."

During the morning of the 1941 Japanese attacks, Finch was in the medical clinic on Ford Island helping injured personnel.

According to Finch's daughter, Sandie Holstein, he didn't talk about the attack on Pearl Harbor. "We, the daughters, knew almost nothing about that time," said Holstein. "As far as his military service, he loved flying and he loved the Navy."

According to Holstein, her father was a sportsman. He loved hunting, fishing and playing golf.

Geri Erickson, Finch's daughter, said she was grateful for the ceremony.

"It's just amazing to me," said Erickson. "I'm so happy they were able to take care of and do what my dad wanted. So I just thank God, and I thank the Navy for being able to do this for us."

(Additional photo on page A-5.)

New program aims to drive down number of abandoned vehicles

Reid Tokeshi

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

In an effort to curb the number of abandoned vehicles left on Joint Base Pearl Harbor-Hickam (JBPHH), Morale, Welfare and Recreation (MWR) has developed a new vehicle removal program.

"JBPHH has seen a sharp rise in the number of on-base abandoned vehicles over the past three years," said MWR director, Mark Richards.

"Although there was a process to remove abandoned vehicles, there was no program for a POV (privately owned vehicle) owner to properly dispose of a vehicle in a relatively short period of time."

MWR's Auto Skills Center (ASC) at Moanalua is handling the vehi-



Photos courtesy of MWR Marketing
Without the Vehicle Removal Program, cars such as this could sit in lots on base for weeks or even months. (Inset) Vehicles bearing this sticker have been cited by security and are subject to tow.

cle removal program. Doug Ikeda, ASC manager described the process.

"Basically the customer calls the Moanalua Auto Skills Center and lets us know they want to get rid of their vehicle," he said. "They need to come in and fill out a request form, and then ASC takes it over to security so they can verify the registered owner of the vehicle."

If all the paperwork matches up, then we will contact the owner and set up a day for pickup. When we pick up the vehicle is when the customer signs the title over."

The owner will need to bring in their vehicle ownership papers, the latest vehicle registration and their military ID. A non-refundable \$10 processing fee will be required at the time the request form is turned in. Ikeda adds that if cars

are found to be particularly derelict and can't be towed by normal ASC means, then additional fees may be added.

The program's area of consideration is Joint Base Pearl Harbor-Hickam. Off-base locations that fall under JBPHH will be handled on a case-by-case basis and may include additional fees.

Ikeda said taking care of abandoned vehicles is a long process. He hopes this new program not only gives a military member a more convenient option to dispose of their vehicle, but will also lessen the load of security answering calls for cars left unattended on the base for months.

For more information on the vehicle removal program, call the Moanalua Auto Skills Center at 471-9072.

‘1 Small ACT’ can help

Navy Personnel Command

The “1 Small Act” message encourages simple yet meaningful interactions between peers, leaders and family members to support one another, promote early use of resources and prevent suicide.

“1 Small ACT” can make a difference and save a life. It’s about being there for every Sailor, every day.

Building resilience and preventing suicide requires all members of the Navy community to actively communicate with



each other. It can start with “1 Small ACT” to build trust and connect with peers, making sure they know they are never alone.

If you notice anything

out of the norm from your shipmate, one conversation—“1 Small ACT”—can open the door for support by breaking the silence and facilitating early intervention.

Suicide Prevention Month events scheduled

Joint Base Pearl Harbor-Hickam Public Affairs

A series of events have been scheduled in September to observe Suicide Prevention Month.

- An outdoor resiliency-building fun event for Sailors and Airmen will be held from 1 to 2:30 p.m. today at Earhart Field. The event will include a lifesaver relay, flag football, tug of war, ability course and team drills. The event is designed to build camaraderie through activities that promote humor, trust, confidence and problem solving.

- A friends and fun spaghetti lunch and billiards, part of Free Food Fridays, will be held from 11 a.m. to 1 p.m. today at the Beeman Liberty Center. The event is open to all single Sailors and Airmen.

- An express yourself karaoke event and Hawaiian dinner, part of Free Food Fridays, will be held from 5 to 7 p.m. Sept. 25 at the Beeman Liberty Center. The event is open to all single Sailors and Airmen.

- A Joint Base Morale, Welfare and

Recreation 5K buddy run and resiliency fair will begin at 8 a.m. Sept. 26 at Hickam Fitness Center. The event is open to all Department of Defense personnel, families and retirees. Pets are allowed. Awards will be provided to the first place winner in men’s, women’s, youth boys, youth girls, and men’s and women’s stroller categories. Community support resources will be on site to provide information about services available.

For more information, visit www.greatlifehawaii.com or call 448-2214.

- An ASIST (Applied Suicide Intervention Skills Training) workshop will be held from 8 a.m. to 4 p.m. Sept. 30-Oct. 1 at Pearl Harbor Memorial Chapel. Participants can learn suicide first aid skills to help pull someone out of the “river of suicide.” The workshop is designed to offer skills to better care for those with thoughts of suicide. It is open to all adult military, civilian and family members. Pre-registration is required.

For more information, email rebecca.miranda@navy.mil.

Events observe POW/MIA

Joint Base Pearl Harbor-Hickam Public Affairs

POW/MIA Memorial Week commemorations at Joint Base Pearl Harbor-Hickam and the National Memorial Cemetery of the Pacific (Punchbowl).

- A name reading will be held today from 6 a.m. to 6 p.m. at Missing Man Formation.

- A closing ceremony will begin at 7 a.m. today at Atterbury Circle.

This is a time of remembrance for those who were held prisoner and those who have yet to come home. Members of the JBPHH community are welcome to par-



ticipate, including as volunteers.

For more information, call Tech. Sgt. Mary Witherow at 448-1428, Master Sgt. Amy Mendonca at 449-8775 or Tech Sgt. Rudy Mendez at 448-1231.

- A Defense POW/MIA Accounting Agency remembrance ceremony will begin at 10 a.m. today at the National Memorial Cemetery of the Pacific (Punchbowl). For more information, call 488-1935.

Hispanic Heritage events ‘energize’ October

Joint Base Pearl Harbor-Hickam

Hispanic Heritage Month will be observed from Sept. 15 to Oct. 15. This month’s theme is “Hispanic Americans: Energizing our Nation’s Diversity.” A Hispanic Heritage Month event will be held from 10:30 to 11:30 a.m. Oct. 1 at the Hickam Chapel Center multipurpose room, Joint

Base Pearl Harbor-Hickam (JBPHH). The event will include keynote speakers Cmdr. Dennis Mojica and Master Chief Adeline Lopes. Live entertainment featuring Latin music and historical information will be provided.

In addition, a special Hispanic Heritage Month luncheon will be served from 11 a.m. to 12:30 p.m. Oct. 7 at Silver Dolphin

Bistro. A free Zumba class will also be held Oct. 9 from 6:30 to 7:45 a.m. at the Missing Man Formation Memorial, JBPHH.

For more information, on the Oct. 1 event at the Hickam Chapel Center., contact Chief Fruji 'Ken' Mills at 473-4087 or email at fruji.mills@navy.mil or Anna General at 473-0405 or by email at annamarie.general@navy.mil.

To report...

Fraud, Waste or Abuse

CONTACT COMMANDER, NAVY REGION HAWAII INSPECTOR GENERAL

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STORY IDEAS?

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

Phone: (808) 473-2890 or 473-2895

Email: editor@hookelenews.com

Life&Leisure

USS Missouri fires a salvo from forward turrets during bombardment operations off Korea in February 1951.

U.S. Navy photo

Mighty ‘Mo’ all decked out

MC1 Mark Logico

Defense Media Activity

Teak sounds descriptive of some nice furniture — perhaps a dining table — not a word associated with the survivability of a Navy warship.

However, when applied, the teak wood aboard a battleship had several duties to accomplish. It's not just merely decoration. It had purpose.

An active battleship had a large amount of gun-powder that had to be transported on and off of the ship. A steel floor could lead to metal-on-metal scraping, which could potentially create sparks, thus fires.

Teak served as insulation. A battleship had a vast area of deck, 1.2 acres in fact in the case of USS Missouri (BB-63), and the sun can beat on it constantly. The ship had no air-conditioning, so the spaces below would get extremely hot.

On Sept. 2, 1945, the teak wood served another purpose as it functioned as the platform for the formal end of WWII. The teak wood stood witness to history as representative of the Empire of Japan walked on it and formally signed the surrender documents.

Much of that wood is gone now, but the memory and the significance of its history still remain.

Luckily, David Hamilton, teak deck preservation supervisor aboard the Battleship Missouri Memorial, is there to preserve this memory from fading. Leading a team of volunteers, wood workers and builders, he said it was a dream come true.

“Every day I come here, I feel excited,” Hamilton said. “It gives me a sense of satisfaction that I’m helping preserve a piece of history. A lot of our volunteers are motivated by the historic aspect of working aboard a ship of this pedigree of historic achievement,” he added.

According to Hamilton, those who don’t remember the past are condemned to repeat it.

“It’s a Navy tradition. It’s history. Teak decks have been put on battleships and cruisers for decades and it’s part of the history of the Navy,” Hamilton said. “You see in some of our displays of men holy stoning the deck to keep them looking nice.”

Hamilton said the teak deck project is probably the most expensive project this ship has. “We’ve been doing it full speed for three years, and it’s going to take another three years to finish the main deck.”



Photos by MC1 Mark Logico and MC1 Timothy Godbee

Above, the crew work on Battleship Missouri Memorial new teak deck. At left, supervisor David Hamilton is in the workshop. At right, workers scrape paint off a section of the old deck.



This vintage 1950s photo shows Sailors using holy stones to buff the the deck or the USS Missouri.

U.S. Navy Photo



BEFORE



AFTER

HIANG affirm grip on top spot in Blue Division

Story and photo by
Randy Dela Cruz

Sports Editor, Ho’okele

In the end, all of the stats will show that the Hawaii Air National Guard (HIANG) completed another two-set sweep to continue their amazing run of consecutive-set victories.

However, what the stat sheet won’t reveal is that their matchup against the also previously undefeated Pearl City Peninsula (PCP) was no walk in the park.

Perhaps for the first time this season, the HIANG’s perfect-set streak was in serious jeopardy, when PCP pushed the defending champions to the brink, but fell, 25-18 and 25-21, on Sept. 16 in a showdown of the final two undefeated teams in the Blue Division at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

“It feels good,” said HIANG captain Tech. Sgt. Stephen Lorenzo. “We made plenty mistakes, but it feels like we put it together. I hit a lot of balls out, but it feels good when the other guys can pick up the slack.”

At first, it seemed like the much anticipated game might turn out to be another ho-hum win for the HIANG as the team controlled the early portion of the first set to build up an 18-10 lead.

Later, a kill by Airman 1st Class Shane Hipo put the lead into double digits at 22-12, which suggested the beginnings of a quick end for PCP.

With only three more points separating the HIANG from taking the first set, the game slowly started to turn in favor of PCP.

A kill by Logistics Specialist 2nd Class Greg Shedlock for a side-out got the lead down to nine at 24-15.

Holding service, PCP strung together another three points in a row before Hipo put an end to the comeback with a kill at the net.

After the scare in the first set, HIANG, led by



HIANG hitter Airman 1st Class Shane Hipo bashes the ball for a kill in the first set against PCP.

Lorenzo with a kill and block, opened the second set on fire and got out to a 4-0 advantage.

This time, though, PCP wasn’t about to let the set get away so fast.

Back-to-back kills by Navy Diver 1st Class Mark Larribas cut the lead into half at 4-2, and then a few serves later, a block by Navy Diver 2nd Class Andy Engelhardt and a hitting error by the HIANG tied the set up at 11-11.

After 10 more serves, the set remained tied at 16-16,

but as if awakening a sleeping giant, the HIANG rose to the occasion like they have done from many past seasons.

A tap from the backcourt by Tech. Sgt. Alika Kaahanui found open space on the PCP side of the net to take a 17-16 advantage.

Three forced hitting errors by PCP and a kill by Lorenzo followed the kill by Kaahanui and the HIANG was off winning their 11th game against no defeats.

Lorenzo said that

although the team had starters, such as Navy Lt. Chuck Wood and Senior Airman Braden Park, on the bench when the teams were tied at 16-16, he purposely kept them out in order to give a few backups some playing time under pressure.

“I had some comments that I should have made some changes,” Lorenzo admitted. “But I wanted to make sure that the guys I was playing got needed playing time. That teaches them to fight through it. If

the strong are always in, that hurts the team in case somebody gets hurt.”

While Larribas said that the HIANG was a great team, he felt that it was a few uncharacteristic errors by PCP that really cost them the game.

If the teams meet again in the playoffs, Larribas said that he feels good about PCP’s ability to hang with the HIANG and may even pull off a couple surprises.

“I think we can definitely compete with this team,” he

said. “If we just keep working on the basics and fundamentals, we can give them (HIANG) a run for their money.”

Lorenzo said he welcomes the challenge and even though PCP put up a tough fight, it does nothing to change the ultimate goal of the HIANG.

“It did open our eyes, but it doesn’t change our plan,” said Lorenzo who wants to repeat as champs. “The less mistakes we make, the better chance for us to win.”



Patrons enjoy Hickam Beach.

U.S. Navy photo

Stay cool and prevent heat-related illness

Brandon Bosworth

Assistant Editor Ho’okele

According to the National Weather Service, the temperature in Honolulu hit 93 degrees three times last month, tying the record for the hottest daily temperature in August. Honolulu also tied the daily high temperature twice last month and has reached 90 degrees on 44 different days this year, the sixth most on record.

The unusually hot weather can put individuals at risk for heat-related illnesses, such as heat stroke. According to the Centers for Disease Control and Prevention (CDC), from 1979-2003, excessive heat exposure caused 8,015 deaths in the United States. During this period, more people in this country died from extreme heat than from hurricanes, lightning, tornadoes, floods and earthquakes combined.

People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating, but sometimes sweating doesn’t cool the body sufficiently. In such cases, a person’s body temperature rises rapidly, and very high body temperatures may damage the brain or other vital organs.

The CDC offers several tips on preventing heat-related illnesses:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don’t wait until you’re thirsty to drink.
- Don’t drink liquids that contain alcohol or large amounts of sugar.
- These actually cause you to lose more body fluid. Also, avoid very cold drinks because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library
- Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- Never leave anyone in a closed, parked vehicle.
- Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others.

Check regularly on:

- Infants and young children.
- People aged 65 or older.
- People who have a mental illness.
- Those who are physically ill, especially with heart disease or high blood pressure.
- Visit adults at risk at least twice a day, and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children need much more frequent watching.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels).

Bulls open with impressive win over Na Kai Koa

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Ready or not, when the whistle blares across the playing field to signal the start of a game, both teams better be prepared to bring their best.

In the season opener of the 2015 Joint Base intra-mural flag football season on Sept. 15, the 647th Civil Engineer Squadron (647 CES) Bulls showed the Maintenance Group (MXG) exactly what happens when one team is at full strength and the other isn't.

Missing a punter and a long-snapper, the MXG not only were on the losing end of field positioning, but also ended up getting trounced by a solid Bulls squad, 25-0, in a Red Division game at Ward Field, Joint Base Pearl Harbor-Hickam.

Working with a short field for most of the game, Bulls quarterback Staff Sgt. Chris Miranda was superb in avoiding the pass rush and connecting with three different receivers to score four touchdowns.

Miranda, who hadn't practiced with the team because of a tryout with the All-Air Force softball team, showed up in time for the Bulls season opener and wasted little time in picking up right he left off in 2015, when the QB led the team to the second round of the playoffs.

"We were sweating because he's (Miranda) been gone," said Bulls coach Senior Airman Jakhiry Pickett. "We thought he was going to get picked up with the Air Force softball team. He didn't make the cut, but fortunately, we got him for the season."

Having a QB like Miranda is dangerous enough, but when given the opportunity to work with a short field, he is absolutely deadly.

Early in the first half, the MXG were pinned deep in their own territory, but because the team was missing two key players on its kicking game, the MXG had no choice but to gamble on fourth down and six yards to go from their own 14.

After the Bulls defense



Staff Sgt. Chris Miranda, quarterback for 647th Civil Engineer Squadron (647 CES) Bulls, rolls to the right to prepare to throw a pass. Miranda threw for four touchdowns to lead the Bulls to victory.

stopped the MXG on downs, the 647 handed the ball over to Miranda, who needed only two plays to strike pay dirt.

On second down from the 14, Miranda rolled out to his right and then delivered a spiral to Staff Sgt. Joseph Torres, who made the catch and covered the final seven yards on his own for a 6-0 lead.

Then just before halftime, MXG gave up the ball on their own 17, and Miranda

made them pay for the short field one more time.

On the first play from scrimmage, Miranda ran an option to the right and delivered a perfect pitch to Senior Airman Ty Robinson for another six points before tacking on the point after touchdown (PAT) for a 13-0 lead at intermission.

In the second half, MXG got the ball moving, but saw their first drive of the game come to a halt at their own 39.

While the ball was near midfield, Miranda needed only five plays to cover the distance and led the Bulls to their third touchdown of the night.

This time, Miranda completed a short three-yard pass into the hands of Senior Airman Josh Smith for the score a 19-0 advantage.

Finally, with time running out, Miranda found Robinson again on a 10-yard scoring strike that ended the game at 25-0 due to the league's

two-minute mercy rule.

MXG quarterback Tech. Sgt. Kenneth Travis admitted that the team wasn't at its strongest but pointed out that the Bulls were a tough team to play against in the season opener.

Still, Travis felt confident that the team would get better, and he even has high hopes that the MXG will outdo its 6-4 record from last season.

"This team that we played against is one of the

best teams in the league," Travis noted. "But we got brand new Airman out here trying to learn. Give us two or three weeks and we'll make better news."

While it seems that the Bulls couldn't have asked for a better start, Pickett said that the team isn't even close to its potential.

"This was far from satisfactory," he stated. "We lost in the second round last year, we want the whole thing this year."

Man O Wars get late scores to defeat 690th COS

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

After a disappointing season last year, the players of Bellows Air Force Station's Man O Wars have dedicated themselves to turning things around.

Judging from the way they played in their 2015 season opener, a 14-12 win over the 690th Cyberspace Operations Squadron (690 COS) on Sept. 15 at Ward Field, Joint Base Pearl Harbor-Hickam, the players may have found the right formula for a winning season.

Led by quarterback Senior Airman Daniel Cohill, Man O Wars took the lead from the COS at the end of the first half and again near the end of the game to complete the come-from-behind victory in the Red Division.

"It was a big disappointment last year," Cohill admitted. "We only won two games. When I took the quarterback job this year, I basically told my teammates that I'm going to do everything in my power to make us win, but I'm going to need them because I can't run every play."

The promise and commitment by Cohill and his teammates allowed the team to keep strong and steady despite falling behind early in the game.

The 690 got the opening snaps and wasted little time in moving the ball, picking up three first downs



Man O Wars quarterback Senior Airman Daniel Cohill gets set before throwing for the game-winning touchdown.

in a row to position themselves in Man O Wars territory.

The fast start translated into six points when quarterback Senior Airman William Costa located Staff Sgt. Chris Terrell on a fly pattern down the left sideline and hit the wide receiver

in stride for the touchdown.

The 690 appeared to be all set to take a 6-0 lead into halftime, but Cohill got the ball on his own 29 and led Man O Wars on a nine-play drive that was punctuated by a four-yard scoring toss to Master Sgt. Shane

Sheppard to tie the score.

Man O Wars then converted on their point after touchdown (PAT) to go into halftime with a 7-6 lead.

Sheppard, who fought off a hoard of defenders to make the clutch grab for six, said that touchdown went along way towards

giving the team the confidence it needed to stay in the fight.

"It was crucial because we were down, and we needed some kind of momentum," he said. "That made it much better for us."

In the second half, the defensive tone set by both

squads started to take over as neither team seemed to be able to gain traction with time ticking away.

A clutch scoring pass by Costa put the COS back out in front at 12-7, but like they did in the first half, Man O Wars still had one final drive left in their tank.

Starting at their own 15, Man O Wars got in the red zone with under a minute remaining on the clock.

Then on second down at the COS eight, Cohill lofted a floater to the corner of the right end zone intended for Sheppard.

Sheppard, who already had one touchdown to his credit, dove for the ball and made an acrobatic catch in the end zone for the game-winning score.

"I told our quarterback that I'm going to go short, and then I was going to cut in and cut out," Sheppard said. "I told him just put it up there where I could get it and that's what he did."

Although the team has gotten off to a good start with a win on day one, Sheppard said that there is a lot more to be done before they can put the bad memory of last season behind them.

While Sheppard said that making the playoffs is the team's first priority, Cohill said it's never too early to start dreaming big.

"The big dream is to win the trophy and put it up at Bellows," Cohill said. "Bellows doesn't have any athletics trophy. I want to be the first one to put it there."

Your Weekly Fun with MWR

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



JBPHH celebrates Labor Day with Shinedown concert

Reid Tokeshi

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

Rock group Shinedown performed a Labor Day concert at Joint Base Pearl Harbor-Hickam on Sept. 7. more than 3,000 fans were in attendance, both in front of the stage and in the standing room only area.

Over the course of 90 minutes, the band performed songs such as “Second Chance”, “If You Only Knew” and “Sound of Madness”. Fans also had a taste from Shinedown’s upcoming album “Threat to Survival” with the first release “Cut the Cord.”

Lara Katine, of MWR Special Events, called the show “amazing.”

“This show was extremely high energy from start to finish,” she said.

Katine said the entire band connected with the crowd throughout the show. At one point lead singer Brent Smith even left the stage and ran through the crowd.

“They had the audience jumping and clapping,” said Katine. “They put on an incredible show and the sound was top quality.”

By Katine’s estimates, approximately 3,500 people attended the concert. The numbers were encouraging, considering the threat of heavy rain in the week leading up to the event. Katine said the weather may have impacted attendance, but those who came appeared to thoroughly enjoy the show.

As the concert neared to a close, the audience started calling out for one of the band’s biggest hits. Shinedown responded, ending the concert with “Simple Man,” with Smith leading the crowd in singing the chorus together.

Before finally leaving the stage, the band showed their appreciation by tossing souvenir drum sticks and other items into the crowd. Katine said she wasn’t surprised, noting that the band members were all “very gracious, humble and kind people.”

“There are lots of military background in the families of the performers, so they truly wanted to give back,” she said.



MWR Marketing photos

Top, Shinedown played and entertained for 90 high-energy minutes. Bottom, crowds gathered early for the Shinedown concert as the sun peeked through the clouds.

SEPTEMBER

HAWAII NAVY BALL TICKETS

NOW — Tickets for the 2015 Hawaii Navy Ball are now on sale. The event will be on Oct. 17 at the Sheraton Waikiki. Uniform for the ball will be dress whites. Options for the meals will be a chicken/beef plate and a vegetarian plate. The event is open to all military, Department of Defense civilians and contractors. Prices for tickets are follows: E1 to E4 is \$40, E5 to E6 is \$55, E7 to O4 (GS-13 and below) is \$80, and O5 (GS-14) and above is \$90. FMI: BM1 Garrett Bowman at 223-2142 email garrett.a.bowman@navy.mil or BMC George Glover at George.glover@navy.mil.

USS ARIZONA MEMORIAL RESTORATION

NOW — The National Park Service has begun restoration work to the USS Arizona Memorial, and work will continue until at least Nov. 3. The memorial will remain open during normal business hours from 8 a.m. to 4 p.m., and visitors will be impacted minimally while the flooring is restored in sections. The flooring in the shrine room will require extensive work and is closed until Sept. 21. Visitors will not be able to enter the room during this time but will be able to view the ongoing construction from the doorway.

RESILIENCY-BUILDING EVENT

TODAY — An outdoor resiliency-building fun event for Sailors and Airmen will be held from 1 to 2:30 p.m. at Earhart Field. The event will include a lifesaver relay, flag football, tug of war ability course and team drills. The event is designed to build camaraderie through activities that promote humor, trust, confidence and problem solving. FMI: Rebecca.miranda@navy.mil.

SPAGHETTI AND BILLIARDS

TODAY — A friends and fun spaghetti lunch and billiards, part of Free Food Fridays, will be held from 11 a.m. to 1 p.m. at the Beeman Liberty Center. The event is open to all single Sailors and Airmen. FMI: Rebecca.miranda@navy.mil.

BEACH CLEAN-UP

SATURDAY — Volunteers are requested for International Coastal Clean-up day scheduled for 9 a.m. at Nimitz Beach. Sailors, Airmen and their families are invited to volunteer in this environmental outreach event to help beautify the community. FMI: call Fawn at (503) 750-6103.

KARAOKE AND HAWAIIAN DINNER

25 — An express yourself karaoke event and Hawaiian dinner,

part of Free Food Fridays, will be held from 5 to 7 p.m. at the Beeman Liberty Center. The event is open to all single Sailors and Airmen. FMI: email Rebecca.miranda@navy.mil.

BUDDY RUN, RESILIENCY FAIR

26—A Joint Base Morale, Welfare and Recreation 5K buddy run and resiliency fair will begin at 8 a.m. Sept. 26 at Hickam Fitness Center. The event is open to all Department of Defense personnel, families and retirees. Pets are allowed. Awards will be provided to the first place winner in men’s, women’s, youth boys, youth girls, and men’s and women’s stroller categories. Community support resources will be on site to provide information about services available. FMI: www.greatlifehawaii.com or 448-2214.

ASIST TRAINING WORKSHOP

SEPT. 30-OCT. 1 — An ASIST (Applied Suicide Intervention Skills Training) workshop will be held from 8 a.m. to 4 p.m. at Pearl Harbor Memorial Chapel. Participants can learn suicide first aid skills to help pull someone out of the “river of suicide.” The workshop is designed to offer skills to better care for those with thoughts of suicide. It is open to all adult military, civilian and family members. Pre-registration is required. FMI: rebecca.miranda@navy.mil.

OCTOBER

NATIONAL PUBLIC LANDS DAY

3 — Volunteers are needed for National Public Lands Day from 9 a.m. to noon at the Loko Pa’aiau Fishpond at Joint Base Pearl Harbor-Hickam. Volunteers will clear the area of debris, remove invasive mangrove seedlings and put in native plant species. Those interested in participating should sign up by Sept. 30. FMI: patricia.colemon@navy.mil or 473-0369.

PINK RUN

7 — A free two-mile pink run celebrating Breast Cancer Awareness Month will be held at the Pearl Harbor Navy Exchange parking lot. Registration will begin at 6:15 a.m. and the run will begin at 7 a.m. Authorized patrons are invited to wear pink and spend the morning getting exercise, winning prizes and trying healthy food samples. The event is sponsored by NEX, the Defense Commissary Agency and Naval Health Clinic Hawaii. FMI: 423-3287 or Stephanie.Lau@nexweb.org.



SHAUN THE SHEEP

When Shaun decides to take the day off and have some fun, he gets a little more action than he bargained for. A mix up with the farmer, a caravan, and a very steep hill lead them all to the big city, and it's up to Shaun and the flock to return everyone safely to the green grass of home.

Movie Showtimes

SHARKEY THEATER

TODAY 9/18

7:00 PM The Gift (R)

SATURDAY 9/19

2:30 PM Shaun The Sheep Movie (PG)

4:40 PM Fantastic Four (PG)

7:00 PM Straight Outta Compton (R)

SUNDAY 9/20

2:30 PM Shaun the Sheep Movie (PG)

4:40 PM Ricki and the Flash (PG)

6:50 PM The Man from U.N.C.L.E. (PG-13)

THURSDAY 9/24

7:00 PM Fantastic Four (PG-13)

HICKAM MEMORIAL THEATER

TODAY 9/18

6:00 PM Fantastic Four (PG-13)

SATURDAY 9/19

4:00 PM Shaun the Sheep (PG)

7:00 PM The Man From U.N.C.L.E. (PG-13)

SUNDAY 9/20

2:00 PM Fantastic Four (PG-13)

THURSDAY 9/24

7:00 PM Pixels (PG-13)



My Favorite Photo...



Photo by Blair Martin Gradel

Lucas Gradel, age 4, tries to stay dry during an early morning outing with family at the Army and Air Service (AAFES) Base Exchange at Joint Base Pearl Harbor-Hickam. Oahu has experienced heavy rainfall for the past few weeks during this current hurricane season.

Do you enjoy taking pictures and have a favorite photo? Would you like to see it featured in Ho'okele? Here is your opportunity. Along with your photo, please send a little bit of information about the photo, such as where it was taken or any interesting 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 drobbins@hookelenews.com.

Break the fast: consuming a healthy breakfast

Sally Vickers and
Leisha Ferguson

Navy and Marine Corps
Public Health Center

For many years, we've heard, "Eat your breakfast, because it's the most important meal of the day." Although this has been instilled in many of us, there are also those individuals who choose to skip breakfast for various reasons.

The benefits of eating breakfast for adults and children

Why eat breakfast? Eating breakfast gives your body calories to burn, jump starting your metabolism, and giving you energy to get your day started.

A good rule of thumb is to fuel up on breakfast soon after waking up each morning. You have rested and fasted throughout the night, and your blood sugar levels are naturally low when you first get up, so eating a healthy breakfast will raise those levels and keep them up until your mid-morning snack. Eating breakfast keeps you from having that early mid-morning energy crash.

Research shows breaking an overnight fast with a balanced meal can make a major difference in overall health and well-being, especially for children and teens. When comparing children who eat breakfast regularly with those who do not eat breakfast on a



Photo courtesy of Defense Commissary Agency

Breakfast cereal is an easy-to-prepare morning food.

regular basis, or skip breakfast altogether, eating breakfast regularly was shown to have a beneficial effect on attention span, memory and school achievement.

Eating breakfast also helps curb hunger and overeating later in the day. Skipping breakfast leads to eating more calories through the day and later at night. While not eating breakfast may lead to weight loss, it will also lead to lower energy levels and decreased physical and mental performance, which may then cause problems with job performance.

Barriers and solutions for not eating a healthy breakfast

Think of breakfast as a way to fuel your body first thing in the morning.

- "I'm not hungry." Start your day with a cup of 100 percent fruit juice and a piece of whole wheat toast. Later, eat a mid-morning snack, such as a hard-boiled egg or low-fat or fat-free yogurt.

- "I don't have enough time in the morning." Stock your kitchen with easy-to-prepare foods such as breakfast cereal, instant oatmeal, whole grain toaster waffles, yogurt and fresh fruit.

- "I'll gain weight." There is no evidence to support the belief that eating breakfast will make you gain weight. In fact, skipping meals has shown to lead to overeating at snack time or the next meal.

- "I don't like breakfast foods." Breakfast can be any food you enjoy. A slice of leftover veggie pizza, bowl of soup, or leftovers all make a good breakfast.

Try these tips for a healthy breakfast

Breakfast should include protein, a high fiber carbohydrate, and fruits and/or veggies.

Go lean with your protein choices. A few good choices are a tablespoon of peanut butter, scrambled or boiled egg, or lean deli meat and low-fat cheese on whole wheat toast.

Add whole grains. They

provide an extra nutrition punch because they contain fiber, which may reduce your risk of heart disease, certain types of cancer, diabetes and other health problems. They also tend to digest more slowly, providing a feeling of fullness for a longer period of time. This includes foods such as whole grain cereals like oatmeal, whole-grain breads, brown rice and hominy (grits).

Breakfast is the perfect time to enjoy produce, and it's easy to pack if you're on the go. You can top your cereal or yogurt with fruit, such as bananas, pears, apples, melon or grapefruit.

What about veggies? Try chopped veggies in an omelette or a refreshing glass of 100 percent vegetable juice. Make it a routine. Get organized the night before, keep breakfast simple, and you can also pack it to go.

(For more information, visit the Defense Commissary Agency website at www.commissaries.com.)

STORY IDEAS?

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

Phone: (808) 473-2890/2895

Email: editor@hookelenews.com



Program assists Gold Star Families

Gold Star Program

The Gold Star program assists Gold Star Families — those whose military members have died while on active duty. Personnel eligible to participate in the program include the widow, parents and the next of kin. The term “widow” includes widower; the term “parents”

includes mother, father, stepmother, stepfather, mother through adoption, father through adoption, and foster parents who stood in loco parentis. The term “next of kin” only includes children, brothers, sisters, half-brothers and half-sisters, and the term “children” includes stepchildren and children through adoption. The program provides

support for family members through a very difficult time, helping them build resilience and establish a new normal. Gold Star Families will be able to connect with support groups and grief counselors. The Gold Star program will provide Gold Star Families a level of long-term assistance and support not previously avail-

able through the Navy. It is enhanced with the active participation of new Gold Star region and installation coordinators, which are the lead agents for actions within the long-term casualty supporting process. *(For more information, call the Joint Base Pearl Harbor-Hickam Military and Family Support Center Gold Star liaison at 474-1999.)*

All Hawaii NEX locations ‘plastic bag ban ready’

Navy Exchange Pearl Harbor

The Navy Exchange Pearl Harbor is officially plastic bag ban ready. As a U.S. Department of Defense entity, NEX is not required to comply with the state of Hawaii ban. However, in order to contribute to Hawaii’s environmental objectives, the NEX has chosen to voluntarily comply with Chapter 9, Article 9 of the Revised Ordinances of Hawaii ban on plastic bags. All of the compostable bags available at all NEX Hawaii locations have met the U.S. standards and specifications set by the American Society for Testing and Materials (ASTM) D6400. In addition to offering biodegradable bags, NEX will also continue to encourage customers to use their own reusable bags as well as provide a wide range of styles for purchase. *(For more information on NEX, visit mynavyexchange.com.)*



Photo by Stephanie Lau

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

JBPHH to celebrate diversity with Hispanic Heritage Month events

This year’s theme for Hispanic Heritage Month is “Hispanic Americans: Energizing Our Nation’s Diversity.”

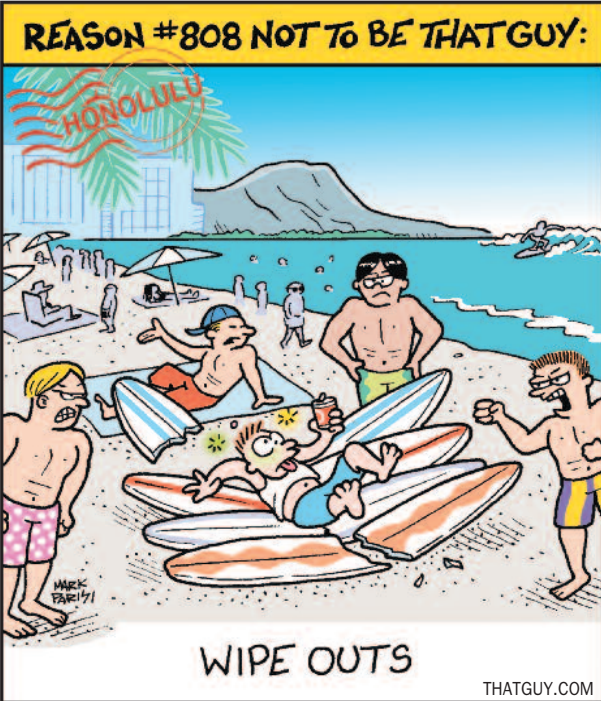
- A Joint Base Pearl Harbor-Hickam Hispanic Heritage Month observance will be held

from 10:30 to 11:30 a.m. Oct. 1 at the Hickam Chapel Center, multipurpose room, building 1750. Guest speakers will be Cmdr. Dennis Mojica and Master Chief Culinary Specialist Adeline Lopes. The event will feature

entertainment and historical information.

- A Hispanic-themed special meal will be served from 11 a.m. to 12:30 p.m. Oct. 7 at the Silver Dolphin Bistro.
- A free Zumba class will be held from 6:30 to

7:40 a.m. Oct. 9 at the Missing Man Formation Memorial in conjunction with Hispanic Heritage Month. *(For more information, contact Chief Fruji “Ken” Mills at 473-0405 or Anna General at 473-0405.)*



Upcoming blood drives



- Sept. 23, 9 a.m. to 1 p.m., Pearl Harbor Memorial Chapel, Joint Base Pearl Harbor-Hickam.
 - Sept. 29, 11 a.m. to 3 p.m., Pearl Harbor Navy Exchange main entrance.
- The following are a few basic requirements that must be met in order to donate blood with the ASBP. In general, donors need to:
- Have not donated blood previously within the last eight weeks.
 - Weigh at least 110 pounds.
 - Be at least 17 years of age.
 - Have been feeling well for at least three days prior to donating.
 - Be well hydrated and have eaten something prior to donating.
 - Have picture ID and know when/where you have traveled.
 - Be able to list the types of medications currently being taken.
- (For more info, contact Michelle Lele-Himalaya, Armed Services Blood Program, Tripler Army Medical Center, at 433-6699 or email Michelle.Lele.civ@mail.mil.)*

‘Navigate’ to Ho’okele website

www.hookele.com or www.cnic.navy.mil/hawaii