

# Navy makes strides toward energy efficiency in 2015

Ho`okele Staff

The Navy in Hawaii continued efforts to promote energy efficiency in 2015.

On Dec. 15, Rear Adm. John Fuller, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, plans to present the Fiscal Year 2015 MIDPAC Energy Conservation Award to USS Preble (DDG 88).

Preble achieved a 19 percent reduction in electricity consumption below the MIDPAC guided-missile destroyer baseline. While operating forward, Preble consumed fuel at a rate of 23 percent below the DDG-class average. The ship is authorized to fly the MIDPAC energy conservation pennant for the remainder of Fiscal Year 2016.

Preble's award is the latest in a number of energy milestones achieved in the past year.

Navy and Marine Corps representatives gathered last February at the Marine Corps Base Hawaii's (MCBH) Klipper Golf Olsen Lifesaver wave en-



Course to bless the new wave energy test site (WETS) located in the waters off North Beach. This Navy-funded project plans to utilize wave power devices to extract energy from the surface-motion of ocean waves or from pressure fluctuations below the surface.

In September, the Fred

ergy converter (WEC) received a special Hawaiian blessing at Kilo Pier at Joint Base Pearl Harbor-Hickam (JBPHH). The Lifesaver, considered one of the most sophisticated WECs on the market today, was developed in Norway by Fred Olsen Renewables and is deployed for offshore testing at the MCBH WETS site.

April saw the Navy celebrating Earth Day and promoting environmental awareness. Several events were held, including a special Pearl Harbor Colors focusing on Earth Day. Pearl Harbor Colors is an honors and heritage ceremony held monthly at the Pacific National Monument.

At the April 23 ceremony, Lt. Cmdr. Rob Franklin, operations officer for Naval Surface Group Middle Pacific, spoke about the Navy's efforts to contribute to a more sustainable environment.

"In alignment with the World War II Valor in the Department of the Navy's 2015 Earth Day theme, 'A Sustainable Future Be- See ENERGY page A-6

gins With You,' our Sailors ashore and afloat are acting in innovative ways. taking ownership of efforts to conserve resources, shift to renewable energy, minimize hazardous waste, and recycle," said Franklin.

"One of the five goals is to demonstrate and then deploy a 'Great Green Fleet,' which will include ships and aircraft using alternative sources of energy and utilizing multiple energy conservation measures as part of their regular, scheduled deployments through the calendar year in 2016. 'The 'Great Green Fleet' represents the new normal, where our Navy values energy as a strategic resource, maximizing energy efficiencies and cultivating multiple sources of alternative energy," Franklin said.

October was Navy Energy Action Month, and Naval Facilities Engineering Command (NAVFAC) Hawaii marked the occasion by hosting an energy

# Japanese minister of defense visits USS Port Royal

Story and photo by **MC2 Jeffrey Troutman** 

Navy Public Affairs Support Element Detachment Hawaii

Gen Nakatani, the Japanese minister of defense, visited and toured the guided-missile cruiser USS Port Royal (CG 73), Nov. 23, and spoke with the ship's commanding officer and personnel about the U.S. Navy's ballistic missile defense systems.

The ship tour was part of Nakatani's visit to Joint Base Pearl Harbor-Hickam to engage with Navy officials and learn more about the Aegis ballistic missile defense system (ABMD).

"I want to thank you for having me and my staff aboard your ship and taking time out of your busy schedule to talk to us about ABMD," said



Gen Nakatani, right, the Japanese minister of defense, speaks with Capt. Adolfo Ibarra, left, commanding officer of the guided-missile cruiser USS Port Royal (CG 73), and staff members of Nakatani's cabinet during a tour of the ship as part of Nakatani's visit to Pearl Harbor.

Nakatani through a translator. "I'm here to visit with you to learn more about your missile defense systems and how they help keep our countries safe from enemy threats," he said.

Capt. Adolfo Ibarra, commanding officer of Port Royal, welcomed Nakatani and his staff aboard the ship and saw their visit as an opportunity to strengthen coalition ties.

"It is our pleasure to have yet another member of the coalition visit our ship," Ibarra said. "Previously we were visited by the Japanese training squadron and also the Japanese amphibious squadron, who engaged in several training events with our crew before they headed to San Diego."

Ibarra was joined by Cmdr. John Lipps, the commanding officer of the Pacific Missile Range Facility, Barking Sands on the island of Kauai, who spoke with Nakatani about the ABMD located ashore.

Lipps said he was grateful for the opportunity to meet with Nakatani to help him better understand the ABMD ashore systems.

"The minister of defense wasn't going to be able to make it out to Kauai during his visit to see the ABMD, so I'm thankful for the opportunity afforded by Capt. Ibarra and his crew to come here to speak to him [Nakatani] about our ballistic missile defense systems," Lipps said.

Nakatani's visit to Pearl Harbor also included a tour of the Military Sealift Command's sea-based X-band radar, a wreath-laying ceremony at National Memorial Cemetery of the Pacific (Punchbowl) and a dinner reception with Adm. Scott Swift, commander of U.S. Pacific Fleet.



## Events to commemorate 74th anniversary of Pearl Harbor remembrance

#### **National Park Service**

Navy Region Hawaii and the National Park Service have scheduled a series of upcoming events to observe the 74th anniversary of Pearl Harbor Remembrance Day with the theme "Pathway to Reconciliation From Engagement to Peace." Events include:

• The National Park Service and the United States Navy will co-host the 74th commemoration of the attack on Pearl Harbor from 7:45 to 9:15 a.m. Dec. 7 at Kilo Pier, Joint Base Pearl Harbor-Hickam. Secretary of the Navy Ray Mabus and historian David Kennedy will give the principal addresses. Those with base access and their sponsored guests may enter through Nimitz or Makalapa Gate and may park in general

Pier. The general public is required to park at Aloha Stadium with free ADA shuttle transportation to Kilo Pier from 6 a.m. to 7:15 a.m. with return shuttles to Aloha Stadium after the ceremony, from 10 a.m. to noon

• A live stream of the National Pearl Harbor Remembrance Commemoration will be held online from 7 a.m. to 5 p.m. Dec. 7. The live stream includes three live events with 10 hours of educational and historical programming and begins at 7 a.m. (Hawaii Standard Time.)

• The 15th Wing will host a remembrance ceremony at the Atterburv Circle historic flagpole at 7:55 a.m. Dec. 7 to honor the 189 killed and 303 wounded during the attacks

parking areas near Kilo at Hickam Field. The ceremony is open to those with base access and their sponsored guests.

> Due to ongoing ceremonies throughout the day public programs on Dec. 7 to the USS Arizona Memorial will operate on a special schedule. The first public program will begin at 11 a.m. with the last program at 2 p.m.

• A ceremony from 1:30 to 2:30 p.m. Dec. 7 at the USS Oklahoma Memorial on Ford Island will honor and commemorate the loss of the USS Oklahoma (BB-37) and 429 of its crew. Members of the public who wish to attend the ceremony may catch a free shuttle departing every 15 minutes from the USS Bowfin Submarine Museum & Park, which is adjacent to the Pearl Har-

bor Visitor Center.

Other events leading up to the Dec. 7 ceremonies include:

• A free special showing of the film "Tora! Tora! Tora" will be shown at an After Dark in the Park event from 6 to 9 p.m. Saturday at the Pearl Harbor Visitor Center, theaters one and two. The film will be shown in its new director's cut in high definition, which includes new footage added to the film.

• A live webinar will be held at 8 a.m. (Hawaii Standard Time) Dec. 1 online via Adobe Connect. The National World War II Museum and the WWII Valor in the Pacific National Monument will commemorate the anniversary of the attack on Pearl Harbor through this special, live webinar.

cific Band will perform from 8:45 to 10 a.m. Dec. 2 at the Pearl Harbor Visitor Center lanai

• The Marine Forces Pa- of the Pacific will perform from 8:45 to 10 a.m. Dec. 3 at the Pearl Harbor Visitor Center lanai.

See DEC. 7 page A-6 • The Air Force Band



## Ford Island Bridge closure

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

All lanes of the Ford Island Bridge will be closed from 9:15 to 10:45 a.m. Dec. 4 for rehearsal operations in support of Dec. 7 ceremonies.

All lanes of the bridge will also be closed from 7 to 10 a.m. Dec. 7 for operations in support of the Dec. 7 ceremonies.

All motorists and pedestrians are reminded to plan accordingly for those two davs.

The small craft gate will be closed during bridge opening evolution to minimize collision hazard present when roadway pontoon is in motion. All boat traffic under the causeway will be suspended during these events.



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McGinn tours Red Hill Fuel

Facility during visit to Hawaii



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PACAF commander attends Defense Writer's Group breakfast See page A-4



Military celebrates Native American heritage See page B-1



Fox Sports events planned for JBPHH See page B-3

# IcGinn tours Red Hill Fuel Facility during visit to Hawaii

#### Story and photo by MC3 Katarzyna Kobiljak

#### Navy Public Affairs Support Element Detachment Hawaii

Assistant Secretary of the Navy for Energy, Installations and Environment Dennis McGinn toured the Red Hill Bulk Fuel Facility, Nov. 17, during his visit to military installations in Hawaii.

Red Hill is a national strategic asset that supports military operations in the Pacific. The operational facility includes 20 large underground fuel storage tanks. The tanks are constructed of steel. encased in concrete, and surrounded and supported by basalt bedrock.

'My purpose is to visit installations in Hawaii," said McGinn. "I am here to see how our installations are working, to check on their infrastructure and utilities, and also to talk about how we are going to meet our critical mission of being good stewards of the environment here in Hawaii."

During his tour, McGinn asked



Assistant Secretary of the Navy Dennis McGinn, right, listens to a brief during a visit to the Red Hill Bulk Fuel Facility near Pearl Harbor.

questions and listened to briefs by both military and civilian subject matter experts.

"I have a tremendous amount of confidence, primarily in the people we have on the teams who are working on installations," Mc-Ginn said.

He stressed the importance of continuing efforts to raise a margin of environmental safety at the Red Hill facility by ongoing testing of water to ensure it is safe to drink.

"We are good neighbors," said McGinn. "We value our communities and, at the same time, we fulfill our national security mission. On top of that, we are taking good care of the environment.'

McGinn talked about the significance of using latest environmental technology, renewable energy and energy efficiency. He said the Navy is looking for good, strong partners across the government, U.S. Environmental Protection Agency (EPA) and

companies in the private sector within communities.

"The environmental progress that we continue to make is really tremendous," said McGinn.

Rear Adm. John Fuller, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, hosted the visit to the Red Hill Fuel Facility.

'We have increased our vigilance and response capabilities. My environmental professionals continue their long-term effort to monitor groundwater and drinking water sources and to provide the results to regulatory agencies for evaluation and assessment. The results indicate that the drinking water remains safe for all users," Fuller said.

He was joined on the tour by several subject matter experts including Capt. Dean Tufts, commanding officer of Naval Facilities Engineering Command Hawaii, and Capt. Ken Epps, commanding officer of Naval Supply Fleet Logistics Center Pearl Harbor.

"Assistant Secretary of the

Navy McGinn is the leading advocate in the department of the Navy for all things environmental and he is a very powerful voice in D.C.," Epps said.

"We want to ensure he has the latest up-to-date information about Red Hill, so he can educate and advocate on our behalf."

Epps explained the reason behind the latest tours and engagements with community leaders and media.

"We want to be as transparent as possible with the community and to those who care about the Red Hill facility," Epps said.

"We educate as many people as possible about safety and operations at Red Hill. We keep the public informed on how efficient Red Hill is and all the environmental protections that we have in place to make sure that we can prevent, to the greatest extent possible, any future incidents associated with Red Hill," Epps said.

(For more information about the Red Hill Bulk Fuel Facility, visit www.cnic.navy.mil/redhill.)

## AF researchers aim to increase energy security through microgrids

Project planned for Joint Base Pearl Harbor-Hickam

#### **Holly Jordan**

Air Force Research Laboratory Materials and Manufacturing Directorate

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS)—The Air Force Research Laboratory (AFRL), in conjunction with the Hawaii Center for Advanced Transportation Technologies, is exploring microgrid and alternative fuel technologies in an effort to move military operations toward greater energy independence.

Under the terms of a recent five-year, \$20 million cooperative agreement, AFRL will manage and facilitate a microgrid demonstration project at Joint Base Pearl Harbor-Hickam in Hawaii. When complete, the project is expected to enable the Hawaii Air National Guard to function independently of the power grid for extended periods of time.

The project incorporates a number of energy-harvesting and storage technologies, including hydrogen vehicles and equipment, waste energy usage, wind power harvesting, and solar panels. It builds upon a previous cooperative agreement with AFRL that established advanced hydrogen production and hydrogen-powered vehicles and equipment at the base.

Kevin Spitzer, an AFRL program manager, said that initial design and



Courtesy photo of Hawaii Center for Advanced Transportation Technologies Natural Power Concepts personnel and Lt. Col. Scott Fitzner, of the AFRL Materials and Manufacturing Directorate, inspect the spoke wheel medium wind power system.

integration efforts at the McDonnell to identify and base are currently underway, and AFRL personnel are working in conjunction with Kansas City-based contractors Burns and

quantify project requirements.

The Hawaii Air National Guard began initial grid engineering, with solar

panels and batteries being installed or moved in preparation for integration with additional microgrid equipment and controls. Spitzer said if everything progresses according to schedule, this installation and integration will begin next summer.

When complete, the project is expected to yield numerous benefits for the Air Force and beyond. For the 154th Wing of the Hawaii Air National Guard, which flies F-22 Raptors out of Joint Base Pearl Harbor-Hickam, a separate microgrid ensures continuous flight and test operations even in the event of a disruption to the traditional power grid.

"On a broader scale, this project will demonstrate the practicality of microgrids and renewable energy sources to provide energy

security for military facilities across the Air Force," Spitzer said.

The project will also aid the state of Hawaii in their effort to explore new and more accessible forms of energy. Hawaii Gov. David Ige recently committed the state to a 100 percent renewable energy standard by the year 2045 with the signing of four separate bills

"Hawaii's commitment to alternative energies made them the natural choice for a project like this," Spitzer said.

"Hawaii's high fuel costs mean that, for us, the return on investment is much quicker. Plus, their commitment to a greener standard makes them great partners in this effort. It's a potential winwin for everyone involved," Spitzer said.



What tip do you have to help people quit smoking?



#### YN2 Matthew Chamberlain NIOC

"I suggest doing a lot of exercise. It helps to replace a potential addiction with another."

#### Master Sgt. Christina McCarty PACAF IG

"Seek help and support. I would get them in contact with the right people for that support, and ensure they know they are making the right decision. The individual will need motivation and encouraging words.'



Senior Master Sgt. Diane Kelsey 324th Intelligence Squadron

"Have a support network and/or someone to hold you accountable. Quitting smoking is a battle, so get yourself a battle buddy."

#### QM2 Kyle Stevens Navy Region Hawaii

"Staying active helps to keep your mind active and off smoking. The first three days are the hardest."





Chief Master Sgt. **Dominador Molina** 154th Maintenance Squadron, HIANG

Spend quality time with people who don't smoke, and have your non-smoking friends as your support network.'

#### SW3 Steven Raczkowski CBMU-303

"To help quit smoking it is best to stay active and distract your mind. Chewing gum works as a great distraction.





Senior Airman Garren Richardson 15th Maintenance Squadron

'To take control of their own life, have the ambition and drive to want more out of life, and not let something as simple as a cigarette have

## Commentary – Recognizing, honoring humble heroes of WWII

#### **Rear Adm. John Fuller**

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

Those of us who serve here in Hawaii have a special opportunity. Each year on Dec. 7 our Navy joins with the National Park Service to host the key National Pearl Harbor Remembrance Day ceremony.

We will conduct this vear's event at Kilo Pier across the harbor from Ford Island and Battleship Row-within view of the USS Arizona Memorial and Battleship Missouri Memorial. The ceremony begins just before 8 a.m., timed to match the attack 74 years ago.

Secretary of the Navy Ray Mabus and historian David Kennedy will give the principal addresses.

Pearl Harbor survivors and other World War II veterans are honored guests at each year's ceremony. They come to show their respect to their shipmates and comrades who never came home. Many of them wear their own special uniform: hat,



Rear Adm. John Fuller jacket and aloha shirt.

They come to teach us -and the world—the lessons of their war. When we talk to the veterans of the War in the Pacific, they tell us they were just doing their jobs, serving their country, answering the call.

Their gentle humility belies the strength of their character.

Pearl Harbor survivors and other WWII warfighters faced down aggression, demonstrated great resolve, and brought our nation onto the pathway to reconciliation. The result: over the past seven decades, former enemies became friends, and most Pacific Ocean nations saw their appreciation for our

racy, peace and prosperity.

Today, our installations, ships and submarines, and land and air forces in Hawaii are at the center of the nation's rebalance to Asia-Pacific. From here, we help protect our homeland and ensure we do everything we can to support Adm. Harris and U.S. Pacific Command and Adm. Swift and U.S. Pacific Fleet.

The World War II veterans' sacrifices earned our freedom.

We must remain vigilant while "standing the watch" that protects what our veterans earned-we should remember that it is an honor and privilege to carry on their legacy.

There will be many observances throughout the week and during the day on Dec. 7 in and around Pearl Harbor. Of note, this year we will welcome Olympic, collegiate and national athletes and allstars, as well as top TV sports commentators from Fox Sports. They will come to Hawaii to help commemorate the "greatest generation's" accomplishment and to show

greater freedom, democ- current service members' commitment to defending the nation.

They know, as we do, that the survivors and other World War II veterans are in the military's Hall of Famers, andalong with our veterans on active duty-are the nation's unsung heroes and superstars.

Those of you who volunteered to serve, please accept the honor to stand apart from the crowd and show your pride in the cloth of our nation—your uniform. Please help us thank the heroes who fought for our freedom; remember the lessons and sacrifices from Dec. 7, 1941; demonstrate our pride in the force we support today; and always show our firm resolve to those who wish to do us harm.

We will always remember Pearl Harbor because we know that history forgotten and not honored is destined to be repeated.

Thank you to all the military veterans and current service members, civilian teammates and families. I hope to see you at one or more of the observances in the days ahead.

# Four 'Ds' of dengue prevention for Oahu

#### Lt. James F. Harwood

Entomologist, Navy Environmental and Preventive Medicine Unit Six

As of Nov. 24, there have been a total of 93 confirmed cases of dengue fever on the Big Island of Hawaii and one case of the disease in east Oahu. While the sick individual in Oahu was infected during a trip to Southeast Asia, the disease is being transmitted and spread on the Big Island by mosquitoes.

Dengue fever is caused by an infection by the dengue virus. Symptoms include high fever, headaches, pain behind the eyes, joint and muscle pain, and rash. The virus responsible for dengue fever is contracted from the bite of a female yellow fever mosquito (Aedes aegypti) or Asian tiger mosquito (Aedes albopictus).

These mosquitoes live in close proximity to humans and lay eggs near homes in containers, like flower dishes and pet bowls, discarded tires, and water-filled plant parts, such as cut bamboo and tree holes.

The mosquitoes are most active during the day and will feed on people inside and outdoors. The general public can do a lot to fight the spread of this disease to Oahu by helping reduce the numbers of mosquitoes in and around homes and work sites. Here's what you can do to make sure mosquitoes are unable to breed in and around your home:

•Drain: Empty bird baths, vases, pot-



#### Photos courtesy of Walter Reed Biosystematics Unit (www.wrbu.org).

These are the primary mosquitoes that transmit dengue fever, the yellow fever mosquito (Aedes aegytpi) (left) and the Asian tiger mosquito (Aedes albopictus) (right).

your home by making sure window screens are placed on all windows and are not damaged. Keep screen doors closed and free of holes. Deny mosquitoes their habitat near your home by keeping grass short and hedges well groomed.

• DEET: Apply DEET or other insect repellents when you are outside, especially in areas where mosquitoes are present in high numbers. Be sure to follow the manufacturer's instructions for how often to reapply to make sure you and your family are protected. Also, wear long-sleeved shirts and long pants to further reduce the risk of being bitten when outside where mosquitoes are present. By following these four Ds of dengue prevention, you can minimize the risk

of transmission for yourself, your family and your fellow service members. Seek medical attention if you are feeling ill after any travel to the Big Island, or anywhere in Asia or the Pacific Islands, and let medical staff know your travel history. Together we can make sure dengue fever does not affect our health and mission readiness.

(For more information regarding mosquito identification and/or control, contact the NEPMU6 Entomology De-





control of you and yours.'

#### Tech. Sgt. Brant Rusmisel 690th Cyberspace Operations Squadron

"Let your friends know you are committed to quit smoking. This will help with your resolve, since you have a built in support group. One thing that



helped one of my friends was to chew gum when the urge struck. Remember you have to be committed to yourself and believe you can do it.'

#### 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 or karen.spangler@navy.mil



CONTACT COMMANDER, NAVY REGION HAWAII INSPECTOR GENERAL

- WE ARE HERE TO HELP
- YOU CAN REMAIN ANONYMOUS
- REMEMBER TO USE YOUR CHAIN OF COMMAND FIRST
- HOTLINE: 808-471-1949 EMAIL: PRLH-CNRHIG@NAVY.MIL

ted plants and flower dishes. Change the water and clean pet bowls daily. Clean out blocked drains and roof gutters.

• Discard: Throw away any disposable containers holding water, like cans or bottles, and arrange for proper removal of unused tires.

• Deny: Deny mosquitoes entry into

partment at usn.jbphh.navenpvntmedusixhi.list.nepmu6-entomology@mail. mil/. More updates and information on the Hawaii dengue epidemic are available through the State of Hawaii Department of Health website at http:// health.hawaii.gov/docd/dengue-outbreak-2015/.)

# USS Enterprise launched in 1961

USS Enterprise (CVAN 65), the U.S. Navy's first nucle ar-powered aircraft carrier, was commissioned in New ort News, Va. on Nov. 25, 1961, (54 years ago this week) with Capt. Vincent P. de Poix serving as commanding officer.

**U.S. Navy archive photo** 



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# PACAF commander attends Defense Writer's Group breakfast

#### Secretary of the Air Force Public Affairs

WASHINGTON (AFNS)—Pacific Air Forces Commander Gen. Lori Robinson fielded questions from the Defense Writer's Group during a breakfast held Nov. 18 at the Fairmont Washington Hotel.

The DWG is an assembly of national security reporters from major publications across the nation that convenes for question-and-answer sessions with top military and government



Gen. Lori Robinson

officials several times throughout the year. Robinson, who is responsible for the air out the region underpins component for U.S. the rules-based inter-Pacific Command, answered questions from the media regarding a variety of topics concerning PACAF, which is comprised of approximately 46,000 military

and civilian personnel. "As the Pacific Air Forces commander, I focus the command's energy in the region for what I call the four 'Ps': Presence, partnership, power projection and people," Robinson said.

"Presence of our force in key locations throughnational order that provides the opportunity to engage in other countries and prepare for crisis," she said.

At any time, roughly 1,700 of those 46,000 military and civilian personnel are deployed around the globe supporting operations, considering Pacific Air Forces area of responsibility encompasses 52 percent of the Earth's surface, with more than 83 percent of that being water.

"Our presence enables partnerships, whether it's the long-standing partnership with Japan and Australia-or the growing partnerships such as the increased military-to-military relationship with the Chinese," Robinson said.

That presence of joint military forces in key locations throughout the region underpins the international order and provides opportunities to engage with other countries while being positioned to respond to crises.

"In consistent presence, building partnerships, to me, equals power projection throughout the region, whether it was responding to humanitarian assistance and disaster relief, or the flying of Red Flag Alaska for training," Robinson said.

"But it takes great people, and the Airmen -your Airmen of your United States Air Force -and their families are great ambassadors for our United States," she said.

#### oast Guard, NOAA team up whales to save

Story and photo by Staff Sgt. **Chris Hubenthal** 

Defense Media Activity – Hawaii News Bureau

HONOLULU-As 2015 nears its end, the region can expect an increase in humpback whales as the animal's peak breeding months begin in January.

The U.S. Coast Guard and National Oceanic and Atmospheric Administration (NOAA) trained together while underway off the coast of Oahu, Nov. 10. The training helped familiarize participants with skills and techniques needed to safely help whales that become entangled in debris.

Coast Guardsmen assigned to U.S. Coast Guard District 14 Station Honolulu received classroom instruction and hands-on training focused on attaching transmitter buoys to simulated whales. By familiarizing themselves with equipment and tactics, some participants felt more confident in handling equipment necessary to disentangle whales during a real-world operation.

Edward Lyman, large



U.S. Coast Guardsmen train and learn from members of the National Oceanic and Atmospheric Administration (NOAA) to familiarize themselves with skills and techniques to help disentangle whales Nov. 10 off the coast of Honolulu. The training was focused on tactics to help humpback whales that get caught in various forms of man-made debris.

whale entanglement re- ary deal with these large sponse coordinator for NOAA Hawaiian Islands Humpback Whale National Marine Sanctuary, led the instruction of the training event.

"We are reviewing our operations toward freeing a large whale from a life-threatening entanglement," Lyman said.

"It's unique for both sides. Both the NOAA fisheries and the sanctu-

whales with the Coast Guard. [Coast Guardsmen] do a lot of human safety but this is a little bit different. It's still human safety but it's also whale safety. We're working together, taking advantage of our different expertise, our skillsets, and our resources to come together, pull those resources and get the job done safely," he said.

During the training, Coast Guardsmen took turns attempting to throw a grappling hook and snare a line that simulated debris attached to a humpback whale. After catching the line, another Coast Guardsman dropped a transmitter buoy that was connected to the hook to ensure the marine animal could be tracked.

in the waters surrounding the Hawaiian Islands.

"This is the major and most important breeding ground of humpback whales in the north Pacific," Lyman said. "We're talking over 10,000 humpback whales that are going to be here throughout the whale breeding season."

U.S. Coast Guard Fireman Corey Moses, Station Honolulu engineer, said that the training was an experience that offered knowledge he plans to hold onto.

"I took away experience first and foremost," Moses said. "Being able to be more comfortable in that situation is outstanding when I run into this or if somebody needs advice on this situation. It's just more experience and knowledge, the basis of everything we do here."

Moses said that working with NOAA during the training was beneficial and a great opportunity.

"These guys do it, it's their job to do it, and to have them come to teach us how to do it is an honor," Moses said.

"It's just another tool Lyman explained why that we can use in these the training is so critical situations. We do see these

kinds of situations, so it's very practical knowledge," he said.

Aside from making sure professionals such as members of the Coast Guard, NOAA Fisheries, the sanctuary program, and Hawaii's Department of Land and Natural Resources, are prepared to respond to situations involving whales, Lyman hopes that the local populace remains safe.

"We need some help here," Lyman said. "We don't want the people on the water to engage and cut the animals free on their own, but we need the reports. We need people to call us in. They are the foundation of the effort. Please call that hotline number, 888-256-9840, call the Coast Guard on Channel 16, they'll relay the report. That's a major role that everyone out there can play.'

Lyman said that with the combined efforts and cooperation of the community, NOAA, Department of Land and Natural Resources, and the Coast Guard, the rescuing of whales in the north Pacific can be accomplished more effectively and safely.

# Pearl Harbor-Hickam Highlights



U.S. Air Force Capt. Jared Fujii, Raptors pilot, talks with Republic of Korea Air Force Academy cadets Nov. 10 at Joint Base Pearl Harbor-Hickam. The cadets' 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) Cmdr. Doug Gray of Milil-ani took the helm of a Navy fighter squadron when he became commanding officer of the "Eagles" of Strike Fighter Squadron (VFA) 115, Nov. 21, during an airborne change of command ceremony aboard the U.S. Navy's forward-deployed Nimitz-class aircraft carrier USS Ronald Reagan (CVN 76).

(Below) F/A-18E Super Hornets from the "Eagles" of Strike Fighter Squadron (VFA) 115 perform a flyby near the flight deck of the aircraft carrier USS Ronald Reagan.

U.S. Navy photos by MC3 Ryan McFarlane





(Right) U.S. Coast Guardsmen pull in flotation equipment used to simulate a whale during training Nov. 10, facilitated by members of the National Oceanic and Atmospheric Administration (NOAA) to familiarize themselves with skills and techniques to help disentangle whales off the coast of Honolulu.

> U.S. Air Force photo by Staff Sgt. Christopher Hubenthal

## November 27, 2015 Ho'okele A-6 Energy projects help Navy stay on track

#### Continued from page A-1

action fair and training sessions for Navy, Air Force and civilian building energy monitors (BEMs) at the Ford Island Conference Center, JBPHH. At the event, Katie Ramirez, NAVFAC Hawaii energy team member and Joint Base Pearl Harbor-Hickam (JBPHH) installation energy manager, talked about the Navy's goal of reducing energy consumption by 50 percent by 2020.

"This is a very ambitious set of goals that will take everyone's participation," she said. "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."

Many of the strides the Navy made in 2015 were the result of ongoing projects.

For example, the move toward solar energy continues. In summer 2014, Secretary of the Navy (SECNAV) Ray Mabus, along with Navy and Marine Corps senior leaders, announced the launch of the Navy's largest solar power generation system project in Hawaii during a ground-breaking and blessing ceremony at Hospital Point, JBPHH. Waipio, Marine Corps Base Hawaii and Camp Smith are all to be part of the project.

with 10 rooftop photovoltaic systems and four ground-based or elevated systems, built on three different bases," said Mabus. "In the first year alone, we expect that these systems will save the taxpayers \$1.6 million. That's the equivalent of the electricity that can be generated from 54,000 barrels of oil here in Hawaii. It's the amount of electricity needed to power more than 5,000 average homes here, and that's just in the first year. This program will be generating those savings for decades. The work we are doing here will serve as a model for other projects around the world.'

The Navy also continues to work to further incorporate light-emitting diodes (LED) lighting onboard ships. LEDs reduce energy consumption, protect the environment and save money. In 2011, Pearl Harbor's own USS Chafee (DDG 90) became the first U.S. Navy ship to be fitted with all-LED lighting.

One of JBPHH's most iconic sites uses LED lights as well. When the 76-year old water tower, dubbed the "Freedom Tower," is lit up for the holidays on Dec. 11, it will be with LED lights. The tower first switched to LEDs in 2014.

It isn't just the operational side that is working toward more responsible energy usage. Housing is a major part of the Navy's "green" vision as well.

"The residents living in Forest City Navy pub-

"This is a large project ith 10 rooftop photoltaic systems and four ound-based or elevated stems, built on three difrent bases," said Mabus. n the first year alone, e expect that these sysms will save the taxpays \$1.6 million. That's lic-private venture housing continue to conserve electricity and support the Navy Resident Energy Conservation Program (RECP)," said Darryl Nii, Navy Region Hawaii Resident Energy Conservation Program (RECP) coordinator.

"Since RECP was implemented in January 2011 through September 2015, residents conserved over 51.4 million kilowatt hours which equates to over \$18 million. This savings was used to cover the rising cost of utilities, pay for operating costs, and make deposits into important project reserve accounts that will fund recapitalization projects as the homes and neighborhoods need upgrades and replacements," Nii said.

Forest City continues to participate in the "Know Load" program, a program designed to help residents know the energy load their homes are carrying and to help them conserve electricity and lower their monthly electric bills.

A major future project is 2016's Rim of the Pacific Exercise (RIMPAC). While the world's largest international maritime exercise is still more than six months away, plans are already underway to make it the "greenest" RIMPAC yet.

During 2012's RIMPAC the Navy demonstrated what is known as the 'Great Green Fleet" by operating a carrier strike group's surface ships and aircraft with a biofuel blend. The demonstration successfully evaluated the performance of "drop-in replacement" advanced biofuel blends and certain energy efficient technologies in an operational setting. All systems performed at full capacity.

The Navy plans for biofuels to comprise up to 50 percent of the fuel used by deploying ships and aircraft throughout the fleet in calendar year 2016. Many or most of the ships and aircraft participating in RIMPAC 2016 will likely be utilizing biofuels.

# Dec. 7 events

Continued from page A-1

• The Army 25th Infantry Division Military Band will perform from 8:45 to 10 a.m. Dec. 4 at the Pearl Harbor Visitor Center lanai.

• An Afternoon in the Park event will be held from 4 to 5 p.m. Dec. 4 in the Pearl Harbor Visitor Center Theater. Guests can join Scott Pawlowski, chief of cultural resources, for an inside look into the new underwater world of 3-D scanning and photography of the sunken remains of the USS Arizona. The event will discuss a number of key cultural program highlights that occurred in 2015.

• An After Dark in the Park event featuring an evening with Professor David Kennedy will be held from 6:30 to 7 p.m. Dec. 4 at the Pearl Harbor Visitor Center Theater. The event will include a book signing for the Pulitzer Prize-winning book, "Freedom from Fear" from 7:15 to 8:45 p.m.

• The Pacific Fleet Band will perform from 8:45 to 10 a.m. Dec. 5 at Pearl Harbor Visitor Center Ianai.

• From 8 a.m. to 4 p.m. Dec. 5 and 8 a.m. to 2 p.m. Dec. 6 at the Pearl Harbor Visitor Center education building classroom, the local chapter of International Plastic Modelers Society will have a free public display of ships, planes and vehicles related to those used during the attack on Oahu and Pearl Harbor.

• An Ewa Mooring Mast Field Commemoration will begin at 10 a.m. Dec. 6 at Ewa Field, across from the Hawaiian Railway Museum, West Oahu. Members of the local community and veterans will participate in the annual observance of the attack on Ewa Mooring Mast Field, which was defended by the U.S. Marines. The ceremony honors those who were killed that day, both Marines and civilians.

For complete information, visit http://www.pearlharborevents.com.

#### November 27, 2015 Ho'okele A-7

# Giving thanks for 42K pounds of roasted turkey

#### **Debbie Dortch**

Naval Supply Systems Command Corporate **Communications** 

MECHANICSBURG, Pa. (NNS)-Navy culinary specialists (CSs) prepared for one of the year's most anticipated meals aboard Navy ships—Thanksgiving.

While menus can vary by ship, they typically include many traditional favorites, only in much larger quantities than the average American holiday feast.

"Nothing impacts Sailors on a day-to-day basis more than the food CSs prepare for them," said Cmdr. Bert Hornyak, Naval Supply Systems Command (NAV-SUP) Navy food service director.

"Our CSs work very, very hard to make this Thanksgiving meal, and every meal, something Sailors can look forward to and enjoy."

In 2014, CSs prepared:

pounds

• Mashed potatoes -10,885 pounds • Corn bread stuffing -

9,074 pounds • Sweet potatoes - 8,864

pounds •Corn on cob - 7,488

pounds • Green bean casserole -

3,982 pounds •Cranberry sauce - 3,272

pounds

Gravy - 526 gallons

Assorted pies - 4597 pies The Navy's 7,300 CSs, deployed around the globe, feed on average of more than 92.5 million wholesome and nutritious meals per year, ensuring the Navy's fighting forces operate at peak performance and are ready to respond to threats worldwide

"It's hard being away from family and friends while deployed, especially around the holidays, and having a great Thanksgiving meal is one way we can Navy Exchanges and movecome together as a Navy ment of household goods.

TORY IDEAS?

awaii Navy News

Contact the HNN editor for guidelines and story/photo submission requirements: Phone: (808) 473-2888 Email: hnn@honoluluadvertiser.com

• Roast turkey - 42,246 Capt. Karl Thomas, far right, commanding officer of the Nimitz-class aircraft carrier USS Carl Vinson (CVN 70), serves food to Sailors on the mess decks during Thanksgiving dinner.

#### U.S. Navy photo by MC2 Nick Brown

family," Hornyak added.

NAVSUP provides U.S. naval forces with quality supplies and services. With headquarters in Mechanicsburg, Penna. and employing a diverse, worldwide workforce of more than 22,500 military and civilian personnel, NAVSUP oversees logistics programs in the areas of supply operations, conventional ordnance, contracting, resale, fuel, transportation and security assistance.

In addition, NAVSUP is responsible for quality-of-life issues for our naval forces, including food service, postal services,



# **HO'OKELE**

# Military celebrates NATIVE AMERICAN heritage

e&Leisure

#### Pfc. Bryan Faison

18th Medical Command (DS) Public Affairs

Military bases and commands on Oahu celebrated Native American Heritage Month events last week.

They included ceremonies and performances held Nov. 19 at the Pearl Harbor Navy Exchange at Joint Base Pearl Harbor-Hickam.

In addition, the 18th Medical Command (Deployment Support) welcomed members of the Oahu Intertribal Council to a powwow, Nov. 13, at the 9th Mission Support Cen-

ter's assembly hall at Fort Shafter. A "powwow" is defined as a gath-ering of Native Americans, where members of varying nations meet to communicate and preserve native customs through song, dance and traditional activities.

President Barack Obama proclaimed, as his predecessors have since President George H.W. Bush, the month of November, National Native American Heritage Month.

Sgt. Jennifer Bach, the motor sergeant for 18th MEDCOM and a descendent of the Eastern Band of the Cherokee Nation, read the presidential proclamation to the crowd.

"This month, we recognize the contributions made by Native Americans since long before our founding, and we resolve to continue the work of strengthening government-to-government ties with tribal nations and expanding possibility for all."

The Oahu Intertribal Council is a non-profit organization, incorporated in Honolulu on July 29, 2013 for the sole purpose of charity and education.

Its brief history can be traced back to the early 1970s when a small group of Native American women recognized the need for a gathering place where Native American military servicemen stationed on Oahu could come together and connect to their native heritage.

Loa Simoes, keynote speaker, of the to this article.)

Sac and Fox Bear Clan and president of the Oahu Intertribal Council, is herself a proud mother of a U.S. Air Force Airman.

After an introduction from Bach, Simoes helped educate the audience on efforts to preserve native pride and spirit.

The spirit of native people is a way of life, as we believe all things are infused with spirit. It is our spirit, perseverance and determination that keeps us together and united in all things," Simoes said.

With an ever-changing political climate and constant challenges to treaty obligations through judicial litigation, the pride and spirit of America's native people has been tested and continues to evolve through native activists, said Simoes.

"Our young people take their newfound voice in music, art, dance and social media to identify and connect with their ancestral roots and allow it to showcase their talents and beliefs about a better tomorrow," said Simoes.

The powwow highlighted local talent and connected attendees to the native spirit that resides on the island of Oahu.

To further foster that connection. members of the council invited attendees to participate in a traditional round dance, where everyone interlocks hands and shuffles in a circle to the left while bending at the knee, in rhythm with the beat of the drum.

The dance symbolizes the equality of all in the circle while fostering community and renewing relationships.

It is a celebration of Native American customs and identity.

After thanking the Oahu Intertribal Council for participating in this year's observance, Col. Ann Sammartino, commander, 18th MEDCOM (DS) said, "I'm definitely looking forward to next year's powwow.

(Editor's note: Brandon Bosworth, Ho'okele assistant editor, contributed Above, Malia Mahi, a Taino from Puerto Rico, performs the traditional jingle dress dance.



#### Photos by Brandon Bosworth, Pfc. Bryan Faison and Sgt. 1st Class John Brown

At left, Kimmer "Big Horse" Horsen, Army veteran, plays the flute during a Native American Heritage Month event held Nov. 19 at the Pearl Harbor Navy Exchange. Above, Loa Simoes, of the Sac and Fox Bear Clan and president of the Oahu Intertribal Council, speaks. At right, Lucy Threefingers of the Blackfeet Tribe of Montana performs the woman's fancy shawl dance. Below, Members of 18th Medical Command (Deployment Support) participate in a traditional round dance at the American Indian Heritage Month Powwow, Nov. 13, at the 9th Mission Support Center's assembly hall at Fort Shafter.



MHO'OKELE SPORTS

# Radford High wins state football championship

#### Story and photos by Randy Dela Cruz

#### Sports Editor, Hoʻokele

Adm. Arthur W. Radford High School finished off a perfect season by defeating Kapaa High School, 30-16, to win the Hawaii High School Athletic Association Division II football championship on Nov. 20 at Aloha Stadium in Halawa.

Radford is a public high school, which gets much of its student body from families stationed at Joint Base Pearl Harbor-Hickam.

Coached by Fred Salanoa, the Rams won eight games without a loss during the regular season and then went on to win the OIA playoffs before going on to beat Konawaena and the state's No. 1 seed Kapaa.

The state championship was the first island-wide trophy won by the Rams, which have been to the title finals two previous times in the past 10 seasons but lost on both accounts, in 2005 and 2008, to Iolani Schools.

Last year, after winning their eighth Division II championship, Iolani moved up in class to compete in the state's Division I.

Against Kapaa, the Rams trailed for almost the entire first half but came back in the second half to score 16 unanswered points for the win.

> Clockwise from left, Rams Dayshon Slade wraps his arms around Justin DeForge of Kapaa. A Radford cheerleader smiles after the team scores a touchdown. Radford receiver Solomon Loggins leaps up to make a catch. Rams receiver Ace Faumui gets a pat on the helmet from teammate John Paolo Pabalate after Faumui caught his second touchdown pass of the game.











# Fox Sports events planned for JBPHH

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

Fox Sports Pearl Harbor Invitational basketball games will be held Dec. 7 at Bloch Arena, Joint Base Pearl Harbor-Hickam.

Free ticket distribution is at the Fleet Store Information, Tickets and Travel office.

The event will include men's Division 1 NCAA basketball games.

The first game will begin at 2 p.m., featuring Villanova University vs. the University of Oklahoma.

feature the U.S. Naval Academy vs. the University of Oregon.

Admission gates will open at 12:30 p.m. Food, beverages, souvenirs and programs will be available for purchase at the event.

There will be a limit of four tickets per Department of Defense ID card holder, ages 18 and older. Each ticket provides access to both games. Ticket acceptance needs to be made in person. Phone orders will not be taken. Distribution is on a firstcome, first-served basis

exchanges will be offered. Because tickets are complimentary, seat location requests will not be taken.

All active duty military in attendance at the games are required to wear service dress whites, summer whites or the equivalent short-sleeved class B uniforms.

Besides the basketball games, a free Fox Sports Major League Baseball All-Star event will begin at 9 a.m. Dec. 5 at Ward Field, Joint Base Pearl Harbor-Hickam.

analyst and two-time allstar Harold Reynolds. The event will include a meet and greet with major league players, including Hawaii-born, two-time All-Star Shane Victorino, U.S. Naval Academy graduate Mitch Harris, and others.

lots will be secured during the following times in support of events and as part of Fox Sports preparations that will occur from Dec. 3 to 7:

The event will be hosted parking areas of Bloch to 10 p.m. Dec. 5.

The second game will while supplies last. No by Fox Sports baseball Arena to include the parking lots near building 1722 and a portion of the parking area between building 1722 and building 1370.

• The parking area on Fifth Street and A Avenue will be closed from 4 p.m. Dec. 1 to 8 p.m. Dec. 8.

 The Mike Pier park-The following parking ing lot on North Avenue across from Club Pearl will be closed from 4 p.m. Dec. 4 to 11 p.m. Dec. 7.

The Delta parking lot located on Paul Hamilton Road will be • The front and rear closed from 4 p.m. Dec. 4

• The Battleship Missouri Memorial parking lot, located at F-5 Pier, will be closed from 6 p.m. Dec. 5 to 8 a.m. Dec. 6, excluding the Federal Fire Department building parking lot for authorized personnel.

 The Ford Island Child Development Center parking lot and a portion of the Ford Island airfield will be closed from 6 p.m. Dec. 4 to 8 p.m. Dec. 6.

(For more information including updates on items authorized for entry, visit www.greatlifehawaii. com.)

# NSSC Kraken overwhelms CNRH/Middle Pacific

Story and photo by **Randy Dela Cruz** 

#### Sports Editor, Ho'okele

In Norse mythology, the Kraken was a harrowing creature that used its colossal size and numerous arms to snatch ships and drag them down to a watery grave.

The Naval Sea Systems Command (NSSC) Kraken flag football team may not be as terrifying as their namesake, but to foes in the Red Division, the team's defense might be just as ferocious as the fictional monster.

On Nov. 24, the NSSC Kraken defense reached up to ground Commander, Navy Region Hawaii/ Middle Pacific (CNRH/ MIDPAC) in a shutout performance that stole five passes en route to a 32-0 blitz at Ward Field, Joint Base Pearl Harbor-Hickam.

The win secured the Kraken's position as the Red Division's No. 1 seed in the upcoming playoffs and raised the team's record to an impressive 8-1, while CNRH/MIDPAC fell to 2-7.

"Defense wins championships," affirmed Machinist's Mate 2nd Class Jason Astorga, who enjoyed a big day on offense and defense. "We've always talked about how has to step it up to get neered a 65-yard drive those picks, sacks and ev-



Yeoman 2nd Class Brian Haygood puts his head down to pick up extra yards after coming down with an interception.

While the Kraken defense usually gets the publicity, the team's offense is no slouch either when it comes to performing at a high level.

first against CNRH/MIDour defense needs to win PAC, Kraken quarterback cialist 3rd Class Dylan the game. Our defense Lt. Derrick Olson engi- Brune. to pay dirt that only took five plays to complete.

completed three of three passes and rushed two times to put the Kraken up by six.

The final play came Armed with the ball on an eight-yard scoring toss to Operations Spe-

Following the first score, it took only two

man 2nd Class Brian Haygood picked off the first pass to set the Kraken up at the MID-PAC 31.

Then on the first play from the line of scrimmage, Olson went back to lead

on MIDPAC's next set of downs as Brune, fresh off two catches for touchdowns, got in on the act on the defense by picking off the team's second interception of the game.

As the clock wound Brune for the touchdown down going into the sec- shows how bad we want number two and a 12-0 ond half, Olson found As- to shut everybody down, torga in the end zone to

down pass of the first half. Halftime did nothing

to cool off the red hot Kraken defense as the team got another turnover when Brune got his second interception of the game to place the ball at the MIDPAC 30.

Two plays later, Olson zeroed in on Astorga, who grabbed a short toss into the end zone for a 24-0 wadvantage.

The long night marched on for C

CNRH/MIDPAC when the team got off only two plays on their next set of downs before Chief Yeoman Markus Howard secured pick number four for the Kraken defense.

The team made it five interceptions, when Information Systems Technician 3rd Class Brandon Finley got one late in the game.

Seven plays later, Olsen racked up touchdown pass number five on an 11-yard pass to Senior Chief Yeoman Chris Reed.

Although Kraken had already secured one of the division's four playoff spots, Brune said that the team still came out on fire and played to win.

"We just don't want to stop playing," he said. "No matter who you're playing, even if they have the worst record, you want to give it your all. It just wrap it up and call our-

#### During the drive, Olson rear its head when Yeo- brought more of the same

erything.'

plays for the defense to

The Kraken defense pick up his third touch- selves champions."

# Maintenance Group in driver's seat for postseason bid

#### Story and photo by Randy Dela Cruz

#### Sports Editor, Ho'okele

In perhaps the biggest game of the season for the 15<sup>th</sup> Maintenance Group (15 MXG), Senior Airman William Jones took center stage and came up with three gigantic plays to lead the team to a 20-12 win over the  $690^{\text{th}}$ Cyberspace Operations Squadron (690 COS) on Nov. 24 in a Red Division showdown at Ward Field, Joint Base Pearl Harbor-Hickam.

Fighting for the fourth and final playoff spot in the Red Division, the MXG needed to hold off the 690 COS, which entered the game in fifth place, trailing by only one game.

The win may have all but locked up the spot for the MXG, which ended the night with a record of 7-3, while the 690 COS fell to 5-5.

Once the final whistle sounded, Jones stood as the man on the spot after his two interceptions and acrobatic catch in the end zone for a touchdown dashed the hopes of the 690 COS.

"I just came out to play," Jones said. "I stuck with my team and believed in them."

that helped the MXG gain ing up a clutch first down the very last minute, ing out into the clear for



Senior Airman Aaron Maxwell bats the ball away from Staff Sgt. Carl Sanders with Sgt. Danny Anuyen trailing the play.

the first big play of the game.

After 690 quarterback Airman 1st Class Spen-While the 690 COS got cer Davies kept the team the ball first, it was Jones moving forward by pick-

QB, on the MXG 38, tried to connect on a pass to the middle of the field.

secondary, and then, at open space before break-

on fourth-and-short, the broke to the ball and picked off the pass at midfield.

Turning it upfield, Jones Jones sat back in the maneuvered through the a touchdown and 6-0 lead.

"I just took my time and let the play develop," Jones explained. "Once I saw the quarterback look at the wide receiver, I just stepped in, ran towards the ball and grabbed it."

The quick-hitting play gave the MXG momentum, but it was only for a short while, as Davies settled down the 690 COS and marched the team into the end zone on only four plays.

Davies finished off the 65-yard drive by connecting with Staff Sgt. Jacee Lawary for 27 yards and a touchdown to tie the score at 6-6.

The game really started to look good for the 690, when on the MXG's first play from scrimmage, quarterback Senior Airman Aaron Maxwell got picked off by Senior Airman Chris Ğinder deep in MXG territory.

Looking to take full advantage of the turnover, Davies completed two passes to set the ball on the MXG 12.

However, once again, Jones was there on the spot to kill the threat with his second interception of the game.

"I guess it was just instinct," Jones said about his second big defensive play. "I ran out to the flat and just so happened to catch it again."

On the first drive in the plan."

first half, Maxwell picked up a long gainer with a rush out to the 690 39yard line.

Facing third down and long, Maxwell rolled to his right and delivered a 40-yard shot into the end zone.

Jones tipped the ball up in the air and just before it came down onto the turf, he reached and came up with the loose ball for a touchdown.

"It was more of a des-peration play," Maxwell admitted. "They had pressure on me all day, so I just rolled to the side and tried to find somebody. I just trusted my arm and he (Jones) came up big."

The one-point conversion gave the MXG a 13-6 lead and then after coming up with one final big stop in the red zone by the defense, Maxwell iced the game for good with a touchdown pass to Tech. Sgt. Adam Speights late in the game.

Maxwell said that while it feels good to get into the playoffs, he understands it's going to be tough to reach the championship from the fourth-seed position

Still, if the team plays together, anything can happen, Maxwell stated.

"We need to get a solid game plan on offense," he said. "Defense is all right, so we need a good game

# Major League baseball players coming to JBPHH

#### **Reid Tokeshi**

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

The baseball season may be over, but young baseball fans, and their parents, will have an opportunity to see Major League baseball players in person at Joint Base Pearl Harbor-Hickam.

The Fox Sports MLB All-Star Event takes place at 9 a.m. Dec. 5 at Ward Field. The event will feature meet-and-greet opportunities as well as an autograph session for kids.

scheduled to appear are Mitch Harris of the St. Louis Cardinals. Harris attended the United States Naval Academy from 2005-2008 and is the first Naval Academy graduate to play in the major leagues since 1921.

Also scheduled to appear is two-time all-star and Hawaii native Shane Victorino. Twice a World Series champion, Victorino is from Wailuku, Maui and has played in the majors for 12 years.

Fox MLB's award-win-Reynolds will host the

Among the players event. Before becoming a broadcaster, Reynolds played 10 seasons in the major leagues and is a two-time all star.

> Other players, not announced at press time, will also make appearances.

The event is free and is open to all military-affiliated personnel and their sponsored guests. No tickets are needed, but seating is limited and is first come, first in. Patrons are welcome to bring their own beach chairs or blankets. For ning analyst Harold more information, go to www.greatlifehawaii.com.



Photo by Keith Allison Hawaii's own Shane Victorino will be on hand at the Fox Sports MLB All-Star Event taking place Dec. 5 at Ward Field, JBPHH.

# Forest City recaps holiday guidelines

Forest City Navy Housing Hawaii residents have asked about outdoor holiday decorating rules. Here's a quick recap:

• Lighting is OK from 5 to 10 p.m. Thanksgiving Day until the second weekend in January.

• Gutter clips or similar are required for affixing outdoor lights.

• Roof decor and lighting above the first floor roofline are not permitted.

• Canned "snow" must not be sprayed on windows, siding or brick facades.

(For more information, visit www. facebook.com/fcnavyhawaii/.)

## Upcoming blood drives D

• 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.)

# Health clinic offers tips to help quit tobacco

Naval Health Clinic Hawaii **Health Promotion** 

Naval Health Clinic Hawaii Health Promotion has provided the following tips to help quit tobacco use.

• Make the decision to quit. Others may want you to quit, but the real commitment must come from you.

• Seek medical advice. Your health care provider can offer advice and help you decide if tobacco cessation medication, group therapy or other treatments are right for you.

• Set a quit date. Make a commitment, choose a date to quit and circle that day on your calendar. Don't give yourself time to change your mind with a date too far in the future.

• Know the dangers. Tobacco use can cause many forms of cancer, as well as heart and lung disease. Pregnant women who smoke are risking the life and health of their unborn child.

• Identify your triggers. Determine which feelings trigger your tobacco use, such as drinking cof-



thinkstock.com

fee or dealing with stress. Plan in advance how you will handle these situations without turning to tobacco.

• Write out a quit plan. Include your strategies for dealing with cravings and slips, managing stress, controlling weight gain, and keeping yourself busy.

• Tell everyone. Tell your family and friends about your decision to

become tobacco-free. Ask for their support, especially during times of temptation.

• Carry a list of motivators. Write down and carry your reasons for quitting with you. Refer to the list when you are tempted to use tobacco.

• Quit together. Increase your chances for success by quitting with someone. Whether it's your husband, wife, partner or friend, if you quit together, you'll understand the challenges better and be able to provide continual support to one another.

• Make tobacco use inconvenient. Increase the time you spend in tobacco-free environments. Leading up to your quit date, only smoke outside or in places you don't normally smoke or use tobacco.

• Resist cravings. When a craving strikes, try to distract yourself. The four D's can help: deep breaths, drink water, do something else, and delay for 10 minutes.

(For more information, call NHCH Health Promotion at 471-2280.)

## DECEMBER

#### **JINGLE BELL 5K**

**3** — A free Jingle Bell 5K will begin at 7 a.m. at the Wahiawa Annex Fitness Center. The event is open to all eligible patrons. Participants can register on the day of the event. Prizes will be given to the top three male and female finishers. FMI: 653-5542.

## **TEMPORARY BRIDGE CLOSURES**

**4, 7** — All lanes of the Ford Island Bridge will be closed from 9:15 to 10:45 a.m. Dec. 4 for rehearsal operations in support of ceremonials. All lanes of the Ford Island Bridge will be closed from 7 to 10 a.m. Dec. 7 for operations in support of the ceremonies. Motorists and pedestrians should plan accordingly for those two days. The small craft gate will be closed during bridge opening. All boat traffic under the causeway will be suspended during these exercises. FMI: Andrew.mcpherson.4@ usaf.mil or 449-3105.

## SALUTE TO THE TROOPS

5 — USO Hawaii will hold a Salute to the Troops from 10:30 a.m. to 5 p.m. at Wet 'n Wild Hawaii. The event will feature free admission to all active duty military, Reserve and retired military and their families. The cost of onsite parking is \$8 per vehicle. The park will be closed to the general public during the event. FMI: Facebook.com/HawaiiUSO or 422-1213.

## **SNEAK PREVIEW**

**5** — A free sneak preview of the movie "In the Heart of the Sea" in 3D will begin at 7 p.m. at Sharkey Theater. The movie is free for the first 400 authorized patrons. The ticket booth and doors will open at 5:30 p.m. Active-duty military may receive up to four tickets. Retired military, military family members and Department of Defense card holders may receive up to two tickets. The movie is rated PG-13. FMI: 473-0726.

## **BREAKFAST AND BOWL WITH SANTA**

6 — A breakfast and bowl with Santa event will be held from 9 to 11 a.m. at the bowling center on the Pearl Harbor side of Joint Base for ages 12 and under. The cost is \$8 and participants need to sign up by Dec. 4. Kids can bowl one game with shoe rental and a breakfast of two pancakes, bacon and milk or juice. The event is limited to the first 30 registered authorized patrons. FMI: 473-2574.

## PEARL HARBOR REMEMBRANCE DAY

7 - Navy Region Hawaii and the National Park Service World

War II Valor in the Pacific National Monument will co-host a joint ceremony from 7:45 to 9:15 a.m. observing the 74th anniversary of Pearl Harbor Day at Kilo Pier, Joint Base Pearl Harbor-Hickam. The keynote speaker will be Pulitzer prizewinning historian Dr. David Kennedy. The featured speaker will be Secretary of the Navy Ray Mabus.

### For a schedule of national Pearl Harbor remembrance day events, please refer to page A1 and go to pearlharborevents.com.

## TOWER LIGHTING CELEBRATION

11 — The free 46th annual Tower Lighting Celebration will be held at the Freedom Tower mall. Entertainment will be provided by the Air Force Band of the Pacific. Festivities will include bounce houses, holiday crafts, interactive trampoline and gymnastics demonstrations and photos with Santa.
Dinner plates and snacks will be available for purchase. Event shuttle service will be provided round-trip from the Hickam BX Garden Shop, starting at 4:15 p.m. until the event finish.
The event is open to all military-affiliated personnel and their sponsored guests, but pets are not authorized at the event.
FMI: www.greatlifehawaii.com.

## **BREAKFAST WITH SANTA**

12 — Breakfast with Santa Claus will be held from 8 to 9 a.m. at the Pearl Harbor Navy Exchange food court lanai, second floor. The cost of the event is \$12 per child for a meal of pancakes and bacon, a goody bag, a picture with Santa, glitter tattoos, holiday activities, craft making, door prizes and balloon twisting. The cost of the event is \$8 per adult for pancakes and bacon, with coffee or tea and door prizes. Participants should arrive by 7:45 a.m. because doors will close promptly at 8 a.m. FMI: 423-3287 or Stephanie.Lau@nexweb.org.

## **CHRISTMAS CONCERT**

**12** — InspirationStudios, known for their inspirational music with ukulele and other instruments, will perform at noon at the Hickam BX. FMI: 423-7885.

## **HOLIDAY CONCERT**

12 — A free, open-to-the-public holiday concert by the U.S. Pacific Fleet Band will begin at 5 p.m. at the Hale Koa Hotel. The outdoor concert will take place under the large banyan tree in the courtyard of the hotel, located at 2055 Kalia Road in Waikiki. No tickets are required, as seating is open. Casual/ holiday attire is encouraged. FMI: U.S. Pacific Fleet Band Operations at 474-3693 or ops.pacfltband@navy.mil.



## THE MARTIAN

During a manned mission to Mars, astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive.

TODAY 11/27 7:00 PM Our Brand Is Crisis (R)

SHARKEY THEATER

SATURDAY 11/28 2:30 PM Goosebumps (3-D) (PG) 4:40 PM The Martian (PG-13) 7:20 PM Steve Jobs (R)

SUNDAY 11/29 2:30 PM Goosebumps (PG) 4:40 PM Love The Coopers (PG) 6:50 PM Our Brand Is Crisis (R)

THURSDAY 12/3 7:00 PM The Last Witch Hunter (PG-13)

## HICKAM MEMORIAL THEATER

TODAY 11/27 6:00 PM Goosebumps 3D (PG)

SATURDAY 11/28 2:00 PM Goosebumps (PG) 6:00 PM Crimson Peak (R)

SUNDAY 11/29 2:00 PM Hotel Transylvania 2 (PG) 6:00 PM The Martian (PG-13)

THURSDAY 12/3 7:00 PM The Martian (PG-13)