



U.S. Navy photo by MC3 Anthony N. Hilkowski



U.S. Navy photo by Capt. Dean Tufts

U.S. Navy photo by Capt. Dean Tufts

## USS Theodore Roosevelt visits Hawaii

### Navy Region Hawaii Public Affairs

#### USS Theodore Roosevelt Public Affairs

The Nimitz-class aircraft carrier USS Theodore Roosevelt (CVN 71) arrived Nov. 15 at Joint Base Pearl Harbor-Hickam on the way to the ship's new homeport of San Diego to conclude a nearly nine-month deployment.

During the visit, the crew enjoyed liberty in Hawaii, and many met friends and

family members.

Theodore Roosevelt (TR) departed Norfolk on March 11 for an around-the-world deployment, scheduled to conclude in San Diego as part of a three-carrier swap. During deployment, TR and its Sailors conducted operations in the U.S. 5th, 6th and 7th Fleet areas of operations.

While in U.S. 5th Fleet, the TR Carrier Strike Group (TRCSG) conducted airstrikes in Iraq and Syria as directed in support of Operation Inherent Resolve (OIR), the U.S.

coalition conducting airstrikes against ISIS. The TRCSG carried out 1,812 combat sorties totaling 10,618 combat flight hours, taking on 14.5 million gallons of jet fuel and expending 1,085 precision-guided munitions.

"We are proud to welcome the warfighters of the Nimitz-class aircraft carrier USS Theodore Roosevelt to our waterfront and to historic Pearl Harbor," said Rear Adm. John Fuller, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific.

Theodore Roosevelt departed the U.S. 7th Fleet area of operations and entered the U.S. 3rd Fleet area of operations Nov. 13.

While in U.S. 7th Fleet, Theodore Roosevelt participated in Exercise Malabar 15 with the Indian navy and Japan Maritime Self-Defense Force, made a port visit to Singapore, and hosted Secretary of Defense Ashton Carter and Malaysia's defense minister.

"It has been an arduous eight months and the crew has done a superb job, and I am in-

credibly proud of their accomplishments. I look forward to finishing strong and bringing Theodore Roosevelt to her new home in San Diego," said Capt. Craig Clapperton, commanding officer of Theodore Roosevelt.

Theodore Roosevelt's change of homeport is part of a three-carrier swap that includes USS Ronald Reagan (CVN 76), forward-deployed to Yokosuka, Japan, and USS George Washington (CVN 73), which is on the way to a new homeport in Norfolk.

## Military, Honolulu officials rededicate site as war memorial

### Story and photo by MC2 Johans Chavarro

*Navy Public Affairs Support Element Detachment Hawaii*

HONOLULU—Military service members, representatives from the City and County of Honolulu, and community members gathered at the Neal S. Blaisdell Center in Honolulu for a war memorial plaque rededication ceremony Nov. 10.

Originally dedicated on Sept. 12, 1964 as a living memorial to all of Hawaii's war veterans and war dead, acknowledgement and distinction of the Neal S. Blaisdell Center, formerly the Honolulu International Center, as a war memorial began to fade when the original memorial plaque went missing some time around 1970.

Approximately 51 years later from the original dedication in 1964, playing as they did in the original ceremony, the Royal Hawaiian Band be-

gan the rededication ceremony with the playing of the national anthem and "Hawaii Pono'i."

"We are here to rededicate a plaque originally placed on these grounds in 1964 to honor the men and women of Hawaii who offered their final measure of devotion to their comrades, and to their country, by laying down their lives in the service of our nation," said Guy H. Kaulukukui, director of the department of enterprise services of the city and county of Honolulu and master of ceremonies for the event.

During the ceremony, Adm. Harry B. Harris Jr., commander of U.S. Pacific Command, also delivered remarks to those in attendance, emphasizing the importance of remembering the nation's veterans.

"So as we remember and reflect, we must also act," said Harris.

"It's up to us to ensure that every day we do right by our veterans.



Adm. Harry B. Harris Jr., commander of U.S. Pacific Command, salutes the new war memorial plaque unveiled at the Neal S. Blaisdell Center in Honolulu during a war memorial plaque rededication ceremony. (Additional photo on page A-5.)

It's up to us to ensure that we do more than remember our veterans on just one day a year. It's up to us to live our lives

in ways that honor those who gave so much of their lives for us. Let us be worthy of their service and sacrifice," he said.

Representing Mayor of Honolulu Kirk Caldwell, Roy K. Amemiya Jr., managing director of the city and county of Hono-

lulu, echoed Harris' sentiments.

"Unveiling this plaque

*See MEMORIAL page A-7*

## Pearl Harbor Colors ceremony honors Marine birthday

### Story and photo by MC2 Gabrielle Joyner

*Navy Public Affairs Support Element Detachment Hawaii*

The monthly Pearl Harbor Colors honors and heritage ceremony was held Nov. 19 at the Pearl Harbor Visitor Center at Joint Base Pearl Harbor-Hickam.

The ceremony this month was held to celebrate the Marine Corps 240th birthday (Nov. 10), Veterans Day and Wounded Warrior Care Month.

"Number one, we were honored to do the ceremony today with Marine Corps birthday, Veterans Day and some distinguished guests," said Master Sgt. Salvatore Cardella, U.S. Marine Corps Forces Pacific



U.S. Marine Forces Pacific Color Guard parades the colors during a Pearl Harbor Colors honors and heritage ceremony at the Pearl Harbor Visitor Center at Joint Base Pearl Harbor-Hickam. (Additional photos on page A-5.)

public affairs chief.

"It's always good to come out here when veterans come to

visit to showcase and remind everybody that we are still here in Hawaii," he said.

The event featured the United States Marine Corps Forces and the Marine Corps Forces Pacific Band. Special guests who attended included Pearl Harbor survivor Delton "Wally" Walling, as well as wounded service members in honor of Wounded Warrior Care Month.

"The ceremony was very insightful, and I enjoyed getting to see veterans and survivors in person because it makes me remember why I'm fighting, why I keep going," said Operations Specialist 2nd Class Danielle Donnell, assigned to Fleet Area Control and Surveillance Facility Pearl Harbor.

"And the Marine band was awesome. They did a great job. My daughter was jamming," she said.

After the ceremony, Walling told sea stories as a gathering of Navy, Marine Corps and civilian spectators listened.

According to Cardella, it is important to have these monthly colors ceremonies open to the public to bring military and civilians closer together and remind everyone that we are still here to serve.

"It gives them an opportunity to talk to us face-to-face," said Cardella.

"It gives us an opportunity to get close to the civilian population that might not be aware of what the Marine Corp does, what the Navy does, [and] Army, Air Force and Coast Guard, and some of the great things that our young people today are doing. And they will pass that on," he said.



Setting foundations: PACAF hosts ROKAF Academy cadet visit **See page A-2**



Veterans Day events **See pages A-2, A-4**



Encounter with 'death' helped this smoker quit **See page A-6**



USS Oklahoma disinterments complete **See page A-7**



Gobble up fun at Thanksgiving events **See page B-1**



Cooking safely helps prevent holiday fires **See page B-7**



# Setting foundations: PACAF hosts ROKAF Academy cadet visit

Story and photo by  
Tech. Sgt. Amanda Dick

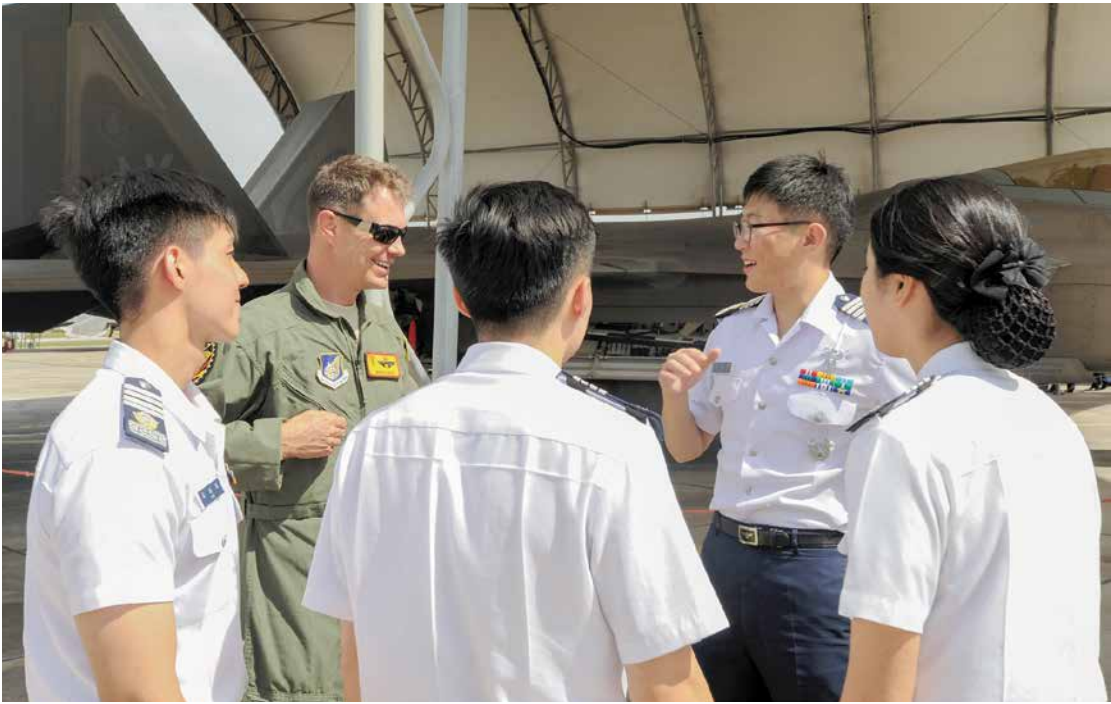
Headquarters Pacific Air Forces  
Public Affairs

Pacific Air Forces hosted more than 70 Republic of Korea Air Force Academy cadets during a visit to the headquarters Nov. 10.

The visit was part of an effort to build a foundation of partnership and interoperability between PACAF and future ROKAF leaders.

“Sixty-five years ago, many of our nation’s men and women made the ultimate sacrifice defending the Korean peninsula,” said Maj. Gen. Mark Dillon, PACAF vice commander, speaking to the cadets.

“Over those past 65 years, to honor their sacrifice, our friendship and alliance has continued to grow and strengthen. Through exercises such as Red Flag-Alaska or Ulchi Freedom Guardian, and events like your presence here today, our alliance will



Air Force Lt. Col. James Sage, Hawaii Raptors pilot, discusses U.S. Air Force F-22 Raptor capabilities with Republic of Korea Air Force Academy cadets Nov. 10 at Joint Base Pearl Harbor-Hickam.

remain strong for the future,” Dillon said.

The visit included U.S. Pacific Command strategy and

PACAF command briefs, as well as an F-22 Raptor static display, to highlight the command’s role and mission in

the Indo-Asia-Pacific region and further the cadets’ understanding of that role.

During the PACAF brief-

ing, Dillon correlated the ROKAF’s part in presence, partnership, power projection and people.

“The ROKAF helps project power throughout the region with PACAF and will continue through upgrades in your KF-16s, purchase of the F-35s, as well as the procurement of the Global Hawk,” Dillon said.

For Republic of Korea Air Force Academy Senior Cadet Minjae Kang, a highlight was the PACAF briefing.

“My favorite part of the visit was the general’s presentation about PACAF and learning about PACAF’s major tasks with ROKAF,” Kang said.

“We learned about U.S. Air Force tasks and strategies and what PACAF’s organization structure is like. This allowed me to see military tasks in a broad view—it helped me very much,” Kang added.

This was the first time a ROKAFA cadet class has visited Headquarters PACAF.

# Veterans Day ceremony aboard Mighty Mo honors veterans

Story and photo by  
MC2 Jeffrey Troutman

Navy Public Affairs Support  
Element Detachment  
Hawaii

America’s Veterans Day ceremonies came to a close in Pearl Harbor aboard the nation’s last battleship, the historic Battleship Missouri Memorial, during a Veterans Day sunset ceremony held Nov. 11 that honored America’s veterans past and present.

The ceremony was attended by more than 400 military veterans, active duty service members and their families, and was in honor of the 70-year anniversary of the end of World War II and the 40-year anniversary of the end of the Vietnam War.

Several distinguished guests spoke at the ceremony in remembrance of their combat experiences and the pride they felt in serving their country.

“Every Vietnam veteran should hold his or her head high with the knowledge that, despite what popular opinion or the media would have us believe, we succeeded in our efforts during the Vietnam conflict,” said Retired Navy Capt. Gerald Coffee, a Vietnam War veteran and former prisoner of war during the conflict.

“God bless you and congratulations on a job extremely well done. You may not hear that from many quarters, but that doesn’t mean you don’t deserve to hear it,” he said.

Coffee used the podium to perform a traditional Vietnam prisoner of war tap-code for the audience, in honor of his fellow veterans: “God bless and God bless America. Thank you.”

Congresswoman Tulsi Gabbard, the U.S. House Rep. for Hawaii’s 2nd Congressional District and a major in the Hawaii Army National Guard, was a keynote speaker for the ceremony and delivered a speech about never forgetting the sacrifices our veterans make for our country. “The spirits of the brave men and women who served in America’s conflicts stand watch with us this afternoon, as our colors wave proudly in this historic harbor,” said Gabbard.

“On this day there is a lot of gratitude, as our nation is forever grateful and indebted to our fallen warriors and to those who served and made it home. It is a debt impossible to measure, but it’s a debt that is important for us to remember,” she said.

Echoing Gabbard’s sentiments was Tim Guard, the chairman of the USS Missouri Memorial Association and a Navy veteran of the Vietnam War.

“For many veterans of the Vietnam War, there were no bands or parades in their honor upon returning home, but we recognize your sacrifices to this country here today,” said Guard.

“The past 40 years since the end of the Vietnam War have seen many veterans cope and recover



Retired Air Force Col. Jack Detour, left, salutes Joint Base Pearl Harbor-Hickam Air Force Honor Guard member Airman 1st Class Joshua Namio, after receiving an American flag that flew over the USS Missouri on Veterans Day 2015. Detour served in World War II, the Korean War and the Vietnam War during his military career.

from the psychological effects of that conflict, but for many still, the pain and the hardships they experienced live on. It’s important that we never forget the sacrifices those veterans made for this country and honor that sacrifice with our service today,” he said.

Many current active duty service members attended the ceremony to pay their respects to the country’s fallen veterans and also to show their gratitude and support to the veterans who were in attendance.

“It’s such an honor for me to participate in today’s ceremony,” said Culinary Specialist 1st Class Dong Ruan, a member of the joint service color guard who participated in the event.

“This is my very first time participating in a Veterans Day event, and it’s something I’m definitely going to make a habit of doing now, to show my support to the veterans of this country,” Ruan said.

Members of the Joint Base Pearl Harbor-Hickam Air Force

Honor Guard also performed a special flag-folding ceremony at the event and presented the American flag that flew over the Battleship Missouri Memorial on that day to retired Air Force Col. Jack Detour.

Detour was attending the ceremony with the distinction of having served in World War II, the Korean War and the Vietnam War during his military career.

He received a prolonged standing ovation for his service as the flag was presented to him.

Many of the veterans in attendance saluted Detour as the presentation occurred.

“On behalf of the USS Missouri Memorial Association, we salute you, Col. Detour, and thank you and all veterans of war for your service to this country,” said Michael Carr, president and chief executive officer of the USS Missouri Memorial Association.

A final moment of silence was observed as the sun set over America’s last 2015 Veterans Day ceremony.



# Diverse VIEWS



Besides another person, what are you most thankful for and why?



**Staff Sgt. Camron Calloway**  
735th Air Mobility Squadron

"I am most thankful for the times I get to de-stress, a relaxing walk, run, gym time, or a day at the beach."

**MMW2 Jose Cancel**  
USS Cheyenne (SSN-773)

"I am thankful that I live in a country in which I can do what I want to do, within reason of course. There are many places in the world where people do not have this freedom."



**Chief Master Sgt. Amy Long**  
8th Intelligence Squadron

"I am most thankful for my family, to include my Air Force family. They are my inspiration, motivation and support."

**MMW2 Robert Hollister**  
USS Louisville (SSN-724)

"I am thankful for my liberty."



**Capt. Dukmin Park**  
37th Intelligence Squadron

"I am most thankful of water. On a hot sunny day, imagine a drink of cold water. What more can I say."

**CTISN Abigail Predmesky**  
NIOC

"I am thankful for the many opportunities which the Navy has given me. It has brought me to places I never thought I would see."



**Master Sgt. Tara Thomas**  
U.S. Transportation Command

"I am most thankful for my health. Oftentimes you can forget how invaluable it is."

**MM1 Andrew Mitchell Szad**  
USS Columbus (SSN-762)

"I am thankful for my freedom."



**Zabrina Truesdell**  
735th Air Mobility Squadron

"I am most thankful I have the ability to assist others daily, be it personal or professional. Training is awesome."

**CTI2 Christopher Ventura**  
NIOC

"I am thankful for being stationed in Hawaii, where we have great weather and I can always do things outdoors."



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

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

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

Commentary

## Stakeholder letter updates community about Red Hill

**Rear Adm.  
John V. Fuller**

*Commander, Navy Region  
Hawaii and Naval Sur-  
face Group Middle Pacific*

*(Editor's note: This letter from Rear Adm. John Fuller, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, was sent to elected officials and other stakeholders Nov. 13 and is posted on Navy Region Hawaii's Red Hill webpage: [www.cnic.navy.mil/redhill](http://www.cnic.navy.mil/redhill). As part of Rear Adm. Fuller's stated commitment to keeping the community informed, the letter is printed here for our readers.)*

Thank you for your continued support to our Navy team in Hawaii. As you know, the Navy, Defense Logistics Agency (DLA), United States Environmental Protection Agency (EPA) and Hawaii's State Department of Health (DoH) signed a landmark agreement on Sept. 28 covering future actions at the Red Hill Bulk Fuel Storage Facility.

The Administrative Order on Consent (AOC) provides a path ahead for future inspections and modernization upgrades that will further protect drinking water and minimize the risk of future releases from the facility.

This agreement also confirms that these parties will work together into the future to fulfill our collective responsibility to protect Oahu's drinking water while acknowledging the facility's strategic importance to our nation.

The AOC lays out specific requirements, along with deadlines and milestones for completing each task. These tasks include: tank inspections; repairs and maintenance; upgrade alternatives and release detection processes; tank



Rear Adm. John Fuller

tightness testing; corrosion and metal fatigue studies; and ground water protection and evaluation. EPA and DoH may assess monetary penalties against the Navy and DLA if deadlines are missed.

My staff met with Hawaii's DoH and the EPA at the end of October to address the first set of deadline requirements. These requirements included an exchange of information on tank inspections, fuel release response procedures, surveillance monitoring, ground water modeling and tank corrosion dynamics.

As part of the continuing facility modernization efforts that began before the AOC negotiation, we recently awarded over \$43 million in contracts to upgrade the facility's fire suppression, ventilation and oil-tight door systems.

Since the fuel loss from tank 5 in January 2014, we increased our vigilance and response capabilities. We continuously monitor fuel levels and conduct tank inspections.

When fuel is transferred in Red Hill, we follow and then exceed industry standard operating practices with an added level of measured scrutiny and precaution.

We employ state-of-the-art automated alarms and regularly test our response capabilities. Taken together,

I am confident we have minimized the possibility of future releases at the Red Hill facility.

Due to the complexity of the surrounding geology, the EPA, DoH and Navy will be consulting with experts to determine what actions should be taken to address the fuel that was lost in January 2014. We will be gathering additional information as to how quickly fuel breaks down in basalt as part of natural biological and chemical processes.

To date, all available evidence indicates that no free product fuel released from the Red Hill facility has reached the aquifer. The AOC requires that before any precipitous actions are taken, additional studies must be conducted to add to our collective knowledge as to the nature, fate and transport of fuel constituents in this particular location.

Meanwhile, my environmental professionals continue their long-term effort to monitor ground water and drinking water sources and to provide the results to the regulatory agencies for evaluation and assessment. The results indicate that the drinking water remains safe for all users.

As you know, the Navy's Red Hill drinking water shaft is the drinking water source closest to the Red Hill facility. Over the years, we have detected trace amounts of fuel constituents (parts of fuel) at this location in levels so low that they often cannot be quantified by the EPA-certified labs we are required to use.

The sampling results to date indicate that, when detected, these constituents have always been well below environmental action levels (EALs). EALs are established by the regulators

as standards protective of human health. We provide the sampling results to the DoH for evaluation.

Let me assure you that we remain committed to continued compliance with the DoH-approved groundwater protection plan and the updates to that plan which will be prepared pursuant to the AOC. With DoH and EPA oversight, the Navy and DLA will be responsible for implementing any remedy that would be needed to continue to keep the drinking water safe. We will not walk away from our responsibilities.

I am dedicated to making this a transparent and inclusive effort and will continue to communicate frequently with you about our progress.

As you receive this, I'm proud to report that we have conducted our 75th familiarization visit to the facility in the past 18 months, showing it to more than 500 stakeholders. They learned about the facility's operations and our environmental protection efforts. Our guests also had the opportunity to comprehend the size of the facility and appreciate why it may take more than 20 years to complete the agreed upgrades throughout the entire facility.

Your continued support is invaluable. Please do not hesitate to contact me at any time regarding the AOC's progress or Red Hill operations.

I encourage you to learn more about Red Hill by reviewing the Navy's website ([www.cnic.navy.mil/redhill](http://www.cnic.navy.mil/redhill)) or suggest that you subscribe to the EPA's website ([www3.epa.gov/region9/waste/ust/redhill/index.html](http://www3.epa.gov/region9/waste/ust/redhill/index.html)).

Thank you again for your time, interest and extraordinary support to our Navy.

## F-100s fly in formation

In this undated photo from the 1960s, F-100s fly over Hickam Air Force Base.

Photo courtesy of  
the state of Hawaii Department  
of Transportation, Airports Division



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# USS O’Kane celebrates ‘sweet 16’ anniversary

Lt. j.g. Megan Wilson

USS O’Kane (DDG 77)  
Public Affairs

Families, friends and crew members from USS O’Kane (DDG 77) celebrated the 16th anniversary of the ship’s commissioning Oct. 23 at Bellows Air Force Station.

The O’Kane’s First Class Petty Officer Association hosted the ceremony and the festivities that followed as a way to commemorate all the ship’s achievements to date, including 10 deployments. The ceremony began with raising the Battle Cat flag on the yardarm.

The Battle Cat flag is flown in honor of Rear Adm. Richard O’Kane’s accomplishments during World War II. The flag can be described as a black panther superimposed on a Japanese naval ensign. The Battle Cat flag was then taken to Bellows Beach to ceremoniously represent O’Kane.

Cmdr. Colby Sherwood, the ship’s executive officer, and Command Master Chief (SW) Charles Thomas cut the cakes provided by O’Kane’s Junior Sailors Association. Families and friends were introduced to information about O’Kane’s command history and indulged in picnic food cooked by the First Class Petty Officer Association.

“I’ve spent 3.5 years on USS O’Kane and through all the changes she has made, one thing has never changed. O’Kane’s crew always comes together and becomes ohana,” said Cryptologic Technician (Technical (SW) Kendra Sims.

Christened in March

1998, accepted by the Navy in May 1999 and commissioned in Pearl Harbor on Oct. 23, 1999, O’Kane took its place in the fleet as the country’s 26th Arleigh Burke-class destroyer.

O’Kane departed for its maiden deployment on Aug. 1, 2001 where it transited the Strait of Hormuz and joined coalition forces in the Arabian Gulf for two months, setting new records for boardings. Since then, it has deployed multiple times in direct support of the Global War on Terrorism.

O’Kane has been a part of Operation Enduring Freedom, Operation Iraqi Freedom and Exercise Northern Edge 06. O’Kane was tasked to support Aegis ballistic missile defense (BMD) presence requirements in U.S. 5th Fleet several times and served as the test ship for the first-ever intercept of an intermediate-range ballistic missile (IRBM) where the successful intercept provided proof-of-concept for the president’s phased adaptive approach (PAA) for defense of Europe.

Currently, the ship is undergoing its maintenance availability after returning from a deployment to U.S. 5th Fleet in December.

O’Kane is named for Rear Adm. Richard O’Kane, a submarine commander in World War II who received the Medal of Honor for his service aboard USS Tang (SS-306). He directly participated in more successful attacks on shipping than any other submarine officer during the war.

USS O’Kane continues “a tradition of honor,” the



Operations Specialist 2nd Class Katelyn Kincaid, a member of Coalition of Sailors Against Destructive Decisions (CSADD), hands out pieces of O’Kane’s birthday cake to Sailors while celebrating Oct. 23 at Bellows Air Force Station.

U.S. Navy photo by  
CTT2 (SW) Kendra Sims

USS O’Kane raises the “Battle Cat” on the yardarm while crew members sing to celebrate the 16th anniversary of O’Kane’s commissioning during a birthday event Oct. 23 at Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by  
Lt. j.g. Megan Wilson

ship’s motto, and a simple summation in tribute to Rear Adm. O’Kane’s service.



## Parade honors veterans



Photos by Jack Kampfer

(Above) Capt. William A. Dodge Jr., commanding officer of Naval Computer and Telecommunications Area Master Station Pacific, and his wife Sharon ride in the Wahiawa Lions Club’s 69th annual Veterans Day Parade held Nov. 11. (Right photos) The Air Force Reserve Officers Training Corps Detachment 175 of the University of Hawaii and James Campbell High School Navy Junior Reserve Officers Training Corps march in the parade.



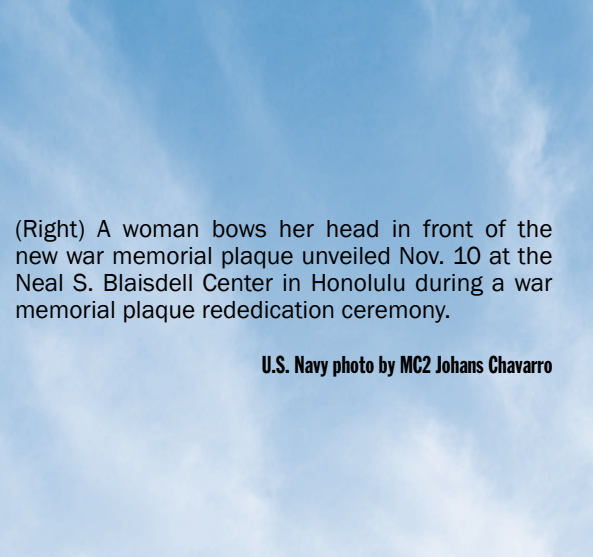


# Pearl Harbor-Hickam Highlights



U.S. Air Force Capt. Jared Fujii, Hawaii Raptors pilot, talks with Republic of Korea Air Force Academy cadets Nov. 10 at Joint Base Pearl Harbor-Hickam. The cadet's visit was part of an effort to build a foundation of partnership and interoperability between Headquarters Pacific Air Forces and future ROKAF leaders.

U.S. Air Force photo by Tech. Sgt. Amanda Dick



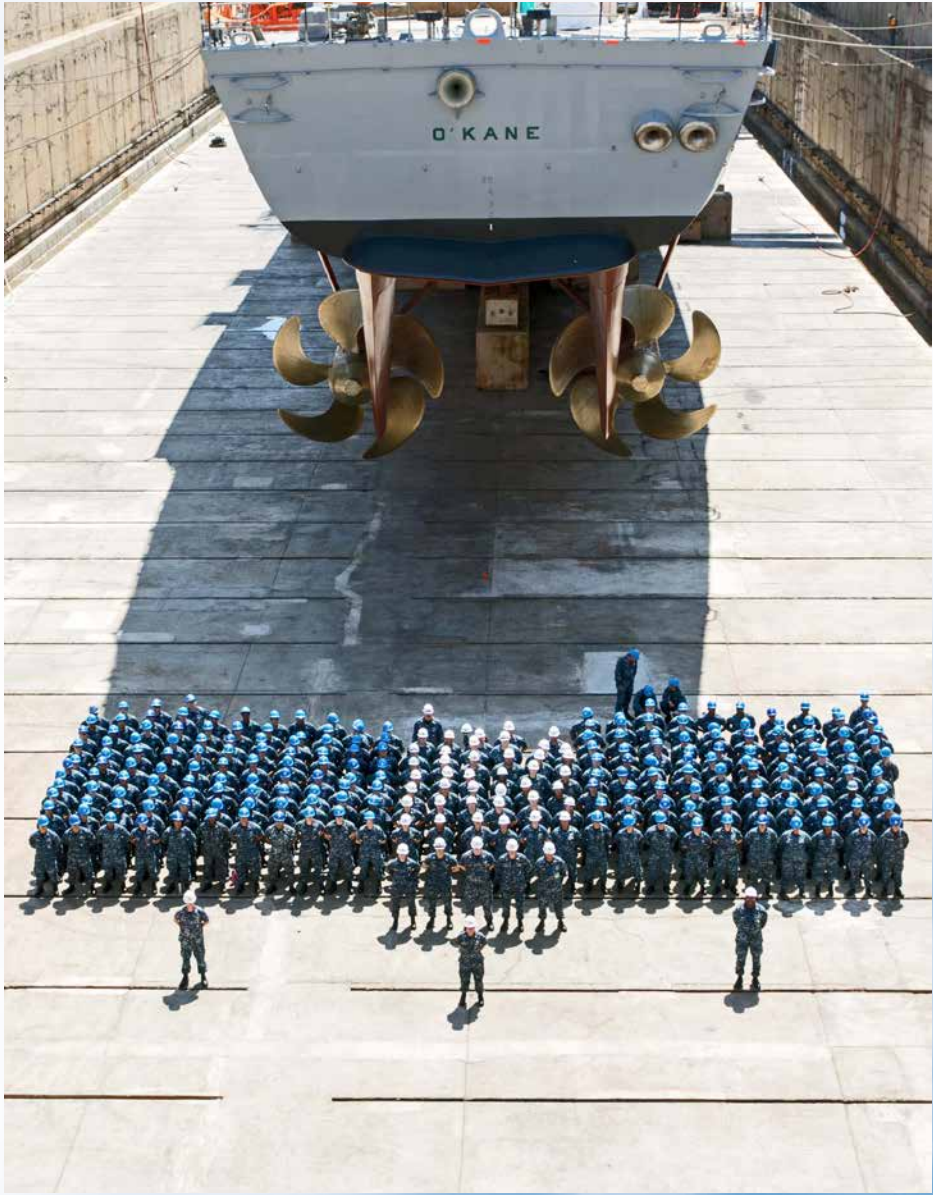
(Right) A woman bows her head in front of the new war memorial plaque unveiled Nov. 10 at the Neal S. Blaisdell Center in Honolulu during a war memorial plaque rededication ceremony.

U.S. Navy photo by MC2 Johans Chavarro



(Below) The crew of USS O'Kane (DDG 77) stand at attention in the dry dock 4 basin prior to the ship's undocking during the ship's availability Sept. 9 at the Pearl Harbor Naval Shipyard.

U.S. Navy photo by Lt. j.g. Megan Wilson



Pearl Harbor survivor and veteran Delton "Wally" Walling (right) speaks with Rear Adm. John Fuller, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, during a Pearl Harbor Colors honors and heritage ceremony Nov. 19 at the Pearl Harbor Visitor Center at Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by MC2 Gabrielle Joyner



Marines assigned to the United States Marine Corps Forces Pacific Band perform during Pearl Harbor Colors Nov. 19. The ceremony was held in honor of the Marine Corps' 240th birthday, as well as Veterans Day and Wounded Warrior Care Month.

U.S. Navy photo by MC2 Gabrielle Joyner



# Bremerton mayor presents Navy League Awards to USS Bremerton Sailors

Story and photo by  
Lt. Brett Zimmerman

Commander Submarine  
Force, U.S. Pacific Fleet  
Public Affairs Office

Bremerton, Wash. Mayor Patty Lent was on hand to present awards, Nov. 9, to four Sailors from the Los Angeles class fast-attack submarine, USS Bremerton (SSN 698), on behalf of the Bremerton-Olympic Peninsula Council of the Navy League.

The Sailors selected for the awards were nominated based on outstanding achievement over the last year.

“It is an honor to be here with the crew and to represent the population of Bremerton and the Navy League,” said Lent. “I am impressed with the ability of the crew and their dedication for excellence.”

Electronics Technician 2nd Class Joshua Walters was awarded the Bowditch Award for Navigation Excellence. Machinist’s Mate 2nd Class Anthony Robinson was awarded the Engineering Go-to Guy Award for Engineering Excellence.



Bremerton, Wash. Mayor Patty Lent congratulates Sonar Technician 3rd Class Tyler Unger on being awarded the “Tactical Adonis Award” from the Bremerton-Olympic Peninsula Council of the Navy League. This award represents outstanding achievement and excellence in weapons and tactical operations.

Sonar Technician 3rd Class Tyler Unger was awarded the Tactical Adonis Award for Tactical and Weapons Department Excellence. Culinary Specialist 3rd Class Kenneth Silva was awarded the Supply Specialist Award for Supply

Department Excellence.

“I am honored to receive this award from our namesake city of Bremerton,” said Unger. “It’s great to be recognized for working hard and doing my job.” “It’s gratifying. This award represents many

events that have occurred over a long period of time to get the ship in ready conditions,” said Walters.

The Bremerton-Olympic Peninsula Council of the Navy League sponsors USS Bremerton. The organization provides

awards to four Sailors each year who are serving aboard, based on superior performance over the past year. This initiative was started in 2010.

“We are lucky to have such a supportive city and Navy League,” said Cmdr. Wes Bringham,

Bremerton commanding officer.

“The crew and I were honored to have a port call in Bremerton earlier this year where the city really rolled out the red carpet for us. It was overwhelming the amount of support they showed us,” he said.

As Lent ended the awards ceremony, she expressed her appreciation to the crew. “Thank you, thank you, thank you from myself, every citizen of Bremerton and the Navy League,” Lent said.

The USS Bremerton is the oldest, commissioned Los Angeles-class submarine still in active service and is homeported at Joint Base Pearl Harbor-Hickam.

Bringham is currently preparing his crew and the Bremerton for its second-to-last scheduled deployment to the western Pacific before its scheduled decommissioning.

“I look forward to continuing to represent the city of Bremerton through our next two deployments and with the hard work of this crew, this boat could expect service past 2017,” said Bringham.

# Encounter with ‘death’ helped this smoker quit

Jason Bortz

Naval Hospital Pensacola  
Public Affairs

(Editor’s note: Although this story doesn’t have any local ties, it is a personal and powerful story about one man’s journey to overcome a smoking habit that had lasted for decades.)

PENSACOLA, Fla. (NNS) – Sept. 17 has been an annual day of celebration for retired Army sergeant first class Jerry Evatt for the past six years.

That day isn’t the birthday of one of his grandchildren or the day he retired from the post office. It’s the day he last smoked a cigarette and came face to face with “death.”

Like many young men in the 1960s, Evatt was drafted into the Army. He retired after 20 years of service but unfortunately developed a bad habit during his Army career.

“I smoked some as a teenager but started heavy smoking in the military,” said Evatt. “Cigarettes were cheap back then, and the majority of Soldiers smoked. I could buy a carton of cigarettes for around a dollar, and they even came in our C-rations.”

By the time the first Surgeon General’s warning appeared on a pack of cigarettes in 1970, Evatt was a full-time smoker. At the height of his smoking, he was going through a minimum of two packs

a day, and all three of his children became smokers. Despite declining health and warnings from his doctors to quit, Evatt kept smoking.

“I knew it was bad for me, but I couldn’t stop,” said Evatt. “You get used to the taste of cigarettes and want it.”

Evatt started and ended every day by smoking a cigarette in his bed. He smoked every time he got in his truck and every time he used his computer. Even after Evatt was placed on oxygen, he continued to smoke. He even smoked while wearing his oxygen mask.

Despite a constant cough and respiratory problems, it was the constant drain on his bank account that made Evatt think about quitting. By 2009, he was spending \$300 a month on cigarettes.

On Sept. 17, 2009, Evatt finally got the motivation he needed to quit smoking.

He woke that morning and did not feel well. He decided to go see his doctor at Naval Hospital Pensacola (NHP) and knew he would probably have to stay there for a few days. After packing an overnight bag, Evatt sat down to eat breakfast. Breathing was getting harder and harder, and Evatt knew he was in trouble. He called 911 and told the operator, “I can’t breathe.”

Within minutes, the paramedics arrived and prepared to take Evatt

to the hospital. As he was being taken out of his home on a gurney, he once again succumbed to the additive power of cigarettes.

“As I was being taken out my front door, I reached out and grabbed my pack of cigarettes and lighter,” said Evatt. “The paramedic looked at me and just shook his head.”

After being placed in the ambulance, Evatt told the paramedics to take him to Naval Hospital Pensacola despite other hospitals being closer.

“My doctor was at [at Naval Hospital Pensacola] and that’s where I wanted to go,” said Evatt.

Those were the last words Evatt spoke before slipping into a coma, due to viral pneumonia, for two weeks. While in that coma, Evatt had a life-changing encounter that convinced him to never smoke a cigarette again.

“I met ‘death,’” said Evatt. “He appeared to me as a well-dressed man out of nowhere. He reached his hand out and said, ‘Follow me.’

“I asked to where and he said, ‘It doesn’t matter, just follow.’ I told him, ‘I think I will stay here,’ and then he was gone as quickly as he appeared. If I had taken his hand, I wouldn’t be here today.”

While Evatt was in a coma, doctors at NHP placed a nicotine patch on him to start his process of quitting smoking for good. After two weeks at NHP and another week at

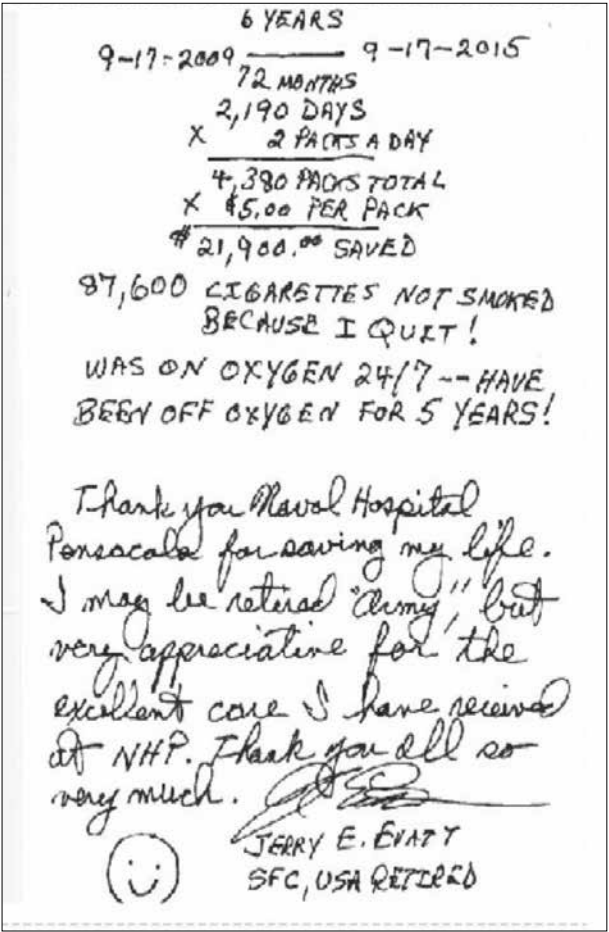


Image courtesy of Naval Hospital Pensacola Public Affairs

Jerry Evatt, a retired Army sergeant first class, sent a thank you card to Naval Hospital Pensacola (NHP) this year for saving his life.

another facility, Evatt returned to his home. Now the true test for his commitment to quit smoking would begin.

“I didn’t really have any urges while I was in the hospital,” said Evatt. “It wasn’t until I got back into a normal routine that I got the urge to smoke again. When I got into my truck, I would reach into my pocket for

a pack of cigarettes that wasn’t there. It was just habit.”

To help fight those urges, Evatt decided to use a monetary incentive to keep him on the right path. On the 17th day of every month, he went to the bank and withdrew three \$100 dollar bills that he placed in a safe in his home. When the urge to smoke came, he would

take out the money and count it.

First it was \$300, then \$600, \$900, \$1,200. After six months, he had reached \$1,800 and hadn’t smoked a cigarette. He decided to reward himself with something he could never afford when he was smoking.

“I used that money to take a trip to West Virginia to see my grandchildren,” said Evatt. “I got to walk with them in the snow and even make homemade maple syrup.”

Every September, Evatt returns to NHP to thank the staff for his new lease on life. This year, he sent a card that estimated how much money he would have spent on cigarettes in the past six years and how many cigarettes he would have smoked. He estimates he would have spent more than \$21,000 and smoked about 87,000 cigarettes since 2009. He did this to let the staff know just how appreciative he is of his health now.

“Naval Hospital Pensacola saved my life,” said Evatt. “I wouldn’t want to go anywhere else for my care.”

His encounter with death, improved health and monthly trip to the bank has led to an improved life for Evatt. No longer on oxygen, Evatt now takes full advantage of his new life and hopes to inspire others to quit smoking. In fact, he has already convinced at least one person to quit smoking—his banker. She hasn’t smoked for two years now.



# USS Oklahoma disinterments complete, identification underway

**Staff Sgt.  
Kathrine Dodd**

*Defense POW/MIA  
Accounting Agency*

*(Editor's note: Ray Emory, a Pearl Harbor survivor who lives in Hawaii and is a former Navy chief, carried out painstaking research on the USS Oklahoma unknowns and was a strong advocate for their identification and accounting. Emory was serving on the USS Honolulu at the time of the Dec. 7, 1941 attack on Pearl Harbor.)*

Under a serene morning sky, save a low, solemn cadence, honor guardsmen assigned from the Defense POW/MIA Accounting Agency (DPAA) escort the last four caskets containing the remains of unidentified service members lost on the USS Oklahoma to loading trucks from their plots at the National Memorial Cemetery of the Pacific (NMCP), Punchbowl.

The initiative to disinter these 61 caskets began five months ago, after Deputy Secretary of Defense Robert O. Work released a memo allowing the Department of Defense to include remains commingled during the salvage operations of the USS Oklahoma in its identification efforts.

Over the last six months DPAA, with the help of the Department of Veteran Affairs, exhumed the remains of up to 388 service members from 45 graves at the NMCP.

After the remains are verified and accessioned into the DPAA Laboratory, the identification process begins.

“[The] identifications of the dental remains will be completed in Hawaii first,” said Ben Soria, the lead evidence coordinator at the DPAA Lab.



DOD photo by Spc Crystal D. Madriz



(Above, left) U.S. service members from the Defense POW/MIA Accounting Agency (DPAA) participate in a disinterment ceremony Nov. 9 at the National Memorial Cemetery of the Pacific. (Below) Members of the DPAA march alongside a disinterred casket holding the remains of unknown USS Oklahoma service members during a disinterment ceremony at the National Memorial Cemetery of the Pacific in Honolulu, Nov. 5



According to Soria, the re-sorting and processing of the post-cranial remains will be performed at the DPAA Laboratory at Offutt Air Force Base in Omaha. Forensic scientists there will also organize the remains into individuals using anthropological and DNA analysis.

DPAA, in concert with the Armed Forces DNA Identification Laboratory,

will use DNA samples donated by applicable family members, as well as medical and dental records, in the identification process. The agency estimates that 80 percent of the unknown remains associated with the USS Oklahoma can be identified within five years.

More than 70 years have passed since the USS Oklahoma cap-

sized in defense of Pearl Harbor. With new technologies and advances in forensic science now available, DPAA will be able to put names to those previously buried as unknown, something long owed to those who fell.

Those remains that still cannot be identified will be reinterred in a known group burial in Arlington National Cemetery, the NMCP, or an-

other as of yet unknown course of action may be taken.

“As important as it is to return the fallen to their families, it’s equally if not more important to the nation,” said Brig. Gen. Mark Spindler, DPAA deputy director.

“This is our sacred promise that we make to our sons and daughters when we put them

in harm’s way and ask them to do the most difficult tasks around,” he said.

“We must work as hard as we can to restore their names,” Spindler continued. “Right now they remain nameless out there, but what we do when we fulfill the nation’s promise is restore the name. Give the name back to the nation and give it back to their family.”

## War memorial

*Continued from page A-1*

brings the spirit of Veterans Day to our every day, keeping on our minds and in our hearts the unrepayable debt owed to those who serve and who have served our nation,” said Amemiya.

“This facility is showing its age and, regardless of its fate, this site will remain in perpetuity a memorial to all the sons and daughters of Hawaii who served their country in a time of war and a special tribute to those who gave their lives in order that freedom and justice might prevail throughout the world,” Amemiya said.

Carol Fukanaga, member of the Honolulu City Council in Hawaii, also thanked the continued support and effort from those who saw the need to rededicate the Blaisdell Center as the war memorial it was intended to be.

“I think that these efforts remind us of the many sacrifices the veterans have made, not just on Veterans Day, but also as we enjoy the music, culture and arts, entertainment and freedoms that they fought to protect,” said Fukanaga.

Thomas K. Kaulukukui Jr., veteran and chairman of the board and managing trustee of Queen Lili’uokalani Trust, closed out the ceremony by thanking all parties involved in rededicating the Blaisdell Center as a war memorial and noting the significance it makes in not just honoring the past, but also the future.

“So today, on behalf of all veterans, and especially those who have served in times of war, and especially those who have made the ultimate sacrifice, I sincerely thank you all, and thank those who have made this day possible,” said Kaulukukui.

“This includes the private citizens who initiated these actions, the city council and the council members who moved on this, [and] the mayor and his staff who organized this.”

“This afternoon, we do more than to just recall our heroes of the past, we inspire our heroes of the future,” said Kaulukukui.

Following a musical interlude and the playing of “God Bless America,” those in attendance moved to the Blaisdell Center lawn for the unveiling of the new memorial plaque.

The memorial reads: “This site was known as the Honolulu International Center from 1963-1976.

Dedicated to all the sons and daughters of Hawaii who served their country in the time of war and in special tribute to those who gave their lives in order that freedom and just might prevail throughout the world.

City and Council of Honolulu, September 12, 1964”

*(The efforts to rededicate the Blaisdell Center originated from Tanya Harrison, who began researching the now occupied Blaisdell area as a family genealogy project.*

*However, when her research brought to light old newspapers from 1964 that described the Blaisdell Center as a war memorial, Harrison became motivated to figure out how the title could have been forgotten and what she could do to get it back. It was then that Harrison, with the help of veterans who became interested in the project, met with Mayor Kirk Caldwell and Honolulu City Council members, Ann Kobayashi and Carol Fukunaga, on how to rededicate the Blaisdell Center as a war memorial.)*



# Life & Leisure

## Gobble up fun at THANKSGIVING EVENTS

**Don Robbins**

*Editor, Ho'okele*

**L**et's talk turkey: a variety of events have been scheduled at Joint Base Pearl Harbor-Hickam in the upcoming week to celebrate the Thanksgiving holiday.

• First, a preschool story time for children will begin at 9 a.m. Nov. 25 at the Joint Base Pearl Harbor-Hickam Library. The theme is "Thanksgiving Feast." (For more information, call 449-8299.)

• The Surface Navy Association's Pearl Harbor Chapter will hold the third annual MustDash 5K Turkey Trot on Thanksgiving. The run will begin at 8 a.m. at the intersection of O'Kane Boulevard and Wasp Boulevard on Ford Island. Prizes will be awarded in three categories: best real mustache, best fake mustache and worst in show (for those men that try their hardest to grow a mustache yet fail miserably). Registration is \$15 and covers a race T-shirt.

Participants can register by contacting Ensign Christopher Zeleznik and provide their shirt size. Shirts are in men's sizes only. The last day for registration is Nov. 24. T-shirts are limited to the first 100 people registered. (For more information, email Ensign Christopher Zeleznik at wingmasterz870@aol.com.)

• Golfers will be able to get some exercise in before sitting down to their turkey dinner at three Joint Base Morale, Welfare and Recreation golf courses. Thanksgiving Day holiday golf will be held Nov. 26 from 6:30 a.m. to 2 p.m. at Barbers Point Golf Course, 7 a.m. to 3 p.m. at Ke'alohe Par 3 Golf Course and 6:30 a.m. to 2 p.m. at Navy-Marine Golf Course. Mamala Bay Golf Course will be closed. Fees vary by location. (For more information, call 682-1911, 448-2318 or 471-0142.)

• A special Thanksgiving meal will be served from 2 to 4 p.m. on Thanksgiving Day at the Silver Dolphin Bistro, Joint Base Pearl Harbor-Hickam.

The price of the meal is \$9.05. The meal is open to all active duty military, Department of Defense employees, retirees and their family members with a valid ID card. Please bring exact change to expedite time spent at the cashier stand.

Menu items will include roasted pepper and tomato soup, shrimp cocktail, oven-roasted turkey, spiral ham with brown sugar glaze, giblet and turkey gravy, cranberry sauce, cornbread dressing and mashed potatoes.

The meal will also include macaroni and cheese, rice pilaf, sweet potato casserole, green bean casserole, corn on the cob, eggnog, assorted hot rolls, a fresh salad bar with crab salad and potato salad. In addition, the meal will feature assorted baked pies, cobbler, cheesecake, an ice cream bar with assorted toppings, and a ceremonial cake. (For more information, call the Silver Dolphin Bistro at 473-2948.)

• Thanksgiving Turkey-To-Go will be offered for pickup between 9:30 and 11 a.m. Nov. 26 at the Wright Brothers Café and Grille. The meal costs \$130, which feeds six to eight people. Reservations are being accepted through Nov. 24. The meal includes a 10-to-12-pound turkey, giblet gravy, breadcrumb stuffing, a dozen dinner rolls and butter, cranberry sauce and pumpkin pie. There are no refunds or cancellations after Nov. 16. (For more information and to place an order, call 448-4608.)

• A Thanksgiving Day buffet will be served on the lanai at 11 a.m. and 2 p.m. and in the dining room at noon Nov. 26 at the Historic Hickam Officers Club. Reservations will be accepted through Nov. 24.

The cost is \$32.95 for adults (\$30.95 for Air Force Club members), \$18.95 for children ages 7 to 12 years old, \$12.50 for children ages 4 to 6 years old, and admission is free to children ages 3 and under. All ranks are welcome, but reservations are required. (For more information, call Joint Base Catering at 448-4608.)

• A Thanksgiving buffet will also be served from 11 a.m. to 8 p.m. Nov. 26 at Sam Choy's Island Style Seafood Grille. The buffet will feature roasted turkey with all the trimmings. Reservations are recommended. (For more information and prices, call 422-3002.)

• Liberty's Thanksgiving Feast and Football will be held Nov. 26 at all Liberty Centers. The free event is for single, active duty military E1 to E6 only. A turkey dinner will be served at 11:30 a.m., which is when the football game between the Dallas Cowboys and the Carolina Panthers will be televised. (For more information, call 473-2583.)

• The free fourth annual turn and burn ride will be held from 9 to 11 a.m. Nov. 28 at Joint Base Pearl Harbor-Hickam Fitness Center, so all eligible patrons can burn off the calories from the turkey feast. The event is a two-hour stationary bike ride. (For more information, call 471-2019.)





Randy Dela Cruz & Lee Sisco photos

At left, Victoria Sisco signs her letter of intent to attend Belmont Abbey College on a four-year, athletic scholarship to play volleyball for the Crusaders. Master Sgt. Abner Ganigan, Sisco's first volleyball coach, sits beside her as she inks her commitment. At right, Victoria puts down a slam from her middle-hitter position.

# Local student inks letter of intent for Belmont Abbey

**Randy Dela Cruz**

*Sports Editor, Ho'okele*

The old formula of hard work and dedication is still a potent concoction when it comes to making dreams come true.

Since she was a 9-year-old rookie in the Morale, Welfare and Recreation youth volleyball program here at Joint Base Pearl Harbor-Hickam, Victoria Sisco dreamed of playing before a packed house at a college campus here or abroad.

Even though having to resettle and reset her life each time she and her family moved to a different duty station, Sisco made sure that the fire, which ignited during her first stay in Hawaii, never died.

On Nov. 12, Victoria joined high school student athletes from around the country by signing a letter of intent to play volleyball and attend classes on a four-year ride to Belmont Abbey College, Charlotte, N.C., a Division II school that competes in the Conference Carolinas.

“I’m really proud for her,” said Victoria’s dad, Capt. Lee Sisco, of Submarine Force U.S. Pacific Fleet. “She’s always been kind of shy and withdrawn, so volleyball was a great start for her to get a love for the game. Starting here really gave her that spark.”

In total, Victoria received five offers from schools that included invites from three schools in Division II, one Division III and a junior college.

The offerings were even more impressive, considering that Victoria is home-schooled and received no additional press coverage beyond her matches with MWR and several club affiliations.

Without the press to chronicle her accomplishments and skills on the court, Victoria, with help from dad and mom Kacey, went to work and reached out to several schools on her wish list to notify them about her interest in attending their campus.

The campaign included writing letters and emails, while posting stats and game videos on her recruiting web page.

Obviously, coaches and athletic directors liked what they saw in the talented 17-year-old, which earned her an invite to

five different college volleyball camps in North Carolina during the summer.

“It was like three or four days long and seven to eight hours of volleyball per day,” She said. “Over the course of summer, I was able to really perfect my serve.”

Her dad stated that even before they arrived for the first day of camp, three coaches offered Victoria a place on their roster.

Besides her will to work and level of skills, Sisco said that Victoria also impressed coaches by her positive interaction with every player she came across — something that she learned during her playing years in MWR.

“Once we told the coaches that their school

wasn’t her choice, a couple wrote her a letter saying that she was one of the best players they ever had the opportunity to coach because of your attitude and compassion,” he said. “She (Victoria) has a big heart. She’s a competitor, but she’s not an aggressive, get-in-your-face, player. She cares about her teammates.”

Master Sgt. Abner Ganigan, who was Victoria’s first volleyball coach at MWR and is coaching her again this season on Joint Base, said that a will to win combined with excellent sportsmanship, makes her a pleasure for any person to coach.

“You’ve got to let them love the game,” Ganigan said. “That’s why we coach. MWR plays a big part of it. It’s not just to

win. We’re out there to play and enjoy it. Win or lose, to watch them grow, it says a lot.”

While Victoria said that her past would always be a part of her, she is excited and ready to tackle the challenges ahead of her at Belmont Abbey College and Division II volleyball.

She said that the campus is beautiful and, much like her home on Joint Base, the school has a mixture of new and historic buildings.

“I’m ready for it,” said Victoria, whose 14-year-old sister Maddie is waiting in the wings for chance at a scholarship. “Physically, I have to work on my vertical and stamina. And for academics, I can get better all the way around.”





# Columbus Moon Howlers upset Michael Murphy

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho'okele

For most of the season, USS Columbus (SSN 762) Moon Howlers haven't had much to holler about after losing seven out of their eight regular season games.

Squaring off against a surging USS Michael Murphy (DDG 112), winners of their last three games in a row, the Moon Howlers gave new meaning to the old phrase, "why we play the game," when the team came back and then held off Michael Murphy, 14-13, to win only their second game of the season in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

"We were just hungry for a win," said Columbus quarterback Fire Control Technician Seaman Drew Texeira. "We've gone through five different quarterbacks, but we've been getting better and better. We really wanted that win."

In the first two possessions, both squads failed to move the ball, but Michael Murphy quickly changed that in their next series on offense.

Starting out at his own 15, Michael Murphy quarterback Culinary Specialist 3rd Class Terrence Sample gunned a shot into the arms of Damage Controlman 3rd Class Terray Franklin, who made the grab for 25 yards and a first down at the 40.

Another completion by Sample moved the chains to the Moon Howlers 11 and then on first and goal-to-goal, Sample motored into the end zone for a 6-0 lead.

Michael Murphy converted their point after touchdown (PAT) to take a 7-0 lead that stood up through halftime.

Columbus got the football to open up the second half, but much like in the first half, the team continued to struggle on offense.



USS Columbus (SSN 762) Moon Howlers quarterback Fire Control Technician Seaman Drew Texeira gets away from a ferocious pass rush before throwing a completion.

Texeira managed to move the ball into Michael Murphy territory at the 33, but on fourth down and long, the Moon Howlers QB got picked off at the 10 by Franklin.

Moving back the other way, Sample, on third and one to go at his own 19, decided to throw the ball to try and pick up the first down.

Instead, Moon Howlers line backer Fire Control Technician 1st Class James Steinbrunner snatched the ball out of the air to set up Colum-

bus with a first down on the Michael Murphy 14.

"The ball was low, but I was just trying to watch it cut across the middle," Steinbrunner said. "It bounced a few times and I ended up grabbing it."

Texeira connected on a pass for four yards on the first play from scrimmage and then on the next down, swept around the left side and into the end zone for a touchdown.

The Moon Howlers went on to tie the score at 7-7 after converting their PAT.

Michael Murphy couldn't generate anything on their possession and was forced to punt the ball away with 1:50 remaining in the game.

Starting from his own 29, Texeira moved the ball to the 37, and then on third down the QB went right over the middle and connected with Fire Control Technician 3rd Class Earl Arnold.

Taking the ball in stride, Arnold beat the defense and went all the way to the end zone for a 13-7 lead.

Another successful PAT put the Moon Howlers ahead at 14-7 with just 40 seconds on the clock.

With time running out, Sample rushed two times to get the ball to within striking distance.

Then on second down, from just inside midfield, Sample went over the top and hit Franklin with a rainbow for six points to pull to within a point a 14-13.

Going on a gamble to win the game in regulation, Michael Murphy decided to go for a

two-point attempt.

Sample went back to Franklin with a pass over the top, but the toss missed the mark and allowed the Moon Howlers to walk away with the win.

"We get to play with different players every week, depending on work schedule," Steinbrunner said after the game. "Sometimes you get the right pieces together and depending on the opponent, when things go our way we came out with a win today."

# Asheville shuts down PCP to take victory No. 8

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho'okele

After watching USS Chosin (CG 65) War Dragons defeat USS Port Royal (CG 73) earlier in the day, USS Asheville (SSN 758) entered their showdown against Pearl City Peninsula Warriors knowing that they had to win in order to keep pace with the War Dragons.

Facing a tough PCP squad that entered the day with a 5-3 record, Asheville needed a solid performance from both sides of the ball in order to be victorious, and that's precisely what they got in an 18-0 victory over PCP on Nov. 14 in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

"There is no question about our guys," said Asheville quarterback Electrician's Mate 2nd Class Michael Fajardo. "Deep down, they want to win. There is no question that they're competitors. Their main goal is to win and that shows on the field."

The desire to win runs so deep for Asheville that minor setbacks seem to have absolutely no effect on the crew.

Early on, an interception by the Warriors Navy Diver 3rd Class Kyle Roderick stalled Asheville's first drive of the game.

While the pick may have discouraged many squads, Asheville seemed to be unfazed by the turn-



Asheville receiver Culinary Specialist 3rd Class Laguan Jones beats PCP defensive back Navy Diver 3rd Class Kyle Roderick to make a catch and then race to the end zone for a touchdown.

over and two plays later, got the ball back when Sonar Technician (Submarine) Seaman Aaron Murphy came up with an interception of his own to give Asheville great field position at the PCP 32.

On the first play from scrimmage, Fajardo picked up 28 yards on a pass completion to the PCP five-yard line.

Then, on the very next play, Fajardo swept around the right sideline and into the end zone for a 6-0 lead.

PCP was forced to punt the ball away on their next possession, and the first half came to an end on Roderick's second interception of the game.

The break did little to cool down the red hot Asheville defense, which opened up the second half by forcing PCP to punt after only six plays.

After starting with the ball at the PCP 36, Fajardo was sacked for a loss back to midfield at the 40-yard line.

On third down, Fajardo threw a touch pass into the seam in the vicinity of Roderick, who took a gamble and stretched out to try and make a play on the ball.

Instead, the toss sailed past his fingers and made it into the hands of Culinary Specialist 3rd Class Laguan Jones, who cradled the ball before taking it all the way to the house for a 12-0 advantage.

Back on the field, the Asheville defense, armed

with a two-score lead, marched to their position with only one thought in mind: stop PCP from scoring.

On PCP's next set of downs, they managed to pick up six yards on two plays, but on the third play from the line of scrimmage, a pick by Electronic Technician 2nd Class Abel Pajas handed the ball back to Asheville.

Asheville was forced to turn the ball over after

only four plays, but on first down, PCP had the ball taken away for the third time in the game on a pick from Culinary Specialist Seaman Recruit Knya Davis.

With the ball on the 25, Fajardo put the game away for good with an option back to Pajas, who crossed the goal line for the final score of the game.

While Fajardo was able to navigate the course for three touchdowns, the Asheville QB admitted that nothing would have been possible without the tough play of the team's defense.

"That's huge," Fajardo said about the Asheville defense. "It gives me peace of mind. If we do happen to go three and out, I know my defense is there to get the ball back as soon as possible."

Pajas, who accounted for one of the team's three picks, said that the key to the defense's success is for its players to just focus and play their game.

With only a couple of weeks to go in the regular season, Pajas said all attention is now aimed at keeping the momentum going in their favor as the playoffs come around.

"We know we have to finish out strong all the time," Pajas said. "We don't want to ease off and then get to the playoffs, where the intensity is a lot higher than league play. We're going to face some good opponents, so we just need to go all out every day."



# Joint Base MWR honors, salutes veterans and families



Above, Attendees at the ITT Veterans Day Salute relax at the event held Nov. 10 at Foster Point, JBPHH. Vendors were on hand to provide information on various recreational activities and attractions.

MWR Marketing photos

Reid Tokeshi

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

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's Information, Tickets & Travel (ITT) department held its Veterans Day Salute on Nov. 10 at Foster Point near Hickam Beach, JBPHH.

The free event featured complimentary food and drinks, live musical entertainment by the Air Force Band of the Pacific, a free gift for all veterans who attended and informational tables by ITT's vendor partners.

There were also many giveaways awarded throughout the afternoon. Free admission to attractions, complimentary hotel stays and more were among the prizes. The big prize was a trip for two to Maui, which was awarded at the conclusion of the event.

ITT's Mark Saruwatari said the Veterans Day Salute was created to honor and salute armed forces veterans, as well as their spouses and families.

"They are often overlooked in today's ever-changing global arena. But we should not forget that those that went before us paved the way. They leave a legacy that the next generation must carry on in honor of their sacrifices for our nation," he said.

Saruwatari said while attendees were happy with the free event, food and giveaways, they told him what they really appreciated was the effort to remember them.

Many of the attendees served in Iraq, Afghanistan or the Gulf War. Saruwatari added that there were also veterans of the Vietnam War, Korean War and World War II in the audience.

# Bowlers can win free ham at JBPHH Bowling Center

Helen Ko

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

The Joint Base Pearl Harbor-Hickam Bowling Center is once again offering customers a chance to win a holiday dinner ham.

This year's ham roll will take place Dec. 7-18.

For each game a patron bowls during open bowling (Monday through Friday,

11 a.m. to 4 p.m.), they are entered to win a free ham. Four winners will be announced on Dec. 19, and the winners can pick up the uncooked ham from the JBPHH Bowling Center before noon on Dec. 22.

The ham roll is open to active duty, family members 10 years and older, retirees and Department of Defense civilians. *(For more information, visit [greatlifehawaii.com](http://greatlifehawaii.com) or call 448-9959.)*



MWR Marketing photo

Patrons can win a free ham during the ham roll at the Joint Base Pearl Harbor-Hickam Bowling Center. All skill levels are welcome.



NOVEMBER

SPECIAL OLYMPICS HAWAII

**SATURDAY, SUNDAY** — Special Olympics Hawaii will host its holiday classic from 6:30 to 9:15 p.m. Saturday and from 8 a.m. to 1 p.m. Sunday at Club Pearl, Joint Base Pearl Harbor-Hickam. The holiday classic is a multi-competition event where teams from neighboring islands and on Oahu gather to compete in sports. The event is open to spectators who have Joint Base access. Volunteers are also needed for the event. FMI: Cindy Ujimori at [volunteers@specialolympicshawaii.org](mailto:volunteers@specialolympicshawaii.org).

FREE ADVANCE SCREENING

**SATURDAY** — A free advance screening of the movie “Creed” rated PG-13 will be held at Hickam Memorial Theater. Doors open at 2 p.m. and the movie starts at 4 p.m. Tickets are available at Hickam food court. FMI: 422-4425.

MEET AND GREET WITH OLAF

**SUNDAY** — A meet and greet event with the character Olaf from the movie “Frozen,” will be held from 1 to 5 p.m. at the Hickam Exchange at Joint Base Pearl Harbor-Hickam. Prize drawings will be held every 20 minutes. The child must be present to win. FMI: 422-5395.

SURVIVING THE HOLIDAYS FINANCIALLY

**24** — A class Surviving the Holidays Financially will be held from 9 to 10:30 a.m. at the Military and Family Support Center Pearl Harbor. The class will help participants develop a holiday spending plan and overall “survival” plan to assist them in enjoying a less stressful holiday season. Participants can register online. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

ANGER MANAGEMENT CLASS

**24** — A class in Anger Management will be held from 8 to 11 a.m. at the Military and Family Support Center Pearl Harbor. The class is designed to help participants better understand, channel and control their anger. Participants can register online. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

LATIN JAZZ BAND

**24** — The First Class Petty Officer Association will host the first ever Parranda Navidena event, starting at 10 a.m. at the

Sharkey Theater. The event will feature several Latin musical selections performed by the Joint Base Pearl Harbor-Hickam Latin Jazz Band, with Air Force and Navy members including Cmdr. Dennis Mojica. In the Latin community, “parrandas” means musical festivities held before the holiday season. All service members and their families are welcome. FMI: BM1 Leszek Romero at [Leszek.romero@navy.mil](mailto:Leszek.romero@navy.mil).

DECEMBER

AIR FORCE SPOUSE 101: HEARTLINK

**3** — A class called Air Force Spouse 101: Heartlink will be held from 7:30 a.m. to 2 p.m. at Military and Family Support Center Hickam. The program will introduce participants to all aspects of Air Force life, provide an opportunity to establish a peer network with other spouses, and offer tools to adapt to the military way of life. The event will include a complimentary lunch. Participants can register online. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

ONGOING

PEARL HARBOR DAY VOLUNTEERS NEEDED

**NOW** — The Navy and National Park Service need more than 700 active duty military personnel from all services to volunteer in various events commemorating the 74th anniversary of the attack on Pearl Harbor. Volunteers should sign up by Nov. 24. FMI: Chief Ken Bohan at [Kenneth.p.bohan@navy.mil](mailto:Kenneth.p.bohan@navy.mil), (904) 434-9485, or Lt. Cmdr. Michael Genta at [Michael.genta@navy.mil](mailto:Michael.genta@navy.mil), (808) 473-5752.

HICKAM SHORELINE CLOSURE

**NOW** — As part of the Navy’s mission to restore and improve the natural habitats at Joint Base Pearl Harbor-Hickam, mangrove removal along the Hickam shoreline is occurring daily. The area includes the beach starting at the Navy’s Fort Kamehameha Wastewater Treatment Plant to the Air National Guard parking lot (including Kamehameha Beach Park, commonly known as Dog Beach). All dogs, even those on a leash, will not be permitted in the parking lot, on the shoreline, or in the waters from the area by the Navy treatment plant to the Air National Guard parking lot throughout the removal process. The whole area will be closed until Jan. 31, or until NAVFAC Hawaii staff determines that conditions are safe. FMI: NAVFAC Hawaii environmental at 471-1171, ext. 243.



PARANORMAL ACTIVITY: THE GHOST DIMENSION

Still reeling from the death of their young daughter, Ryan and Emily move their remaining daughter and their Uncle Mike from New York City to Palo Alto, Calif., where Ryan has a new job designing video games. As the family settles into their new home, they soon realize that something isn’t quite right and that someone or something intends to use their grief for sinister purposes.

Movie Showtimes

SHARKEY THEATER

**TODAY 11/20**  
7:00 PM Paranormal Activity: The Ghost Dimension (R)

**SATURDAY 11/21**  
2:30 PM Goosebumps (3-D) (PG)  
7:00 PM Creed, *studio appreciation advance screening (free admission)* (PG-13)

**SUNDAY 11/22**  
2:30 PM Goosebumps (PG)  
4:50 PM Love The Coopers (PG-13)  
7:00 PM Paranormal Activity: The Ghost Dimension (R)

HICKAM MEMORIAL THEATER

**TODAY 11/20**  
6:00 PM The Martian (PG-13)

**SATURDAY 11/21**  
4:00 PM Creed, *studio appreciation advance screening (free admission)* (PG-13)

**SUNDAY 11/22**  
2:00 PM Pan (PG)  
6:00 PM The Martian (PG-13)





# MFSC offers advice to prepare financially for the holidays

**Military and Family Support Center**

*Financial Counselors*

The holidays will be here before we realize it, and we are often asking, where did the year go?

Have you started planning for the upcoming holiday expenses? The ghost of Christmas past appears in your mailbox around mid-January, wrapped in credit card bills, representing your empty bank account. That can make the first few months of the year dreary with money worries and busted budgets. It's not bad enough you now have credit card bills, but the ghost of Christmas past demands finance charges.

Here are a few suggestions to make your holidays less financially stressful:

- Make a list (check it twice) of the people you will purchase gifts for. Don't forget the extra gifts such as grab bag for the office, holiday parties, neighbors, etc. Remember, you do not have to participate in gift exchanges or buy for people outside your immediate family. Don't forget to include any shipping costs/decorations you may have to pay for.
- List what you would like to purchase for that person.
- Set a price that you plan to spend for each gift.
- Decide how much you can afford to spend each payday on gifts.

Each payday, head out to see

what items on your list are possibly on sale.

Having that list prepared and marking off items as you purchase them will make the entire process painless.

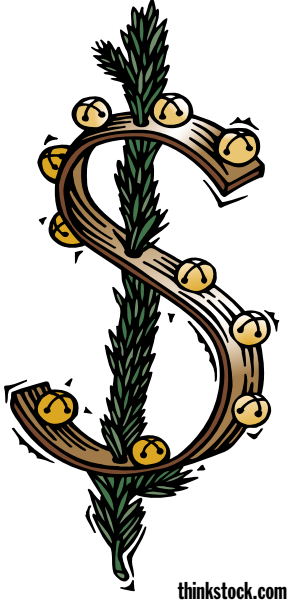
- Make it a goal for this year to have a "cash only" Christmas. All gifts are to be purchased with cash, not using credit at all. What a great feeling that will be in January/February with no more credit card hangover from the holidays. Most people end up using their income tax return to pay off Christmas. It's a vicious cycle that would be nice to break.
- Consider joining up with parents/grandparents to split large gifts or pulling names for relatives.
- Save receipts, and staple

them in a small notebook. You can keep a running total of what you have spent, and if you need to make a return after Christmas, the receipt is easy to locate.

- In January, start planning for Christmas 2016. You will know how much you spent this year, and you can put money away each paycheck, avoiding all the stress of the holiday season and ensuring a debt-free Christmas.

If you would like some assistance, the financial counselors at the Military and Family Support Center are available for free, confidential appointments.

Call 474-1999 to schedule an appointment or visit the website for a list of financial classes that are offered at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



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## Tobacco-free holidays— Techniques to support tobacco cessation

**Health Promotion and Wellness,  
Department of the Navy & Marine  
Corps Public Health Center**

The holidays are often a time for families, friends and celebrations, which also means shopping, parties, and resolutions. So it's no surprise that the holiday season can also be a time of stress, making it difficult to quit tobacco or to stay tobacco-free.

Following are tips for navigating stress and staying tobacco-free during the holidays.

- Make a list of stress-relievers and keep it close by for when you're feeling overwhelmed by holiday activities. If you need to relax, try using one of your favorite stress busters, or try exercising, doing a puzzle or listening to music instead of taking a tobacco break.
- After eating may be a time you want to reach for a cigarette. Keep sugar-free gum or mints in your pocket to avoid reaching for tobacco, talk with someone or get up and go for a walk.
- If you find that drinking alcohol makes you want to smoke or use smokeless tobacco, consider switching to another adult beverage or cutting back on alcoholic beverages while

you're quitting. Instead, fill your glass with sparkling cider for the midnight toast.

- Let your family and friends know that you have quit or are in the process of quitting. If any of them use tobacco, ask them to do so outside or in a separate area, and request they refrain from inviting you to join.
- Keep a jar in your house, and fill it up with the money you aren't spending on tobacco.

Pretty soon you'll have enough to buy a holiday gift for a loved one (or yourself). Use a clear container so you can see your savings adding up.

During this hectic time of year, it can be hard to stay focused on your tobacco-free living goal.

Stay motivated by reminding yourself of your reasons why you want to quit. Whether it's for your health, a New Year's resolution or a way to increase your holiday gift budget, keeping your reasons in mind can help you stay on track.

*(For more information and additional resources, visit [http://www.nmcphc.med.navy.mil/Healthy\\_Living/Tobacco\\_Cessation/Tobacco\\_PersonalHealth.aspx](http://www.nmcphc.med.navy.mil/Healthy_Living/Tobacco_Cessation/Tobacco_PersonalHealth.aspx) or <http://www.smokefree.gov/>.)*

## ‘Salute to the Troops’ set for Dec. 5

USO Hawaii will hold a Salute to the Troops from 10:30 a.m. to 5 p.m. Dec. 5 at Wet 'n Wild Hawaii.

The event will feature free admission to all active duty military, Reserves and retirees and their families with valid ID. The cost of onsite parking is \$8 per vehicle.

The park will be closed to the general public during the event. No advance tickets or RSVP is required. Non-military guests, accompanying those with valid military IDs, will be able to purchase a ticket at the gate for \$29.99.

Cabanas will be avail-

able to rent the day of the event on a first come, first-served basis. No advance sales will be held.

Tailgating, outside food, drinks or alcohol will not be allowed during the event. *(For more information, visit [Facebook.com/HawaiiUSO](https://www.facebook.com/HawaiiUSO) or call 422-1213.)*

## MY FAVORITE PHOTO



John Burns, administrative support assistant for Navy Region Hawaii, took this photo of Hanauma Bay right before sunset. *How to submit: send your non-posed photos to [editor@hookelenews.com](mailto:editor@hookelenews.com).*



# Cooking safely helps prevent holiday fires

**Angela Sanders**

*Fire Inspector, Federal Fire Department Hawaii*

Did you know Thanksgiving Day is the number one day of the year for home fires involving cooking equipment? Safety in the kitchen is always important, especially on Thanksgiving Day when there is a lot of activity and people in the home.

“Turkey fryers cause over \$15 million in fire damages annually from improper use or turkeys that are not thawed correctly” said Jeffrey Fernaays, prevention chief for Federal Fire Department Hawaii.

Turkey fryers are not recommended in high hazard areas or areas not considered to be fire safe. Follow turkey fryers manufacturers’ operational safety guidelines,

and make sure the turkey is properly thawed out prior to cooking. Never place frozen or wet turkeys in the fryer. This action will cause serious damage and is extremely dangerous.

Following these safety tips can help you have an enjoyable and fire safe Thanksgiving.

- Indoor cooking should only be done in areas that are designed for that purpose.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.

Stay in the home when cooking your turkey and check on it frequently.

- Keep children away from the stove. The stove will be hot and kids should stay at least three feet away. Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or

coffee could cause serious burns.

- Keep the floor clear so you don’t trip over kids, toys, pocketbooks or bags.

- Keep knives out of the reach of children.

- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.

- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.

- Never leave children alone in a room with a lit candle.

- Make sure your smoke alarms are working. Test them by pushing the test button.

*(For more information about Federal Fire Department Hawaii, call Angela Sanders, fire inspector, at 471-3303, ext. 617, or email angela.sanders1@navy.mil.)*



Public domain photo

Never place frozen or wet turkeys in the fryer because it can cause serious damage and is extremely dangerous.

## YIKES! *Is this turkey done?*



### Defense Commissary Agency

Seeing pink as you’re slicing into your beautifully browned holiday turkey is enough to strike fear into the heart of any cook, no matter how experienced they are. Following these few tips can help to avoid that scene this holiday season.

First, make sure your turkey is completely thawed before being prepped for the oven. Thaw in the refrigerator, on a tray, to catch any juices, and allow five hours per pound to complete the thawing process.

Depending on size, this can take from two to five days. To speed things up a bit, remove the giblet packet and neck from inside the turkey and thaw them separately. Be sure to check both the body cavity and the neck cavity for these — sometimes they are stored in two packets.

If time is short, leave the turkey in its original wrapper, place breast side down in a large container and cover completely with cold water. Change the water every 30 minutes, and allow an hour per pound total thawing time.

If you don’t own an instant-read thermometer, put that at the top of your commissary shopping list. An oven-safe thermometer works, too, but it is not possible to judge doneness without one or the other.

While you’re preparing the turkey for the oven,

take note of its anatomy so you’ll be able to insert the thermometer properly.

Lift the leg and feel along the thigh to help visualize how deeply into the interior the thigh meets the body. Insert the thermometer into the thickest part of the thigh just beneath, but not touching the bone, reaching all the way down to the joint.

Take note that the breastbone runs through the center of the breast from the neck to the body cavity. To test the breast meat, insert the thermometer parallel to the breastbone deep into the neck end of the breast where the meat is thickest.

The temperature you will roast to is somewhat a matter of preference. The breast is perfectly cooked when the thermometer reaches between 160 and 165 degrees. But the leg is a different story. At 170 degrees, the leg meat is safe to eat but will be firm and have a ruddy glow, with the thigh meat slightly stiff and pinkish. Continuing to roast to a temperature of 175 degrees will take care of those issues, but the breast meat will suffer from the longer roasting time.

If you prefer not even a trace of pink, continue to roast to a temperature of 180. Just accept that the breast meat will be overdone, and be sure to offer plenty of good-tasting gravy.

*(For more information, visit [www.commissaries.com](http://www.commissaries.com).)*

## Upcoming blood drives



- Nov. 24, 8 a.m. to 3:30 p.m., room 2A207, Tripler Army Medical Center.
- Nov. 30, 9 a.m. to 1 p.m., Pollock Theatre, Camp Smith.

*(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).)*