

USS Paul Hamilton returns from deployment

USS Paul Hamilton (DDG 60) Public Affairs

The guided-missile destroyer USS Paul Hamilton (DDG 60) returned Sept. 29 from an independent deployment to the Arabian Gulf and western Pacific Ocean.

Deployed since February, the ship and crew of more than 300 Sailors steamed a total of 40,538 nautical miles across U.S. 3rd, 5th and 7th Fleets and conducted maritime security operations and direct support to both Operation Enduring Freedom and Operation Inherent Resolve.

“I can’t tell you how proud I am of the way Paul Hamilton and her great crew performed through an extremely high-operational tempo seven-month independent ballistic-missile defense deployment,” said Cmdr. John S. Barsano, commanding officer.

“We worked with two different strike groups, two carriers, conducted three partnership theater security cooperation exercises with the Saudi Royal Navy and United Arab Emirates Navy, and through it all met and exceeded all expectations in a dynamic environment,” he said.

Paul Hamilton con-

ducted several multi-national exercises in the U.S. 5th Fleet area of operations in conjunction with the ships of both the Carl Vinson and Theodore Roosevelt Carrier Strike Groups—strengthening partnerships, reinforcing regional security, and promoting successful interoperability for the area.

“What an adventure of a lifetime and the special memories to go with it,” said Barsano. “I am most proud of how the crew conducted themselves as ambassadors of Paul Hamilton, the Navy, and our nation



The crew of USS Paul Hamilton (DDG 60) man the rails Sept. 29 upon the return to Pearl Harbor from a scheduled independent deployment to the Arabian Gulf and western Pacific. (Below left) Lt. Elijah Bookhamer is welcomed home by his wife and son Sept. 29 after returning to Pearl Harbor. (Additional photo on page A-5.)

U.S. Navy photos by MC2 Gabrielle Joyner



on liberty during 10 foreign port visits.”

Paul Hamilton Sailors

completed nine community relations projects which included volunteering at local elementary schools, sorting donations for children, and finishing several public area cleanups to beautify the surrounding community. Host nations included Thailand, India, United Arab Emirates, Bahrain, the Philippines, Singapore and Guam.

Paul Hamilton is a multi-mis-

sion ship designed to operate independently or with an associated strike group. The ship is assigned to Destroyer Squadron 21 and is homeported in Hawaii within the U.S. 3rd Fleet area of operations.

U.S. 3rd Fleet leads naval forces in the eastern Pacific from the west coast of North America to the international date line and provides the realistic, relevant training necessary for an effective global Navy.

11th Air Force commander visits JBPHH

Tech. Sgt. Terri Paden

15th Wing Public Affairs

The commander of 11th Air Force, Lt. Gen. Russell Handy, spoke on the importance of strengthening partnerships and the changing environment in the Indo-Asia Pacific region while visiting the 15th Wing at Joint Base Pearl Harbor-Hickam, Sept. 21.

He hosted a sit-down breakfast and lunch with 15th Wing commanders and Airmen and also toured the wing. Among the places he stopped were the 535th Airlift Squadron, the new air traffic control tower, the 15th Maintenance Group wheel and tire shop, the 15th Medical Group radiology clinic and the fire department.

In addition to getting an up-close view of the 15th Wing mission, Handy held a 15th Wing all-call to discuss his role as the numbered Air Force, as well as the way ahead for Airmen in the Pacific region.

“I’m in the customer services business,” he said. “We don’t have much of a staff (at the numbered Air Force), but they are all focused on you guys. My job is to stand on the desk of headquarters and make sure your interests are satisfied.

“Ultimately, I need to be your guy to get you the tools you need to get the job done because, in my humble experience, that’s what motivates people. You guys like to do your jobs, and you honestly do them quite well, and you want to have the tools you



Lt. Gen. Russell Handy, 11th Air Force commander, tours the Hawaii Air National Guard’s 169th Air Defense Squadron on, Sept. 23 at Wheeler Army Airfield. In addition to his tour, Handy also hosted a wing all-call, addressing Air Force and Indo-Asia-Pacific topics of interest.

need to do it,” Handy said.

Handy thanked the Airmen in attendance for their continued service, which he pointed out is especially noteworthy in today’s time of constant change.

“We’re back to a period of uncertainty,” he said. “I was up on Capitol Hill a couple days ago talking to your elected representatives and foot stomping how important it is to have certainty, and the continuing resolution, while not as bad as a shutdown, is not much better because it doesn’t give us the degree of certainty that we need

to continue to give you the tools you need to get the job done,” Handy added.

Handy said with the ongoing engagements in the Middle East, it’s as important as ever to invest time in assuring our allies and strengthening our partnerships.

“We’re not just engaged in that conflict in the Middle East anymore. We’re engaged everywhere across the globe,” he said. “So as I’ve said, you’ve got to be prepared for not only earthquakes and typhoons, but you’ve got to be prepared for anything.”

The general took a mo-

ment to elaborate on the changing environment in the Indo-Asia Pacific theater and the role 15th Wing Airmen play in deterrence.

“Look at the map, look at the Pacific Ocean; you’re right in the middle of it,” he said.

“I will tell you that literally it doesn’t matter what line of operation, what phase of a conflict we’re in, you guys are a giant center of gravity. The combatant commander headquarters is here, every component command headquarters is here, and we’ve got a giant ramp that’s going to be

critically important to any operation.”

Handy highlighted specific wing accomplishments, such as the 96th Air Refueling Squadron deactivation, the F-22 Raptor surge and the 15th Medical Group’s DUI CON Task Force that continue to enhance the wing’s capabilities.

He encouraged the Airmen to be good stewards of the taxpayer dollar as the military continues to shrink in size while also continuing to come up with new and innovative ways of doing business.

“Work hard. I’m cer-

tainly not saying it’s going to be easy, but most of you when I see you, you’re smiling, you’re working hard, you’re getting the job done, and you’re motivated when you make things happen and that’s a good thing,” he said.

The general left the wing with two last pieces of advice before wrapping up the all-call.

“Watch your credibility and integrity,” he said. “They are harder to maintain than they are to lose. But all you guys have a moral compass, and you know what’s right and wrong.

“It’s not always going to be pretty but that’s okay. If you make a mistake, tell us you made a mistake and we’ll move on. But watch your credibility because once you lose it, you lose the foundation on which everything you say rides,” Handy said.

Lastly, he said to take care of each other and continue to use transformational thinking to keep each other out of trouble.

“Take care of yourself and treat each other with respect,” he said. “Come up with all kinds of great ideas, like DUI CON, and when people are having trouble, put your arms around them and find out why.

“That’s what creates strong organizations and a powerful Air Force. You guys are not only a part of the foundation for the most powerful Air Force on the planet, but the most powerful Air Force in history. Thanks again for what you do,” Handy said.

JBPHH to conduct harbor security exercise on Oct. 7- 8

Joint Base Pearl Harbor-Hickam Public Affairs

Joint Base Pearl Harbor-Hickam (JBPHH) will hold a harbor security exercise on Oct. 7 with activities that can be seen and heard in the vicinity of the harbor. As part of the exercise, blank ammunition simulating live fire and MILES (multiple integrated laser engagement

system) training gear will be used.

Base personnel at JBPHH and visitors to Pearl Harbor historic sites, including USS Arizona Memorial, Battleship Missouri Memorial and Pacific Aviation Museum, may hear announcements, sirens or other loud noises associated with the training. These exercises are not in response to any specific threat.

Base-wide exercise announcements via the Giant Voice mass notification system will be made on each day of the exercise.

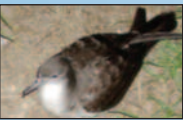
The harbor exercises are part of Citadel Protect-15 to enhance the training, readiness and capability of Navy security forces to respond to threats to installations, commands and units.



Pearl Harbor CSADD Sailors bring suicide prevention awareness through ‘1 Small Act’ See page A-2



U.S. Navy signs EPA and state of Hawaii consent order See page A-2



JBPHH provides guidelines for wedge tailed shearwater fallout season See page A-4



JBPHH celebrates Sailors and Airmen during Hispanic Heritage Month See page A-7



Blue Angels to fly high over Marine Corps Base Hawaii See page B-1



Sesame Street Live returns to JBPHH this weekend See page B-4

Pearl Harbor CSADD Sailors bring suicide prevention awareness through ‘1 Small Act’

Story and photos by
MC2 Johans Chavarro

Navy Public Affairs Support
Element Detachment Hawaii

Sailors who are part of the Pearl Harbor Coalition Sailors against Destructive Decisions (CSADD) chapter participated in a Suicide Prevention Month gate awareness event Sept. 24 at Joint Base Pearl Harbor-Hickam.

The event was held to bring light to the Navy's Everyday Sailor, Every Day campaign, "1 Small Act." The campaign is designed to encourage dialogue and provide early resources to prevent suicide with simple, everyday actions that can ultimately save lives using the Navy's "ACT" (Ask Care Treat) bystander intervention model.

"Every life is precious, and the fight is year-round," said Capt. Mike Fisher, OPNAV N171 director.

"We want people engaged with their shipmates every day of the year. We're talking about being there for every Sailor, every day," he said.

And with their slogans and posters held over their heads, the handful of Sailors from the Pearl Harbor CSADD chapter aimed to do just that.

"We're just trying to send a positive message out there to let people know that CSADD does care, and you only do have one life to live," said Boatswain's Mate 2nd Class

Anthony R. Ramos, Pearl Harbor CSADD president

"All it takes sometimes is one small act, maybe like this gate awareness, to help someone if they're having a bad day. Just us being out here may show someone that even though things may not be going well at the moment, there is always going to be someone out there who cares about you," Ramos said.

According to Ramos, the "1 Small Act" initiative is a responsibility all Sailors should have toward one another, not just as shipmates, but also as family.

"We all need to know that we are all important to each other and that every life matters," said Ramos.

"When you think about it, when you join the Navy, that's another family you have. We're all brothers and sisters. We're all one big family. So if you start to see everyone out there promoting how one small act can make a difference, it's going to start opening people's eyes and let them know, 'OK, I really do have somebody to talk to,'" he explained.

Ramos recollected a time he and his peers were faced with the challenge of approaching a friend and shipmate about suicide and how the simple act of talking to them helped bring perspective to their situation.

"Once we talked to this Sailor, we tried to make them realize why their life was im-



Boatswain's Mate 2nd Class Luis Maleta, assigned to Joint Base Pearl Harbor-Hickam (JBPHH) Port Operations Dock Masters and member of the Pearl Harbor Coalition Sailors against Destructive Decisions (CSADD) chapter, participates in a Suicide Prevention Month gate awareness event on Sept. 24 at Joint Base Pearl Harbor-Hickam. (Additional photo on page A-5.)

portant: Their kids, their career, the leadership impact they had on, not just me, but everyone around them," said Ramos.

"Sometimes people forget that everything you do is a blessing. This Sailor ended up snapping out of it and just made chief this last cycle."

Boatswain's Mate 2nd Class

Mark Bonner, Pearl Harbor CSADD vice president, echoed Ramos' sentiments and the importance of having the courage to make that one small act, to take that first step.

"It's like a ladder. One small step could lead to another, which could lead to something bigger," said Bonner. "If we can impact just one Sailor, one per-

son, that's what matters."

Help is always available. Call the Military Crisis Line at 1-800-273-TALK (press 1), text 838255 or visit www.militarycrisisline.net for confidential, free support, 24/7.

(For more information, visit the Navy Suicide Prevention's Every Sailor, Every Day Web page at: <http://ow.ly/SUKvf>.)

U.S. Navy signs EPA and state of Hawaii consent order

Hawaii's drinking water
resources and nation
protected

Navy Region Hawaii
and Naval Surface
Group Middle Pacific
Public Affairs

The U.S. Navy and Defense Logistics Agency (DLA) came to agreement with the U.S. Environmental Protection Agency (EPA) and Hawaii State Department of Health (DOH) and signed the Administrative Order on Consent (AOC) for the Navy's Red Hill Bulk Fuel Storage Facility this week.

The Navy and DLA first signed the AOC in May; however following the public comment period, EPA and DOH made a number of amendments to which the Navy and DLA agreed.

"On behalf of Commander Navy Region Hawaii and the Defense Logistics Agency, I'd like to express our commitment to environmental stewardship and our non-negotiable priority to keeping our drinking water safe. After many months of negotiations, we are pleased to have an agreed process in place that both protects Hawaii's drinking water and allows us to plan for the future of the Red Hill Bulk Fuel



U.S. Navy photos by MC2 Laurie Dexter

Capt. Ken Epps, left, commanding officer of NAVSUP Fleet Logistics Center Pearl Harbo briefs to Board of Water Supply representatives, Sept. 15, on a scaffold inside an empty tank.

Storage Facility," said Capt. Ken Epps, commanding officer for the Naval Supply Fleet Logistics Center Pearl Harbor.

"A facility of this magnitude and strategic importance to the United States presented a unique situation and required a unique approach of our regulators. Together we will continue to protect Hawaii's drinking water resources for generations to come and provide for the nation's defense at the same time," Epps said.

The AOC signing parties will host meetings at least annually to update the pub-

lic on the progress of the various actions required under the order.

The signing of the AOC puts into motion specific required actions. These actions will enhance the protection of Oahu's drinking water resources by continuously upgrading the facility with the best available practicable technology. It will also enhance understanding of the hydrogeology of the area surrounding the facility.

Within the next 30 days, scoping meetings will be held with the regulators to identify current alternatives and requirements of

specific deliverables in each of the following areas and implementing approved modifications:

- Tank inspection, repair and maintenance procedures
- Tank upgrades
- Release detection/tank tightness testing procedures.
- Corrosion and metal fatigue control practices
- Investigation and remediation of releases
- Refine the existing groundwater flow model.
- Develop a contaminant fate and transport model report.
- Assess and, if neces-

sary, begin installation of additional monitoring wells.

• Prepare a report assessing the level of risk the facility may pose to groundwater and drinking water aquifers.

While the consent order begins this week, the Navy has pursued significant upgrades to the Red Hill Facility since 2006.

"To date, the Navy and DLA have already invested \$145 million in facility modernization and for environmental testing," said Epps.

"We plan to invest an additional \$70 million in Red Hill over the next five years to further enhance the integrity of the tanks and operational efficiency of the facility. These numbers do not include any additional work required through the Administrative Order on Consent," he said.

Throughout the AOC negotiation and public comment process, the Navy has continued to move forward, identifying the best options available to modernize Red Hill and protect human health and the environment. For example:

• The Navy awarded a contracted study in May 2015 to determine best available practicable technology for tank upgrades, improved release detection system options, and tank tightness testing alterna-

tives. The final report is due February 2016. This study will be used in conjunction with additional studies required under the AOC to determine the best way forward for Red Hill Tanks.

• A contract in the amount of \$43 million was awarded on Aug. 25 to Hensel Phelps Construction Co. of Honolulu. The contract includes upgrading the fire suppression and ventilation systems, repairing existing and providing additional oil-tight doors along the tunnel, and providing new emergency voice and fire alarm system throughout the tunnel complex. This work is expected to be completed by September 2017.

The Red Hill facility is a national strategic asset that provides secure fuel storage for ships and aircraft of U.S. Pacific Fleet and other military branches. "While the facility's value to our nation remains vital as America rebalances its forces to the Indo-Asia-Pacific, the Navy considers the availability of safe drinking water on Oahu to be a non-negotiable requirement," said Capt. Dean Tufts, regional engineer for Navy Region Hawaii.

For more information, visit <http://www.cnrc.navy.mil/regions/cnrh/om/environmental/red-hill-tank.html>.



Diverse Views



What is your favorite song lyric and why?



**Gunner's Mate 3rd Class
Michael Meyer**

USS Michael Murphy (DDG 112)

"My favorite lyrics are to the song 'Swimming Pools' by Kendrick Lamar. The song is my chill party music and reminds me of being home and ready to party. I listen to the song before getting ready to go out for the night."

2nd Lt. Kaitlin Daddona
15th Wing Public Affairs



"My favorite song lyric(s) would be from the song 'Time Forgot' by Conor Oberst:

'I want to walk in that howling wind
'til it scatters all my thoughts
Sit alone on that riverbank 'til I
Forget that I can talk
Just listen.'

I would say these are my favorite lyrics because I take them literally, and it reminds me how simple things can actually be. The lyrics calm me."



**Fire Controlman 1st Class
Nicholas Wink**

Joint Base Pearl Harbor-Hickam

"I love 'Wake Me Up' by Avicii. The song reminds me that there is a light at the end of the tunnel on a bad day and cheers me up. It is a great song to listen to after a long day at work."

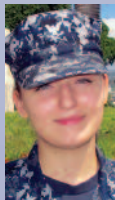
Staff Sgt. Everett Cooper
15th Wing Staff Agency



"I would say my favorite lyric is from Michael Jackson's 'Don't Stop 'Til You Get Enough.'

'Keep on with the force, don't stop
Don't stop 'til you get enough (Repeat)'

The entire chorus is my favorite because I'm always hungry, always driven. This is my 'go' song."



**Cryptologic (Interpretive Branch)
3rd Class
Lynnette Danko**

*Navy Information Operations
Command Hawaii*

"I love the words in 'Unlucky Skin' by Shakey Graves which say 'won't be long until I belong.' The word play in the song is cool and the lyrics are something that I can believe in."

Carolina Orlowska
Military spouse



"I would say my favorite lyric is from the song 'Let's Do it Again' from J Boog:

'being with you is like being in paradise.'

I would say it is my favorite because not only is the song an excellent song, but the lyric is simple and romantic."



Robert Hicks

Huntington Ingalls Industries

"I try to live by 'Don't Worry Be Happy' by Bobby McFerrin. The song captures the troubles which happen every day and how to get through every problem by being happy."

Lt. Wally Tegegne

*Pacific Missile Range Facility,
Barking Sands*



"Bob Marley's song 'One Love' is my favorite. The song and lyrics are great at bringing everyone together in any event."

*Provided by Lt. Paul Fylstra
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

CYBERCOM deputy commander holds town hall at JBPHH

**Staff Sgt.
Christopher Stoltz**

15th Wing Public Affairs

Airmen and Sailors stationed throughout Oahu had the opportunity to hear about the future of cyber operations during a town hall meeting, featuring Lt. Gen. James K. "Kevin" McLaughlin, deputy commander, U.S. Cyber Command (USCC), held Sept. 30 at Hickam Memorial Theater.

McLaughlin directs the forces and daily activities of U.S. Cyber Command and coordinates the Department of Defense computer network attack and computer network defense missions.

During the town hall, McLaughlin described the five strategic goals of USCC which included:

Building capacity and capability to operate in cyberspace

"We are bringing in more people, so we can create hundreds of cyber teams for offensive and defense capabilities," he said. "In addition to adding more personnel, we still need, and plan, on adding more capabilities."

Defend the Department of Defense information networks (DoDIN)

"We are under attack every day," said McLaughlin. "The two things we are worried about is the adversary attempting to overtake our network and destructive attacks, where physical computers are actually damaged via a complex cyberattack."

Defending the United States from attacks of critical consequence

"This means using military forces to defend non-



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

Lt. Gen. James K. "Kevin" McLaughlin, deputy commander, U.S. Cyber Command (USCC), briefs Airmen and Sailors stationed at Joint Base Pearl Harbor-Hickam during a CYBERCOM town hall meeting, held at the Hickam memorial theater, Sept. 30. During the town hall, Gen. McLaughlin briefed the five strategic goals of USCC and fielded questions from the audience.

military targets in the U.S., including power plants, key transportation nodes, or other areas defined as critical infrastructure sectors," he said.

Providing cyber effects to combatant commanders

"We are building teams that will have the capabilities of generating combat effects when needed," he said. "This will give us the capability to produce warfare capabilities in this domain when necessary."

Provide full-spectrum cyber options to military plans and operations

"Warfare is trans-regional," said McLaughlin. "It is not limited to just one section or domain. Airmen must be prepared to face and overcome these challenges."

After his briefing, McLaughlin fielded questions from the audience.

Q. How can bases protect themselves in the cyber domain when they do not have the proper authority on their network?

"Coordinated operations between work centers," said McLaughlin. "Authorities will change as we approach a joint information environment. This is the type of domain we are heading into, and these are the types of challenges we will face in the future as this domain of warfare evolves."

Q. What role does CYBERCOM have in improving maintenance and support in combat units?

"We do not have a direct role, but we do have an in-

direct one," he said. "We are going to go through all of the critical warfighting systems and categorize them, so we can see which platforms need to be upgraded, which will expedite the process."

Q. Do you see the base comm squadron as an 'endangered species,' or do you see them becoming more as a tool for commanders to utilize?

"Threats exist at the same time on all levels," he said. "Comm squadrons offer a myriad of skills. Why not leverage who we already have instead of hiring new people? I think comm squadrons are changing from an 'endangered species' to leadership realizing how critical they truly are."

Ceremony set to rename center for Sen. Inouye

Daniel K. Inouye Asia-Pacific Center for Security Studies

A ceremony planned for Oct. 6 will honor late Hawaii Sen. Daniel K. Inouye with the renaming of the Daniel K. Inouye Asia-Pacific Center for Security Studies (DKI APCSS).

The ceremony will begin at 10 a.m. at 2058 Maluhia Road, Honolulu. Parking is available at the Hale Koa Hotel parking structure.

The Daniel K. Inouye Asia-Pacific Center for Security Studies, formerly the Asia-Pacific Center for Security Studies, is celebrating two decades of educating, empowering and connecting security practitioners throughout the Asia-Pacific region in the interest of peace, stability and prosperity.

The ceremony will feature a number of speakers, a video program, historical displays and a tribute to

Senator Inouye. The speakers will include Navy Adm. Harry Harris Jr., commander of U.S. Pacific Command; Retired Air Force Lt. Gen. Daniel Leaf, director of DKI APCSS; and Kelly Magsamen, principal deputy assistant secretary of defense for Asian-Pacific and Security Affairs.

Nearly 300 community members and international Fellows are expected to attend.

U.S. Navy aids Japan after typhoon



Official U.S. Navy photo

On Sept. 29, 1959, USS (CVS 33) began providing disaster relief to Nagoya, Japan in the aftermath of Typhoon Vera. The above photo shows two helicopters—a U.S. Navy Sikorsky HSS-1 Seabat assigned to Kearsarge and a Japanese Self-Defense Forces Piasecki Model 44A—evacuating Nagoya residents.

HO'OKELE

PEARL HARBOR - HICKAM NEWS

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USS Columbia receives 2014 Arleigh Burke Fleet Trophy

Story and photo by
MC1 Jason Swink

*Submarine Force Pacific Fleet
Public Affairs*

The Los Angeles-class attack submarine USS Columbia (SSN 771) was awarded the Arleigh Burke Fleet Trophy during a ceremony held pierside Sept. 21 at Joint Base Pearl Harbor-Hickam.

Adm. Scott Swift, commander of U.S. Pacific Fleet, presented the trophy with congratulations on behalf of the Chief of Naval Operations to the crew. The announcement that Columbia was the Pacific Fleet recipient of the trophy was made earlier this year by Adm. James F. Caldwell Jr. in Washington, D.C.

“Operations are about achieving and maintaining readiness. We take what is produced and we consume it, in our operations, and we work to achieve balance,” said Swift.

“Taking the resources available and matching it to the readiness requirement is what you knew you needed to do to make Columbia as fit as [could] possibly be within the constrained resources,” he said.

“You have taken that readiness challenge and not only surpassed your peers in how much you have advanced your readi-



Adm. Scott Swift (left), commander of U.S. Pacific Fleet, addresses the crew of the Los Angeles-class fast attack submarine USS Columbia (SSN 771) during a presentation of the Arleigh Burke Fleet Trophy.

ness,” said Swift. “You have advanced it all the way to the top in recognition of the fact you were awarded the Battle E.”

Swift said it was a very unique distinction for the crew to win Commander, Submarine Squadron Seven’s Battle Efficiency Award and the Pacific Fleet Arleigh Burke Trophy during the same time period.

The Arleigh Burke Fleet Trophy is presented annually to the ship or aviation squadron in both the Atlantic and Pacific Fleets that have achieved the

greatest improvement during the previous year based on the Battle Efficiency (Battle “E”) competition. The competition is conducted annually to strengthen individual command performance, improve overall force readiness, and recognize outstanding performance.

“I always talk about operational success. Operational success is boat readiness, crew readiness and family readiness,” said Fleet Master Chief Susan A. Whitman. “You have hit all three wickets, and you

should be very proud of yourselves.”

Cmdr. David Edgerton, commanding officer of USS Columbia, said he was very proud of the enthusiasm, hard work and dedication of the crew.

“I have never seen a crew with more enthusiasm. Most of all, I am impressed by their humility,” Edgerton said.

“Despite receiving awards such as the Arleigh Burke Trophy and the Battle E from Submarine Squadron Seven, the crew continues to maintain a

steady strain on keeping the high standards that are essential to sustained superior performance,” Edgerton said.

Columbia returned to Joint Base Pearl Harbor-Hickam on Nov. 21, 2014 after successfully completing several missions vital to national security, including participation in several multi-national exercises, which supported ongoing security theater objectives and improved the overall warfighting readiness of U.S. and allied forces in the western Pacific.



USS O’Kane Sailors volunteer Sept. 18 at a carnival at Alvah Scott Elementary Elementary School.

USS O’Kane Sailors volunteer at Alvah Scott Elementary School carnival

Story and photo by
Ensign Megan Wilson

*USS O’Kane (DDG 77)
Public Affairs*

O’Kane “adopted” the school in January in order to sponsor, mentor and provide assistance to its students. The principal reached out to Ensign Agustinus Soegeng and

Fire Controlman 2nd Class Kendall Boone, O’Kane’s volunteer coordinators, with an opportunity to interact with the elementary students and families.

The Sailors manned carnival booths and regulated activities including hula hoop contests, a bean bag toss, bouncy house, and an obstacle course. With O’Kane’s support, Alvah

Scott Elementary’s parent teacher association raised \$2,000 at the carnival, exceeding their goal of \$1,125.

“The best part of this volunteer event was seeing all the smiles on all the children’s faces,” Boone said.

Through activities such as these, O’Kane continues to strengthen ties with the local community.

JBPHH provides guidelines for wedge tailed shearwater fallout season

**Navy Region Hawaii
Environmental
Outreach Program**

November/December is “annual shearwater fallout” season on base and around the islands. Juvenile wedge-tailed shearwaters (seabirds) who are learning to fly often get disoriented by city lights, fly inland instead of toward the sea, fall to the ground, and get injured or become vulnerable to predators, road kill, etc.

What to do if a shearwater is found

Contact Naval Facilities Engineering Command Hawaii Environmental at (808) 722-7285. During working hours, the seabird will be picked up. After hours, response may be delayed until the next day and the seabird may need to be secured.

How and when to handle shearwaters

If the seabird is in a safe location, and will be picked up soon, then leave it there. However, if after



Photo by John Burger

The Navy’s Pacific Missile Range Facility provides protected habitat for a colony of wedge-tailed shearwaters. These impressive seabirds find their way back to their home nest site after months riding the winds above the ocean feeding on small marine life. The base has modified exterior lighting fixtures to prevent disorienting these birds when they fly on moonless nights.

hours and/or seabird is in harm’s way (e.g., road kill, predation), the seabird should be secured in a cardboard box.

When handling, cusp the bird “firmly without squeezing.” Keep its wings close to its body. Birds have strong muscles but

fragile bones. Gloves are desirable; although their bite is not hard, their fish-catching beak is very sharp. A towel or T-shirt may be used to cover the seabird prior to handling. Keep the box in a quiet location until it is picked up.

Pearl Harbor-Hickam Highlights



U.S. Navy photo by MC2 Johans Chavarro
Sailors who are a part of the Pearl Harbor Coalition Sailors Against Destructive Decisions (CSADD) chapter participate in a Suicide Prevention Month awareness event Sept. 24 at Joint Base Pearl Harbor-Hickam.



(Left) Senior Chief Culinary Specialist Nixon Galan is tackled by his children after the guided-missile destroyer USS Paul Hamilton (DDG 60) returns to Pearl Harbor on Sept. 29 from a scheduled independent deployment.

U.S. Navy photo by MC2 Gabrielle Joyner

(Below) Logistics Specialist 2nd Class Andrew San Miguel plants the "first kiss" on his wife, Lucy San Miguel, shortly after the guided-missile destroyer USS Paul Hamilton (DDG 60) returns to Pearl Harbor from a scheduled independent deployment to the Arabian Gulf and western Pacific, Sept. 29.

U.S. Navy photo by MC2 Gabrielle Joyner



U.S. Air Force photo by Tech. Sgt. Aaron Oelrich
Staff Sgt. Adam Hershey, radiology technician with 15th Medical Support Squadron, demonstrates the capabilities of the radiology department to Lt. Gen. Russell Handy, 11th Air Force commander, during his tour of Joint Base Pearl Harbor-Hickam Sept. 21.

Staff Sgt. Devin Rivas Martin, vocalist for the Band of the Pacific-Hawaii, rehearses with Navy Operations Specialist Seaman Jasmine Bencid, from the 1st Lieutenant Division, for the Joint Base Pearl Harbor-Hickam Hispanic Heritage observance ceremony. (Story and additional photo on page A-5.)

U.S. Navy photo by Blair Martin Gradel



JBPHH Airmen enhance capabilities during FAST training

**Story and photo by
Staff Sgt.
Christopher Stoltz**

15th Wing Public Affairs

Airmen from the 647th Security Forces Squadron recently completed a week-long Air Force Fly-Away Security Team training, or FAST, at Joint Base Pearl Harbor-Hickam, Sept. 21-25.

FAST provides forward-deploying Airmen the opportunity to enhance specific skills in the areas of security, mission planning, threat assessments and combatives. The training intertwines various skill sets and teaches selectees how to be security police, ambassadors and humanitarians at the same time.

Missions requiring FAST members can vary from carrying hazardous materials, personnel under control, medical units and mission-essential personnel. When flights travel to forward operat-



Senior Airman Jesse Johnson, 647th Security Forces Squadron patrolman, defends his fellow Airmen on Sept. 25 while they escape an overrun position during Air Force Fly-Away Security Team training, or FAST.

ing bases with limited airfield security, the FAST members play a vital role in protecting Air Force assets.

The five-day training provided the attendees with knowledge in mission planning, security tactics, aircraft familiarization, cross-cultural immersion and communication skills and combatives training.

The week-long training culminated in a situational training exercise, where participating Airmen were required to demonstrate their capabilities in real-time, which required them to respond and react to different scenarios, ranging from simple verbal exercises – to having to fend off (and escape from) simulated terrorist attacks.

In most instances, the Airmen would utilize a form of de-escalation during exercises, with hopes of easing tensions between the Air Force and the simulated-host nation.

“One of the skills these Airmen learn during the course is the use of verbal judo,” said Staff Sgt. Kyle Huppert, 647th Security Forces Squadron (647th SFS) FAST coordinator. “It is a way for Airman to use communication as a means of deescalating a situation, as opposed to weaponry.”

Huppert said Airman may come across situations throughout their careers which can simply be handled with developed-communication skills. He said the Airmen were also tested in their abilities to improvise and act thoughtfully in situations that didn’t allow much time for decision making.

“This is a very important tool for our Airman to have,” said Huppert. “As police officers, we may come across certain situations that can escalate or de-escalate in a matter of seconds. We need to be prepared to make a quick decision, one which could

either save someone’s life or potentially end it.”

One of the Airmen who agree with Huppert is Senior Airman Jesse Johnson, 647th SFS patrolman. He said although the training is meant to be stressful in nature, he knows he will be a better defender after the training. He also said he was excited about his future in the Air Force, as FAST will open doors and provides him opportunities to serve in an array of locations.

“I think FAS training enhances our capabilities,” said Johnson. “I feel the training, especially learning ‘verbal judo,’ is going to help us overcome potential high-stress situations we may come across while in other nations. Furthermore, it provides Airmen the opportunity to visit and serve in the many unique locations throughout the PACAF AOR, and it is exciting to think of the places I could go.”

Tripler Fisher House supports military family’s road to recovery

**Staff Sgt.
Christopher Hubenthal**

Defense Media Activity Hawaii

TRIPLER ARMY MEDICAL CENTER, Hawaii -- Service members and their families can face challenges unique to a military lifestyle, but sometimes an unexpected turn of events can add additional tests.

For Guam resident Helen Chaco and her family, that turn started in 2014 when she was diagnosed with cervical cancer. Due to the cost of moving to Hawaii to get treatment, Helen and her family were discouraged but thanks to the Tripler Army Medical Center Fisher House, she was able to receive support while undergoing oncology treatment.

The Fisher House Foundation

is best known for its network of comfort homes where military and veteran’s families can stay at no cost while a loved one is receiving medical treatment at major military and VA medical facilities. The Tripler Fisher House is one of 65 Fisher Houses spread throughout the continental United States and can accommodate 19 families at any given time.

“It really helps financially,” Helen said.

“This place being a home away from home is definitely a great setting. I wouldn’t be alive really if there was no Fisher House. I think that if we were renting a hotel at \$3,000 dollars a month or paying a car rental, I would probably just give up the fight and go home, but the Fisher House is an awesome place to be. I’m very grateful for it,” Helen said.

Helen’s husband, Air Force Tech. Sgt. Ed Chaco, Guam Air National Guard, said he appreciated the Tripler Fisher House for providing a comfortable place to live during Helen’s treatment process.

“It’s really dear to my heart,” Ed said.

“The first thing that I actually experienced when we first came here was the immediate financial burden that was taken off of our shoulders. As you can imagine, we’re in Hawaii and the cost of rentals are off the charts. It was really unsettling because I have kids back home on Guam and I take care of my wife here, so that was the first thing that [Fisher House] helped us with,” he said.

The Tripler Fisher House made it easier for the Chaco family to tackle the financial challenges of moving from Guam to Hawaii, but

being able to meet other families going through similar trials was equally beneficial to Ed.

“This house is a house of healing,” Ed said. “There are people here with different types of ailments and injuries. Cancer patients can interact and get advice from the experiences that they’ve had, and I think that’s one of the most beneficial things about being here.”

Ed believes that a part of the reason they were able to take advantage of what Fisher House has to offer so quickly was largely because of the Tripler Fisher House manager, Anita Clingerman.

“Anita I would like to say is our angel,” Ed said. “She’s the right person for this position.”

The Chaco family is just one family that Clingerman and Tripler Fisher House employees

and volunteers work to help and accommodate.

“When working here and knowing the families, you can’t help but be involved and be a part of the family,” Clingerman said.

“This is a home away from home, and my mission here is to make them feel at home and feel normal. Whenever they need anything, my door is always open, I’m on 24/7 and am happy to help. I’m overwhelmed on what Fisher House does for our military families,” she said.

According to the Fisher House official website, Fisher House served more than 25,000 families and saved them more than \$47 million in lodging cost, food and transportation in 2014.

(For more information, visit the Fisher House website at <https://www.fisherhouse.org/about/>.)

JBPHH celebrates Sailors and Airmen during Hispanic Heritage Month

**Story and photo by
Blair Martin Gradel**
*Joint Base Pearl Harbor-Hickam
Public Affairs*

From Sept. 15 to Oct. 15, Joint Base Pearl Harbor-Hickam (JBPHH) is celebrating the many contributions of Hispanic Airmen and Sailors who make up our diverse community.

According to Staff Sgt. Devin Rivas Martin, he owes a lot of who he is as an Airman to his Hispanic heritage.

For example, he credits his mother’s Hispanic origins for shaping the musicality he brings as vocalist for the Band of the Pacific-Hawaii.

“Music was always a part of my life,” said the Kansas native. “Both my parents loved music and from very early on, there was always an eclectic mix of music—from mariachis to classical—in our house.”

Although Martin initially enlisted in the Air Force in 2008 as a communications technician, a chance audition for the premier Air force touring band, Tops in Blue, in 2010 would alter the trajectory of his military career.

“At the time [of my enlistment], I was just coming out of college where I was studying music edu-

cation, wanted to pay off loans and then I got into computers,” he explained.

“But that audition [with Tops in Blue] led to other things like performing with the USAF Heartland Band of America and eventually I got orders to Pacific Air Force (PACAF) Command to do what I do now [with Band of the Pacific],” he said.

Later, Martin discovered that growing up with another language used in the home proved useful as a professional vocalist.

“Growing up around a Spanish-speaking mother gave me an advantage when it came to trying to pronounce certain things,” he said.

“Whether it’s Italian or Spanish, being able to pronounce words accurately and know the meaning of a song—it all really helps with translating the message of music to others,” he added.

Since enlisting in 2010, Yeoman 2nd Class (EXW) Eliana Herrera serves as an evaluation coordinator and even became executive assistant to the Joint Base command master chief.

“Whether it’s my job or my friends, I’ve definitely always been the mother of the group which I believe 100 percent comes from the kind of family I have,” explained the Arizona native.



Yeoman 2nd Class (EXW) Eliana Herrera goes through some of her administrative paperwork on her desk at the Joint Base Pearl Harbor-Hickam administration department. Herrera serves as an evaluation coordinator and executive assistant to the Joint Base Command Master Chief.

the second grade.

“Being [bilingual] has definitely been an asset growing up,” she said.

“I’m light-skinned, so even in the Navy people see my last name and just assume it’s just my married name. So I like the idea of showing them not to judge a book by its cover,” she added.

Other ways Herrera said she enjoys paying homage to her heritage is around the dinner table with family, especially during the holidays.

“I really love cooking,” she said. “It’s something my whole family does—like making tamales—when we get together for Thanksgiving or Christmas. When I wasn’t able to make it home one year, my mom froze some and mailed them to me. It’s a tradition I plan to continue with my own family,” she said.

Since moving to Hawaii in 2014, Herrera said she has gained a greater appreciation for the many different cultures, customs and cuisines one can expect when living in a new place.

“One of my favorite dishes to make now is kalua pork enchiladas,” she said. “Before moving to Hawaii, I always made the dish with chicken but after coming here, it’s like I’ve rediscovered my love for pork,” she said, laughing.

Help protect water where we swim, fish and surf

(Information provided by Denise Emsley, Naval Facilities Engineering Command Hawaii Public Affairs)

New storm drain markers were installed near storm drain inlets around industrial facilities, parking lots and roadways at Joint Base Pearl Harbor-Hickam. The markers say, “no dumping, drains to ocean.”

“This is a reminder that all storm drain inlets lead straight to Hawaii’s waterways without any treatment,” said Carrie Esaki, environmental engineer at Naval Facilities Engineering Command Hawaii.

“Remember, only rain in the drain,” Esaki said.

For more information about storm water pollution and prevention, visit <http://water.epa.gov/action/weatherchannel/stormwater.cfm>.



This is one of the storm drains at JBPHH.

FY 16 energy action fair to be held Oct. 14

Naval Facilities Engineering Command Hawaii Public Affairs

An FY16 energy action fair and building energy monitor training will be held from 9:30 a.m. to 2:30 p.m. Oct. 14 at the Ford Island Conference Center, building 89.

The event is free and is open to all base personnel.

Capt. Dean Tufts, commanding officer of Naval Facilities Engineering Command Hawaii, will be the guest speaker to kick off the training session.

All building energy managers (BEMs) are required to attend one of the two 45-60 minute

training sessions (10 a.m. or 1 p.m.).

Navy energy and water partners are participating and setting up educational booths in the lobby of the conference center.

Although BEM training is a requirement for BEMs

only, the event is open to all Joint Base employees who are interested in learning more about energy conservation.

The vendors and information booths will be accessible throughout the day.

GOT SPORTS

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HO'OKELE
HAWAIIAN COMMUNITY PUBLICATION

Life & Leisure

Blue Angels

to fly high over
Marine Corps Base Hawaii

Story by Brandon Bosworth

Assistant Editor, Ho'okele

The U.S. Navy flight team the Blue Angels will be the featured performers at the Kaneohe Bay Air Show on Oct. 17 and 18 at Marine Corps Base Hawaii.

The Blue Angels will use the F/A-18 Hornet aircraft to exhibit the choreographed refinement of skills possessed by all naval aviators. There will also be demonstrations by the Blue Angels C-130 Hercules support aircraft, known affectionately as "Fat Albert", a reference to the 1970s popular cartoon character. The Marine Air-Ground Task Force (MAGTF) will demonstrate a combined offensive, including simulated explosions and a wall of fire.

The Blue Angels Flight Demonstration Squadron is among the most popular aviation acts in the world, entertaining approximately 11 million people last air show season.

The air show will also offer static displays of vintage and modern aircraft, food booths and a carnival midway, featuring rides, games and more for the kids.

"We hope families, young and old, stop by to see the incredible aerial demonstrations, check out the static aircraft, and learn about Navy and Marine Corps missions," said Col. Eric Schaefer, Marine Corps Base Hawaii commanding officer.

Marine Corps Base Hawaii's last air show was in 2012, drawing nearly 110,000 people during the two-day event.

The event is open to the public and general admission is free. Premium seating is available for purchase now at military ticket outlets, including all Information, Tickets & Travel offices at Joint Base Pearl Harbor-Hickam.

Those purchasing premium seating tickets in advance can receive discounts over prices on the day of the event. Five categories are offered: grandstand, box seats, flight deck, devil dog and top brass. Prices begin at \$15 for grandstand (which offer elevated views) and go up to \$85 for top brass (which includes shaded areas, food and beverages and souvenirs).

Volunteers are also needed for the air show to assist with food service, marketing, ticketing and as ushers. Volunteers will receive an air show volunteer T-shirt and certificate of appreciation.

The gates are tentatively set to open to the public at 9 a.m. on both days. Security restrictions will be in place.

"I'm so excited to be a part of this," said Schaefer. "This event is important to us because it's a great opportunity to say thank you to our neighbors across Oahu, while showcasing the pride and professionalism of Hawaii Marines and Sailors."

(For more information about the 2015 Kaneohe Bay Air Show, visit www.kaneohebayairshow.com.)

At right, The Blue Angels on the airfield next to the vendor booths. Below, a wall of fire simulated explosion lights up the background of the planes.

U.S. Navy photo & additional photos courtesy MCSS Hawaii

Below, The Blue Angels perform maneuvers over Kaneohe Bay.



"This event is important to us because it's a great opportunity to say thank you to our neighbors across Oahu, while showcasing the pride and professionalism of Hawaii Marines and Sailors."

— Col. Eric Schaefer, Marine Corps Base Hawaii commanding officer



Three turnovers allow Asheville to upend Chung-Hoon



Asheville receiver Electronic Technician 2nd Class Abel Pajas goes above the crowd to haul in a pass. Pajas caught two passes for touchdowns.

**Story and photo by
Randy Dela Cruz**

Sports Editor, Ho’okele

Culinary Specialist Seaman Recruit Knya Davis’ second of two picks led to the game-winning touchdown as USS Asheville (SSN 758) came back to defeat USS Chung-Hoon (DDG 93), 18-12, on Sept. 26 in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

The interception by Davis placed Asheville deep in Chung-Hoon territory late in the game with the score all tied at 12-12.

Six plays later, Asheville quarterback Electrician’s Mate 2nd Class Michael Fajardo threw for the game-winning touchdown as the clock wound down.

“That was monumental,” said Fajardo about the steal by Davis. “It was the key play of the game. We were gaining some momentum, so we just needed that chance to get the ball into the end zone. Davis, luckily, stepped up.”

With the win, Asheville has won their first two games of the season, while Chung-Hoon now holds a record of 1-1.

The game-winning drive was a fitting way to end the game, which seesawed back and forth

from the opening whistle.

Asheville threatened first when a pick by Electronic Technician 2nd Class Abel Pajas on the very first play of the game handed the ball to Fajardo at their own 37.

Fajardo brought his team all the way down to the Chung-Hoon four but had to turn the ball over on downs.

Chung-Hoon QB Sonar Technician Surface 2nd Class Colin Darnathan got his second chance at moving the team and quickly found his groove.

Darnathan completed five passes on a 10-play drive that covered 76 yards and a touchdown, with the signal caller scrambling to his right for the final 12 yards and a 6-0 lead.

Then it was Asheville’s turn to answer, and this time Fajardo made sure that the team took it all the way.

After moving the ball from his own 15 to the Chung-Hoon 30 on seven plays, Fajardo went long and found Pajas in the end zone for six to tie the game up.

However, just before halftime, Darnathan, still feeling it from the team’s last drive, directed an eight-play, 65-yard drive that was punctuated by a 10-yard toss to Operations Specialist 2nd Class Alvin Williams for six points and a 12-6 lead going into the break.

Early in the second half, Fajardo hit Pajas with his second touchdown pass of the game to tie the score at 12-12, but after that, things turned into a muddy grind in the second half as rain not only made a mess of the field but also made it difficult for both teams to advance the football.

The scene was the perfect setup for Davis, whose second interception of the game gave Asheville one final chance to break the tie.

“I was just looking to do my thing, so I could help my team to win,” Davis said about his crucial swipe. “We needed that stop bad, so I stepped up and made a good play.”

The outcome was decided for good when Fajardo completed his third and final touchdown pass of the day.

“We depend on each other and we work hard,” said Fajardo about what it took to win their second game of the season. “We don’t give up until the final whistle. We knew we are always in the game. Our teammates are going to make plays for us to put us in the right position.”

While the season is still very fresh, Fajardo said he is feeling pretty positive that Asheville has what it takes to extend their season to the very last game.

“Playoffs (and) championship, as long as we keep working,” he said.

October is Domestic Abuse Awareness Month

Joint Base Pearl Harbor-Hickam Military and Family Support Center

October is Domestic Abuse Awareness Month. It is an opportunity to inform our community about prevention efforts as well as inform victims help is available. It can sometimes be difficult to determine if a relationship is unhealthy or if it is abusive.

Domestic violence is not about anger, stress, or alcohol. It’s when one person controls, dominates and or coerces their partner. It has

Upcoming relationship workshops

- Mastering the Art of Relationship Skills, 10 a.m. to noon, Oct. 6, 13 and 20, MFSC Moanalua.
- Effective Couple’s Communication, 10 to 11 a.m., Oct. 8, MFSC Wahiawa location.
- Unplug Your Marriage, 5 to 7 p.m., Oct. 22, MFSC Moanalua.

devastating effects on victims, families and military readiness. Those affected by abuse live in fear and isolation, children are traumatized by the unstable environment, and it impacts workload and mission requirements

How can someone get

help or help someone in an abusive relationship? The family advocacy program at the Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC) is available to provide prevention, intervention, safety planning, resources and treatment to

help families recover and heal from abuse.

Family advocacy program victim advocates are available to assist victims of domestic abuse with safety planning, reporting options and resources 24/7 at 590-7719.

Communication workshops and confidential counseling services for individuals and couples are available.

Upcoming communication workshops are available in October.

(For more information on classes or to schedule an appointment, call 474-1999.)

Silver Dolphin Bistro to celebrate Hispanic Heritage Month

Hispanic Heritage Month will be observed through Oct. 15. To celebrate, Silver Dolphin Bistro Galley will offer a special meal from 11 a.m. to 12:30 p.m. on Oct. 7.

Items on the menu will include:

picadillo
pollo asado
pork carnitas
arroz amarillo
Cuban black beans
tostones
corn and flour tortillas
flan
tres leches cake

The price for the special meal is \$5.55. Military personnel, their immediate families, retirees and Department of Defense personnel are welcome. For more information call, 473-2519.

Lady Paniolos topple defending champs Wahine Koa

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

After sitting out last season, the Lady Paniolos have returned to Hawaii's Finest Flag Football (HF3) with a vengeance by following last week's season-opening win with a 14-7 victory over the league's defending champs Wahine Koa, 14-7, on Sept. 26 at Waikele Community Park.

After coming up short on their first drive of the game, the Lady Paniolos converted on back-to-back drives before holding off Wahine Koa for the victory.

The HF3 is the only flag football league on Oahu that accommodates both men's and women's teams.

The league is also well known for its vision of creating a sports organization that intermingles military family members with the islander community.

"Koa played good defense," said Lady Paniolos head coach Shandale Graham. "Can't take nothing away from them, but our offense, once we get clicking, it's hard to stop us."

On their first possession, the Lady Paniolos appeared to get a huge break when the team broke camp deep in Wahine Koa territory at the 11-yard line.

Instead of taking advantage of the good field position, Lady P's quarterback Kate Robinson misfired on three passes and was sacked for a 12-yard loss before being forced to hand the ball over to the Wahine Koa.

After running the ball for no gain, Koa quarterback Aubrey Kiemnec, a Department of Defense civilian, connected on a long throw to Sabrina Gonzalez, a military spouse, that gave the Wahine first and 10 on the Lady Paniolos 27-yard line.

Later, on fourth down and goal-to-goal on the three, Kiemnec hit Gonzales again with a clutch pass to put the first points on the board.

The point after touch-



Lady Paniolos slotback Army Spc. Abigail McCoy makes a catch in front of Wahine Koa defensive back Keala Kuupu-Chambers. McCoy also caught a pass for atouchdown to help the Lady Ps beat Wahine Koa.

down (PAT) was good to give Wahine Koa an early 7-0 lead.

With time running out in the first half, the Lady Paniolos got a chance to

redeem themselves, and they took full advantage of the opportunity.

Starting at their own 25, Robinson came up big by connecting on two fourth-

down passes to keep the chains moving.

The first one went to former Moanalua High School standout Britni Ronolo, whose catch made it first

and goal from the nine.

The Wahine Koa defense stiffened, but on fourth down, Robinson found Army Spc. Abigail McCoy down the middle of the field

and into the end zone for six.

The Lady Ps went for the two-point conversion and got it to go into halftime holding a razor-thin 8-7 lead.

After intermission, the Wahine Koa was forced to hand over the football after just four downs to set up the Lady Paniolos at their own 24.

From there, Robinson made quick work of the Koa defense by needing only five plays to hit pay dirt.

On the drive, Robinson hit Ronolo at the Koa 18, McCoy on the seven before going into the end zone for Ronolo for another six and 14-7 lead that stood up until the end.

While Graham was pleased with the team's performance, he admitted that the ladies still have a long way to go after sitting out last season.

"It's going good," he stated. "We're still trying to implement the new players that we got, so it's a learning curve. We lost some players to PCS and people moving off island, but it's an adjustment."

Over on the other sideline, Koa head coach Marine Staff Sgt. Marques Nelson said that although his team came out on the short end this time around, he will use the memory of the defeat to get the ladies ready for the next time the two teams meet.

"I think we need to actually learn from this game, especially when you have championship aspirations," Nelson said. "We have a target on our backs, so every team wants to beat us. The main thing is we can't come out with the same intensity as the other team. We need to come out with more intensity, and we can't make mental mistakes."

While it's been a couple of seasons since the Lady Paniolos won the league's title, Graham said that he isn't expecting anything but another run to the trophy.

"It's championship or bust," he said. "It all starts with practice."

Na Koa Kai has too much firepower for CNRH/MIDPAC

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Commander, Navy Region Hawaii/ Middle Pacific (CNRH/MIDPAC) tallied one touchdown in the second half, but the problem with the team's lone score was that Naval Health Clinic Hawaii Dental Na Koa Kai sandwiched the TD with two touchdowns on each side to crush CNRH/MIDPAC, 25-7, on Sept. 29, in a Red Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

For the second game in a row, Na Koa Kai quarterback Hospitalman Jarvis Tavares-Somildam threw for three touchdowns and ran in for another to lead the team's potent attack which, over two games, has outscored their opponents by a margin of 45-7.

The fast start has produced back-to-back wins to open the season, while CNRH/MIDPAC has fallen to 1-1.

"It's actually from last week," said Tavares-Somildam about the team's dominating performance against CNRH/MIDPAC. "We saw what we didn't do and just made some little tweaks in our play. We were missing one of our defensive captains, so people just stepped up."

Against CNRH/MIDPAC, Na Koa Kai opened up in a prevent defense, which seemed to bother their opponent right from the start.

Although CNRH/MIDPAC drove all the way down to the Na Koa Kai 28-yard line on their first time behind the ball, the team stalled and



Hospitalman Jarvis Tavares-Somildam tries to knock away the ball from intended receiver Electrician's Mate 1st Class John Manning. Tavares-Somildam had a big night for Naval Health Clinic Hawaii Dental Na Koa Kai by throwing for three touchdowns, rushing for another, while picking off a pass on defense.

was forced to hand the ball over to Na Koa Kai. Wasting little time, Tavares-Somildam picked up 13 yards on first down to break enemy territory at the 39.

Three plays later, with first and goal from the 19, Tavares-Somildam rifled a shot down the middle of the field and into the arms of Hospitalman Dedrich Cantu

for a touchdown and 6-0 lead.

After forcing CNRH/MIDPAC to punt the ball away, Na Koa Kai was back in business with the ball in the hands of the dangerous Tavares-Somildam.

A false start against the offense pushed the ball back to the Na Koa Kai 28, but on the very next play, Tavares-Somildam scram-

bled out of the pocket to buy some time and then took off down field on a spectacular run that covered 52 yards for a touchdown and a 12-0 lead at halftime.

"I just saw people drifting to the left," he explained.

"It's just made a hard cut making them think I was going back to my right. It's just practice."

In the second half, things got interesting for a while when CNRH/MIDPAC quarterback Quartermaster 2nd Class Kyle Stevens finally figured out what to do against the stifling Na Koa Kai defense.

Stevens struck for 18 yards to Electrician's Mate 1st Class John Manning that placed the ball at the

Na Koa Kai one-yard line before hitting Lt. Cmdr. Paul March with a short scoring toss to narrow the gap.

The team's point after touchdown was good to make it only a five-point game at 12-7.

However, Na Koa Kai quickly seized back momentum as Tavares-Somildam engineered a four-play, 65-yard drive to the end zone with the last 34 yards being covered on a 34-yard scoring toss from the QB to Hospitalman Chris Cole.

Cole, with time running out, came up with another huge catch that placed the ball on the CNRH/MIDPAC 14 before Tavares-Somildam hit Hospital Corpsman 3rd Class Daniel Harper with the final touchdown pass of the game.

Stevens, who was held to only one touchdown, said that the Na Koa Kai defense might have presented the biggest obstacle for his team to overcome.

"It (defense) disrupted us a lot," Stevens admitted. "Our routes had to be a lot crisper, and my throws had to be a lot better. I feel like we were running the ball, but as far as my passing and the routes could have been better."

Tavares-Somildam said that in order to keep the team's season going strong, Na Koa Kai would have to pay attention to details and continue making key adjustments along the way. "There are always little things that we need to work on," he stated. "We saw what we needed to do, that we didn't, this week. So we're going to talk about that."

Your Weekly Fun with MWR

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



Sesame Street Live returns to JBPHH this weekend

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Sesame Street and the United Service Organizations (USO) are bringing the Sesame Street/USO Experience for Military Families to the Hickam Fitness Center at Joint Base Pearl Harbor-Hickam this weekend. There will be shows at 2 p.m. and 5 p.m. on both Saturday and Sunday. All four shows are free and open to all military-affiliated personnel and their sponsored guests.

This year USO and Sesame Street are presenting the Moving Show. This short show features Katie, a military kid on Sesame Street who is dealing with her family moving to a new base. The Moving Show was made specifically for the military audiences along the tour.

Doors will open 30 minutes before each show. No tickets are needed. Seating is limited and is first come, first served. For more information about the event, go to www.greatlifehawaii.com. For tour information, visit www.sesamestreet.org/TLC or www.uso.org.

Sesame Street is coming back to Hickam Fitness Center Gymnasium at JBPHH this Saturday and Sunday.

MWR Marketing photo



MWR Marketing photo

The MWR Super Garage Sale returns to Richardson Field tomorrow.

MWR Super Garage Sale to be held tomorrow

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

After a five-month absence, the Morale Welfare and Recreation (MWR) Super Garage Sale returns to Richardson Field tomorrow from 8 a.m. to noon. There will be 175 vendor stalls selling a variety of products.

“The Super Garage Sale is a great event if you have just moved here and are looking for home items or to get a jump start on Christmas shopping,” said Erica Meyers, manager, Rainbow Bay Marina. “There are lots of new and lightly used items for sale.”

Richardson Field is located across from Aloha Stadium on Kamehameha Highway. Free event parking will be available at Rainbow Bay Marina, and overflow parking will be at Aloha Stadium for a minimal cost. The event is open to the public, and there is no admission charge.

The MWR Super Garage Sale is now a biannual event and the next sale is set for May 7, 2016. For those interested in being a vendor, the registration usually opens a few months prior to the event, so it is advised to keep an eye out for future sales in “Ho’okele,” “Great Life Hawaii” magazine, or the Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation website, www.greatlifehawaii.com.

Community Calendar

OCTOBER

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. Payments need to be in cash or a check. If using a check, make it payable to Hawaii Navy Ball. 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 — Work on 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.

STORMTROOPER SATURDAY

TOMORROW — A Stormtrooper from Vader's Fist 501st Legion will appear from 11 a.m. to 2 p.m. on the first floor of the Pearl Harbor Navy Exchange for a meet and greet event with fans. Dressing-up and picture-taking is encouraged. FMI: 423-3287 or email Stephanie.lau@nexweb.org.

SUNDAY BRUNCH BUFFET

4 — Beginning this weekend, the Historic Hickam Officers' Club dining room will host brunch buffets on Sundays from 10 a.m. to 1 p.m. The costs are \$26.95 for adults, \$13.50 for children ages 7 to 12 years old and \$8.25 for children ages 4 to 6 years old. Val Vasquez will provide musical entertainment. FMI: 448-4608.

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 manda-

tory. Participants must be JBPHH active-duty, Department of Defense civilians and family members over 18 years old to be eligible. 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.

MISSOULA CHILDREN'S THEATER

6 — Missoula Children's Theater is returning to JBPHH and hosting a rehearsal camp at Hickam Memorial Theater. Open auditions begin at 10 a.m. Oct. 6., and the camp will run Oct. 7-9. The camp will end with a production of "Sleeping Beauty" at 11:30 a.m. Oct. 10. This event is free for ages 1st through 12th grades. Space is limited, and there is no guarantee that everyone who auditions will be cast. FMI: 421-1556.

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>.

HISPANIC HERITAGE MEAL

7 — Silver Dolphin Bistro Galley will celebrate National Hispanic Heritage Month with a special meal from 11 a.m. to 12:30 p.m. Items on the menu will include picadillo, pollo asado, carnitas, arroz amarillo, tortillas, and flan. The price for the special meal is \$5.55. Military personnel, their immediate families, retirees and Department of Defense personnel are welcome. FMI: 473-2519.

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 MAN FROM U.N.C.L.E.

At the height of the Cold War, a mysterious criminal organization plans to use nuclear weapons and technology to upset the fragile balance of power between the United States and Soviet Union. CIA agent Napoleon Solo (Henry Cavill) and KGB agent Ilya Kuryakin (Armie Hammer) are forced to put aside their hostilities and work together to stop the evildoers in their tracks.

Movie Showtimes

SHARKEY THEATER

TODAY 10/2
7:00 PM A Walk In The Woods (R)

SATURDAY 10/3
2:30 PM War Room (PG)
5:00 PM The Man from U.N.C.L.E. (PG-13)
7:10 PM No Escape (R)

SUNDAY 10/4
2:30 PM Inside Out (PG) (free showing)
4:40 PM The Man from U.N.C.L.E. (PG)
7:00 PM American Ultra (R)

THURSDAY 10/8
7:00 PM Straight Outta Compton (R)

HICKAM MEMORIAL THEATER

TODAY 10/2
6:00 PM The Gift (R)

SATURDAY 10/3
4:00 PM Pixels 3D (PG-13)
7:00 PM Hitman: Agent 47 (R)

SUNDAY 10/4
2:00 PM Ant-Man (PG-13)

THURSDAY 10/8
7:00 PM Straight Outta Compton (R)

