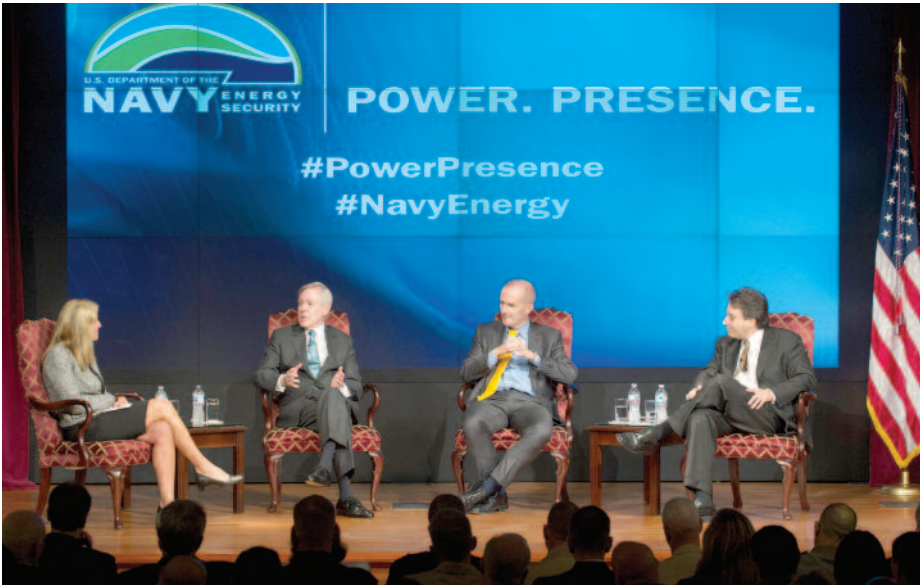




USS Michael Murphy Sailors conduct a helicopter in flight refueling (HIFR) of an MH-60R Seahawk, April 4.

U.S. Navy photo by Lt. j.g. Joshua A. Flanagan



## SECNAV hosts energy innovation roundtable

MC2 Tyrell K. Morris

WASHINGTON (NNS)—Secretary of the Navy Ray Mabus hosted an energy innovation roundtable Oct. 14 at the National Defense University's Eisenhower School in Washington, D.C.

The discussion focused on innovation in

energy culture and technology. Attendees discussed the progress of energy and what the future holds for energy technologies.

SECNAV unveiled his five energy initiatives in 2009 and has worked to ensure the Navy reduces its dependence on fossil fuel

**See ROUNDTABLE, A-2**

## Energy conservation is year round focus

Karen S. Spangler

Managing Editor, Ho'okele

Although Energy Action Month in October brings added emphasis to the importance of conserving energy, energy conservation is a year-round focus for the Navy.

During an energy innovation roundtable hosted Oct. 14 by Secretary of the Navy (SECNAV) Ray Mabus, discussions focused on energy security and the future for energy technologies.

SECNAV unveiled his five energy initiatives in 2009. In May 2014 he implemented the renewable energy program office to identify cost-effective renewable energy projects for Department of the Navy installations.

"The Navy has always been on the forefront of energy changes," said Mabus. "We're doing it for one reason, and that's to be a better fighting force."

He noted that energy conservation and security is a significant step toward meeting the Navy's renewable energy goals. Every dollar saved on energy is a dollar that can be used toward operations and training

to ensure our Sailors and equipment remain mission ready, he said.

Naval Facilities Engineering Program (NAVFAC) Hawaii leads the energy program at Joint Base Pearl Harbor-Hickam and provides oversight in the areas of energy conservation, energy awareness and energy security.

"The Navy Region Hawaii Energy Management Program, dated 2010, states the three focus pillars are: installing a culture of conservation, investing in technology and influencing operations to execute the mission at the lowest possible energy usage and cost. The CNRH/NAVFAC Hawaii Energy Team has various programs to accomplish these goals," said Michael Langer, energy program director for NAVFAC Hawaii.

He explained that there are monthly energy conservation board meetings attended by tenant activity commanders, energy award programs to recognize significant energy and water conservation efforts, and establishing building energy monitors to provide monthly energy audits for each CNRH facility.

**See SAVING ENERGY, A-3**

## Makahiki celebration to take place Nov. 7 at Hickam Harbor Beach

Joint Base Pearl Harbor-Hickam Public Affairs

Military and Department of Defense personnel, their families and sponsored guests are invited to celebrate the annual makahiki, or ancient Hawaiian festival of Thanksgiving, beginning at 9 a.m. Nov. 7 at Hickam Harbor Beach at Joint Base Pearl Harbor-Hickam.

The annual makahiki at Kapuaikaula (ancient name for the Hickam area) provides a unique opportunity for guests to travel back in time to experience Hawaii's rich heritage and play ancient makahiki games, a popular part of the festival in which

families can participate. The event is free and open to personnel with base access and their sponsored guests.

Organized by the Oahu Council of Hawaiian Civic Clubs in partnership with Joint Base and Navy Region Hawaii, this celebration symbolizes a time when native Hawaiians put aside their differences and gave thanks.

Jeff Pantaleo, cultural resources manager for Naval Facilities Engineering Command Hawaii, is a key planner for the event. "The makahiki parallels the western tradition of Thanksgiving and was a time of peace and thanks to the Hawaiian deity, Lono, for agricultural boun-

ties and games of strength and skill played," Pantaleo said.

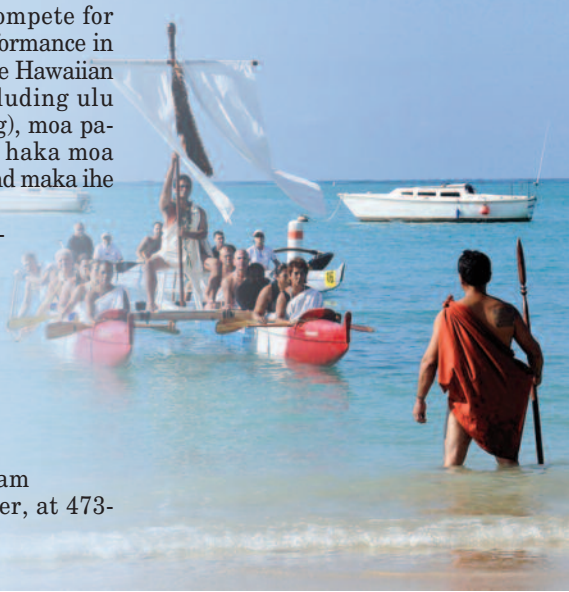
"Makahiki started at Pearl Harbor 14 years ago at Ford Island and has helped improve relationships between the Navy/Air Force and the Native Hawaiian community," he said.

The Hawaiian deity, Lono, will journey from Iroquois Point to Hickam Beach via canoes from the Kamaha'o Canoe Club. At 9 a.m. a blast of the pu (conch shell) will announce the arrival, and a procession from the beach to the grassy area in front of Sam Choy's Island Style Seafood and Grille will begin the makahiki.

Guests can learn the history

of makahiki and compete for prizes given for performance in the traditional Native Hawaiian games of skill, including ulu maika (stone rolling), moa pahe'e (dart tossing), haka moa (one leg wrestling) and maka ihe (spear tossing).

For more information, contact Patty Coleman, Navy Region Hawaii environmental outreach coordinator, at 473-0369 or Grace Hewlen, Joint Base Pearl Harbor-Hickam Public Affairs officer, at 473-2926.



## USS Preble to return today from independent deployment

Navy Region Hawaii Public Affairs and Naval Surface Group Middle Pacific Public Affairs

The guided-missile destroyer USS Preble (DDG 88) is scheduled to return today from an independent deployment to the western Pacific Ocean.



Deployed since March, the crew of more than 300 Sailors steamed a total of 48,550 nautical miles across the U.S. 3rd and U.S. 7th Fleet areas of operation. While deployed, Preble conducted various theater security operations and goodwill activities with partner nations.



Energy information  
See page A-2, A-3, A-4



USS Jacksonville returns from deployment  
See page A-4



UH vs. Air Force Military Appreciation Day set  
See page A-6



Getting busy getting healthy  
See page A-7



Military 'joins forces' with community at air show  
See page B-1



American Cancer Society Walk Saturday  
See page B-5



# Navy in Hawaii recognizes October as Energy Action Month

Denise Emsley

Naval Facilities  
Engineering Command  
Hawaii

As part of Navy Energy Action Month, Naval Facilities Engineering Command (NAVFAC) Hawaii hosted an energy action fair and training sessions Oct. 14 for Navy, Air Force and civilian building energy monitors (BEMs) at the Ford Island Conference Center, Joint Base Pearl Harbor-Hickam (JBPHH). NAVFAC Hawaii also invited any interested area personnel who wanted to learn more about energy and water conservations efforts to attend the fair held prior to the BEM training sessions.

Presenters at the fair included NAVFAC Hawaii Energy Team, NAVFAC Pacific Energy Team, Hawaii Natural Energy Institute, Department of Defense Information Analysis Center, Hawaii Energy, Hawaii Electric Company, Forest City (public private housing venture) and Navy Region Hawaii Housing Office and Pacific Energy Solutions. Each provided valuable information on how anyone can help conserve energy.

Capt. Dean Tufts, commanding officer of NAVFAC Hawaii, opened the training sessions by thanking each BEM for their participation in the pro-



U.S. Navy photo by Denise Emsley

(Above) The Navy Region Hawaii housing office provides a table “Know Your Energy Load” at this year’s Navy Energy Action Fair held Oct. 14. The display showed various light bulbs which allowed fair participants to see the difference in energy usage. (Below) Capt. Dean Tufts, commanding officer of Naval Facilities Engineering Command Hawaii, addresses area building energy monitors (BEM) at this year’s Navy Energy Action Fair and BEM training held Oct. 14 at the Ford Island Conference Center, Joint Base Pearl Harbor-Hickam

gram and told them of their importance to the region and Joint Base in meeting goals set by the president and the Secretary of the Navy.

“For Navy Region Hawaii and Joint Base Pearl Harbor-Hickam, you are our eyes and ears at each of your commands,” said Tufts. “Our collective goal is to ensure everyone

knows how to easily reduce their energy and water consumption, not just to meet a directive from senior leadership, but because it is the right thing to do. Behavior such as turning off lights, computers and air conditioning must become as habitual as putting on your seat belt in a car.”

Following Tufts’

final message on how Hawaii BEMs are essential in enabling others in their commands to practice conservation behavior, Katie Ramirez, NAVFAC Hawaii energy team member and Joint Base Pearl Harbor-Hickam (JBPHH) installation energy manager, presented the main training presen-

tation to more than 260 military and civilian personnel who attended the morning and afternoon sessions.

“This training is to empower you in your duties as building energy monitors, to present the latest information and assist you in educating your coworkers, helping them eliminate energy and water

waste, thereby saving the Navy significant dollars that can be reprogrammed for other critical facility operation and maintenance needs,” said Ramirez.

The presentation started by stating that energy bills are the single largest cost for the Navy, reflecting about 28 percent of its shore budget. And, here in Hawaii, the bill is more than \$7 million a month.

Ramirez reported that the Navy in Hawaii met its water reduction goal this year; however, it fell short of reaching its energy goal of 30 percent reduction, only obtaining 22 percent.

According to a recent presidential executive order, our new goal is to reduce energy consumption by 2.5 percent per year and reduce water use by 36 percent by the year 2025.

The Department of the Navy goal for energy reduction is to reduce consumption by 50 percent by 2020. “This is a very ambitious set of goals that will take everyone’s participation,” said Ramirez.

“Imagine if you had to cut your home energy bill in half. You would have to make some pretty drastic changes in the way you live. That’s what will need to be done here at work with everyone adjusting their behavior on how they get the job done, cutting the Navy’s energy use in half,” she said.



## Navy awards sixth phase of public-private venture housing project at Kaneohe

260 family housing units in Kaneohe Bay to be developed

Naval Facilities Engineering Command (NAVFAC) Public Affairs

NAVFAC and Hawaii Military Communities, LLC signed agreements Sept. 30 to execute the sixth phase of the Navy’s public-private venture (PPV) Hawaii regional housing project for Marine Corps and Navy families stationed at Marine Corps Base Hawaii (MCBH), Kaneohe Bay.

The sixth phase of the PPV project involves a comprehensive 30-month development plan that will invest \$161 million to demolish 276 existing, inadequate two-bedroom units in the Hana Like neighborhood. The construction will involve 260 new, high-quality, energy-efficient three- and four-bedroom du-

plexes and multiplexes at Hana Like and Waikulu.

After phase six is completed in 2018, there will be a total number of 2,576 safe, affordable and sustainable homes for Marine Corps and Navy families stationed at MCBH Hawaii and Camp Smith.

From May 2004 to October 2014, Hawaii Military Communities, LLC has constructed 3,085 new homes and renovated 1,507 homes for the Navy in Hawaii at a total development cost of \$1.69 billion.

Overall, the Hawaii Navy and Marine Corps PPV team has privatized more than 6,800 homes and will invest more than \$1.85 billion in development over a 14-year period through 2018 on Navy and Marine Corps installations on Oahu and Kauai.

PPV is the formation of a limited liability company (LLC) between the Navy and Marine

Corps and a private company. The private company secures the necessary financing and, as the managing member in the LLC, is responsible for the demolition, construction, renovation, maintenance, management and operation of the family housing.

The Department of the Navy, as a non-managing member in the LLC, maintains a vested interest in ensuring that quality housing is available to service members and that the housing is fully sustained for the life of the 50-year agreement.

Under the PPV plan, the service member signs a lease and makes monthly rent payments to the LLC using the service member’s basic allowance for housing (BAH) entitlement, which covers rent and normal utilities.

(For more information on the Navy’s public private venture program, visit [www.housing.navy.mil](http://www.housing.navy.mil).)

## Roundtable discusses progress of energy

Continued from A-1

and focuses on renewable energy sources.

“The Navy has always been on the forefront of energy changes,” said Mabus. “We’re doing it for one reason, and that’s to be a better fighting force.”

Energy is the third largest industry in the United States. The discussion was an opportunity to reinforce how critical energy is to accomplishing our mission. By 2020, the Navy wants 50-percent of its total energy consumption to come from alternative sources.

In May 2014, SECNAV started the renewable energy program office to identify cost-effective renewable energy projects for DON installations. The Department of the Navy is pursuing renewable energy generation to improve energy security, operational capability, strategic flexibility and resource availability.

Installing LED lights on installations and ships, using solar panels, windmills and hydrogen

power sources are just a few of the steps the Navy has taken to cut spending and conserve energy. Energy conservation and security is a significant step toward meeting the Navy’s renewable energy goals. Every dollar saved on energy is a dollar that can be used toward operations and training to ensure our Sailors and equipment remain mission ready.

David Crane, NRG energy CEO, praised SECNAV for his energy push and believes the Navy has the ability to lead the nation in energy innovation.

“The Navy is in such a great position to lead the nation by pioneering technologies for energy that can eventually find its way to the private sector,” said Crane.

The Navy will continue to develop and participate in energy, environmental and climate change initiatives that will increase use of alternative energy and help conserve the world’s resources for future generations.



## Diverse Views



How do you conserve energy?



**Capt. Brandon Fiske**

*352nd Cyberspace Operations Squadron*

"I ensure that as I leave a room, I turn off the lights and fans if no one is still in the room. I also leave the windows open as much as possible when there is a breeze and unplug most of my electronics when I go on long trips away from home — just not the fridge!"

**FCC Evan Burns**  
*USS Chosin (CG-65)*



"I try to ensure that housing has to pay me back money on my electric bill. To do that, I unplug all electronics when not in use, I unplug phone chargers and the coffee pot to keep usage down. I also turn up the air conditioning temperature when no one is in the house."



**Sgt. Jesse Francojaime**  
*PACAF Defense Courier Service*

"I conserve energy by letting the breeze in and using filters for tap water so not to use plastic bottles."

**MM2 Kevin Leahy**  
*USS Asheville (SSN-758)*



"To conserve energy in my home, I turn the lights off and turn off all equipment when I am not using it."



**Staff Sgt. Michael Lupski**  
*154th Maintenance Squadron*

"Installed solar panels on the house, harnessing the sun's energy."

**SN Gabriela Murillo**  
*USS Hopper (DDG-60)*



"To conserve electricity, as I live in base housing and fall under the RECP, I turn off my air conditioning and open all of the windows in the house. It makes the house hot sometimes, but I do not have to pay any extra money on my electric bill."



**Staff Sgt. Adrienne McDonald**  
*647th Force Support Squadron*

"I limit the amount of TV I watch. I try to keep it under six hours per week."

**Senior Master Sgt. Loretta Washington**  
*HQ PACAF*



"I conserve energy by turning off lights and using natural light during the day. I also unplug unused appliances, which helps conserve energy."

*Provided by David D. Underwood Jr.  
and Lt. Paul Fylstra*

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

Drop us a line at [editor@hookelenews.com](mailto:editor@hookelenews.com) or [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil)

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

**Phone: (808) 473-2890 or 473-2895**  
**Email: [editor@hookelenews.com](mailto:editor@hookelenews.com)**



Commentary

## 'Power ensures presence' — So what can we do...

**Capt. Dean Tufts**

*Commanding Officer,  
Naval Facilities  
Engineering Command  
Hawaii*



Capt. Dean Tufts

The Navy's theme for Energy Action Month 2015 is "Power. Presence." We are able to operate forward not only because of the fuel that powers our ships and aircraft but also due to the electricity needed for our shore facilities.

Last week NAVFAC Hawaii held an energy action fair and building energy monitor (BEM) training on Ford Island. At the training, I had the opportunity to thank the dedicated men and women, both military and civilian, from our tenant commands who serve as BEMs. In conjunction with the region and base energy team, they are saving our nation millions of dollars through their efforts in energy conservation.

With a relatively small group of designated BEMs, every one of us should all be looking for ways to conserve energy (and water) in our

work areas. In addition to contacting your BEM or building manager if you see a problem, we must strive to make energy conservation second-nature, where turning off unused power is as automatic as putting on a seatbelt before driving.

While the Navy in Hawaii is increasing its use of solar power, LED lighting and hydrogen power, we are also looking for reasonable and practical ways to reduce our overall energy consumption as well as moving forward in our research and implementation of additional alternative sources of energy

like biofuels and wave energy.

Here are some reasons why we should care:

- If we consume less power, we are able to use that money saved for other important requirements.

- If we require less power ashore, we can better support mission-critical shore requirements through redundancy and resiliency when there is a problem with grid delivery.

- Operationally, we can reduce risk, whether fighting terrorism, keeping sea lanes free, or responding to disasters when we have secure, reliable, flexible power solutions.

- The President's Executive Order 13693 requires us to reduce energy consumption by 2.5 percent through 2025 (and reduce water use by 36 percent by 2025).

If we care (and I know we do), here are some things we can all do:

- Ensure lights, office equipment and computers are turned off when not in use (especially at the end of the day). For example, con-

nect your screens and speakers into a power strip that you can shut off when each time you leave your area.

- Ensure external windows and doors are closed if your building is air conditioned.

- Section off areas by closing doors within your building that don't require air conditioning all of the time.

- Ensure air conditioning vents are not blocked by furniture, boxes, etc.

- Open blinds for natural light instead of using overheads.

- Close blinds to block direct sunlight in order to cool room interiors.

- See even more ideas online, including at <https://www.facebook.com/NavalEnergy/>.

Every individual service member, civilian, family member and contractor can make a positive impact on Navy Region Hawaii's energy and water consumption/waste. Together, just like we do in our regular jobs, we can make a huge impact.

## Saving energy can save money

Continued from A-1

There are numerous energy-saving projects and improvements that the CNRH/NAVFAC has implemented and that are ongoing in order to save energy.

"The CNRH/NAVFAC Energy Team is constantly looking for new energy and water conservation projects. Our energy project list is extensive, from building air conditioning upgrades, i.e., converting an old inefficient air conditioning system into a modern energy efficient air conditioning system that provides better occupant comfort, temperature control and indoor air quality; and using high efficiency, low flow, WaterSense water closets, urinals, faucets and shower heads which provide the same performance at a lower flow," Langer said.

And more energy-saving improvements are planned in the near term. "Lighting technology has come a long way in recent years with the availability of light emitting diode (LED) light fixtures, so we expect to see more lighting renovation projects," Langer said.

"LED light fixtures offer the lowest watts per lumes, or light output, as compared to interior fluorescence or exterior metal halide, high pressure sodium (HID) fixtures. These LED light fixtures last 10-15 years and are better for the environment since it does not contain mercury like fluorescent light fixtures," he said.

According to Katie Ramirez, NAVFAC Hawaii energy team member and Joint Base Pearl Harbor-Hickam (JBPHH) installation energy manager, energy bills are the single largest cost

for the Navy, reflecting about 28 percent of its shore budget. Here in Hawaii, the bill is more than \$7 million a month.

Everyone can — and should — do their part to help conserve energy. This effort not only saves energy, but it saves money.

"We all need to do our part to conserve energy and water. Turning off your lights and computers when not in use does not just save electrical energy at the fixture, but these lights put out heat, and by turning them off you reduce your air conditioning load," Langer said.

"Turning off your air conditioning does not just save energy but extends the life of the equipment. Using WaterSense shower heads does not just save water but also energy since you do not have to heat that water. It just makes sense to do our part and it is so easy," he added.

Forest City Residential Management, which oversees housing in Navy communities, and Hickam Communities, which manages Air Force housing communities, discussed best practices for housing residents to support energy conservation efforts.

"Electricity conservation has been a hot topic lately for military residents with the record high temperatures in Hawaii this summer contributing to higher electric bills. As of Oct. 1, NAVFAC reduced the electric rates charged to Forest City (and our residents), so our rates have dropped down to \$0.352 per KWH. This was a much needed relief for all of us," said Julie Blest, operations program specialist at Forest City

Residential Management.

"Average energy usage for single-family Forest City military residents in 2015 is 1000-1200 KWH per month (over 35 percent higher than the state average) (Source: Hawaii Energy). Forest City has various conservation initiatives in place, designed to support military families in their efforts to conserve energy and maximize opportunities for reducing consumption," Blest said.

The biggest energy users in Hawaii are air conditioners, water heaters and plug loads, she said.

Although residents who live in military housing at Hickam Communities are currently not under a utility billing program, they are encouraged to make their best efforts to monitor their energy consumption and take steps to conserve energy.

"Even though the Air Force has not yet launched its utility billing program we still encourage our residents to monitor their household energy consumption, which can easily be done online with our utility vendor, Minol USA," said Jim Hutchinson, utility manager for Hickam Communities. "They can view their past and current energy consumption, and they'll also find on the site a lot of information and resources that can help their family conserve," he said.

He added that residents who have not yet set up an account with Minol can call the company's resident customer care center at 1-888-636-0493, and staff will walk them through the process.

(See page A1, A-2, A-4 for other energy information.)

## Liberators fly in formation



Photo courtesy of the state of Hawaii Department of Transportation Airports Division  
Consolidated B-24 Liberators of the 867th Bomb Squadron, 494th Bomb Corps of the former Hickam Field, practice formation flying off the south tip of Kauai in October, 1944, 71 years ago this month.



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Navy Region Hawaii  
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Chief of Staff  
**Capt. Mark Manfredi**

Commander, Joint Base  
Pearl Harbor-Hickam  
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# USS Jacksonville returns from deployment

Story and photo by  
MC1 Jason Swink

Submarine Force Pacific  
Public Affairs

The Los Angeles-class fast attack submarine USS Jacksonville (SSN 699) returned home to families and friends gathered at the submarine piers of Joint Base Pearl Harbor-Hickam, Oct. 16, following a scheduled six-month deployment to the western Pacific.

Cmdr. Matthew R. Boland, the submarine’s commanding officer, praised his crew’s performance on mission and on liberty.

“The Jacksonville crew could not have performed better,” said Boland, “Although tasked with a challenging and demanding operational schedule, the Jacksonville crew rose to the occasion to successfully complete all missions.”

Boland said continuous training was a key to the deployment’s success. During the deployment, qualifications were a focus for many as six officers and 10 enlisted personnel earned the right to wear the coveted “dolphins” submarine warfare pin.

“Numerous junior Sailors seized the opportunity to develop as watchstanders and received real-world training through the mentorship of the officers and chief petty officers on board,” said Boland.

Master Chief Electronics Technician Kevin Rollert, Jacksonville’s chief of the boat, said the entire deployment was rewarding.

“Most important was watching the professionalism of the crew as we executed each mission and meeting our goal of having every Sailor who left Pearl Harbor earn his submarine dolphins,” said Rollert.

Additionally, six officers advanced in rank, two



Sailors aboard the Los Angeles-class fast attack submarine USS Jacksonville (SSN 699) shift colors after returning Oct. 16 to Joint Base Pearl Harbor-Hickam following a six-month deployment to the western Pacific.

Sailors were promoted to chief petty officer, and 23 junior enlisted were promoted to higher grade.

“I could not be more proud of our crew,” said Rollert.

Lt. Cmdr. Larry Arbuckle joined the crew halfway through the deployment as their new executive officer.

“I am immediately struck by the level of professionalism, enthusiasm and resiliency this group of Sailors brings to the Navy,” said Arbuckle. “The most rewarding part for me was getting to join and serve with such a fine group of Americans.”

Rear Adm. Bill Merz, commander of Submarine Group 7 in Yokosuka, Japan, said Jacksonville was the go-to attack boat of the U.S. 7th Fleet, significantly increasing the fleet’s warfighting posture. He said he was particularly impressed with the crew’s resiliency and ability to stay on mission.

Jacksonville furthered enhanced relations with allies and partners by participating in a two-week-long coordinated exercise with the Royal Australian Navy and the Royal New Zealand Navy.

“Each Sailor proudly represented the submarine force, the U.S. Navy and our nation, demonstrated by our success on mission, both at sea and in port,” said Boland. “I could not be more proud of the crew and their outstanding efforts.”

While on deployment the crew enjoyed and outstanding lineup of port calls, including Malaysia, Australia, Singapore and Guam. On liberty, the crew enjoyed engaging with local navies through tours, social activities and sporting events, as well as volunteering within the local communities.

“Visiting Australia was my favorite part as I have always wanted to travel there,” said Logistics Specialist 3rd Class Robert Bergonzi. “Seeing kangaroos in the wild was awesome.”

Crew members volunteered at the Native Arc Wildlife Center, an organization that rehabilitates sick, injured and orphaned Australian wildlife and worked with in-need children at a school in Singapore.

Upon returning home to Pearl Harbor, Boland and

his crew are looking forward to reuniting with families and friends. Waiting on the pier were friends and families with flower lei, banners and signs, with many cheer-

ing their return.

Lonnie and Norma Piehl traveled from Sanpoint, Idaho, to welcome home their son, Machinist’s Mate 3rd Class Nicholas Piehl.

“It’s extremely exciting because we haven’t seen him in two years,” said Norma. “I am so glad we are able to be here today; we both miss him a lot.”

## Bring down your consumption and start saving

Forest City offered these tips for conserving energy:

- Change air conditioning filters at least monthly.
- Set thermostats at the highest comfortable setting. For each degree above 75 degrees F, you can save as much as 3 percent of the energy used to cool your home.
- Set thermostats at a higher temperature when you are not home, and gradually lower it when you return home.
- Use ceiling fans instead of air conditioners, and close blinds during the day when the sun is the highest.
- Open windows and use all natural Hawaii tradewinds for cooling whenever possible.
- For residents with so-

lar hot water heaters, make sure the water heater timer (“grey box”) is set correctly.

- Extra appliances (freezer, wine chiller, kegerator, projection TV, etc) will lead to higher energy consumption.
- Use an advanced power strip to help control “phantom loads” that use unnecessary electricity.
- Turn off power strips when not in use.
- Unplug loads from the wall when not in use.
- Install LED light bulbs where you can.
- Notify maintenance of any potential equipment issues right away.
- If you are practicing the above energy conservation recommendations and still need assistance,

give Forest City a call and they will schedule an energy Assessment.

Hickam Communities also provided some energy saving tips:

- Set thermostat to 78 degrees and turn off the air conditioning when leaving the house.
  - Change air conditioning filters monthly. Hickam Communities provides free replacement filters.
  - Use power strips to help conserve electricity. Use them to shut off phone chargers, computers, TV’s and gaming stations when not in use.
  - Wash only full loads of laundry, and use cold water whenever possible.
- (Also see *energy-related stories on pages A1, A-2 A-3.*)



# Pearl Harbor-Hickam*Highlights*



Patrons at the 2015 Kaneohe Bay Air Show tour a C-5 Galaxy Oct. 16 at Marine Corps Base Hawaii. This year's theme for the air show was "Joining Forces with the Community" which hosted an array of acrobatic aerial performances by civilian performers, as well as military drills and demonstrations by the U.S. Navy, Marine Corps, Army, Air Force and Coast Guard.

U.S. Navy photo by MC2 Johans Chavarro

Aircrewmembers perform pre-flight checks on an F-16 "Fighting Falcon" Oct. 16 during the 2015 Kaneohe Bay Air Show at Marine Corps Base Hawaii. (Story and additional photos on page B-1.)

U.S. Navy photo by MC2 Johans Chavarro

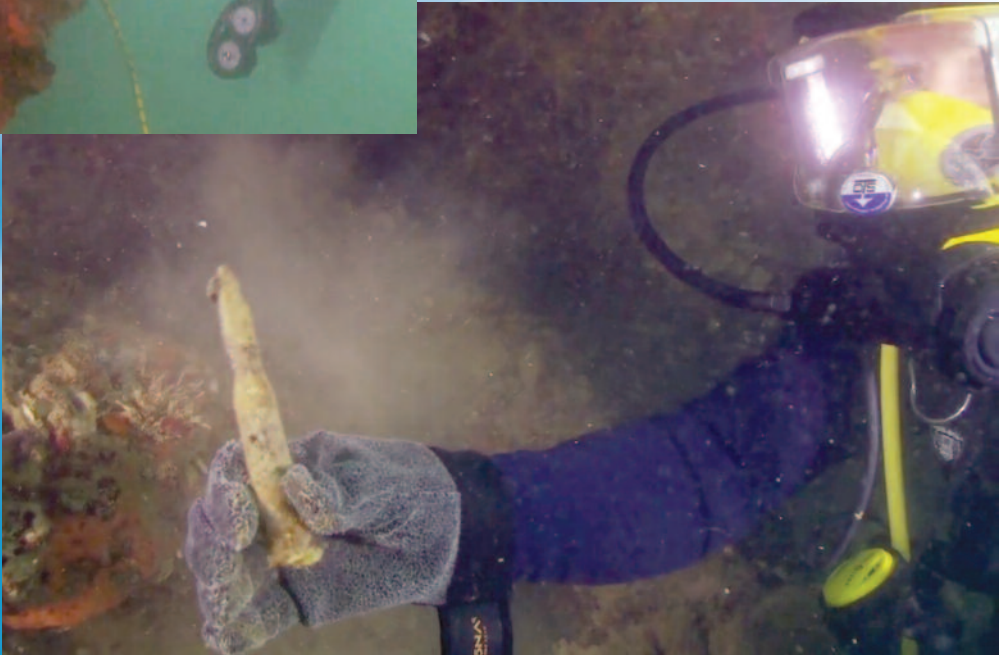
Chief Electronics Technician Jeremy Brown, and assigned to the fast attack submarine USS Jacksonville (SSN 699), is greeted by his wife, Nikki, and son, Bryson, Oct. 16 upon returning to Joint Base Pearl Harbor-Hickam following a six-month western Pacific deployment.

U.S. Navy photo by Lt. Brett Zimmerman



(Above, right) The National Park Service's Submerged Resources Center conducted a field dive Oct. 17 of the sunken USS Arizona to commemorate the 99th anniversary of the ship's commissioning. Visitors to the USS Arizona Memorial were able to watch the divers' activities from the Pearl Harbor Visitor Center theater and ask questions. Others logged on to view a live webcast and interact with the diving team as well.

Video stills courtesy of National Park Service





# UH vs. Air Force Military Appreciation Day set

## Joint Base Pearl Harbor-Hickam Public Affairs

The University of Hawaii's ninth annual Military Appreciation Day will begin at 4:30 p.m. Oct. 31 as the Rainbow Warriors host the United States Air Force Academy at Aloha Stadium.

The pregame show will feature the Navy League honoring a key spouse from each branch of service.

A key spouse is one who has functioned as the communication and organization focal point for a unit that is deployed in the theater of hostile operations, or hardship situation, during this year. The half-time show will feature marching units from around Oahu. The ceremony will also honor a number of local Vietnam veterans.

For anyone interested in purchasing tickets to the Military Appreciation Day game, discounted



U.S. Air Force photo by Liz Copan  
Falcon football head coach Troy Calhoun rallies his team before they take on Morgan State at the U.S. Air Force Academy's Falcon Stadium, Sept. 5, in Colorado. Air Force defeated Morgan State 63-7 to open the 2015 season.

tickets are available.

Active duty, Reservists, retired members of the military, and Department of Defense civilians will receive 50 percent off select adult tickets (maximum of eight) to the game on military night.

A valid military identification card is required when purchasing tickets at the Stan Sheriff Center box office in advance or at the Aloha Stadium box office in advance or on game day. Tickets are in special sections and supplies are limited.

The U.S. Air Force Academy athletic department will also hold an impromptu pep rally beginning at 3 p.m. Oct. 30 in front of the Missing Man Formation at Joint Base Pearl Harbor-Hickam. This is a family friendly event and will include both the academy's cheerleaders and dance team. For more information, email [scott.heinlein@us.af.mil](mailto:scott.heinlein@us.af.mil).

# Navy Credentialing Opportunities On-line launches new website

## Center for Information Dominance Public Affairs

PENSACOLA, Fla. (NNS)—Navy Credentialing Opportunities On-line (COOL), a program providing Sailors a way to take the skills they have learned on the job and translate them into civilian credentials, introduced a new website Oct. 16.

"We've made things easier to read, easier to find, and easier to use, whether you're at your desk or on your phone," said Keith Boring, Navy COOL program manager.

"We know today's Sailors look for information in different ways, and we want to make sure that information about this very important program is accessible to them, wherever they are and however they are connected online," Boring said.

Navy COOL helps Sailors find information on certifications and licenses related to their jobs and can even provide funding to pay for credential exams and maintenance fees.

The website upgrades include a responsive design that adapts to the device a Sailor chooses to use to explore the site, whether on a desktop, tablet or phone. Interactive credential tables also give Sailors more

tools when looking at credentials related to their rate, designator or collateral duty. Applying filters and sorting and searching by key words help create customized, printable lists.

"We reorganized the content, too," said Boring. "All of the supporting information on COOL, from the credentialing steps along the top of each page to the pages you access from the top navigation bar, has been redesigned and rewritten to make it easier to understand credentialing and what it means to you. Most importantly, it makes it easier for you to understand what you need to do to get a credential."

A new site-wide search box also provides results in three tabs, showing all results, military occupations on summary pages and COOL credential snapshots pages.

Along with the Navy COOL website, the Department of Navy COOL portal site has also been updated.

The Navy COOL office is located at the Center for Information Dominance (CID) based at Corry Station, part of Naval Air Station Pensacola, Fla. CID is the Navy's learning center that leads, manages and delivers Navy and joint forces training in information operations, information

warfare, information technology, cryptology and intelligence.

With nearly 1,300 military, civilian and contracted staff members, CID provides training for approximately 22,000 members of the U.S. armed services and allied forces each year. CID oversees the development and administration of more than 200 courses at four commands, two detachments and 12 learning sites throughout the United States and Japan.

*(For more information on the Navy COOL program, visit [www.cool.navy.mil/usn](http://www.cool.navy.mil/usn). For more news from Center for Information Dominance, visit [www.navy.mil/local/cid/](http://www.navy.mil/local/cid/).)*

Chief Culinary Specialist Kelvin Wiggins, left, the supply chief assigned to USS Constitution, discusses certification opportunities with Kevin Redmond and Bruce Alberque, members of the Navy Credentialing Opportunities Online (COOL) traveling briefing team.

U.S. Navy photo by MCSN Shannon Heavin







U.S. Navy photo by MC2 Chris Brown

The Los Angeles-class attack submarine USS City of Corpus Christi (SSN 705) transits into formation Oct. 16 during a photo exercise as a part of Exercise Malabar 2015.

# USS City of Corpus Christi visits Singapore this month

**Lt. Franklin Roberson**

*USS City of Corpus Christi Public Affairs Officer*

SINGAPORE (NNS)—The Los Angeles-class fast-attack submarine USS City of Corpus Christi (SSN 705), homeported at Joint Base Pearl Harbor-Hickam, visited Singapore Oct. 15 as part of its deployment to the western Pacific.

With a crew of approximately 150 Sailors, City of Corpus Christi showcased the latest capabilities of the submarine fleet.

“City of Corpus Christi is conducting extended operations in the waters of the western Pacific,” said Cmdr. Travis Petzoldt, the commanding officer of City of Corpus Christi.

“Deployments like this are essential to our readiness as they stress our ability to operate without external logistical support and provide experience in varied operational environments,” he said.

“The United States is a Pacific nation, and it is a priority for us to build and maintain partnerships in the region to help promote peace, prosperity and stability in it. Singapore is an im-

portant partner and our visit reflects that. The crew and I look forward to our interactions with the Republic of Singapore Navy and are extremely pleased and excited to have this opportunity to visit the ‘Lion City,’” said Petzoldt.

Submarines of the Los Angeles-class, the Navy’s largest class of nuclear-powered attack submarines, are among the most advanced undersea vessels in the world.

These 360-foot, 6,900-ton ships are well equipped to accomplish these tasks. Faster than their predecessor and equipped with highly accurate sensors and weapons control systems, they are armed with sophisticated Mark 48 ADCAP torpedoes and Tomahawk cruise missiles.

“These men have worked hard over the last year to get this 33-year-old submarine ready to deploy, and ready she is,” said Master Chief Machinist’s Mate Richard Magee, the chief of the boat on City of Corpus Christi.

“They have done an amazing job getting the ship and themselves ready for this deployment, and I couldn’t be more proud of a group of men than I am of

this crew. This is my fourth western Pacific deployment and the third time I have been fortunate enough to visit Singapore and I’m looking forward to this visit.

“This is a first for many of my crew and our first official port visit of the deployment, so I know that they are looking forward to getting some time off and I can’t think of a better place to take some time to relax than Singapore,” said Magee. “This will be an amazing port visit for my crew.”

For some of the crew members, this was their first time visiting Singapore.

“I’m excited to see the skyline of a modern city as well as experience all of the cultural diversity Singapore has to offer,” said Electronics Technician 2nd Class Broc Andrews.

“This is what I imagined when I joined the Navy. I wanted to travel thousands of miles to see parts of the world I wouldn’t have otherwise.”

City of Corpus Christi was commissioned Jan. 8, 1983 and is currently on its final deployment. It will be decommissioned in 2016 after 33 years of committed service at sea.

# Getting busy getting healthy

**Staff Sgt. Christopher Stoltz**

*15th Wing Public Affairs*

According to a Department of Defense (DoD) study, obesity and tobacco use among U.S. military health care beneficiaries add an estimated \$3 billion per year to the annual DoD budget in health care costs and lost duty days.

In response to this number, the 15th Wing Medical Group (MDG), as part of the DOD’s Healthy Base Initiative and Operation Live Well, is now offering dietary services to patients who receive a referral from their primary care manager.

Elaine Davis, 15th Wing MDG, is JBPHH’s only registered dietitian and is available to assist Airmen and Sailors with their dietary needs and provide guidance.

Although Davis serves on location as JBPHH’s dietitian,

she will also assist Airmen and their families stationed at remote Pacific Air Forces locations. She defines her position as an excellent opportunity for the military to be preventive, not reactive, when it comes to maintaining a healthy lifestyle.

“Just in my short time here, I have noticed the military personnel and their families are constantly busy,” she said. “People can only stretch their time so thin and, as a result, something will suffer. For most individuals, the thing suffering is usually one of the most important—their diet.”

Davis said although it is convenient for people to have these options to choose from, she said the best and healthiest decision is to pre-cook or pre-prep meals, as they will be less expensive and yield higher nutritional value.

“I want to help inspire people to live a

healthier lifestyle,” she said. “Whether it is a military member or one of their family members, I want to not only assist them in their weight goals, but provide the right attitude that will carry them and help them maintain a healthy lifestyle.”

The Healthy Base Initiative aims to create an environment to help people get well, relieve stress, eat better, and exercise more. Highlights include:

- Promote a healthy and fit force, which is essential to national security.
- Increase awareness of the devastating impact of sedentary lifestyles and poor nutrition choices.
- Empower the military community to make better nutritional choices, increase physical activity, decrease tobacco use and lose weight.
- Provide a hands-on look at service-level innovations, which can be used to promote health and wellness best practices throughout DoD.



U.S. Navy photo

Chief petty officer (CPO) selectees assigned to commands in the Hawaii region participate in a morning physical training (PT) session at Ford Island.



WHO'KELE

# Life & Leisure

## Military 'joins forces' with community at air show

Story and photos by  
MC2 Johans Chavarro

Navy Public Affairs Support Element  
Detachment Hawaii

KANEOHE BAY, Hawaii — Marine Corps Base Hawaii (MCBH) opened its gates to the public Oct. 17-18 for the 2015 Kaneohe Bay Air Show.

This year's theme for the show was "Joining Forces with the Community," which hosted an array of acrobatic aerial performances by civilian performers and military drills and demonstrations by the U.S. Navy, Marine Corps, Army, Air Force and Coast Guard.

Stepping foot onto the MCBH flight line, community members were greeted by static displays of various vintage and modern airplanes and military equipment, as well as merchandise booths and food vendors. On the flight line was also a 65-foot Ferris wheel and other carnival rides and games for guests and kids to enjoy.

For Cpl. John Ketzler, assigned to Marine Corps Base Hawaii, interacting with community members proved to be one of the highlights for his first air show experience.

"This is the first air show I've done," said Ketzler. "But seeing everyone come out and getting the chance to show and teach them about the things I get to do is really great. They're generally interested and are usually like, 'Wow, I didn't realize you guys did this stuff.'"

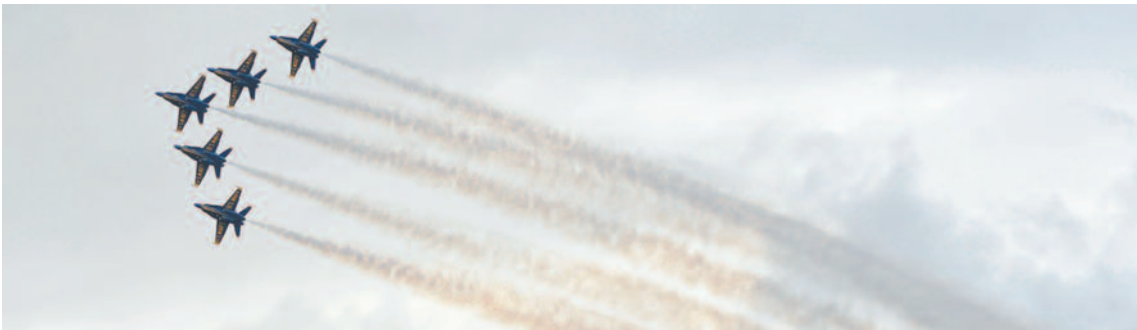
In dizzying displays of turns, dips and flips, civilian performers like Rob Holland, Hank Bruckner and Jacquie B took center stage to showcase their acrobatic know-how. The event even hosted a speeding truck-top landing by Alan Miller in his 1964 Aeronca "Champ."

"It's awesome," said Coast Guard Fireman Alex Milster, assigned to USGC Sherman (WHEC 720). "I've never been this close to one of the shows. I'm usually in the bleachers way in the back, so this is awesome."

During the show, community members were also introduced to a gamut of ground-to-air capabilities: from choreographed explosions and wall of fire in a simulated combined offensive by the Marine Air-Ground Task Force, to echoing jet noise by the Navy's premier flight demonstration team, the Blue Angels.

"I've always loved the Blue Angels," said Milster. "Actually, my parents met at a Blue Angels' show."

Concluding the show, guests were invited to enjoy carnival rides and games until the gates closed.



Top left, Children play with model airplanes of the U.S. Navy Flight Demonstration Squadron, the Blue Angels. The U.S. Coast Guard, top right, performs a search and rescue demonstration. Above, The Blue Angels perform aerial acrobatics.



Above, The U.S. Marine Corps Color Guard parade the colors during the 2015 Kaneohe Air Show at Marine Corps Base Hawaii. Below, Capt. Thomas Frosch, commanding officer of the U.S. Navy Flight Demonstration Squadron, the Blue Angels, boards his airplane.





# Defense, big plays lead 690th COS to victory

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho'okele

Quarterback Senior Airman Kyle Wyatt threw for two touchdowns and ran for another to lead the 690th Cyberspace Operations Squadron (690 COS) to a 24-6 mercy-rule win over Commander, Navy Region Hawaii/ Middle Pacific (CNRH/MIDPAC) on Oct. 20 in a Red Division intramural flag football game held at Ward Field, Joint Base Pearl Harbor-Hickam.

The win raised the 690's record to a respectable 4-2, while CNRH/MIDPAC fell to 1-4.

Wyatt, who only recently took over the team's signal calling, threw a scoring pass on the 690 COS first drive of the game and then came back in the second half to throw two more to nail down the win.

Wyatt said that getting the first score of the game was critical to the team's game plan.

"It was the best thing for us to get the ball rolling," Wyatt stated. "Our team is real strong if we come out strong. Once we get the ball rolling, we keep it going."

Wyatt completed the first drive on a scoring toss to Staff Sgt. Jacee Lawary for an early 6-0 lead.

After the touchdown, Wyatt immediately got another shot at the ball when ball-hawking defensive back Staff Sgt. Chris Terrell picked off a pass to give the 690 COS great field position at the CNRH/MIDPAC 32.

This time, however, Wyatt came up short, and the team was forced to hand the ball over on downs.

With CNRH/MIDPAC back on offense, quarterback Lt. Cmdr. Paul Murch went deep on the first play from scrimmage.

Terrell instead came up



Staff Sgt. Chris Terrell eyes the open field ahead of him after coming down with his second interception of the game.

with a huge play by gathering in his second interception of the game.

Terrell, who has already

stolen 11 passes for the season, made the grab at his own 32, and then raced down the left sideline for a

pick six and a 12-0 lead that stood up through halftime.

"It's pivotal that our defense comes out," Wyatt

said about the interception. "If they score, it's all the best for us. The pressure

isn't on us anymore, it's

back on the other team."

In the second half, Wyatt, with the help of an athletic receiving corps, continued to move the team forward.

On the team's second series on offense, Wyatt, with the ball resting on his own 38, zipped a pass to the middle to Senior Airman Omar Henry.

Henry bobbled the pass but recovered in time to secure the football and turn it upfield.

The speedy wide receiver then raised a chorus of cheers from the crowd by eluding defenders with a sick 360 spin move before taking it to the house and giving the 690 COS an 18-0 advantage.

"He (Wyatt) hit me before I saw it," Henry explained about the bobble. "I was able to adjust and I made a play. I knew that I had to make some space and I made some space."

CNRH/MIDPAC finally got on the scoreboard, when on third down from his own 15, Murch completed a short pass to Information Systems Technician 2nd Class Michael Birdy.

Birdy reached down to make the catch and then broke all the way downfield for a touchdown.

However, on the 690 COS next series, Wyatt finished off a 65-yard drive by scrambling into the end zone from eight yards out for the final score of the game.

After the final whistle, Wyatt gave a cautious thumb up to the team's recent hot streak, saying that he doesn't want to think too far ahead.

Lawary, on the other hand, said that if everyone were able to come out and play, the 690 COS would continue their winning ways.

"The games we lost, it was the work schedule, and a lot of people couldn't make it to practice," he said. "We'll see next week."

## SAPR survey launches

### Sexual Assault and Pre-vention Response Program, Navy Region Hawaii.

The SAPR (Sexual Assault and Prevention Response) Command Triad Survey launched Oct. 23 and will continue through Nov. 6.

The survey is mainly geared to all personnel who are commanding officers, officers in charge, executive officers, chiefs of the boat, and command master chiefs at Navy commands on Oahu and Kauai.

The Navy Region Hawaii SAPR office is requesting inputs, explaining that the survey takes only about three minutes to complete and can help to enhance SAPR services. The survey consists of five questions specifically targeted to command leadership.

The objective of the survey will help regional and installation SARC's (sexual assault response coordinators) and civilian victim advocates to:

- Gain a better understanding of the top local SAPR challenges faced by command leaders.
- Identify which of these challenges the SAPR staff can realistically help address/mitigate.
- Develop ideas/strategies on how to enhance support and assistance to commands who are addressing victim care management issues.

The end point will result in an overall higher quality of care for victims, according to the SAPR team at Navy Region Hawaii.

(For more information, contact the SAPR office at CNI\_PRLH\_SAPRHawaii@navy.mil or 474-1999.)

## PMRF to offer weekly remote care to Kauai veterans

### Pacific Missile Range Facility Public Affairs

PACIFIC MISSILE RANGE FACILITY, Kauai (NNS) — Naval Health Clinic PMRF (Pacific Missile Range Facility) and Veterans Affairs (VA) Kauai Community-Based Outpatient Clinic recently signed a sharing agreement, linking both organizations in providing specific types of medical care to current Veterans Affairs eligible beneficiaries.

The Bureau of Medicine and Surgery, Navy Medicine West and Naval Health Clinic Hawaii were instrumental in establishing a memorandum of understanding with the Veterans Administration so the clinic could open.

Capt. Bruce Hay, PMRF commanding officer, and

Chief Hospital Corpsman Frank Thompson were joined by Todd Gordon, director of the rural health program and mental health social worker, and Charlene Burgess, primary care social worker from the Department of Veterans Affairs, to conduct a ribbon-cutting ceremony Oct. 8 at the Naval Health Clinic at PMRF.

"Captain Hay's vision of his base having the ability to work with the Department of Veterans Affairs has come to light," said Thompson. "The active duty staff have been excited at the idea since its arduous beginning through all appropriate VA and Navy medical channels."

Brand new spaces are now available on PMRF to be used by the VA staff to provide care to local veter-

ans in a comfortable and private setting.

Also in attendance at the ribbon cutting was Elizabeth Joyce, the VA nurse practitioner who will be providing care to the veterans. As part of the Army Reserve, she said the care for veterans is a cause near and dear to her heart.

"I am so excited to start this program. It has been a long time coming. Being part of the Reserves, I am really looking forward to helping veterans and working closely with the Navy," said Joyce. "I am really looking forward to the collaboration."

With approximately 6,000 veterans on Kauai eligible for the program, Hay is fully invested in assisting them to receive quality health care without the sometimes long jour-

neys across the island to the VA clinic.

"It took a lot of hard work on the part of both the Navy and the Department of Veterans Affairs to get here today, but anything worth doing is worth doing well," said Hay.

"By providing weekly remote care to our veterans, we are helping take care of those who wore the cloth of our nation and stood the watch before some of us were even born. It is my sincere hope that this program will flourish and be a model for other bases in other parts of the country," he said.

Healthcare will be provided to eligible veterans who have scheduled appointments through the Veterans Affairs every Thursday at times given during appointment scheduling.





Marco Fabara watches the flight of the ball as it sails past Staff Sgt. Chris Voight.

# Challenger fights off MXG to win soccer title

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho'okele

Marco Fabara, a Department of Defense (DoD) civilian, scored a goal late in the game that raised Challenger, Shipyard, to a 1-0 victory over 15th Maintenance Group (15 MXG) on Oct. 17 to win the 2015 Summer Soccer League championship at Earhart Field, Joint Base Pearl Harbor-Hickam.

Fabara finally broke the 0-0 deadlock on an isolation play from the right wing.

After taking the ball down the sideline, Fabara appeared to look for a pass to the middle of the field but instead did a 180 spin move that opened a window

for him to shoot the ball.

The shot zipped past the goalkeeper and hit the left side of the net for the only goal of the game.

"I saw the other guy standing behind the other defender, so it was impossible for me to go that side," Fabara said. "I faked (to the middle), so that they (the defenders) would go to that side, and then I went to the other side and took the shot."

Although Challenger entered the playoffs as the defending champions and the past season's Joint Base intramural titlist, the team had its back up against a wall when only a faction of the squad showed up to compete in the two-bracket playoffs.

After taking care of

United States Coast Guard (USCG), 3-1, in the semifinals, Challenger was in danger of forfeiting the title game when the team appeared to be short on players.

Instead, the head captains of both squads met at midfield and agreed to play with Challenger taking the field with two players short of a full starting unit.

Playing seven against nine, Challenger got one more player to lessen the handicap, but early in the first half, DoD civilian Joe Grogan, who is one of the team's top scorers, suffered a leg injury.

After the injury, Grogan managed to stay in the game but was never at 100 percent for the rest of the matchup.

Then shortly after Grogan's mishap on the field, Challenger lost their team captain Moussa Niang (DoD), who had to leave the game due to leg cramps.

Back to playing seven on nine, with another player (Grogan) severely limited, Challenger retreated into a defensive mode and focused their effort on stopping 15 MXG.

"We were playing the back, defense and whenever we had the chance to go up, we were going up," Fabara said. "That's how we passed the semifinals."

Challenger goalkeeper Keoni Wongwai (DoD) was put to the test but instead of wilting under pressure, Wongwai not only directed traffic from his position, but

also stopped everything that came his way.

"That's my job, to lead them from the backline," he stated. "I use my vision to notify and keep them (teammates) going. Being two guys down is hard. It was very tough and very emotional. I had to play hard. This was maybe the last championship that my mom can see me play."

Despite so much adversity, both Wongwai and Fabara said that of the three straight titles that the team has won, this was Challenger's greatest achievement.

"We were short people, we got a lot of injured people, we had three or four people with cramps," Fabara pointed out. "We

were playing four versus nine, so we couldn't run, and whenever we had to defend the goal, we couldn't run very much. But everybody sucked it up and did everything that they could and we pulled it off. It was a team effort."

Niang, who reentered the game late in the second half, agreed with Fabara and added that no matter the odds, Challenger came to defend their title at all costs.

"We came in with that mentality," Niang admitted. "Even though we were down two players, we kept reminding that this is it, we have to repeat. This is one of the sweetest championships that I've ever won. Going against a great team too, it's amazing."

# Louisville's improbable comeback derails Jefferson City



Sonar Technician (Submarine) 3rd Class Louis Green reaches up to secure a pass and convert a PAT.

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho'okele

USS Louisville (SSN 724) rallied from a 20-point deficit to steal a come-from-behind victory, 21-20, versus USS Jefferson City (SSN 759) on Oct. 17 in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

The win by Louisville was only the second against three defeats, while Jefferson City saw their record drop to 3-2.

"Louisville is a resilient bunch," said quarterback Chief Fire Control Technician Derek Downen, who directed three scoring drives to tie and then beat Jefferson City. "We always rally together. We knew we could pull it out. We just did what we needed to do and executed our offense."

Right out of the gates, it appeared that Louisville were gearing up for an upset as Sonar Technician (Submarine) 3rd Class Louis Green picked off a pass to give Louisville their first scoring opportunity.

Louisville moved the chains 10 yards from the Jefferson City 37 to the 27, but on fourth and seven to go for a first down, the next pass was intercepted by Culinary Specialist 2nd Class James Baylis, who made the grab at the 23 and took off down the left sideline for 57 yards and a pick six.

The team converted on its

point after touchdown (PAT) to take a quick 7-0 lead.

Things turned out to be more of the same for Louisville on their second set of downs.

Facing a first and long from their own 15, Jefferson City encountered a second pick six, when Sonar Technician (Submarine) 3rd Class Darnell Barbour snared the ball out of the air and returned it all the way to the house for a 13-0 lead.

Jefferson City failed to convert their PAT this time, and the missed single point would come back to haunt the team.

Jefferson City got the ball back when the defense forced Louisville to punt the ball away on fourth down.

On Jefferson City's first play from their own 39, quarterback Logistics Specialist 1st Class Luis Ortiz went downtown to find Electrician's Mate 3rd Class Brandon Britt.

Britt beat the defense and leaped up to make the grab before stumbling into the end zone for a touchdown.

The PAT was good and put Louisville behind the eight ball, facing a 20-0 mountain to climb.

Just before halftime, Louisville got one step closer when Downen completed a six-play, 65-yard drive on a short scoring toss to Fire Control Technician 3rd Class Tyler Zak before converting on their PAT to go into the break behind only two scores at 20-7.

Then, coming out of intermission, Downen drew

Louisville back into the game with another 65-yard drive that ended on an eight-yard completion into the end zone to Machinist's Mate Fireman Apprentice Benjamin Gomez.

Another PAT conversion placed Louisville on the verge of completing the comeback, with the score favoring Jefferson City by only six at 20-14.

Louisville forced Jefferson City to punt the ball and, with time running out, the team had one last possession to pull out a win.

Starting at their own 18, Louisville marched the ball down to Jefferson City's eight-yard line on only five plays.

On first and goal from the eight, Downen went back to the air and found Fire Control Technician 3rd Class Tyler Dias in the end zone to tie the score at 20-20.

Louisville then converted their third consecutive PAT to win by the slimmest of margins at 21-20.

"A lot of our guys have the ability to read what's going on out there," Downen said about the team's comeback. "We saw that we had some opportunities in the middle, so we changed our offense up and our defense held strong."

While a faster start could have averted the drama for Louisville, Downen said that he was just happy to get the win.

"A win is a win," he said. "Whether we start off strong or end strong, a win is a win."



# Battleship Missouri Memorial to honor veterans at Nov. 11 ceremony



Photo courtesy of the Battleship Missouri Memorial

Today, the Battleship Missouri Memorial rests in the heart of Pearl Harbor at the 1,000-foot Pier Foxtrot-5 on Ford Island.

## Battleship Missouri Memorial Association

A special Veterans Day sunset ceremony will be held Nov. 11 aboard the Battleship Missouri Memorial.

The event runs from 4:30 to 5:30 p.m. and is free and open to the public. Complimentary round-trip shuttle service for the ceremony will be offered from the Pearl Harbor Visitor Center beginning at 3:30 p.m.

This free event will honor the service of all the nation's veterans and feature a special tribute to those who served in the Vietnam War, as this year marks the 40th anniversary of its conclusion.

"It is an honor to host our nation's final Veterans Day service on board the majestic USS Missouri, which today stands in the waters of Pearl Harbor as a historic symbol of peace that reflects all of our veterans' steadfast courage and commitment," said Michael Carr, president and CEO of the USS

Missouri Memorial Association.

"We look forward to honoring America's heroes and their families who have sacrificed so much to protect the country and freedoms we cherish every day."

U.S. Rep. and combat veteran Tulsi Gabbard (HI-02) will deliver the keynote address.

Gabbard is a member of both the House Armed Services Committee and House Committee on Foreign Affairs. She also serves as a military police major in the Hawaii Army National Guard, where she served two tours of duty in the Middle East.

Retired Navy Capt. Gerald "Jerry" Coffee, Vietnam War veteran and prisoner of war for seven years, will address attendees as the ceremony's distinguished guest speaker. Tim Guard, chairman of the board for the USS Missouri Memorial Association and a Vietnam veteran, will also present remarks.

*(For more information, call (toll-free) 1-877-644-4896 or visit [USSMissouri.org](http://USSMissouri.org).)*

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# Works of local talents revealed at the gallery showcase opening night

Story and photo  
by Gaea Armour

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

An array of crafts, art compositions and sculptures from military-affiliated artists was on display at the third annual Joint Base Pearl Harbor-Hickam Arts & Crafts Center gallery showcase opening night on Oct. 14.

Submissions were divided into three categories: artist-craftsman (any two-dimensional or three-dimensional creation), digital art and photography. The event was open to artists of all ages, including children.

"I would love to meet the other artists to talk to them about the process," said Erinn Wang, a Navy spouse who submitted two forms in the artists-craftsman category: "Java Daydream," a still life graphite and charcoal composition and an oil painting titled "Mil Spouse Life." This is her first time showcasing her work in public.

Digital photography was also in the spotlight for the event. Scott Vecchione, former active duty Air Force and current Air Force spouse and budding landscape photographer, submitted three digital photography compositions: "Wall of Waterfalls," "Crash" and "Makapu'u."

"I've been taking pictures forever and just decided to put them out there and see what people think," said Vecchione. He thought the event was a great way for people to show their work. "A lot of people do this as a hobby and people don't ever see it, so it's a great idea."

All submissions will be on display for viewers at the JBHH Arts & Crafts Center gallery through Jan. 15, 2016. The gallery is open Monday through Friday, 9 a.m. to 5 p.m. Admission is free. For more information about the showcase and how to enter next year, call the arts and crafts center at 448-9907.



MWR Marketing photo

"Makapu'u" was one of three pieces submitted to the third annual JBPHH Arts & Crafts Center gallery showcase by Scott Vecchione.



Community Calendar

OCTOBER

**HARVEST FESTIVAL TODAY** — A harvest festival will be held from 5:30 to 8:30 p.m. at Pearl Harbor Memorial Chapel, building 1601. The family-oriented event will include free food, candy, costumes, bounce house, games, crafts, prizes, face painting, a puppet show and a photo booth. FMI: 473-3971.

**WATER FOR THE WORLD REGISTRATION TODAY, SATURDAY** — Registration for the upcoming Water for the World 5K walk/run will be held from 11 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange mall shoe department. The Water for the World event will be held on Dec. 26 at Waikiki Shell, with the focus on supplying clean water across the globe. FMI: 423-3287 or Stephanie.Lau@nexweb.org.

**AMERICAN CANCER SOCIETY WALK SATURDAY** — The American Cancer Society will hold its seventh annual Making Strides Against Breast Cancer walk from 6 to 10:30 a.m. at Joint Base Pearl Harbor-Hickam. The three-mile route will begin and end at Richardson Field and include the Ford Island Bridge and park. Lanes will be coned for a short time but the bridge will not be closed. FMI: Katie Burses at honoluluhistrides@cancer.org or www.makingstrideswalk.org/hawaii.

**HICKAM ELEMENTARY COLOR RUN SATURDAY** — The Hickam Elementary School Booster Club will hold a color run from 8 to 10 a.m. The school run is open to participants with a valid Department of Defense ID. FMI: Sara Huiss at 447-9922 or sara.huiss@us.af.mil.

**WOMEN'S SYMPOSIUM 26** — Naval Surface Group Middle Pacific will host the annual Women's Symposium from 8 a.m. to 4:30 p.m. at Ford Island Conference Center. The event is open to military men and women of all services and ranks and Department of Defense civilians. The target audience is all active duty service members in leadership positions who lead women. The event will include interactive discussion panels, speed mentoring, discussion groups and an informational networking lunch and briefs. Pacific Fleet Master Chief Susan Whitman will be the

keynote speaker, and participants will include ship officers and military leaders from around Oahu. FMI: 473-1781 or noelle.murphy@navy.mil.

**FIRE DEPARTMENT INFORMATION BOOTH 30** — Federal Fire Department Hawaii will host an information booth at the Hickam Makai Center Fall Festival. The event will include a stop, drop and roll learning station and fire extinguisher training at 4 and 6:30 p.m. FMI: 471-3303, ext. 617.

**UH MILITARY APPRECIATION DAY 31** — The University of Hawaii's ninth annual Military Appreciation Day will begin at 4:30 p.m. as the Rainbow Warriors host the United States Air Force Academy at Aloha Stadium. The pre-game show will feature the Navy League honoring a key spouse from each branch of service. The ceremony will also honor a number of local Vietnam veterans. For anyone interested in purchasing tickets to the Military Appreciation Day game, discounted tickets are available. Active duty, Reservists, retired members of the military and Department of Defense civilians will receive 50 percent off select adult tickets (maximum of eight) to the game on military night. A valid military identification card is required when purchasing tickets at the Stan Sheriff Center Box Office in advance or at the Aloha Stadium box office in advance or on game day. Tickets are in special sections and supplies are limited. The U.S. Air Force Academy athletic department will also hold an impromptu pep rally beginning at 3 p.m. Oct. 30 in front of the Missing Man Formation at Joint Base Pearl Harbor-Hickam. This is a family friendly event and will include both the academy's cheerleaders and dance team. FMI: scott.heinlein@us.af.mil

NOVEMBER

**KAPUAIKAULA MAKAHIKI 7** — The annual makahiki (festival) at Kapuaikaula (Hickam) will begin at 9 a.m. at Hickam Harbor Beach. The event honors Hawaii's rich past and heritage with an annual celebration involving a procession of canoes from Iroquois Point, offering of ho'okupu (gifts) and popular games of skill for all guests. The Joint Base population is invited to participate. FMI: Patty Coleman at 473-0369 or Grace Hewlen at 473-2926.



HOTEL TRANSYLVANIA 2

Now that Dracula (Adam Sandler) has opened the Hotel Transylvania's doors to humans, things are changing for the better; however, Drac is secretly worried that his half-human grandson, Dennis, isn't showing his vampire side. So, while Mavis and Johnny are away, Drac enlists his friends to help him put the boy through a "monster-in-training" boot camp. But things really get batty when Drac's cantankerous, old-school dad (Mel Brooks) pays an unexpected visit.

Movie Showtimes

SHARKEY THEATER

**TODAY 10/23**  
7:00 PM Hotel Transylvania 2 (3-D) (PG)

**SATURDAY 10/24**  
2:30 PM Hotel Transylvania 2 (3-D) (PG)  
5:00 PM Everest (3-D) (PG)  
7:30 PM The Intern (PG-13)

**SUNDAY 10/25**  
2:30 PM Hotel Transylvania 2 (3-D) (PG)  
4:40 PM The Intern (PG)  
7:10 PM A Walk In The Woods (R)

**THURSDAY 10/29**  
7:00 PM Everest (PG))

HICKAM MEMORIAL THEATER

**TODAY 10/23**  
6:00 PM Maze Runner: The Scorch Trials (PG-13)

**SATURDAY 10/24**  
2:00 PM The Visit (PG-13)  
6:00 PM The Perfect Guy (PG-13)

**SUNDAY 10/25**  
2:00 PM Maze Runner: The Scorch Trials (PG-13)  
6:00 PM Black Mass (R)

**THURSDAY 10/29**  
7:00 PM The Perfect Guy (PG-13)





# Sea Cadets learn leadership, scuba skills

Don Robbins

Editor, Hoo'okele

Senior members of the Battleship Missouri Hawaii Division of the United States Naval Sea Cadets Corps conducted a Petty Officer Leadership Academy Oct. 4-11 at Joint Base Pearl Harbor-Hickam.

In addition, the cadets spent their evenings learning basic scuba skills and put their training to the test, as they earned their basic scuba certification in cooperation with Dive Oahu.

Cadet Seaman Daria Savchenko has been a member of the Sea Cadets for four years.

"I love the Sea Cadets because they have fascinating trainings, down-to-earth good people, and it develops professional skills and values in me, such as leadership, communication and respect," Savchenko said.

"At the end of the week, I saw a huge transformation in our cadets. They seemed to stand taller and lead prouder," Savchenko added.

"I feel much more confident in taking what I have learned back to my unit and leading them to success. If there was one thing that really stuck in my head was that if you are in charge, 'know your knowledge.' Your followers are counting on you to get from point A to point B, so it is important that you actually know how to get to point B," Savchenko said.

"They (the Sea Cadets) had a complete blast. That was my main focus. I



Photo by Lt. Erik Booher

Hawaii Division of the U.S. Naval Sea Cadet Corps Sea Cadets learn basic scuba skills during this month's training sessions.

helped organize this as smooth as I could, so that they could see how amazing diving is," said Yaritza Nieves, who organized the dive portion of the training.

These two training events allowed the cadets to begin developing the leadership skills that, like the scuba open water diver certification, they will carry with them for the rest of their lives," said Navy Lt.

Erik Booher, training officer for the Battleship Missouri-Hawaii Division U.S. Naval Sea Cadet Corps.

"For the first time, the cadets faced both academic and practical challenges that pushed them to think beyond themselves and focus on responsibility for planning, preparing and carrying-out missions for the team," Booher said.

"They also learned that good leaders are also good followers and good managers of time, people and resources. We all learned a lot and, most importantly, we had fun doing it," Booher added.

The U.S. Naval Sea Cadets Corps is a youth program for young people ages 11-17. The cadets receive training on naval history and traditions, participate in commu-

nity service and learn teamwork, discipline and leadership they will take with them for the rest of their lives.

For those cadets who join the military and have successfully completed necessary cadet requirements, they are eligible to enter military service as high in rank as an E-3. The Battleship Missouri Sea Cadets drill, conduct train-

ing and attend classes aboard the Battleship Missouri Memorial.

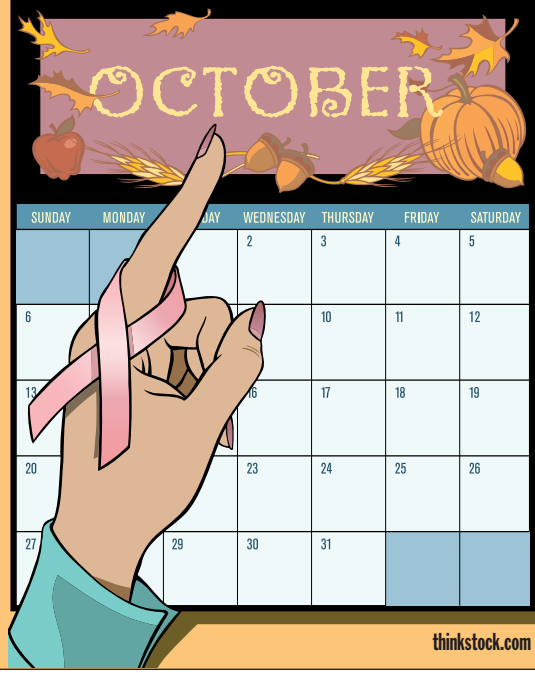
The cadets are led by instructors who represent Navy, Coast Guard, Army and civilian personnel.

(For more information, email [recruiting@hawaii-seacadets.com](mailto:recruiting@hawaii-seacadets.com) or visit the website [www.hawaii-seacadets.com](http://www.hawaii-seacadets.com) or [www.facebook.com/hawaii-seacadets](http://www.facebook.com/hawaii-seacadets).)

## Women's health: Take time to get checked

### Actions you can take to live a healthy life:

- Maintain a healthy weight.
- Exercise for at least 30 minutes at least five days a week.
- Limit alcohol use.
- Quit smoking.
- Practice safe sex.
- Get seven to eight hours of sleep per night.
- See your health care provider every year.
- Get appropriate screenings as recommended by your health care provider.



### Tricare

Each October during Breast Cancer Awareness Month, women are reminded to put themselves first and make time for their health. Making health a priority helps people stay in optimum shape and keeps illnesses and disease at bay.

Women often put their families' needs ahead of their own, ignoring minor symptoms year after year until they affect their health. Using preventive care is one of the best ways for someone to stay healthy.

Each year, women should get a well-woman exam. Typically during the exam, blood pressure is checked and women should talk to their health care provider about what other screenings, immunizations or family planning they might need based on their age, health habits, and family and medical history.

The American Cancer Society recommends all women should begin cervical cancer screening at age 21. Women from ages 21 to 29 should have a Pap test every three years. Thanks to the

Patient Protection and Affordable Care Act, most private health plans must cover this and other preventive care services at no cost. TRICARE also covers annual preventive women's health services that may include a Pap test, pelvic and breast exam, and mammogram at no cost.

It's important to get screenings, especially if someone is at a higher risk for certain diseases like breast cancer or diabetes. Talk to a health care provider about family, emotions, stress and non-physical concerns as well. Life events can bring higher stress with symptoms of anxiety, depression and sleep difficulties. These concerns are just as important to discuss as physical health in order to stay or become healthier.

(For more information on best health practices pertaining to age, visit the Office of Women's Health website. For more information about TRICARE, visit "Is It Covered?" on the TRICARE website <http://www.tricare.mil/CoveredServices/IsItCovered.aspx>.)



### Turkey Trot set for Nov. 7

A turkey trot 10K race will begin at 7 a.m. Nov. 7 at Dewey Square, Marine Corps Base Hawaii Kaneohe Bay.

The event is open to the public.

Participants can register at the Semper Fit Center or online at [mccshawaii.com/races](http://mccshawaii.com/races). Online registration closes Nov. 3.





**Joint Base Pearl Harbor-Hickam Public Affairs**

- The Seabees will hold a haunted warehouse from 5 to 10 p.m. today and Saturday and Oct. 29 and 30 at 350 Port Royal St., Joint Base Pearl Harbor-Hickam. The entrance fee is \$5. The event will include a spooky jump house, creepy dunk tank and scary face painting. *(For more information, call 222-3493.)*
- A pre-teen event will be held from 10 a.m. to 1:30 p.m. Saturday at Makai Recreation Center for ages 9 to 12 years. As Halloween approaches, participants are encouraged to wear orange and black for the event. The cost is \$5. *(For more information, call 448-0418.)*
- The 515th Air Mobility Operations Wing will hold its annual haunted house Saturday and Oct. 30 at 290 Vickers Ave., building 1050 on the Hickam side of Joint Base Pearl Harbor-Hickam. Doors open at 7 p.m. Admission is \$10 for ages 13 and up and \$5 for children ages 12 and below. *(For more information, call Tech Sgt. Daniel Wooten at 789-9930.)*
- An Orbs of Oahu Ghost Tour with Liberty will be held Oct. 27 as guides take participants around the island to spooky places. Participants will leave from Liberty Express at 5 p.m., Beeman Center at 5:30 p.m., Instant Liberty at 5:45 p.m. and Makai Recreation Center at 6 p.m. Check-in is at the great lawn of Hilton Hawaiian Village. This event is open to single, active-duty military from E1 to E6 only. *(For more information, call 473-2583.)*
- A Halloween party for patrons ages 21 and older will be held from 6 to 10 p.m. Oct. 30 at Sam Choy's Island Style Seafood & Grille. Patrons can listen to music from a DJ, and the event will include a costume contest, games and prizes. It will be held on the Hapa Deck and Bar and there will be a \$5 cover charge. *(For more information call 422-3002.)*
- Joint Base Morale, Welfare and Recreation's free pre-Halloween family bash will be held from 4 to 7 p.m. Oct. 30 at the Makai Recreation Center parking lot and basketball courts, on the Hickam side of Joint Base at 1859 McChord St. The event will include "trunk-or-treating," a pumpkin carving contest, a costume contest and make-n-take crafts. Food will be available for purchase. The event is free and open to military and Department of Defense civilian families. Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) to enter the costume or pumpkin caving contests or to be a volunteer in the "trunk-or-treat." There will be no signups on the day of the event for either contest.
- A Halloween dinner with Liberty will be held from 6 to 7 p.m. Oct. 30 at Beeman Center. Participants can dress in costumes. Pumpkins will be available for carving. The event is open to single, active-duty military E1 to E6 only. *(For more information, call 473-2583.)*
- A Hawaii Academy Gymnastics Spooktacular will be held from 5 to 9 p.m. Oct. 30 at building 1680, near Bloch Arena. The event is open to all ages. An adult needs to accompany children under age 5. The event cost is \$7 per hour for non-members and \$5 for members. Mini-lessons will be taught by instructors and participants are encouraged to wear costumes for the costume contest. Games and prizes will be featured throughout the night. *(For more information, call 422-2223.)*
- Joint Base Morale, Welfare and Recreation will hold its free Massacre on McChord Street haunted house from 7 to 9:30 p.m. Oct. 30 at Makai Recreation Center. The event is open to all military, Department of Defense employees and their family members ages 13 and older. There will be five rooms filled with terrifying creatures, Hollywood madmen and bloody scenes. The line will open at 6:30 p.m. in front of the Makai Recreation Center main entrance. *(For more information, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).)*
- A Halloween parade and trick-or-treating for children ages 12 and under will be held Oct. 31 throughout the Hickam Exchange. A costume contest, prizes and games will be held from 11 a.m. to 1 p.m. *(For more information, email [newmanbe@aafes.com](mailto:newmanbe@aafes.com).)*
- A Spooktacular Halloween with Hello Kitty will be held from 11 a.m. to 1 p.m. Oct. 31 at the Pearl Harbor Navy Exchange mall children's department. Authorized patrons can meet Hello Kitty and get a free balloon. *(For more information, call 423-3287 or email [Stephanie.Lau@nexweb.org](mailto:Stephanie.Lau@nexweb.org).)*
- A Halloween costume contest will begin at 1 p.m. Oct. 31 at Sharkey Theater. The event will include free treats and free movie passes to the 2:30 p.m. movie for all patrons dressed in costume. Prizes will be awarded by age categories. *(For more information, call 473-0726.)*
- A cosmic bowling Halloween party will be held from 3:30 to 5:30 p.m. Oct. 31 at the bowling center on the Pearl Harbor side of Joint Base. Participants can buy one game of bowling and get one free. In addition, free treats will be available. Shoe rental will be available for an extra cost. *(For more information, call 473-2574.)*
- A Circus of the Dead haunted house with Liberty will begin at 8 p.m. Oct. 31 at Pearlridge Center. Transportation will leave from Liberty Express at 6 p.m., Beeman Center at 6:30 p.m., Instant Liberty at 6:45 p.m. and Makai Recreation Center at 7 p.m. Participants who sign up with Liberty will receive a fast pass valued at \$25 to avoid lines. Participants are encouraged to dress up in Halloween costumes. The event is open to single, active-duty military E1 to E6 only. *(For more information, call 473-2583.)*
- A Halloween party and costume contest for adults will begin at 11 p.m. Oct. 31 at The Country Bar, Joint Base Pearl Harbor-Hickam. The event is open to ages 18 and older. Participants can dress in their favorite costume to enter a contest to win prizes. Contest categories include male, female and couples. The bar will open at 8:30 p.m. Those who would like to enter the costume contest need to sign up before 11 p.m. There is no cover charge for this event. *(For more information, call 473-1743.)*

## Upcoming blood drives

- Nov. 2 and 3, 9 a.m. to 1 p.m., room 2A207, Tripler Army Medical Center.
- Nov. 4, 11 a.m. to 3 p.m., main exchange, Schofield Barracks.
- Nov. 12, 9 a.m. to 1 p.m., Makalapa Clinic, Joint Base Pearl Harbor-Hickam.
- Nov. 13, 9 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 2, Joint Base Pearl Harbor-Hickam.
- Nov. 16, 10 a.m. to 1:30 p.m., Naval Submarine Support Command, 822 Clark St., suite 400, Joint Base Pearl Harbor-Hickam

*(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](mailto:Michelle.Lele.civ@mail.mil).)*



## 'Navigate' to Ho'okele website



[www.hookelenews.com](http://www.hookelenews.com)