

Japanese ships make port visit



U.S. Navy photo by MC2 Jeff Troutman
Line handlers receive a mooring line from Japan Maritime Self-Defense Force (JMSDF) guided missile destroyer JS Ashigara (DDH 178) as the ship pulls pier-side into Joint Base Pearl Harbor-Hickam Sept. 23 after completing multilateral exercise Dawn Blitz 2015 in San Diego. Dawn Blitz is a scenario-driven exercise led by U.S. 3rd Fleet and 1st Marine Expeditionary Force that tested participants in the planning and execution of amphibious operations through a series of live training events.



Japan Maritime Self-Defense Force (JMSDF) guided missile destroyer JS Ashigara (DDH 178) pulls pier-side into Joint Base Pearl Harbor-Hickam.
U.S. Navy photo by MC2 Jeff Troutman

America welcomes new citizens at naturalization ceremony on ‘Mighty Mo’

Story and photo by
Brandon Bosworth

Assistant Editor, Ho`okele

More than 60 immigrants from 19 nations became U.S. citizens during a naturalization ceremony held Sept. 17 on the deck of the historic Battleship Missouri Memorial.

United States District Court Chief Judge Susan Oki Mollway presided and administered the Oath of Allegiance required of new citizens.

Capt. Adolfo H. Ibarra, commanding officer of USS Port Royal (CG 73), spoke at the ceremony. Ibarra is originally from Honduras and immigrated to the U.S. in 1980, settling in Hillburn, NY. Following completion of the Naval Academy Preparatory School, he graduated from the U.S. Naval Academy with a bachelor of science degree in history and was commissioned in 1992.

“In becoming citizens of the United States, you are showing your own commitment to upholding the ideals, values and responsibilities of being an American,” Ibarra said to



New citizens take the Oath of Allegiance to the United States during a naturalization ceremony held Sept. 17 on the Battleship Missouri Memorial. (Additional photo on page A-5.)

the 63 new citizens.

“For you, Constitution and Citizenship Day will no longer be a date in the calendar. Just like my mother, my sister and I celebrate August as our second birthday, Sept. 17, 2015 will be your second birthday. Always cherish the date and make the American dream a reality for you and your families,” Ibarra said.

This is the Oath of Allegiance that people take when becoming American citizens:

“I hereby declare, on oath, that I absolutely and entirely renounce and abjure all allegiance and fidelity to any foreign prince, potentate, state, or sovereignty, of whom or which I have heretofore been a subject or citizen; that I will support and defend the Constitution and laws of the United States of America against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I will bear arms on behalf of the United States when required by the law; that I will perform noncombatant service in the Armed Forces of the United States when required by the law; that I will perform work of national importance under civilian direction when required by the law; and that I take this obligation freely, without any mental reservation or purpose of evasion; so help me God.

Remembrance run concludes POW/MIA Week

Airmen from the 25th Air Support Operations Squadron run in formation from Earhart track to Atterbury Circle at the conclusion of the 24-hour Prisoner of War and Missing In Action remembrance run held Sept. 18 at Joint Base Pearl Harbor-Hickam. The run was organized by the 25th Air Support Operations Squadron as a part of POW/MIA week and National POW/MIA Day. Every year the nation pauses on the third Friday of September to remember the sacrifices and service of prisoners of war. There are 83,344 Americans still unaccounted-for across the Defense Department. (Additional photos on page A-5.)

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



Service members learn about ‘Courage to ACT’
See page A-2



2015 CFC kicks off at JBPHH, runs through Nov. 20
See page A-2



Suicide Prevention Month events scheduled
See page A-3



Hispanic Heritage events ‘energize’ October
See page A-3



Local chefs shine at culinary competition
See page A-4



Special delivery
See page B-1

Service members learn about ‘Courage to ACT’

MC3 Katarzyna Kobiljak

Navy Public Affairs Support
Element Detachment Hawaii

“Why do we fall? So we can pick ourselves up.” Dr. Mary Bartlett posed that question and answer to service members and their families during a resilience/suicide awareness training held Sept. 18 at Sharkey Theater at Joint Base Pearl Harbor-Hickam.

“Take a good look around,” Bartlett said to the audience. “One in six people will think briefly about committing suicide during their lifetime. Whether those people act on that thought or not depends on the circumstances.”

Bartlett, a licensed professional counselor with 18 years of experience in behavioral health, focused her presentation on teaching strategies to prevent suicide and talked about a different approach by the Department of Defense for suicide prevention training.

Suicide prevention training has changed over the years, and now military members are encouraged to incorporate resilience training



U.S. Navy photoby MC3 Katarzyna Kobiljak

Dr. Mary Bartlett, a master trainer for the Suicide Prevention Resource Center, conducts a resilience/suicide prevention training at Sharkey Theater at Joint Base Pearl Harbor-Hickam.

into their on and off-duty activities, which will help to build a more capable, effective and mission-ready workforce.

“Life throws us curves and all

of us will have to face adversity, but resilience is our capacity to bounce back from whatever happens in our life,” Bartlett stressed.

Instead of focusing on weaknesses, military members should focus on their strengths, she said. If we are connected, flexible, hopeful and grateful, the chances

are we will be able to help lift up our brothers and sisters in arms,” she said.

The training was a part of the Navy’s “One Small ACT” campaign, and it was open to all ranks and branches of military.

“I really like that theme because it’s empowering,” said Lt. Rebecca Miranda, a social worker and a suicide prevention program manager for the Military Family Support Center at Joint Base.

“I feel hopeless when I hear about statistics and suicide. We keep pondering the stories of why somebody committed suicide, but we should shift our focus to what we can do to prevent it from happening,” she said.

Miranda said that when we see our shipmates struggle and we know they are acting out of the ordinary, we need to have the courage to ask the question, “Are you going to kill yourself?”

“Asking is the hardest thing,” said Miranda. “We all have problems and we all have issues, but we also have each other.”

(For more information about suicide prevention, contact Miranda at 474-0045 or rebecca.miranda@navy.mil.)

2015 CFC kicks off at JBPHH, runs through Nov. 20

Staff Sgt.
Christopher Stoltz

15th Wing Public Affairs

Airmen and Sailors stationed at Joint Base Pearl Harbor-Hickam will have the opportunity to donate to a charity of their choice during the 2015 Combined Federal Campaign, or CFC, which kicked off Sept. 21 and runs through Nov. 20.

The CFC is the world’s largest workplace giving campaign. Since the inaugural campaign in 1964, federal employees have donated more than \$7 billion for various charities and causes.

The CFC provides assistance to national and local



emergency relief agencies as well as eligible non-profit organizations that provide health and human service benefits throughout the world.

More than 24,000 organizations are currently

listed in the CFC booklet.

The Department of Defense and uniformed services have already made pledges ranging from \$7,000 to \$2.5 million per organization, including the Air Force, which pledged

\$1.2 million; the Army, which pledged \$1.3 million; and the Marines and Navy, which pledged \$2.5 million.

“There are many ways to contribute to the CFC,” said Air Force 1st Lt. Nicole G. Stanley, 15th Wing agency CFC project officer.

“It doesn’t necessarily have to be a monetary donation. A person could volunteer their time assisting the CFC, which can be just as helpful as donating money. However, Airmen and Sailors can donate monetarily using the pledge card, through the MyPay website, or by visiting the CFC-Hawaii website.”

Stanley also said there are benefits to donating to

the CFC beyond the fact they are tax-deductible. She said she has had the opportunity to speak to someone directly affected by the contributions to the program.

“At the last CFC meeting we held, I had the opportunity to meet a woman who had suffered wounds in combat who had been a recipient of a CFC-supported program,” said Stanley.

“Although she was missing a leg and had other visible scars, she was there at our meeting, thanking us. We didn’t have anything to do with her recovery, but she was still there, thanking us for investing our time in the program.”

Established by President

John F. Kennedy in 1961, the CFC is the world’s leading annual workplace charity campaign. The philanthropy-based campaign rallies support from more than four million federal employees and military personnel to assist more than 2,700 local, national and international charities, 149 of which are located in the Pacific community.

Contributors may complete a paperless contribution via credit card, debit card or e-check online. Donations can also be made via payroll allotment(s), cash or check on a paper pledge card. A detailed list of CFC charities can be accessed at <http://www.cfc-hawaii.org/>.

Diverse Views



Monday was the International Day of Peace. What or where is the most peaceful place you have ever visited and why was it so peaceful?



Master Sgt. Patrick Platt
Headquarters Pacific Air Forces

"Most peaceful place I have ever visited would have to be northern New Hampshire, especially during the fall. The leaves changing color with the cooler temperatures allow me to relax and reflect."

Melanie Van Den Heuvel
Military spouse

"I think that the most peaceful place is probably just being at home. I feel like when I'm at work or at school, there is always a distraction. When I come home, it's time to unwind and enjoy time with my husband."



Tech. Sgt. Lavada Hunn
692nd Intelligence Surveillance and Reconnaissance Group

"Being with someone I care about while experiencing new places—such as my first time on a beach in Hawaii or visiting the Eiffel Tower—is what makes something peaceful for me. I have visited a lot of places and the most memorable ones were when I could experience them with a friend or family. It makes me reflect on what really matters to me. This is what I would describe as the most peaceful moments or places."

Senior Airman Bryan Fossick
17th Operational Weather Squadron (17 OWS)

"Waimea Falls because of the natural beauty. I've never experienced that before."



Tech. Sgt. James Quinlan
Binnicker Professional Military Education Center

"The most peaceful place I have ever visited was my vacation to Waikiki with my wife and no kids! Just being able to sit on the beach and relax not having to worry."

Meghan Harvey
Military spouse

"I would say Haleakela on Maui. We drove up there and just sitting there watching the sun rise was beautiful."



*Provided by Randy Dela Cruz
and Staff Sgt. Christopher Stoltz*

*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

Presidential Proclamation

National Hispanic Heritage Month, 2015

President Barack Obama



President Barack Obama

Throughout our history, our nation has been enriched by the storied pasts of all who call the United States of America home. America's Hispanic community has woven unique threads into the diverse fabric of our country and played an important role in shaping our national character as a people of limitless possibility.

This month, let us honor their distinct heritage while reaffirming our commitment to enabling them to build a future bright with hope and opportunity for themselves, their families, and the country we love.

Hispanics contribute to our nation's success in extraordinary ways—they serve in the military and government, attend schools across America, and strengthen the economy. They are the father who works two jobs to give his children a better life and the mother who ventures out to take a risk and start a business.

They are the student—often the first in their family to go to college—who pursues their greatest aspirations through higher education. They are the lawful permanent resident who seeks to naturalize and become a citizen and the business leader whose loved ones have lived in the United States for generations.

Each day, we see the tremendous impact they have on our communities, and they reflect an enduring truth at the heart of

our nation: no matter where you come from or where your roots are, with hard work and perseverance you can make it in America.

My administration remains committed to ensuring Hispanics have every opportunity to achieve the American dream. Last year, we approved more than 4,000 loans totaling more than \$1 billion for Hispanic-owned small businesses, helping create jobs and improve local economies. We have invested resources in education and reformed our schools to provide the opportunities every Hispanic student needs to graduate from high school prepared for the future they will inherit.

We have also expanded high-quality preschool and early childhood education for our youngest learners in Latino communities and provided grants and loans to assist tens of thousands of Hispanic young people and adults on their journey toward earning a college degree. The dropout rate for Hispanic students has

been cut by more than half since the year 2000, and college enrollment has risen by 45 percent since 2008.

Additionally, since I signed the Affordable Care Act in 2010, the share of Hispanics under 65 without health insurance has fallen by one-third, and in the years ahead I will continue working to address the health disparities that still exist. And we are expanding the cultural, economic and familial ties that so many Hispanic Americans share with Latin America by entering a new chapter of engagement and cooperation with Cuba.

The United States has a centuries-old tradition of welcoming immigrants, which has given us a tremendous advantage over the rest of the world. Last year, I took action to fix our broken immigration system within the confines of the law.

The policies include offering temporary relief to parents of children who are United States citizens or lawful permanent residents so they could come out of the shadows, get right with the law, and further contribute to America's success while also providing for their loved ones—because as a nation that values families, we must work together to keep them together.

I also took steps to modernize the legal immigration system for families, employers and workers and strengthened federal immigrant integration efforts. I created the White

House Task Force on New Americans—a federal interagency effort focused on strengthening and enhancing our efforts to integrate new Americans and build welcoming communities.

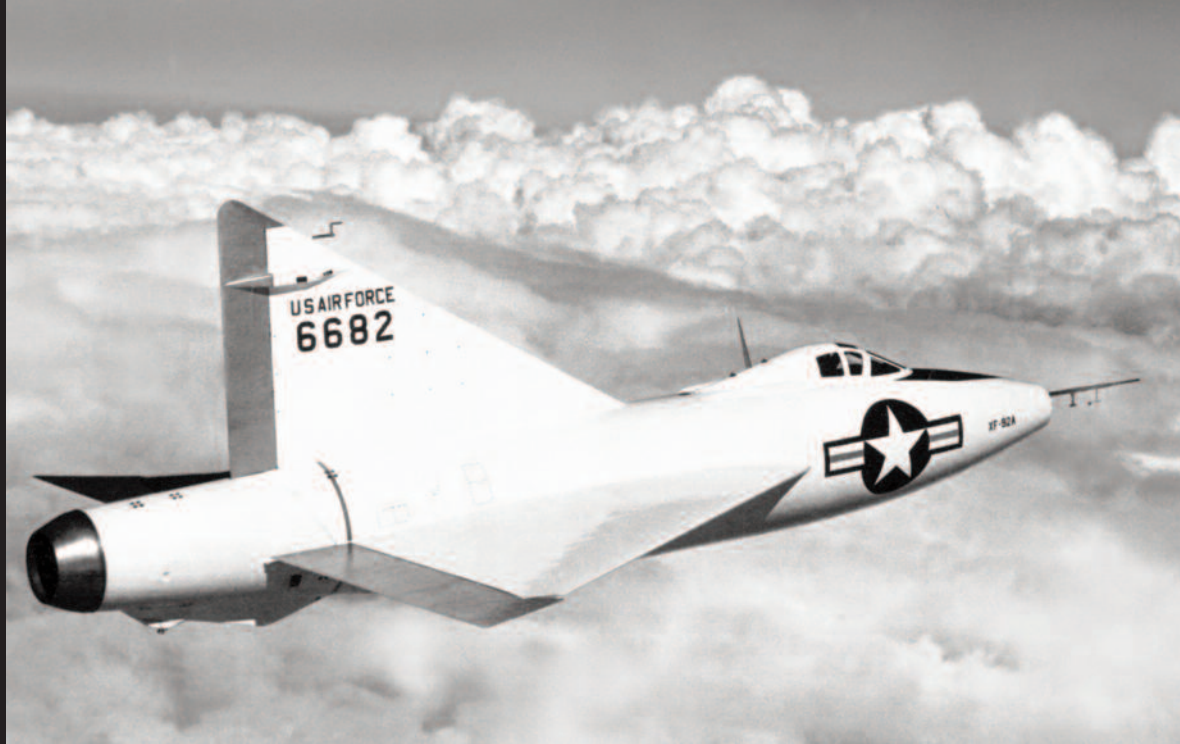
And we are working to make sure the millions of individuals who are eligible for citizenship understand the opportunities, rights and responsibilities that it affords. While these actions make our system better, they are not a permanent fix to our broken immigration system—and that is why I continue to call on the Congress to pass meaningful, comprehensive immigration reform.

As a nation, we are bound by our shared ideals. America's Hispanic community has the same dreams, values, trials and triumphs of people in every corner of our country, and they show the same grit and determination that have carried us forward for centuries.

During National Hispanic Heritage Month, let us renew our commitment to honoring the invaluable ways Hispanics contribute to our common goals, to celebrating Hispanic culture, and to working toward a stronger, more inclusive, and more prosperous society for all.

To honor the achievements of Hispanics in America, the Congress by Public Law 100-402, as amended, has authorized and requested the president to issue annually a proclamation designating Sept. 15 through Oct. 15 as "National Hispanic Heritage Month."

Delta-winged XF-92A takes to the air



U.S. Air Force historical file photo

The XF-92A, shown above, made its first flight on Sept. 19, 1948 at Muroc Air Force Base (now Edwards Air Force Base), Calif. The first true delta-wing aircraft, the XF-92A was originally conceived as a point-defense interceptor. It later was used purely for experimental purposes. The delta-wing concept led to the F-102 and F-106 fighters as well as the B-58 bomber.

Hispanic Heritage events 'energize' October

Joint Base Pearl Harbor-Hickam

Hispanic Heritage Month will be observed through 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.

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

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 express yourself karaoke event and Hawaiian dinner, part of Free Food Fridays, will be held from 5 to 7 p.m. today 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. Saturday 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.greatlife-hawaii.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.



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Patrol Squadron 4 assists with search and rescue

Lt. Jan Krsak

Patrol Squadron Four Public Affairs

The U.S. Coast Guard, U.S. Navy and good Samaritans aboard a fishing boat recently helped rescue a sailing vessel that was taking on water, approximately 300 miles north of the island of Maui.

At about 11:45 a.m. Sept. 9, the 36-foot Honey Cutter en-route from Hawaii to San Diego sent a SOS message that stated the vessel had suffered a keel fracture and was taking on water.

The Coast Guard requested help from Patrol Squadron Four based at Marine Corps Base Hawaii, Kaneohe Bay and good Samaritans on the Captain Kenneth, located approximately



U.S. Navy photo by MC2 Devin Menhardt
A P-3C Orion aircraft attached to Patrol Squadron (VP) 4 takes off from Marine Corps Base Hawaii, Kaneohe Bay to conduct anti-submarine warfare qualifications in support of their inter-deployment readiness cycle.

40 miles from the Honey Cutter.

The Navy's P-3C Orion arrived on scene and quickly established communications with the distressed vessel. The crew remained overhead for several hours and coordinated the arrival of the Captain Kenneth to the scene. The efforts of the aircrew helped ensure a successful meetup and tow with the two boats. If it hadn't been for the capabilities and training of the aircraft and crew, the distressed boat could have capsized into the ocean, stranding the crew.

The Honey Cutter crew said they were prepared to abandon ship and were manually dewatering the vessel. The Captain Kenneth arrived on scene and was able to start towing the Honey Cutter at about 11 p.m. No injuries were reported.

Local chefs shine at culinary competition

Story and photo by
Brandon Bosworth

Assistant Editor, Ho'okele

The Navy Food Management Team (NFMT) from Navy Supply Systems Command (NAVSUP) Fleet Logistics Center (FLC) Pearl Harbor hosted a cooking competition for Navy culinary specialists at Lockwood Hall, Joint Base Pearl Harbor-Hickam (JBPHH) on Sept. 17.

The contest was part of a food and product expo featuring a variety of vendors.

USS Chosin (CG 65), USS Port Royal (CG 73), USS Chung-Hoon (DDG 93), USS Hopper (DDG 70), USS Halsey (DDG 97) and Silver Dolphin Bistro all sent culinary teams to take part in the competition.

Each team, comprised of three culinary specialists, had 90 minutes to create their dishes, which had to



U.S. Navy photo
Culinary specialists from six different Navy commands competed in a cooking competition held Sept. 17 at Lockwood Hall, JBPHH. (Additional photo on page A-5.)

include at least one appetizer and one main course. Dishes were judged based

on three criteria: creativity and teamwork, taste and wholesomeness, and

plate presentation.

Judges for the event included Rear Adm. John V.

Fuller, commander of Navy Region Hawaii and Naval Surface Group Mid-

dle Pacific; Capt. Eric Weilenman, chief of staff, Naval Surface Group Middle Pacific; Capt. Stanley Keeve, commander, JBPHH; and Kevin Dugan, chef at the Hale Koa Hotel.

The team from Chosin won the competition with a shrimp avocado salad appetizer and a main course of roasted Sonoma chicken. Silver Dolphin Bistro came in second place and third place went to Port Royal.

"We're all very happy," said Culinary Specialist 3rd Class Macon Moore from the Chosin team. "All my colleagues put in the effort to accomplish this and become successful."

Fuller called the competition "fantastic."

"I was just impressed that they all came up with totally different dishes," he said. "It was a great demonstration of the pride and talent of our Sailors."

Pearl Harbor-Hickam*Highlights*



U.S. Air Force photo by Tech. Sgt. Aaron Oelrich
Master Sgt. Kurt Ward, first sergeant from the 25th Air Support Operations Squadron, runs with a dummy M-16 during the 24-hour Prisoner of War and Missing In Action remembrance run Sept. 17 at Joint Base Pearl Harbor-Hickam, Hawaii.



U.S. Navy photo by Brandon Bosworth
Left to right, Kevin Dugan, chef at the Hale Koa Hotel; Rear Adm. John V. Fuller, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific; Capt. Eric Weilenman, chief of staff, Naval Surface Group Middle Pacific; and Capt. Stanley Keeve, commander of Joint Base Pearl Harbor-Hickam (JBPHH); fill out their scorecards while judging a cooking competition held Sept. 17 at Lockwood Hall, JBPHH.



U.S. Navy photo by Brandon Bosworth
Immigrants salute the flag prior to becoming citizens during a naturalization ceremony held Sept. 17 on the Battleship Missouri Memorial.



U.S. Air Force photo by Tech. Sgt. Aaron Oelrich
Airmen from the 25th Air Support Operations Squadron run in formation from Earhart track to Atterbury Circle at the conclusion of the 24-hour Prisoner of War and Missing In Action remembrance run Sept. 18 at Joint Base Pearl Harbor-Hickam.



U.S. Air Force photo by Tech. Sgt. Terri Paden
Airmen assigned to 15th Wing enjoy lunch served to them by members of the Hawaii First Sergeants Association in celebration of their birthdays held Sept. 17 at the Hale Aina Dining Facility, Joint Base Pearl Harbor-Hickam.

Fire Prevention Week campaign: Hear the beep where you sleep

Every bedroom needs working smoke alarm

Angela Sanders

Fire Inspector, Federal Fire Department Hawaii

Location matters when it comes to your smoke alarm. That's the message behind this year's Fire Prevention Week campaign, "Hear the Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm!"

Along with firefighters and safety advocates nationwide, the Federal Fire Department Hawaii is joining forces with the non-profit National Fire Protection Association (NFPA) during Fire Prevention Week, October 4-10, to remind local residents about the importance of having working smoke alarms in every bedroom, outside



each sleeping area, and on every level of the home, including the basement.

According to the latest NFPA research, working smoke alarms cut the chance of dying in a fire in half. Meanwhile, three out of five fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.

Jeffrey Fernaays, the Federal Fire Department Hawaii prevention chief, said that according to NFPA statistics, "In a fire, seconds count. Roughly half of home fire deaths result from fires reported at night between 11 p.m. and 7 a.m. when most people are asleep. Home smoke alarms can alert people to

a fire before it spreads, giving everyone enough time to get out."

This year's Fire Prevention Week campaign includes the following smoke alarm messages:

- Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home, including the basement.
- Interconnect all smoke alarms throughout the home. This way, when one sounds, they all do.
- Test alarms at least monthly by pushing the test button.
- Replace all smoke alarms when they are 10 years old or sooner if they don't respond properly.
- Make sure everyone in the home knows the sound of the smoke alarm and understands what to do when they hear it.
- If the smoke alarm sounds, get outside and

stay outside. Go to your outside meeting place.

- Call the fire department from outside the home.

The Federal Fire Department will be at the following locations during Fire Prevention Week to promote "Hear the Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm!"

- 9 a.m. to 4 p.m., Oct. 3, Honolulu Zoo.
- 9 a.m. to 1 p.m., Oct. 5, Schofield Barracks Exchange.
- 3 to 5 p.m., Oct. 7, Hale Koa Hotel in Kalia Room.
- 9 a.m. to 1 p.m., Oct. 8, Tripler Army Medical Center.
- 4 to 6 p.m., Oct. 9, National Night Out at Aliamanu Military Reservation Community Center.
- 3 to 7 p.m., Oct. 20, Marine Corps Base Hawaii, Mololani Com-

munity Center.

- 4 to 6:30 p.m., Oct. 30, fall festival at Hickam Makai Rec Center.

- 4:30 to 6:30 p.m., Oct. 31, University of Hawaii football game at Aloha Stadium, UH vs. Air Force.

Through these educational, family-oriented activities, residents can learn more about the importance of having a working smoke alarm in every bedroom.

For more information about the Federal Fire Department Hawaii, contact Fire Inspector Angela Sanders at (808) 471-3303, ext. 617 or angela.sanders1@navy.mil.

To learn more about smoke alarms and "Hear the Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm," visit NFPA's web site at www.firepreventionweek.org and www.sparky.org/fipw.

Inaugural quarterly birthday meal celebrates 15th Wing Airmen

Story and photo by Tech. Sgt. Terri Paden

15th Wing Public Affairs

The inaugural quarterly birthday meal took place Sept. 17 at the Hale Aina Dining Facility in celebration of Airmen born in July, August and September.

Participating Airmen and their leadership dined on a special lunch that included grilled steak, lobster, chicken, shrimp, potatoes and vegetables.

The meal, which was planned and hosted by the Hawaii First Sergeants Association, was the first of its kind at Hickam in 17 years.

"This hasn't been done in so long here, we just wanted to do something special for the Airmen," said Master Sgt. Alfred Wells, Hawaii First Sergeants Association.

"We wanted to give Air-

men a piece of home and show them their birthday is special even when they are away from home."

The sit-down meal was served restaurant-style to the guests of honor by members of the Hawaii First Sergeants Association, who also waited on the Airmen the entire meal, to add to the celebratory feel of the event.

"The first sergeants wanted to serve the Airmen their meal as another way of giving back to the Airmen," Wells said.

Airman 1st Class Morgan Carpenter, 647th Security Forces Squadron, said the birthday celebration caught her completely off guard.

"I'd never heard of this event before now, but to have the wing commander and all these members of leadership come out to celebrate everyone's birthday, I felt honored to be a part



Airman 1st Class Rodnaja Ragin, Pacific Air Forces commanders' support staff administrator, is served lunch by Master Sgt. Nicholas Headen, 15th Medical Group first sergeant.

of it," she said.

Carpenter said she was also pleasantly surprised to see the first sergeants and

other members of wing leadership serving lunch.

"Never in my life would I have expected as an airman

first class to have a lieutenant colonel waiting on me," she said.

"I really appreciated the

effort and it makes me feel appreciated. I would have expected other Airmen to be waiting on us maybe, but I liked seeing the leadership get involved. It makes me feel as though I am really a valued part of the team and the Air Force."

In addition to the first sergeants and 15th Wing leadership, the dining facility staff went above and beyond to make the birthday Airmen feel special. Not only did they set up for the event and prepare the food, but they also decorated the private area, baked a cake and put together goody bags.

"The homemade cake was a nice touch," said Carpenter. "I haven't had a birthday party since I was at home, so it was nice of everyone to throw us a party. It felt really nice and I truly enjoyed it."

SOS Center continues commitment for support

Don Robbins

Contributing Writer
Hawaii Army Weekly

SCHOFIELD BARRACKS—In a ceremony held Sept. 16, U.S. Army Garrison-Hawaii (USAG-HI) officially rededicated the Survivor Outreach Services (SOS) Center, now located at 663 Brannon Road, Schofield Barracks.

The center had previously been located at Fort Shafter since 2010.

With the doors of the re-established SOS Center opened, families of the fallen will have that same long-term support and care to embrace them here. Within this center, the SOS ohana will continue to honor the service and celebrate the lives of their fallen heroes.

Honor and remembrance

The SOS Center is called Hali‘a Aloha, Hawaiian for “cherished or loving memory.”

Upon entering Hali‘a Aloha, visitors are greeted by photographs and family reminiscences of Soldiers and other military service members who gave their lives for their country.

“Just as we did five years ago at Fort Shafter, our SOS families will have a special place of their own to honor and remember their loved ones and to support each other,” said Leonard Housley, deputy garrison commander of USAG-HI, in remarks at the ceremony.

“Our goal and our commitment remains exactly the same as it did back then – to provide the most caring, compassionate and effi-



U.S Army photo by Jack Wiers

Karyn Hatakeyama (holding a portrait of her son), mother of the late Air Force Capt. Reid Nishizuka, attends the official rededication of the Survivor Outreach Services (SOS) Center held Sept. 16 at Schofield Barracks.

cient services we can to each of you,” Housley added.

Gold Star Family members participated in the hanging of new portraits of their fallen family members at the center rededication. The new portraits included service members from the Army, Navy and Air Force.

Among those whose portraits were placed on the wall is the late Navy Chief Electrician’s Mate (SW) Christian Villanueva who

died in 2011.

His family members were in attendance and his wife Mae tearfully described how much he loved his family.

“My husband was a very wise and loving husband to myself and father to his children,” she said. “He loved going to the beach, loved taking the kids out to play, and to be a homebody. I know that he is watching over us,” Mae said. She thanked everyone at the center for

Sept. 27 - Gold Star Families Event

A ceremony will be held at 1 p.m. Sept. 27 at the National Cemetery of the Pacific (Punchbowl) to honor all Gold Star mothers, families and extended ohana.

Boots and lei will be placed at the base of the “Lady Columbia” (who represents grieving mothers.) Boots representing the fallen sons and daughters, brothers and fathers, will be placed on the steps as part of the ceremony, along with a “lei of remembrance.”

helping her and her children.

Another of those in attendance at the rededication was Karyn Hatakeyama. Her son was Air Force Capt. Reid Nishizuka, a pilot. Nishizuka died in 2013 when his plane crashed in Afghanistan. Hatakeyama said it was always Reid’s dream to become a pilot.

After she hung her son’s portrait on the wall, Hatakeyama reflected on his life and thanked Lis Olsen, the family support officer for Survivor Outreach Services and for Olsen’s assistance helping the family deal with the grief of their loss.

“Thank you for reaching out to me,” said Hatakeyama. “It’s been so helpful during the past two years. I can’t thank you enough.”

Wall of Honor

Olsen also offered remarks on the significance of the SOS Center’s “Wall of Honor and Remembrance.” She explained that it’s not how the service member died; it’s their service that the center honors.

She said that the center invites family members to place photos of their fallen service members on the wall, when they feel ready to

do so, along with a written description of their family member.

“Write a love story, not an obituary,” she said.

The rededication ceremony also included an unveiling of a memorial stone and a blessing/untying of the maile lei by Gold Star children.

The new SOS will be conveniently co-located with the Soldier and Family Assistance Center.

“We’re sharing resources with other programs. It’s a good fit,” Olsen said. “The new facility also had space for our Wall of Honor and Remembrance, which is a big piece of what we are.”

Program origins

The SOS program was established by the Army in 2008, following a rise in casualties from Operation Iraqi Freedom to Operation Enduring Freedom, with a mission to reach out to the families of the fallen.

The first SOS Center at Fort Shafter opened its doors in 2010 for Hawaii families. In an effort to recognize those fallen service members, 22 portraits were hung on the Wall of Honor and Remembrance.

Life & Leisure

Military moms-to-be participated in the toilet paper game at the USO 'Special Delivery' Baby Shower on Sept. 18 at the Historic Hickam Officers Club.



SPECIAL DELIVERY



Illustration by Michelle Poppler

Story and photos
by Anna General

Joint Base Pearl Harbor-Hickam
Public Affairs

More than 100 military moms-to-be, including military spouses and active duty service women, were treated to a one-of-a-kind baby shower celebration on Sept. 17 and 18 at the Historic Hickam Officers Club at Joint Base Pearl Harbor-Hickam (JBPHH).

Hosted by the United Services Organization (USO) Hawaii in collaboration with Heidi Murkoff, author of a best-selling pregnancy and parenting series, "What to Expect," the USO 'special delivery' program provides expectant mothers with an opportunity to celebrate their pregnancy and to have the opportunity to network with other military moms who share the same experience.

"As a military family and as a military member, often times you're far away from home and family, so this might be the only baby shower these ladies might get," said Kristin Tierney, USO Hawaii programs manager.

"We want to make them feel special and also have the opportunity to meet other moms to build new friendships and have that support system," said Tierney.

During the two-day event, each shower consisted of fun and games, lunch, question and answer portion, a raffle drawing, gift baskets, book signing and lots of hugs from Murkoff. "My favorite part of the event was the play dough game just because it was fun to see what everybody made and how crazy their imagination was," said Kaleena McMillan, an Air Force spouse.

"It was nice to get Heidi's take on everything from baby to toddler advice. There were a couple tips that would help me out," she said.

Laughter and excitement filled the room as each expectant mother participated in the festivities. "I really liked the toilet paper game because we think we are a lot bigger than what we are, so we pull the toilet paper about a whole foot off of our circumference. I guess we see ourselves as being big when we're really not. We're big because we're pregnant," said Tech Sgt. Alexis Cotton of 647th Force Support Squadron.

"I absolutely love the fact that the USO came to Joint Base Pearl Harbor-Hickam for the first time. This is great, especially for new moms," Cotton said.

"I thought it was really fantastic that Heidi could put all this together for all of us. I thought that it was a lot of fun, being this is my first pregnancy. With the Q&A portion of the event, it has helped us expectant mothers learn even more," said Information Systems Technician 3rd Class Alicia

McDonough of Naval Health Clinic Hawaii.

The USO 'Special Delivery' program made its first tour in Hawaii this year with hopes to come back in the future.

"We've been doing this 'special delivery' program with the USO for three years by visiting Okinawa, mainland Japan, Germany, Guam and other military bases across the United States. This is our first time here in Hawaii, and I have to say this place is one of my most favorite," said Murkoff.

The author's "What to Expect" series of books provides a pregnancy guide and advice that educates and empowers expectant moms, so they can expect healthier pregnancies, safer deliveries and healthier, happier babies. That is the "What to Expect" foundation's one mission.

"The 'What to Expect' series all started when I became pregnant with my daughter Emma, and I came across a couple books in the market to seek advice, but none of them really answered my questions or reassured or gave me that comfort I was craving. So I literally became a 'mom on a mission' and delivered the first edition proposal for 'What to Expect When You're Expecting' two hours before I delivered my daughter," said Murkoff.

With more than 17 million copies sold, Murkoff said she never expected that it would be a best-selling book or a series of books. She said she was just being a mom on a mission and basically it was a mother's invention.

"I never expected or have set out to publish a best-selling book or a series of books," she said. "I'm still on the mission, so the mission has grown and that's incredibly gratifying, but not at all what I've expected. It's grown into amazing things like this event."

A book signing, photo opportunities and more hugs with Murkoff concluded the event. "The important thing is to get connected with other moms, and that's part of the whole point of this 'special delivery' program. It's great to celebrate that you're having a baby, and a lot of moms who are not around family and friends might not get that kind of shower or support.

"But with motherhood being the ultimate sisterhood, you need to seek out your sisters — other expectant moms. Nobody gets it like another mom, who can support you through this experience. Pregnancy loves company, but it's also a way to get connected with other moms who know exactly what you're going through," said Murkoff.

"It's all about the hugs for me," she added.



"...with motherhood being the ultimate sisterhood, you need to seek out your sisters – other expectant moms. Nobody gets it like another mom..."

— Heidi Murkoff,
author of "What to Expect When You're Expecting"



Above, Baby shower decorations and gifts fill the banquet room.

Top left, Heidi Murkoff, author of New York Times best-selling "What to Expect When You're Expecting" series of books, rubs a military expectant mothers stomach and chats with other women. Center left, a Sailor assigned to Joint Base Pearl Harbor-Hickam (JBPHH) receives a hug and a book signed by Murkoff.

PCP rebound to win first game of the season

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Pearl City Peninsula Warriors scored 18 unanswered points to beat USS Jefferson City (SSN 759), 18-6, on Sept. 19 in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

The game was the season opener for both teams and finished off a day of flag football that featured a total of five head-to-head clashes.

Tomorrow, Sept. 26, the season continues on Ward Field with Jefferson City starting off the day with a showdown against USS Hopper (DDG 70) at 9 a.m. and PCP squaring off versus SS Louisville (SSN 724) at 11 a.m.

Against Jefferson City, PCP quarterback Machinist's Mate 2nd Class Jordan Martin said that the Warriors started off slow, but once they picked up steam, the team just kept up the pressure.

"Basically what happened was that we were all on deployment," Martin pointed out. "I literally put the team together three days before the game. We're missing around five people, and they kind of make up our offense. It was fun. Obviously most of us are motivated, and we love sports so we don't like to lose," he added.

The rust hung on the Warriors throughout the first half as the team couldn't sustain a drive and trailed going into halftime by a score of 6-0.

The touchdown by Jefferson City came with time running out in the first half as quarterback Logistics Specialist 1st Class Tony Ortiz advanced the team from its own four-yard line into the



Lt. Alan Turvey steps up on defense to knock down a pass. Turvey also caught a pass for a touchdown to help PCP beat Jefferson City, 18-6.

Warriors red zone on only four plays.

On second down and goal from the 16, Ortiz lofted a

spiral into the hands of Electrician's Mate 3rd Class Brandon Britt for a touchdown and 6-0 lead

going into the break.

In the second half, PCP got the ball and picked up 36 yards on their first play

from scrimmage to place the ball at the Jefferson City 39.

After getting zero yards

on two plays, Martin took a gamble and, on third down, heaved a bomb down the left sideline toward Machinist's Mate 1st Class Jared Eichelberger, who waited for the pass just inside the end zone.

Although the pass was short, the ball was tipped up into the air and right into the arms of Eichelberger to tie the score.

"That was an ugly pass," Martin said. "I threw it side arm and it wobbled. Luckily the ball was tipped."

On their next possession, Martin called for a flea-flicker that ended up with a pass thrown over the top to a wide-open Lt. Alan Turvey, who made the over-the-shoulder catch and strolled into the end zone.

The play covered 67 yards and put the Warriors in front for the first time in the game at 12-6. Later, the Warriors added an insurance touchdown on a scoring pass to Navy Diver 1st Class Wayne Shearer that put the game away for good.

Shearer, who oversees the Warriors defense, said that after the team's defense gave up the game's first touchdown, he knew it was time to step up and protect the goal line for the rest of the contest.

"We had to maintain composure and lock it up," Shearer said. "After we were up, we just tried to sit back and make nice methodical plays."

While there is a lot of football to play this season, Shearer said that he believes the Warriors have a good chance to play some meaningful games late in the season.

"We're going to start practicing, but we all got backgrounds in football," he stated. "I can see us – especially on this side – having a shot. We just have to execute the basics to perfection."

Na Koa Kai near perfect in season-opener victory

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

After sitting on the sidelines last week due to a bye, Naval Health Clinic Hawaii Dental Na Koa Kai kicked off their season opener with a near-perfect performance in stopping the 535th Airlift Squadron (535 AS), 20-0, on Sept. 22, in a Red Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

Quarterback Hospitalman Jarvis Tavares-Somildam threw for three touchdown passes to three different receivers in leading Na Koa Kai to the mercy-rule win.

Tavares-Somildam said that the team was itching to take the field after watching the 2015 season kick off with games in four separate divisions last week.

Instead of just waiting it out though, Tavares-Somildam said that the team put the week off to good use in preparing for the team's first game.

"I'm very satisfied," said the Na Koa Kai signal caller. "Last week we had a bye so we were real hungry to get out tonight. We've been practicing for about two months now. We worked on everything."

While the offense was clicking all night long for Na Koa Kai, the team's defense did everything it could to keep pace on the other side of the ball.

After the defense forced the 535 AS to punt the ball in the first series of the game, Na Koa Kai, with the ball on their own 23, threw down a statement on their first snap from center.

Seeing an opening in the secondary, Tavares-Somildam dropped back into the pocket before rifling a shot to the numbers of Hospital Corpsman 2nd Class Romar Padaor, who made the grab on a slant and then took it all the way to the house for a catch-and-run that covered 67 yards and a 6-0 lead.



Hospital Corpsman 3rd Class Daniel Harper beats the defense and then makes the grab for six points. Harper also stood out on defense, where he recorded two interceptions.

"Right off the bat, it was going to be a run play," Tavares-Somildam revealed. "But I saw a mismatch, so I just threw it up to my receiver for a touchdown."

Following the touchdown, Na Koa Kai defense immediately came up with a big play of their own, when Hospital Corpsman 1st Class Erik Antonio picked off a pass on ball that was first tipped by Tavares-Somildam.

On only the team's second play from offense, Tavares-Somildam hit pay dirt once again. This time he found Hospital Corpsman 2nd Class Christopher Ferrell all alone on the left corner of the end zone for a touchdown.

Later, a conversion of the team's two-point attempt after touchdown raised the lead to 14-0.

Back on defense, Na Koa Kai continued to shut down the 535 AS attack.

This time, it was Hospital Corpsman 3rd Class Daniel Harper, who came up with the team's second interception of the game and put the Na Koa Kai offense in excellent field position.

Six plays later, Tavares-Somildam connected on his third touchdown toss of the night when he threw a 29-yard strike to Harper, who started the drive with a pick.

Harper closed out the

first half on another interception with Na Koa Kai in full command of the game at 20-0.

"I think anytime they kind of lay the passes up there, I think I can just get to it," Harper said. "We're not playing D-1 or anything, so even before the receiver turns, I'm already playing the ball."

While both Tavares-Somildam and Harper admit that they don't think Na Koa Kai will run past

everyone in the league, they do like the team's chances of staying close to the top.

In fact, Tavares-Somildam said that he expects even more reinforcement to join their team in the next couple of weeks.

"We're actually down a couple of players," he stated. "One of our key players is one of those on leave. Once he comes in, we'll have another dimension for our offense."

Intelligence Squadron pull out stops to surprise USS Hawaii

Story and photos by
Randy Dela Cruz

Sports Editor, Ho'okele

It's been a tough season of soccer for the 8th Intelligence Squadron (8 IS), but in their showdown with top-5 USS Hawaii (SSN 776), things finally took a turn for the better, as the team surprised Hawaii, 3-2, on Sept. 19 in a Summer Soccer League game at Earhart Field, Joint Base Pearl Harbor-Hickam.

The win was only the second of the season for the 8 IS, as the team begins its climb out of the cellar with a record of 2-5-1.

Meanwhile, Hawaii, which entered the matchup in fifth place with four wins, dropped their fourth game of the season to even out their record at 4-4.

Tomorrow the 8 IS tries for their second win in a row with a game at Earhart Field against the Raptors at noon.

While Honolulu gets the day off, the team will be back in action one week from tomorrow with two games on Oct. 3.

"It's taken a little while for us to get going for the whole season," said 8 IS striker Staff Sgt. Lothar Reck. "Getting the same players to come out every week is kind of difficult with shift work, but we're starting to feel each other out and understand how we play."

Against Honolulu, the 8 IS needed every stop and break they could muster, as the play was tight throughout the entire game.

The 8 IS were fortunate enough to get a goal off of a ball that ricocheted in a scuffle near the goal.

To counter the shot,



Left, Players chase down a header in a Summer Soccer League game that featured the 8 IS against Hawaii.

Below, Two players battle for a loose ball.

Hawaii got two goals from Fire Control Technician 2nd Class James Reilly to put the game into a deadlock at 2.

The tie set up the game-winning goal by Reck, who was at the right place and right time to give the 8 IS the win.

"It came off of a bunch of

passes," Reck said. "We had one guy get double teamed, so we passed the ball back out. We split the defenders on the left side and I saw it."

Although Reck admitted that the season hasn't gone the way the players would have liked, he feels that once the team match-

es up in the postseason, the 8 IS would be more than ready to take on all challenges.

"We're going to show and play," Reck promised. "We're all new and most of us haven't played together. We'll try our best."

Against Hawaii, the 8 IS showed that the team just

may be peaking at the right time.

In closing out the win, the 8 IS displayed good quickness and did a solid job of winning their share of 50-50 balls.

Reck said that there are still a few technical things for the team to work out, but in order for the 8 IS to

make a run in the playoffs, everyone on the squad will have to do a better job of communicating.

"Our communication broke down a bit in the second half," Reck admitted. "We kept on missing our crosses and opportunities. We've got to call each other off. We're a solid team."

Your Weekly Fun with MWR

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



MWR makes it easy to photograph beauty of Hawaii

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Technology has made it easier for people to capture and share photos with families and friends around the world. Whether using a high-end DSLR camera, a simple point-and-shoot or just using a camera phone, Hawaii is a great place to capture scenic photos.

Hawaii's natural beauty provides opportunities to get photographs of sunsets, sunrises, the full moon, tropical plants and flowers, waterfalls, beaches, underwater shots and more. The east side of Oahu provides sunrise photo opportunities, and picturesque sunsets can be found on the north or west shores.

Different hikes often have scenic views and some even have waterfalls.

The urban or developed parts of Hawaii also offer opportunities to capture



MWR Marketing photo by Justin Hirai

Sunrise over the Pacific Ocean at Bellows Beach on the windward coast of Oahu.

interesting photographs. You can find a variety of landmarks on Oahu to photograph such as the USS Arizona Memorial in Pearl Harbor, the Duke Kahanamoku Statue in front of Honolulu's Aliolani Hale, Waikiki and the King Kamehameha Statue in Joint Base Pearl Harbor-

Hickam Morale, Welfare and Recreation (MWR) make it easy to discover various landmarks through their guided tours. MWR's Information, Tickets and Travel offices offer a variety of local tours which provide opportunities to take photos of many historic sites and landmarks, as well as interesting cultural attractions.

For those interested in learning more about photography, Joint Base Pearl Harbor Hickam MWR's Arts & Crafts Center offers classes such as basic digital photography and traditional film darkroom black and white printing. They also have photography workshops, which go to different locations around the island to take photos. Photography class schedules and ITT tours can be found at www.greatlifehawaii.com.

MWR activities are open to active duty and retired service members and their families as well as Department of Defense civilians.

Sunday brunch returns to Historic Hickam Officers' Club

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Beginning Oct. 4, Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's (MWR) Joint Base Catering will bring Sunday brunch back to the Historic Hickam Officers' Club with a new menu, live entertainment and other features

Menu highlights will include a roast beef carving

station, made to order omlette station and a waffle station. Other offerings include chef's selection of chicken and fish and breakfast favorites such as bacon, sausage, hash browns, biscuits and more.

A variety of salad options complement the lineup. A selection of beverages and desserts top off the list of included menu items. Snow crab legs are also available for an additional \$19.95 per pound.

The Sunday brunch will be held in the main dining

room, where performer Val Vasquez provides live musical entertainment.

Prices are \$26.95 for adults (club members get a \$2 discount), \$13.50 for youths ages 7 to 12 years, and \$8.25 for children 4 to 6 years. The catering office accepts reservations. The Historic Hickam Officers' Club is located on Worthington Avenue, building 901. Interested patrons can call 448-4608 Monday through Friday for reservations and more information.



MWR Marketing photos

The Historic Hickam Officers' Club is the home for Sunday brunch at Joint Base Pearl Harbor-Hickam.

Community Calendar

SEPTEMBER

USS ARIZONA MEMORIAL RESTORATION NOW — Restoration work to the USS Arizona Memorial 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.

MOONLIGHT PADDLE AT HICKAM HARBOR 28 — MWR Outdoor Recreation-Hickam Harbor will hold a moonlight paddle at Hickam Harbor from 7:30 to 9:30 p.m. The trip includes all required gear. Individuals of all paddling abilities are welcome. Participants are encouraged to bring water and dry clothes to change after the activity. The cost is \$25. The sign-up deadline is today. FMI: 449-5215.

BANNED BOOKS WEEK SEPT. 28-OCT. 3 — The Joint Base Pearl Harbor-Hickam Library will be observing Banned Books Week from Sept. 28 to Oct. 3. There will be different educational programs each day to educate the reading public on the library's role in promoting intellectual freedom, censorship and why some books are banned. This year's emphasis is on young adult (YA) books. This is a free event. FMI: 449-8299.

CYBERCOM TOWN HALL 30 — Lt. Gen. James "Kevin" McLaughlin, CYBERCOM deputy commander, will host a town hall discussion on cybersecurity in the Department of Defense (DoD) from 1 to 2 p.m. The discussion will take place at Hickam Memorial Theater. McLaughlin will address the CYBERCOM mission, DOD's cyberspace opportunities and challenges, and how you and the military can support DoD's cyber mission. A question and answer session will follow. The discussion is open to all military leadership, active duty personnel and DoD civilians. FMI: Joint Base Public Affairs at 473-1173 or paul.fylstra@navy.mil.

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. The workshop is designed to offer skills to better care for those with thoughts of suicides. It is open to all adult military, civilian and family members. Pre-registration is required. FMI: rebecca.miranda@navy.mil.

OCTOBER

MWR SUPER GARAGE SALE 3 — The next MWR Super Garage Sale will be held from 8 a.m. to noon Oct. 3 at Richardson Field. No pets are allowed at the event or the field. Parking is available at Rainbow Bay Marina with overflow parking at Aloha Stadium (for minimal cost). This event is open to the public and admission is free for shoppers. FMI: 473-0792.

NATIONAL PUBLIC LANDS DAY 3 — Naval Facilities Engineering Command (NAVFAC) Hawaii needs volunteers 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: Patty Colemon at patricia.colemon@navy.mil or 473-0369.

INTRAMURAL RACQUETBALL TOURNAMENT 5 — The tournament will be held from 8 a.m. to 4 p.m. at the JBPHH-Pearl Harbor Fitness Center. This is a double-elimination tournament (or single elimination, depending on number of entries) for men's and women's divisions. All matches will be best of three games (15-point game). Eye protection is mandatory. Participants must be JBPHH active-duty, Department of Defense civilians and family members over 18 years old. Entries must be received by Sept. 28 at the intramural office (Pearl Harbor, building 667). There is no charge for this event. FMI: 473-2494 or 473-2437.

PARENTING WITH ALOHA 6 — The Military and Family Support Center (MFSC) will host a parenting class from 10 a.m. to noon. The workshop will provide tools that parents can use to build and improve their relationship with their children. FMI: 474-1999 or register online at <http://ow.ly/SuTKH>.

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 the Pearl Harbor Navy Exchange, the Defense Commissary Agency and Naval Health Clinic Hawaii. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.



THE FANTASTIC FOUR

"The Fantastic Four", a contemporary re-imagining of Marvel's original and longest-running superhero team, centers on four young outsiders who teleport to an alternate and dangerous universe, which alters their physical form in shocking ways. Their lives irrevocably upended, the team must learn to harness their daunting new abilities and work together to save Earth from a former friend turned enemy.

Movie Showtimes

SHARKEY THEATER
TODAY 9/25
7:00 PM Hitman: Agent 47 (R)
SATURDAY 9/26
2:30 PM Fantastic Four (PG-13)
4:50 PM War Room (PG)
7:20 PM Mission: Impossible-Rogue Nation (PG-13)
SUNDAY 9/27
2:30 PM Fantastic Four (PG-13)
5:00 PM Ricki and the Flash (PG-13)
7:10 PM Hitman: Agent 47 (R)
THURSDAY 10/1
7:00 PM Fantastic Four (PG-13)

HICKAM MEMORIAL THEATER
TODAY 9/25
6:00 PM Shaun the Sheep (PG)
SATURDAY 9/26
4:00 PM Fantastic Four (PG-13)
7:00 PM Straight Outta Compton (R)
SUNDAY 9/27
2:00 PM Shaun the Sheep (PG)
THURSDAY 10/1
7:00 PM Mission: Impossible-Rogue Nation (PG-13)



SAPR office partners with Airmen for fall fest



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

Airmen play corn-hole during the Airmen’s fall fest held Sept. 17 at Vossler Park, Joint Base Pearl Harbor-Hickam.

Story and photo by
Tech. Sgt. Aaron Oelrich

15th Wing Public Affairs

Service members from the JBPHH Sexual Assault Prevention and Response (SAPR) office, the Airmen’s council and the dorm council collaborated to establish the Airmen’s fall fest held Sept. 17 at Vossler Park.

According to Tech Sgt. Christine Kearney Kurt, a planner of the fall fest and member of the SAPR office, the fall fest was a chance to work hand-in-hand with the Airmen’s council and the dorm council to provide entertaining and targeted training to the junior enlisted force. The fest also provided a free lunch and some down time for Airmen.

“It was great working

with the Airmen’s council and the dorm council.

They came up with some great ideas for the fall fest,” said Kearney Kurt.

In its first year, the fall fest featured the Pacific Air Force Band, a variety of games, alcohol and drug abuse prevention and treatment-sponsored “drunk goggles,” go-cart races, football toss, wheel of fortune, and the commanders’ relay challenge.

“The idea behind the commanders’ relay challenge was that Airmen are supported by their commanders and leaders during sporting events, so the Airmen wanted to support their commanders and leaders while they compete for the squadron,” said Kearney Kurt.

Additionally, the fest provided a chance for Airmen to

meet other Airmen stationed at Hickam.

“The fall fest provides opportunity for Airmen to build morale and camaraderie within their squadrons,” said Senior Airman Tony Moorer, a planner of the fall fest and president of the Airmen’s council. “The fest also provided a great atmosphere for Airmen to communicate with other Airmen and build a network within the base.”

The fall fest met its intentions, according to Airmen 1st Class Charles Cannon from the 324th Intelligence Squadron.

“This was a great way to get a free lunch, learn some new things, have some fun, and meet new people,” said Cannon. “I definitely enjoyed it and would come back next year.”

Upcoming blood drives



- 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 information, contact Michelle Lele-Himalaya, Armed Services Blood Program, Tripler Army Medical Center, at 433-6699 or email Michelle.Lele.civ@mail.mil.)

Free CPR training for children of DoD ID card holders

The Naval Health Clinic Hawaii is partnering with the Hawaii Heart Foundation to offer free cardiopulmonary resuscitation (CPR) training for children of Department of Defense ID card holders. Kids can learn what to do in a cardiac emergency and how to save lives. This training will take place tomorrow from 10 a.m. to noon at the Joint Base Pearl Harbor-Hickam

Fitness Center.

The Kids Teaching Kids to Save Lives program trains more than 15,000 kids each year in Hawaii. Children can receive hands-on training with mannequins and automated external defibrillators (AEDs).

There are, on average, 383,000 cardiac arrests annually in the United States. Less than 30 percent will receive CPR from a

bystander. The current cardiac arrest survival rate in Hawaii is less than 10 percent. With effective bystander chest compressions provided immediately after cardiac arrest, the survival rates can dramatically increase.

(For more information about tomorrow’s training, visit <http://ow.ly/SxKPI>. Reservations are not required but are recommended.)

My Favorite Photo...



John Burns, administrative support assistant at Navy Region Hawaii, took this photo a few weeks ago of Makapuu Light house while he and his friend hiked to the top of the trail.

Do you enjoy taking pictures and have a favorite photo? Would you like to see it featured in Hoʻokele? 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 drobbs@hookelenews.com.

Tomorrow is National Prescription Drug Take-Back Day

**Chief of Naval Personnel
Public Affairs**

Navy Alcohol and Drug Abuse Prevention (NADAP) office is partnering with the Drug Enforcement Administration (DEA) by participating in National Take-Back Day, Sept. 26.

The event offers Navy personnel and their families a safe venue to turn in expired, unused and unwanted prescription drugs to a local drop-off site anonymously and free of charge.

Take-Back Days serve as an opportunity for all Sailors and Airmen to take a proactive role in the effort to prevent the misuse and abuse of prescription drugs. In the previous nine take-back events from 2010-2014, 4,823,251 pounds, or 2,411 tons of drugs were collected nationwide.

“The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications,” said LaNorfeia Parker, deputy director, Navy Drug and Alcohol Prevention Program.

Many Americans are not

aware that medicines that sit in home cabinets are highly susceptible to diversion, misuse and abuse. Rates of prescription drug abuse in the U.S. are at alarming rates, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that many abused prescription drugs are obtained from families and friends, including from the home medicine cabinet.

In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away—both potential safety and health hazards.

“Participation in this year’s National Take-Back Day should be an all hands effort,” said Parker. “This initiative helps protect our Sailors and their families by preventing leftover medications from falling into the wrong hands.”

To prevent prescription misuse among Sailors, Navy’s 21st Century Sailor Office and NADAP launched the “Prescription for Discharge” campaign to educate Sailors and their families on how to safely use prescription drugs and the health and

career risks of misuse.

“Prescription for Discharge” provides medical

staff and command program advisors with materials and messages to display

in medical facilities and command workspaces for interactions with patients,

family members and Sailors to assist with promoting take-back days.



In conjunction with a National Take-Back Initiative, unused or expired medication can be turned in for safe, anonymous disposal from 10 a.m. to 2 p.m. on Saturday at locations throughout the state, including Joint Base Pearl Harbor-Hickam. New or used needles or syringes and illegal substances such as marijuana and methamphetamine will not be accepted.

Military Locations

- Pearl Harbor Navy Exchange
- Marine Corps Exchange
Marine Corps Base Hawaii
- Post Exchange, Schofield Barracks

Other Locations

- Hawaii State Capitol
- Kahala Mall
- Pearl City Police Station
- Mililani High School
- Windward Mall