

AF, Navy team up in ‘crash landing’ exercise on Kauai

Story and photo by
SrAirman Christopher Stoltz

Joint Base Pearl Harbor-Hickam
Public Affairs

PACIFIC MISSILE RANGE FACILITY, KAUAI, Hawaii – Airmen from the 535th and 204th Airlift Squadrons, located at Joint Base Pearl Harbor-Hickam, recently had the opportunity to assist their Navy counterparts in an exercise.

While joint-base exercises involving various services are not uncommon, the fact that the exercise was held at the Pacific Missile Range Facility, Kauai made the exercise a much different affair.

The exercise, labeled “Barking Sands,” was an event which simulated the crash landing of a C-17 Globemaster III and was, in part, to test the capabilities and response time of the Pacific Range Missile Facility (PMRF) fire department.

During the exercise, not only did the department firemen have to successfully demonstrate their capabilities in controlling and extinguishing an aircraft fire, but they had to extract the pilots and other crew as well – all while wearing more than 70 pounds of protective gear in 90-degree weather.

In addition to these responsibilities, the PMRF fire department had the chance to work and train hand-in-hand with the Kauai fire department.

“On an island, the resources that are available can be overwhelmed very easily,” said John

Members of the Pacific Range Missile Facility and Kauai Fire Department extract a simulated “victim” during an exercise held on Kauai. (Additional photos on page A-5).



Blalock, Kauai Fire Department deputy chief.

“We try to help each other to help mitigate any and all events that may occur. It is nice to have this training because in the event there is a crash, the PMRF fire department can be assured we are trained and ready to assist them,” he explained.

While the PMRF usually plays host to Navy aircraft, having the exercise include a C-17 Globemaster III helped both the PMRF and the Kauai fire departments prepare for the

“what if” scenario.

“We do training with each other as much as we can,” he said. “We have to be as prepared as possible for a barrage of different events, including being able to extract personnel and combat a fire on an aircraft, which does not land here too often.”

However, for both the PMRF and Kauai fire departments, they were not the only ones leaving with lessons learned that day. In exchange for participating in the exercise and lend-

ing the C-17 Globemaster III for this event, aircrew from the 535th and 204th Airlift Squadrons had an opportunity to use the PMRF airspace to train and practice tactical maneuvers. This is always especially helpful, considering the usual congestion around both the Oahu and Kona airports, which are the units’ primary training areas.

According to Air Force Lt. Col. Michael Guerrero, 204th Airlift Squadron commander, while being able to train his aircrew

was of great benefit that day, it was not the only feeling he and his total force integrated (TFI) crew experienced that day.

“The 535th Tigers and 204th Manus benefit greatly from the use of this facility for proficiency training in the C-17 aircraft,” he said.

“It was wonderful to return the favor for allowing us to train there. It also provided us the opportunity to witness those heroes in action who protect us every time we train at that field.”

Cleland, Harris to speak at 72nd Pearl Harbor Day ceremony

National Park Service,
Pearl Harbor Visitor
Center

The National Park Service and the U.S. Navy will host a joint memorial ceremony commemorating the 72nd anniversary of the attack on Pearl Harbor from 7:45 to 9:30 a.m. Dec. 7 at the Pearl Harbor Visitor Center at the World War II Valor in the Pacific National Monument (formerly known as the USS Arizona Memorial Visitor Center).

This year’s keynote speaker will be Max Cleland, secretary of the American Battle Monuments Commission. A former U.S. senator and the youngest-ever administrator of the U.S. Veterans

Administration, Cleland has been a distinguished public servant for nearly 50 years.

In 1967, Cleland joined the armed forces where he served in the Vietnam War as a battalion signal officer, charged with improving communications on the battlefield. In 1968, as an Army captain, Cleland was seriously wounded in combat and received both the Bronze Star for meritorious service and the Silver Star for gallantry in action.

Adm. Harry B. Harris Jr., who assumed duties as Commander, U.S. Pacific Fleet on Oct. 16, is also scheduled to speak. As commander of Pacific Fleet, Harris is responsible for 100 million square miles in which com-



Max Cleland

merce worth trillions of dollars is transported each year.

Harris was born in Japan and raised in Tennessee and Florida. He graduated from the U.S. Naval Academy in 1978 and has served in every geographic combatant command region and participated in numerous major operations.

This year’s Dec. 7 ceremony is co-hosted by Paul DePrey, superintendent of the National Park Service, WWII Valor in the Pacific National Monument, and Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific.

Highlights of the ceremony will include music by the Navy’s U.S. Pacific Fleet

Band, morning colors, a Hawaiian blessing, a rifle salute by members of the U.S. Marine Corps, wreath presentations, echo Taps and recognition of the men and women who survived the attack of Dec. 7, 1941 and those who made the ultimate sacrifice for their country.

At 7:55 a.m., the exact moment the Japanese attack on Pearl Harbor began 72 years ago, a moment of silence will be observed. A guided-missile destroyer will render honors to the USS Arizona, and a flyover will be conducted above Pearl Harbor.

The ceremony will conclude with a “walk of honor” by Pearl Harbor survivors and other WWII Veterans

through an honor cordon of military service members and National Park Service men and women.

The ceremony will take place on the back lawn of the Pearl Harbor Visitor Center, looking directly out to the USS Arizona Memorial.

More than 2,500 distinguished guests and the general public are expected to join current and former military personnel, including Pearl Harbor survivors and other WWII veterans, for the annual observance of the 1941 attack on Pearl Harbor.

The theme of this year’s historic commemoration, “Sound The Alarm,” examines how thousands of

See PEARL HARBOR, A-6

Hawaii military leaders urge motorcycle safety: A matter of life, death

MCSN Johans Chavarro

Navy Public Affairs Support
Element West Det. Hawaii

U.S. Army, Pacific (USARPAC) will host a Motorcycle Mentor Safety Ride on Nov. 7 and has extended an invitation to all Sailors, Soldiers, Airman, Marines, and Coast Guardsmen living in the Hawaii area.

The event is being hosted to provide leaders and motorcyclists with general information and guidelines to develop a safe and disciplined riding culture within military organizations. It is designed to help reduce motorcycle accidents that lead to injuries and fatalities.

Regional Fire Chief Fletcher



U.S. Navy photo by MC3 Diana Quinlan

A Soldier rides his motorcycle at Joint Base Pearl Harbor-Hickam.

Dahman, Federal Fire Department Hawaii, spoke about the prevalence of improper motorcycle riding in military organizations as the emergency personnel routinely respond to motorcycle related incidents involving service members.

“When we get the call for a motor vehicle accident, a lot of time we don’t know that it’s a motorcycle incident until we get there,” Dahman said.

“But we are seeing a lot of motorcycle accidents and unfortunately, a lot of them involve military. The ‘need for speed,’ as ‘Top Gun’ showed, [service members] play into that. I’ve got some that buzz me by as I go home on the H-1 daily, in uniform obviously. They are not invincible, though they

think they are.”

The Naval Safety Center reported 38 Sailors and 25 Marines were involved in private motor vehicle (PMV) fatalities last fiscal year. Of those, 31 involved two-wheel vehicles.

“The biggest safety violations I see motorcycle riders make are failure to wear proper personal protective equipment (PPE) and traveling in excess of the posted speed limit,” said Army Command Sgt. Maj. Robert A. Duenas, USARPAC.

Duenas said PPE gives the rider the minimal amount of protection required by state laws and, when coupled with military regulations, possibly minimizes injury in the

See SAFETY, A-6

Welcome to *makahiki* celebration

JBPHH and Navy Region Hawaii will celebrate *Kapuaikaula Makahiki* beginning at 9 a.m. tomorrow at Hickam Harbor beach. Military and civilian personnel, their families and sponsored guests are invited to observe *makahiki*, an ancient Hawaiian celebration known as a “Hawaiian Thanksgiving.” For more information, call 473-0662 or 473-2926. (See related commentary on page A-3.)

Bangladesh navy plans port visit to Hawaii

BNS Somudra Joy (ex-U.S. Coast Guard cutter Jarvis) is planning a port visit to Hawaii next week. The ship will arrive with some U.S. Coast Guardsmen aboard. USS Chafee (DDG 90) is the host ship. Somudra Joy is planning to host tours for Department of Defense ID card holders from 9 to 11 a.m. Nov. 8.



647th Civil Engineers lend support to C-17 training mission
See page A-2



Pedestrians/runners asked to wear reflective clothing or markings during hours of darkness
See page A-3



Pearl Harbor survivor joins shipmates in final resting place
See page A-4



Fitness matters: physical fitness changes Hickam Airman’s life
See page A-7



Sailors unleash ‘Warehouse of Terror’
See page B-1



Veterans Day commemoration events planned
See page B-7

647th Civil Engineers lend support to C-17 training mission

Staff Sgt. Terri Paden

15th Wing Public Affairs

Airmen from the 647th Civil Engineer Squadron (CES) engineering assistants (EA) and structures flight recently teamed up to paint an assault landing zone (ALZ) at the Navy's Barking Sands Pacific Missile Range Facility.

Barking Sands, a multi-dimensional testing and training missile range located on the island of Kauai, is the largest of its kind in the world, supporting surface, subsurface, air and space operations.

Thanks to the teamwork from PMRF leadership and 647th CES Airmen, the PMRF runway will now also serve as a temporary ALZ for the active duty 535th and the Air National Guard's 204th C-17 Airlift Squadrons.

According to Capt. Christopher Adams, 15th Operations Support Squadron, prior to the ALZ installation there were no available assault landing strips in the Hawaiian Islands which could accom-

modate the training for the C-17 squadrons. There were no plans to build a new ALZ, and the only existing ALZ in the immediate area is difficult to use because of terrain and noise abatement concerns. Moreover, the existing location is currently under construction with several phases remaining to be completed.

Adams said the ability to practice assault landings on a short or austere runway is a critical skill C-17 pilots must practice in order to effectively execute the C-17's mission of worldwide airlift, during peacetime and war, in support of national security and the Department of Defense.

Having the ability to train at Barking Sands doubles training capacity and provides much needed redundancy for when the primary ALZ is unavailable," he said.

"The airlift squadrons needed a suitable place to train and prepare for their wartime mission requirements," said Lt. Joseph Correia, 647th CES EA flight chief and construction manager on



Courtesy photo

Staff Sgt. Michael Mac Leod, 647th Civil Engineer Squadron Structures Flight, backs up to a C-17 Globemaster III before unloading the equipment which will be used to survey and paint the assault landing zone at the Navy's Barking Sands Pacific Missile Range Facility.

the project.

"They turned to the 647th CES to solve this issue and we delivered."

Though the preparation and planning leading up to the mission lasted about three weeks, the crew, which consisted of only 11 members including two Navy civilian contractors, had only 36 hours on the ground to get the job done so they hit the ground running.

"Once we hit the ground, with the C-17 engines still blaring, we unloaded the trucks and our equipment and drove to the location to begin immediately doing our site survey and designing the layout," said Correia.

Next up, the structures Airmen and civilians worked quickly to apply the striping material.

"The proficiency and expertise of the individuals that handled the mission allowed the layout and striping portion to be completed in approximately eight hours," said Correia.

"We stayed on site until our flight arrived the next day, loaded our materials,

and we were out of there as fast as we came in."

Correia said the weeks of planning and preparation, combined with the crew's proficiency, allowed for a flawless execution of the mission in the end.

Though Correia and his crew expected a job well done, he said the final confirmation came on the flight out.

"We received our final confirmation that our mission had been successful when the C-17 came to pick us up, and the pilot was able to test out the new ALZ," he said. "After speaking with the pilots, they confirmed that the layout could not have been more perfect."

According to Adams, that perfection will allow more than 100 C-17 pilots stationed in Hawaii to remain combat mission ready.

However, Correia said, though the physical labor could not have taken place in a more unique location, the mission was all in a day's work for the engineering assistants and structures Airmen.

766th SCONS Airmen 'mount up' in face of fiscal challenges

**Story and photo by
SrAirman Christopher Stoltz**

*Joint Base Pearl Harbor-Hickam
Public Affairs*

Although their inception was celebrated Oct. 18, the 766th Specialized Contracting Squadron is already working at full speed.

Known as the regulators, the 766th Specialized Contracting Squadron's (SCON) mission statement is to "provide full spectrum acquisition capabilities and execute strategic business solutions through best value practices for global operations."

"The Air Force will continue to face challenging fiscal environ-

ments for years to come," said Lt. Col. Damian Wilborne, commander of 766th Specialized Contracting Squadron Air Force Installation Contracting Agency.

"The Air Force Installation Contracting Agency, the 766th Specialized Contracting Squadron (SCONS) and many other units across the Air Force have been activated to chart the path through these uncertain times," he said.

Wilborne and his squadron have already planned ways to help save money in a time where it is getting harder and harder to find ways to do so.

"The 766th SCONS will focus on more efficient and effective approaches to leverage



PACAF's declining contract budget," said the commander.

"We look forward to doing our part to save millions of dollars, enabling COMPACAF's mission to posture the Pacific Air Forces to 'fly, fight and win' when called upon. The men and women of the 766 SCONS are ready and motivated to lead the way," Wilborne said.

Col. David Kirkendall, 647th Air Base Group commander, and Lt. Col. Damian Wilborne, 766th Specialized Contracting Squadron commander, retire the 647th Contracting Squadron flag before unraveling the flag for the Air Force's newest specialized contracting squadron during a ceremony held Oct. 18 at Joint Base Pearl Harbor-Hickam.

Commentary

Celebrating history, heritage, culture: *Makahiki*

Capt. Jeffrey James

Commander, Joint Base Pearl Harbor-Hickam

Tomorrow, Nov. 2, the joint base will host the annual “*makahiki*” celebration at Hickam Harbor Beach. The *makahiki* at “*Kapuaikaula*” (Hickam area) is an exceptional opportunity for service members and DOD civilians and their families to experience the rich heritage and culture of ancient Hawaii. *Makahiki* celebrations have graced the shores of Pearl Harbor and Hickam for more than a decade, with this year marking the fourth joint base celebration.

Makahiki is a time to give thanks for nature’s gifts received from land and sea.



Capt. Jeffrey James

It is also a time to celebrate the “new year” – acknowledging the change from harvest time to the beginning of the next farming season.

In ancient times, all warfighting and deep-sea fishing ceased. Warring fac-

tions laid down their arms and came together as one, to not only give thanks, but to also reflect on one’s place in the universe coincident with changes in star clusters in the night sky.

We in today’s military have used those same stars to guide us in navigating the oceans and airspace around the world. Our military shares that same warrior spirit that the ancient people of Hawaii had.

We know there is a need to be strong in defense, and we appreciate the peace that is earned through strength. We celebrate the ‘*aina* and respect the beauty and bounty of nature in these beautiful islands.

We share the responsibilities of being good stewards in preserving nature’s trea-

sures and history’s cultural resources, and hence our celebrating *makahiki* connects yesterday with today, and our modern military with Hawaii’s warrior past.

I’m looking forward to participating again this year in the *makahiki* celebration. It is a distinct honor to be included in the traditional ceremony in which we will paddle canoes from Iroquois Point to Hickam Harbor and then perform a re-enactment of the colorful procession of Lono, an ancient Hawaiian diety of fertility, rainfall, agriculture and peace.

Offerings will be made and, at the appropriate time, ancient games of skill will begin. There will be spear throwing (*makaihe*), dart tossing (*moa pahe*),

stone rolling (*‘ulu maika*) and one-leg wrestling (*hakamoa*) demonstrations.

Air Force and Navy families are invited and encouraged to join in. This is a hands-on cultural appreciation event.

I’ve been very fortunate to be able to participate in past *makahiki* festivals, including one year paddling one of the canoes in the procession from Iroquois Point to Hickam Harbor. Each time, I am struck by what we all share in common, especially our love for the sea and our appreciation for nature and the environment.

In keeping with *makahiki* as a time of thanks, I want to express heartfelt gratitude to the Oahu

Council of Hawaiian Civic Clubs for embracing our military family and, once again, sharing their knowledge, understanding and culture. In particular, I want to express a deep *mahalo* to Shad Kane, cultural practitioner and member of the Kapolei Hawaiian Civic Club, who has worked tirelessly with the Navy and Air Force for more than a decade to coordinate the *makahiki* celebrations at Pearl Harbor-Hickam.

We greatly appreciate the opportunity to share in this year’s *Kapuaikaula Makahiki*, and I hope to see you there. Look for more details in this week’s issue of Ho’okele or online at joint base’s Facebook page.

Pedestrians/runners asked to wear reflective clothing or markings during hours of darkness

Navy Region Hawaii Safety Office

Our days are beginning to get shorter. When exercising around 6 a.m., it is much darker outside than at other times of the year. Jogging/running/walking at night or during reduced visibility periods calls for extra safety precautions to prevent an accident.

In the U.S., more than 8,000 pedestrians are killed by motor vehicles each year. The risk is 20 percent greater at low visibility periods than during the day. The roads do not belong to any one group, the jogger/runner/walker or the motorist. However, if there is a clear path or sidewalk available, the pedestrian needs to remain clear of the roadway.

Here are some jogging/running/walking rules that, if followed, may greatly reduce the chances of having an accident if people drive and jog/run/walk defensively:

- Be bright and visible. Reflective clothing is required when exercising in low visibility situations and always 30 minutes before sunset until 30 minutes after sunrise.
- Wear something that will make it easy for the driver to see you.



U.S. Navy photo by MC1 Mark Logico

Preferably, wear a reflective material that will “reflect light from headlights off your body and back to the vehicle.” You can also carry a flashlight or wear fluorescent colors

(orange or yellow are good).

- Be alert. Always jog/run/walk facing traffic. It is easier for the jogger/runner to see and be seen by oncoming cars. By facing traffic, you will not be surprised when a car comes up behind you. Jog/run/walk on sidewalks or well off the road. A little mud on your shoes is better than a trip to the doctor.
- Jogging, running or walking is safer if you do not wear an audio headset. The headset prevents you from hearing approaching vehicles or possible attackers. The use of earphones or headsets on the roads/streets on base is prohibited.
- Be safe. Jog/run/walk where you can be seen by others and not in secluded areas.
- Remember that in bad weather drivers are also facing adverse conditions. Don’t become another obstacle to them.
- Reflective material on the military PT uniform is only to enhance visibility and was not meant to replace reflective strips or vests (where required).

According to a study, a driver traveling at 30 mph needs as much as 200 feet to react and stop; at 55 mph it takes about 550 feet. A retro-reflective vest or shirt can be seen at a distance of 744 feet, a flashlight at 760 feet.

Diverse Views



What makes you happy?



Master Sgt. Christopher Adams
15th Maintenance Squadron

“Spending time with family. Having a spouse in the Air Force sometimes makes it hard to get out and do things together as a family. So whenever we get the chance, we take full advantage of it.”

ET1 Shane Teig

Pearl Harbor Naval Shipyard

“Being able to relax on the weekend. Knowing I’m financially secure.”



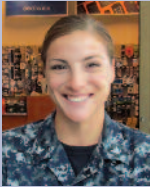
Tech. Sgt. Manuel Garibay
15th Maintenance Group

“Having my wife’s support makes me happy. I am a flying crew chief and gone a lot, so it puts a lot of stress on her, but she supports me and the mission that I am accomplishing.”

ET3 Chelsea Galetti

USS Ronald Reagan

“Everything. Food, as cheesy as that sounds.”



Tech. Sgt. Jocelyn Mathys
HQ PACAF

“Having the support of my family, friends, and co-workers to help me get through the toughest of circumstances, and having faith and trust knowing that everything will always be more than fine at the end of a long day.”

Lt. Daniel Mangual

Navy Region Hawaii Legal Service Office

“My family and friends. And of course, serving in the world’s finest Navy.”



Tim Ries
Air Force OSI

“Just PCS’d from Wright-Patterson AFB. We were just preparing our motorcycles for the winter. My bikes are warm and glowing! What makes me happy is the sun in my face and bugs in my teeth riding my motorcycle in winter in Hawaii.”

SHSN Mike Jones

USS Halsey

“My family, for sure. One hundred percent.”



Provided by Lt. j.g. Eric Galassi 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

Cargo ship sunk on Guadalcanal shore



Official U.S. Navy photograph, National Archives

Kinugawa Maru, a Japanese cargo ship, is shown beached and sunk on the Guadalcanal shore in November 1943. The ship had been sunk by U.S. aircraft on Nov. 15, 1942, while attempting to deliver men and supplies to Japanese forces holding the northern part of the island. Savo Island is in the distance.

HO'OKELE

PEARL HARBOR - HICKAM NEWS

Commander,
Navy Region Hawaii
Rear Adm. Rick Williams

Chief of Staff
Capt. Mark Manfredi

Director,
Public Affairs
Agnes Tauyan

Deputy Director,
Public Affairs
Bill Doughty

Commander,
Joint Base
Pearl Harbor-Hickam
Capt. Jeffrey James

Deputy Commander
Col. David Kirkendall

Director, Public Affairs
Grace Hew Len

Managing Editor
Karen Spangler

Assistant Editor
Don Robbins

Sports Editor
Randy Dela Cruz

Staff Writer
Brandon Bosworth

Layout/Design
Antonio Verceluz
Richard Onaha Hutter

Ho'okele is a free unofficial paper published every Friday by The Honolulu Star Advertiser 500 Ala Moana Boulevard Suite 7-500 Honolulu Hawaii 96813, a private firm in no way connected with DoD, the U. S. Navy, Air Force or Marine Corps, under exclusive contract with Commander, Navy Region Hawaii. All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawaii Public Affairs Office: 850 Ticonderoga, Suite 110, Pearl Harbor, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: editor@hookelenews.com World Wide Web address: <https://www.cnic.navy.mil/Hawaii/> or www.hookelenews.com. This civilian enterprise newspaper is an authorized publication primarily for members of the Navy, Air Force and Marine Corps military services and their families in Hawaii. Its contents do not necessarily reflect the official views of the U. S. Government, the Department of Defense, the U.S. Navy, Air Force or Marine Corps and do not imply endorsement thereof.

The civilian publisher, The Honolulu Star Advertiser, is responsible for commercial advertising, which may be purchased by calling (808) 521-9111. The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement of the products and services advertised by the Department of Defense, the U.S. Navy, Air Force or Marine Corps, Commander, Navy Region Hawaii or The Honolulu Star Advertiser. Everything advertised in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source. Ho'okele is delivered weekly to Navy & Air Force housing units and Navy and Air Force installations throughout Oahu. Housing residents may contact the publisher directly at (808) 690-8864 if they wish to discontinue home delivery.

Pearl Harbor survivor joins shipmates in final resting place

MCSA Rose Forest

*Navy Public Affairs
Support Element West,
Detachment Hawaii*

The ashes of Gale Mohlenbrink, a survivor of the Dec. 7, 1941 attack on Pearl Harbor, were scattered by his family in the waters near the USS Utah Memorial on Ford Island during a ceremony Oct. 29.

Mohlenbrink passed away July 7 of natural causes. He wanted to be returned to Pearl Harbor, a place he always called paradise, to be reunited with his shipmates killed on that historic day.

Among those in attendance were Mohlenbrink's wife Onah and daughters, Sheila and Corinne. Several Pearl Harbor Sailors were also on hand to pay respects to one of their own. Chaplain Lt. Rick Tiff, Pearl Harbor Memorial Chapel, presided over the services.

"Today we return a shipmate back to his brothers in arms at this most hallowed spot," said Capt. Lawrence Scruggs, deputy commander, Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility.

Jim Taylor, Pearl Harbor survivor liaison, shared some of Mohlenbrink's experiences at Pearl Harbor.

"Gale Mohlenbrink was born in February of 1924 and joined the Navy at the tender age of 17. Needless to say, he witnessed the horrific attack at a very young age," said Taylor.

Mohlenbrink was stationed on the heavy cruiser USS Northampton (CA 26),



(Top) The family of Pearl Harbor survivor Coxswain Gale Mohlenbrink gathers at the USS Utah Memorial on Ford Island to scatter his ashes. **U.S. Navy photo by MCSA Rose Forest** (Left) Members of the Joint Base Pearl Harbor-Hickam Honors and Ceremonial Guard participate in an ash scattering ceremony. **U.S. Navy photo by MCSN Johans Chavarro** (Above) A member of the Joint Base Pearl Harbor-Hickam Honors and Ceremonial Guard presents a ceremonial flag to the wife of Pearl Harbor survivor Coxswain Gale D. Mohlenbrink. **U.S. Navy photo by MCSN Johans Chavarro**

which was out to sea at the time of the attack. However, Mohlenbrink was assigned to work ashore on the captain's gig and witnessed the attack unfold on

Pearl Harbor.

"He had been assigned the highly impressive job of assisting in the overhaul and restoration of the captain's gig, a job entrusted to

only the best Sailors, those who could be counted on to come to work early and stay late—the best of the best," said Scruggs.

After the attack,

Mohlenbrink worked to rescue his shipmates and helped to patrol the Hawaiian waters searching for the Japanese battle fleet. Heavily outnumbered

after the attack, it was considered a potential suicide mission and yet he performed his duties with honor.

Mohlenbrink went on to serve his country with honor aboard USS Northampton in the Doolittle Raid, Battle of Midway and Battle of Guadalcanal, earning six battle stars before the Northampton sunk in the battle of Tassafaronga. He survived her sinking, floating in shark-infested waters until a Navy destroyer rescued him and fellow shipmates.

He later served combat duty on destroyer USS Edison (DD 439), fighting across the globe, before returning to Pearl Harbor in support of the final battles with Japan.

Military honors at the ceremony included a gun salute, sounding of Taps, and the presentation of the burial flag to the family by the Navy Region Hawaii Ceremonial Guard.

Following the speeches by Scruggs and Taylor, the family gathered on the walkway of the Utah Memorial where Mohlenbrink's wife and daughter scattered his ashes into the water.

"It really gave me a sense of closure," said Onah. "He didn't really like to talk about what happened but he came back to visit many times. It was important to him and he always called this place paradise."

With assistance from his family and the United States Navy, Gale Mohlenbrink's final wish to return to the place he called paradise has come true.



Online

<http://www.hookelenews.com/> or visit

<https://www.cnlc.navy.mil/Hawaii/index.htm>



Pearl Harbor-Hickam*Highlights*



Members of the Pacific Missile Range Facility and Kauai Fire Department put out a simulated fire during an exercise held last Friday on Kauai. The firefighters, along with members of the 535th and 204th Airlift Squadrons, recently participated in an exercise in which a C-17 Globemaster III “crash landed” at PMRF.

U.S. Air Force photo by SrA Christopher Stoltz

(Below) Firefighters from the Pacific Missile Range Facility and Kauai fire departments, along with members of the 535th and 204th Airlift Squadrons, recently participated in an exercise in which a C-17 Globemaster III “crash landed” at PMRF.

U.S. Navy photo by Stefan Alford



U.S. Air Force photo by SrA Christopher Stoltz

(Above) Members of the Pacific Range Missile Facility and Kauai Fire Department extract a simulated “victim” during an exercise held last Friday on Kauai.



Kokoda Foundation photo

Adm. Harry B. Harris Jr., U.S. Pacific Fleet commander, speaks about the U.S. Pacific Fleet's role in America's rebalance to the Indo-Asia-Pacific at a Kokoda Foundation conference. During his remarks, which were part of a trilateral strategic dialogue among Australia, Japan and the U.S., Harris stressed the importance of strengthening economic, diplomatic and military cooperation among the United States and allies to ensure regional stability, peace and prosperity.



U.S. Navy photo by Christine Rosalin

Rick Nojima, NAVFAC Pacific building manager and lead building energy monitor (BEM), ensures electronics are turned off properly as part of NAVFAC Pacific's energy conservation plan before he secures his work area on Oct. 17. (See story on page A-7.)

Navy rallies to conserve, reduce at Energy Action Day Fair

Story and photo by
Krista K. Catian

Naval Facilities and
Engineering Command
Pacific

Naval Facilities Engineering Command (NAVFAC) Pacific and NAVFAC Hawaii hosted an Energy Action Day Fair Oct. 23 at its Makalapa Compound headquarters at Joint Base Pearl Harbor-Hickam.

“One of our goals this year was to go out into the community and spread the word about energy awareness and conservation ideas,” said Amy Hanada, NAVFAC Hawaii energy manager.

“In partnership with NAVFAC Pacific, we were able to successfully enforce the proper action steps for energy savings through this event.”

The second annual Energy



(From left), Frank Wong, NAVFAC Hawaii utilities energy manager, and Amy Hanada, NAVFAC Hawaii energy manager, participated in the second annual Energy Action Day Fair.

Action Day Fair featured informational booths on various energy and water projects from NAVFAC commands such as Pacific, Hawaii and Expeditionary

Warfare Center. NAVFAC Hawaii also showcased the command's hydrogen/electric vehicles and provided energy games with prizes.

“Even with the impact of

budget uncertainty, we wanted to provide the opportunity to raise awareness and prompt action to reduce energy and water consumption,” said Edie Evans, NAVFAC Pacific energy manager.

Other Navy commands, U.S. Pacific Fleet and Navy Region Hawaii (CNRH), along with industry partners, Hawaiian Electric Company (HECO), Solar City and Forest City, provided hands-on displays and interactive booths.

HECO representatives provided bags filled with energy pamphlets and an informational handbook for emergency preparedness. Solar City displayed their photovoltaic panels and equipment, and Forest City shared their company vision and focus through poster board presentations.

“Forest City's involvement

in the energy fair allowed us to share information on the progress we've made in the following areas: energy efficiency and enhancements in new renovation and construction, renewable energy initiatives and energy conservation programs,” said Will Boudra, Forest City Military Communities Hawaii vice president of development.

“We learn from other industry partners and Department of Defense organizations to cross-fertilize ideas for future projects.”

The Navy has established aggressive and challenging goals for energy use reductions and renewable options for the future.

“A primary initiative is to focus on behavioral changes, like turning off the lights, computers, printers, etc. at the end of the day,” said

Capt. Pete Lynch, NAVFAC Pacific vice commander. “Although we are highlighting these conservation ideas in the month of October during Energy Awareness Month, we need to reinforce these good habits throughout the year.”

NAVFAC Pacific also recognized the hard work of its core group of building energy monitors (BEMs) for their support to conduct inspections and monthly audits as part of the command's energy savings initiative.

“The BEM program increases awareness of energy use at the individual level, which is a stepping stone to creating a culture of change,” Lynch said. “Our BEMs often times go unnoticed, but today we recognize their great efforts to save the command energy and taxpayer dollars.”

‘Sound the alarm’ to be theme of 72nd Pearl Harbor Day

Continued from A-1

Americans answered a call to duty in the wake of the attack. “Sound the Alarm” also explores how the nation was unified through communication in 1941 and throughout the war.

Dec. 7, 1941 remains one of the most pivotal moments in America's history, but many Americans had little information or access to what was taking place on that fateful day. Misinformation or no information at all was released to the public about who survived the attack. Many times, it took months for families to receive the devastating news that they had lost their loved ones.

How did the nation respond? Victory gardens were planted in people's back yards, patriotic

songs played on the radio 24/7, and thousands of young men (many of whom were under the legal age of 18) enlisted to fight in the name of freedom. “Sound the Alarm” shows America's commitment to unity and action in the face of a national threat.

In conjunction with this year's theme and to connect Pearl Harbor survivors across the U.S. with the commemoration ceremony taking place at Pearl Harbor, the National Park Service is partnering with Veterans United to host an interactive broadcast via wireless streaming.

Sites across the U.S. will include the United States Navy Memorial Museum (Washington, DC); Great Lakes Naval Museum (Chicago, Ill.); Rosie the Riveter National Historic Site (Oakland, Calif.); Arizona State Museum (Phoenix,

Ariz.); and the National WWII Museum (New Orleans, La.).

Prior to the start of the ceremony, Pearl Harbor survivors and WWII veterans will be able to interact with one another, and those who are unable to attend the ceremony on Oahu will be able to view the event in their hometown as it takes place.

In addition, a series of special events recognizing the 72nd anniversary of the Pearl Harbor attack, will be open to the public Nov. 29 through Dec. 7.

Public access to commemoration

The commemoration is free of charge and the public is invited to attend. Seats for the general public to the commemoration are limited and available on a first-come, first-served basis. The visitor center will open early at 6 a.m.

Seating for the public will begin at 7:15 a.m.

Limited public parking at visitor center

Additional parking will be available at Richardson Field. The public is encouraged to arrive early to allow time for parking and going through security at the visitor center.

Limited USS Arizona Memorial public tour schedule

Public tours to the USS Arizona Memorial will be operating on a special schedule on Dec. 7, due to the morning ceremony. The first public tour will begin at 11:30 a.m. with the last tour beginning at 1:30 p.m. Tours will begin every 15 minutes and include a 23-minute movie presentation followed by a short boat ride and visit to the memorial. Tickets are free and

distributed on a first-come, first-served basis.

Security

Cameras are permitted; however, due to strict security measures, camera bags, purses, handbags and/or other items that offer concealment are not allowed. Bag storage is available at the USS Bowfin Submarine Museum & Park.

Dress code

Military dress is summer whites or service equivalent. The civilian dress code for the commemoration is aloha business attire, long pants and collared shirts.

Information

For more information, visit www.pearlharborevents.com.

(More information about the Pearl Harbor Day commemoration ceremony and related events will be published in Ho'okele in upcoming issues.)

Safety event to provide motorcycle information, guidelines

Continued from A-1

event of an accident. The proper wear of PPE reduces the likelihood that an accident on a motorcycle is fatal, but does not eliminate that possibility.

According to Navy Traffic Safety Program OPNAV Instruction 5100.12H, all active duty military riders and passengers, on and off base, and all riders and passengers on any Department of the Navy (DON) installation are required to wear a helmet meeting DOT regulations, protective eye devices designed for motorcycle operators (impact or shatter resistant safety glasses, goggles, wrap-around glasses sealing the eye, or face shield properly attached to the helmet). They should also wear sturdy over the ankle footwear that affords protection for the feet and ankles. They should also wear a long-sleeved shirt or jacket, long trousers, and full-fingered gloves or mittens designed for use on a motorcycle.

Duenas also said proper safety training is essential in keeping motorcyclists safe and compliant with military regulations, regardless of branch of service.

“I would remind them that riding is a privilege earned through training and discipline. I would also tell service members who are new to riding a motorcycle that they are required to inform their commander that they ride and to get with their unit mentors to find out what training is required. Most service members do not real-

ize that there is training required by Army regulations outside the normal state-required training for them to ride a motorcycle while in the Army.”

In accordance with OPNAV Instruction 5100.12H, all military and civilian personnel motorcycle operators must comply with all host nation or state licensing requirements. All military personnel who operate a motorcycle on or off base, and all DoD civilian personnel who operate a motorcycle on base are also required to complete a Command Navy Safety Center (COMNAVSATF-CEN) approved motorcycle rider safety course prior to operating these vehicles.

Interior Communications Electrician 1st Class Ryan Winters, a motorcyclist with eight years of experience and is stationed at Defense Media Activity Joint Base Pearl Harbor-Hickam, said one of the most common safety violations he sees occurs in traffic.

“A lot of time you see people ducking in and out of traffic on a sports bike, because they just want to go fast. You really can't do that because people don't see you,” Winters said.

“The other thing I see people do a lot is they'll ride in blind spots. Motorcyclists will come up behind a vehicle to the left, and they'll sit in a car's blind spot and the car never knows they're there.”

Something motorcyclists can do to make themselves more visible to cars is to, “wear something bright; and

make sure that you get in the mirror of the cars,” said Dahman.

“Dead in the middle and straight behind them does not work. They need to be able to see you,” Dahman said.

“It is great to ride a motorcycle. I used to long ago but I got to the point where I could not trust the people in the cars around me. So if you're going to keep riding know that they are not seeing you.”

To help decrease the number of motorcycle-related accidents, the Navy revised its traffic safety instruction, OPNAVINST 5100.12J, requiring commands to set up mentorship programs for motorcycle riders. The program is designed to give experienced riders the opportunity to teach new riders how to be successful on their bikes.

“Motorcycle safety is extremely important, especially for young Sailors, but education is only part of the equation,” said U.S. Pacific Fleet Master Chief Marco Ramirez.

“Awareness and experience of your surroundings, including other drivers, is just as important. I want each of you, whether you're a motorcycle rider or not, to pay attention, avoid distractions like texting and cell phone usage, respect your environment and watch out for other drivers. Working together, we can help to avoid tragedy in the future.”

Safety is an important element of the 21st Century Sailor and Marine initiative which consolidates a set of objectives and policies, new

and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the Navy and Marine Corps.

The Department of the Navy is working to ensure today's Sailors and Marines serve in the safest, most

secure force the department has ever known.

For more information on Navy motorcycle safety policy and requirements, as well as a personal story of one rider who learned some important lessons the hard way, check out All Hands Magazine Online at: <http://ow.ly/qln10>

For the latest statistics on personal motor vehicle fatalities as well as narratives, visit the Naval Safety Center's website at: <http://ow.ly/ql04k>

Help raise awareness by joining the conversation on social media using #NavySmartRide and #Motorcycle.

Fitness matters: physical fitness changes Hickam Airman’s life

Staff Sgt. Terri Paden

15th Wing Public Affairs

Tech. Sgt. Andrea Conn, a 515th Air Mobility Operations Wing budget analyst, was an average Airman when it came to physical fitness. Her PT scores weren’t terrible, but she was 50 pounds overweight and unhappy with what she saw in the mirror, so she decided to turn her life around. That was just one year ago.

“I was running the minimum three times per week for squadron PT but I was 4” 11’ and overweight and didn’t like what I saw in the mirror,” Conn said. “I was always the slowest one in the group, my husband was deployed, and I was very stressed out and felt like I really needed an outlet.”

After trying a number of fad diets unsuccessfully, Conn enlisted the help of a personal trainer and turned her attention to a healthier lifestyle via dieting and exercise to lose weight.

“I really didn’t have a goal weight in mind when I started,” she said. “I just wanted someone to help me



U.S. Air Force photo by Tech. Sgt. Jerome S. Tayborn

Tech. Sgt. Andrea Conn, 515th Air Mobility Operations Wing budget analyst, performs squats at the Joint Base Pearl Harbor-Hickam Fitness Center.

figure out what I needed to do as far as my diet and exercise regimen and I couldn’t do it on my own. I needed one-on-one attention.”

According to Conn, it was during this time she fell in love with fitness. After losing 30 pounds, her trainer convinced her to take on an even bigger challenge: a body building competition.

Between 2012 and 2013, Conn placed second in two separate competitions proving she had not only reached her fitness goal of

being more physically fit, but she had also exceeded it.

“The competitions helped me reach a good point in my life. I felt like I had finally done something great for me,” she said.

Armed with this newfound confidence she decided to find a way to share it with others.

“Since PCSing I’ve started working on a personal training certification,” she said. “I want to pay it forward. I want to give people what my trainer gave me.”

Conn said she wants to be a positive example for those who may be struggling with physical fitness like she was.

“I see a lot of frustration with PT and the test especially,” she said. “People are discouraged, but they can make a change if that’s what they want. If they are willing to put forth effort and adjust their way of living, they can make the changes they want to see. You just have to work for it.”

Conn said though she

wasn’t failing her PT test at the time, she decided to get serious about working out. She wasn’t where she needed to be physically.

“Passing a PT test doesn’t mean you’re physically fit,” she said. “There are 364 other days a year you need to work at it. Don’t wait until the last minute. Identify problem areas ahead of time and start working on them early. Work to be in an overall better physical condition and being prepared for a PT test won’t be an issue.”

In addition to enhanced health and PT scores, Conn said getting in shape improved her overall well-being and emotional health.

“As I went through the process of getting in shape I noticed a big change in myself,” she said. “I started enjoying the gym ... I was working out a lot and the more I worked out the less I felt stressed and the more energy I had. It helped me cope with my husband’s deployment. I just felt great all around.”

However, Conn said it took more than just exer-

cising to help her achieve her fitness goals.

“My diet was a big problem for me before. I would eat if I was bored even if I wasn’t hungry, and I drank alcohol a lot,” she said. “Now I choose healthier alternatives. I don’t restrict myself. I have my guilty pleasures, but I work hard and I have a lot more self-control than I did before.”

Conn advises any Airmen currently struggling with their PT test or overall fitness level to prepare to do a major overhaul in all areas of their life.

“Being in shape is a lifestyle change,” she said. “You have to be prepared to change everything and understand it won’t be easy.”

“You might find that you’re different than others around but you have to find what empowers you to want to be better. Everyone has the power to change the things they don’t like about themselves, and once you make the physical changes you will see the emotional and mental changes, too.”

NAVFAC Pacific energy monitors help command meet energy-savings goals

Story and photo by
Christine Rosalin

Naval Facilities Engineering
Command Pacific Public Affairs

Naval Facilities Engineering Command (NAVFAC) Pacific building energy monitor (BEM) teams conduct year-round inspections and monthly audits as part of the command’s energy saving initiative.

“The purpose of the BEM program is to have trained energy personnel in each region facility to facilitate the reduction of energy and water waste, as outlined in the 2010 Navy Region Hawaii Energy Management Program published on July 2010,” said Norma Liu, facili-

ties management and sustainment energy management program analyst.

“One of the most important things a BEM does is increase awareness of energy and water conservation amongst co-workers through posters, flyers, and reminders and announcements through e-mails and during staff meetings.”

Currently, NAVFAC Pacific has 21 BEM-trained personnel in support of, Navy Region Hawaii’s energy management program. Each member has responsibilities to minimize energy consumption throughout their designated buildings.

“We need constant reinforcement to affect behavioral changes

throughout the command, and the Region Hawaii Energy Team and building managers cannot do this by themselves,” Liu added. “The more people we have who understand the importance of this program and help spread the word, the better we can better minimize energy and water waste.”

Each of NAVFAC Pacific’s 11 buildings has an assigned primary and alternate BEM who conducts audits in their assigned areas.

Using the “Take Charge Hawaii” audit form, BEMs inspect work areas for any office equipment not turned off at the end of the work day. They also monitor air conditioners left on during non-mandated hours, thermostat readings set

below 78 degrees, exterior windows and doors left open when the air conditioners are running, equipment running in unoccupied rooms, and exterior lights on during the day. Additionally, BEMs inspect for leaky plumbing fixtures to support water conservation.

“During the last two months, we conducted weekend audits,” said Rick Nojima, NAVFAC Pacific’s building manager and lead BEM. “We record all our findings and submit reports up the chain and to the Region Hawaii Energy Team.”

“The audits highlight that we need to increase education awareness so personnel will change daily habits,” Liu said. “One of the misconceptions is if your computer or

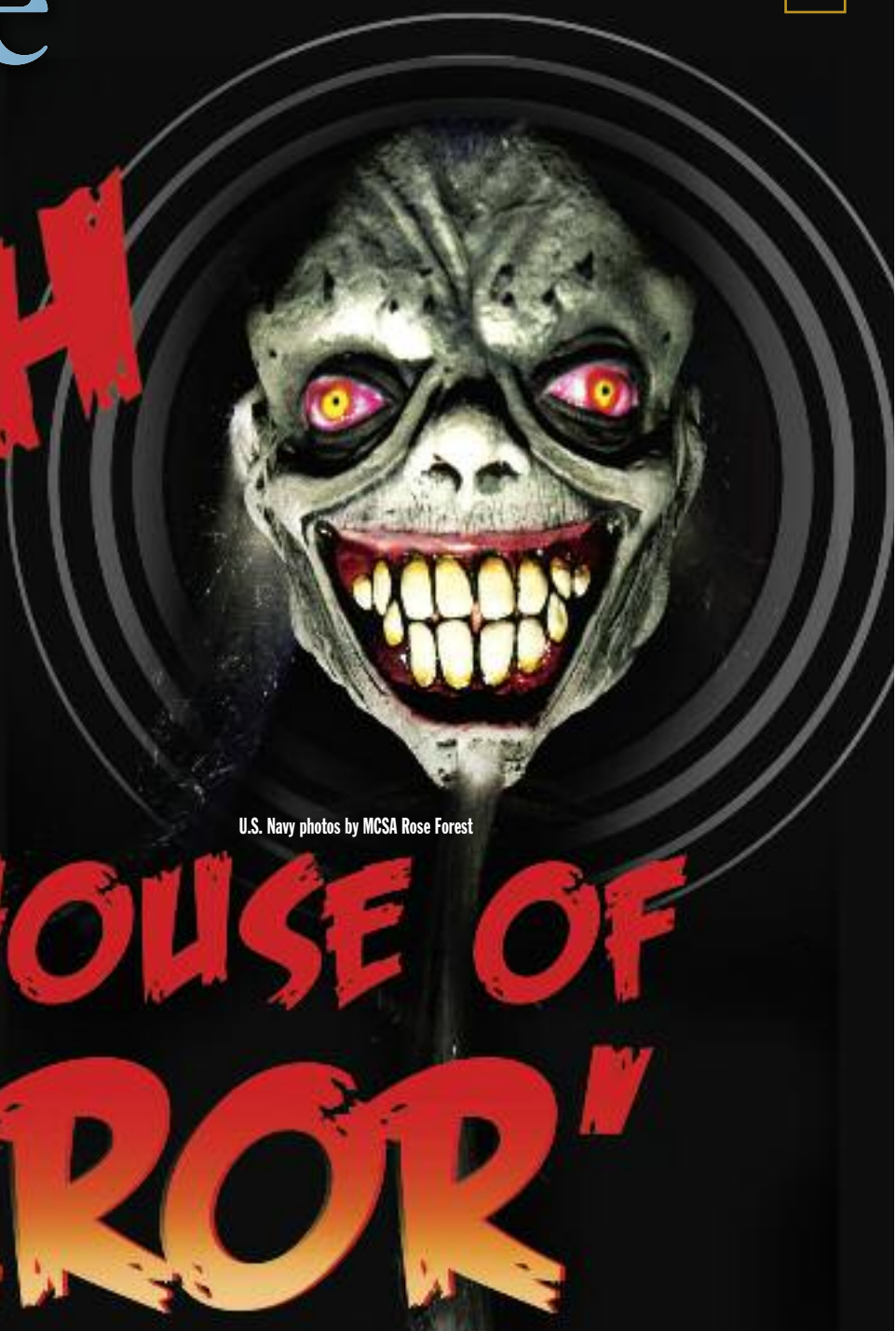
monitor is plugged into the sensor controlled power strip, then it is ‘off’ when you are not in your cubicle or office. This is not the reality though, because if the power strip and equipment are not switched off then the equipment is still drawing energy.”

Nojima said conservation requires teamwork.

“The efforts put forth by all our BEMs are greatly appreciated, but we need everyone’s help to make this program successful,” he said. “Having BEMs inspect their areas helps the command instill a culture of conservation and minimizes energy and water waste within the command.”

(See related photo on page A-5).

SAILORS UNLEASH



U.S. Navy photos by MCSA Rose Forest

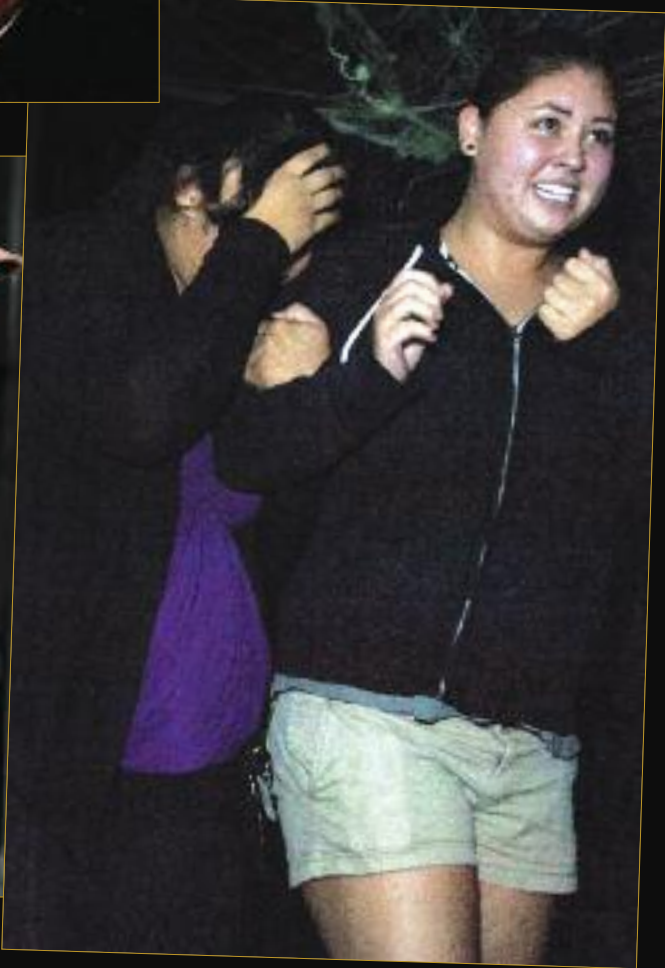
"WAREHOUSE OF TERROR"

Navy Public Affairs Support Element West, Det. Hawaii

Sailors from various commands held a haunted house with the theme "Warehouse of Terror" from Oct. 17 to 26 at Joint Base Pearl Harbor-Hickam (JBPHH). Service members, families and friends explored the haunted house located at the Pearl Harbor self help building 292. The project was headed by the Seabee Second Class Association, which is a combination of Sailors from Navy Facilities Engineering Command (NAVFAC) Self Help and Construction Battalion Maintenance Unit (CBMU) 303.



Members of the Seabee Second Class Association, which is a combination of Sailors from Navy Facilities Engineering Command (NAVFAC) Self Help and Construction Battalion Maintenance Unit (CBMU) 303, participate in the "Warehouse of Terror," a haunted house attraction they built at Joint Base Pearl Harbor-Hickam.



Defending champs come back to defeat Hangar 5

**Story and photo
by Randy Dela Cruz**

Sports Editor

Down 7-6 early in the second half, Commander, United States Pacific Fleet (COMPACFLT) Hot Boyz scored 18 straight points to earn a 24-7 win over Hangar 5 Juggernauts in a Blue Division intramural flag football game on Oct. 24 at Ward Field, Joint Base Pearl Harbor-Hickam.

The victory raised the Hot Boyz' record to 3-0, while Hangar 5 dropped their fourth game of the season against only one win.

While the teams' records coming into the matchup suggested a mismatch in favor of the defending champions COMPACFLT, Hangar 5 proved to be a tough opponent — especially in the early moments of the game.

COMPACFLT entered the red zone on their first two processions but was forced to give up the football on both occasions.

Finally, after getting the football on the Hangar 5 39-yard line, returning COMPACFLT quarterback Operations Specialist 2nd Class Solomon Pulu hit Marine Sgt. J.R. Martin with a pass that placed the football on the eight before Pulu connected with Senior Chief Information Systems Technician Will Casillas for a 6-0 lead.

The advantage held up until halftime, but on their first drive in the second half, Hangar 5 went



Ensign Gennaro Hawkins, receiver for COMPACFLT Hot Boyz, leaps up to make a catch against the Hangar 5 defense in a Blue Division intramural flag football game.

on a 65-yard march that took 12 plays and finished with Juggernauts QB Airman 1st Class Ben Hofflun connecting with Senior Airman Chris Austin for nine yards and a score.

The Juggernauts converted the point after touchdown to move ahead of COMPACFLT by a score of 7-6.

Trailing for the first time in the

game, Pulu said that the one-point deficit proved to be a wake-up call for the Hot Boyz.

After getting the ball back, Pulu directed a 65-yard drive on only six plays before hooking with Martin for a 19-yard scoring pass and a 12-7 lead

Then on the very next play, Pulu delivered on defense by picking off a pass from Hofflun that

placed the ball on the Juggernauts 22.

Two plays later, Pulu completed a pass to Navy Diver 1st Class Wayne Shearer for six more points and an 18-7 lead.

Following COMPACFLT's third touchdown of the game, Martin dashed any hopes of a comeback by the Juggernauts when he stepped in front of a

Hofflun pass and picked it off to set up the Hot Boyz near the Hangar 5 end zone.

Four plays later, Pulu rewarded Martin for his interception by connecting with the Marine sergeant for his second touchdown of the game and a 24-7 lead.

"When they scored on us, that kind of ticked us off," said Pulu about the team's three straight touchdowns. "Right after they scored on us, we came right back and scored on them. That kind of got us amped up to play even harder. So then we got a couple turnovers on defense and we converted those to touchdowns."

Austin said that after the Juggernauts took the lead, the team tried to switch things up to shut down the Hot Boyz offense.

Instead, Austin admitted, that the adjustments backfired and allowed COMPACFLT to take full control of the game.

"We got that early lead, and then we made a few changes on defense," Austin said. "We made some personnel changes that didn't work to our favor. They exploited that and they're a great team."

Pulu said that after winning the base championship last season, he expects teams around the league will be gunning for them.

As long as the team stays focused, Pulu said, then the Hot Boyz should be in the running to repeat.

"If we all jell together and we all communicate, we should be able to take it again," he said.

Lake Erie hands Paul Hamilton second loss of season

**Story and photo by
Randy Dela Cruz**

Sports Editor

USS Lake Erie (CG 70) got two touchdown tosses from two different quarterbacks en route to a 21-0 victory over USS Paul Hamilton (DDG 60) Destroyers in an Afloat Division intramural flag football game Oct. 26 at Ward Field, Joint Base Pearl Harbor-Hickam.

With the win, Lake Erie leapfrogged past Paul Hamilton in the standings, which now finds Lake Erie in fourth place with a record of 3-1, while the Destroyers fell to fifth place with a record of 3-2.

"Overall, we were clicking on offense," said Gunner's Mate 2nd Class Jason Townsend, who was one of two Lake Erie quarterbacks who played against the Destroyers. "I thought we were able to get a lot of open looks and a lot of good clean passes. Our defense stepped up. They put a lot of pressure on the ball and got some turnovers."

In the first half, Lake Erie, under the direction of Townsend, took the opening snap from their own 15-yard line and proceeded on a long, methodical drive that covered 65 yards on 13 plays.

The final play resulted in an 18-yard scoring pass from Townsend to Cryptologic Technician (Technical) Seaman Matt Uselton for a 6-0 lead.

Lake Erie converted their point after touchdown (PAT) attempt to make it 7-0.

After both teams were forced to hand the ball over on downs, Paul Hamilton, with time running down in the half, got the ball on



Boatswain's Mate Seaman Deon Lester crosses the goal line after making a catch from quarterback Ensign Aaron Santiago to give USS Lake Erie (CG 70) a 14-0 lead over USS Paul Hamilton (DDG 60) Destroyers.

their own 30-yard line.

Hoping to tie the score before intermission, Paul Hamilton found the going tough against a Lake Erie defense that dug in to preserve the lead.

On the first two plays from the line of scrimmage, Paul Hamilton QB Gunner's Mate Seaman Jason Maynor suffered back-to-back sacks before he threw a pass that was picked off by Ensign Aaron Santiago.

Santiago, a former starting slot back for Naval Academy, returned the pick to the Paul

"That was a momentum swing. I think that basically broke their backs. It allowed our defense to step up and put more pressure and pretty much win the game for us."

—Gunner's Mate 2nd Class Jason Townsend

Hamilton 22 and then replaced Townsend as the team's signal caller.

On his first play at QB, Santiago took the snap, rolled to his left and tossed a pass into the

arms of Boatswain's Mate Seaman Deon Lester for six points.

Another converted PAT made it 14-0 at halftime.

"That was a momentum swing," Townsend said about the Santiago pick and pass. "I think that basically broke their backs. It allowed our defense to step up and put more pressure and pretty much win the game for us."

If that play didn't do in Paul Hamilton, then the next one certainly did.

Coming out of intermission, Maynor, on the team's first play from the 15, was picked off again by Santiago, who this time took it all the way to the house for the final touchdown of the game.

Maynor, who was forced to scramble out of the pocket for most of the game, said that, in the end, Lake Erie's overall speed and pressure just may have been too much for the Destroyers to handle.

"They had a real good front line and they were faster than us," Maynor admitted. "We had a few new linemen, too. So the only one with experience was the right tackle. That caused a lot of confusion."

While Maynor said that more practice should help him and his teammates get on the same page, Townsend, despite Lake Erie's impressive win, said that his team also has a lot of room to improve.

The key to Lake Erie's success this season will also be found on the practice field, Townsend said.

"We have a lot of athletes," Townsend pointed out. "What we haven't been able to do, due to our schedule, is practice. With practice, I think we're going to be a lot more competitive team."

Leptospirosis is a preventable infection common throughout Hawaii

**Lt. Cmdr.
Michael Termini**

*Naval Health
Clinic Hawaii*

**Lt. Cmdr.
Tammy Servies**

*Navy Environmental
and Preventive
Medicine Unit 6*

Living in Hawaii affords many military personnel, family members and visitors the opportunity to enjoy some of the most beautiful hiking trails in the country. Many of these trails offer scenic fresh waterfalls and inviting swimming ponds.

However, many of these freshwater ponds contain dangerous bacteria called leptospira. These bacteria cause a disease called leptospirosis. Each year, the Hawaii Department of Health (DOH) monitors reported cases of leptospirosis, and health officials are encouraging people to take preventive measures.

Historically, two-thirds of Hawaii's leptospirosis cases



The disease leptospirosis is generally transmitted to humans by exposure to fresh water streams or ponds contaminated by infected animals. Signs warning of leptospirosis are posted at many popular freshwater spots throughout the island where known exposures occur.

occur during the warmer months, when there is increased outdoor activity and more people swim in these fresh water streams or ponds. Recently there has been an increase in cases. Most of the cases come from the Big Island, and it is believed that there are even more cases which do not get reported.

Of the cases reported on Oahu, most come from Maunawili Falls. Several active duty service members have been suspected of

having leptospirosis and have received care at Tripler Army Medical Center over the past several months.

These members became infected by swimming in fresh water ponds along popular Oahu hiking trails.

Leptospirosis is a bacterial disease that is primarily carried by rats and mice, although dogs, pigs, cattle and horses can also become infected. The disease is generally transmitted to humans by exposure to

fresh water streams or ponds contaminated with urine from infected animals. Infection can take place when contaminated water enters the body through the mouth, nose, eyes or open wounds.

Individuals who develop flu-like symptoms (high fever, severe headaches, muscle aches, nausea and vomiting) and have been exposed to fresh water streams, ponds or mud during the preceding three weeks should immediately

see a physician and inform them of any environmental exposures and skin wounds.

Left untreated, those infected may develop kidney, liver, blood and nervous system damage and in rare cases, death may occur.

To reduce the risk of contracting leptospirosis:

- Heed the signs warning of leptospirosis posted at many popular freshwater spots throughout the island where known exposures occur.
- Do not swim, wade or play

in fresh water or mud, especially when you have cuts or abrasions.

- When swimming in fresh water, do not place your head underwater.
- Do not drink stream water without boiling or chemically treating it first.
- Keep water catchment collection areas free from overhanging branches and prevent access to these by animals.
- Drain potentially contaminated areas of standing water.
- Control rats, mice and mongooses around the home and at work sites.
- Vaccinate pets and farm animals.

Enjoy the beautiful sites of the state of Hawaii, but be mindful of the ways to avoid becoming ill from this preventable disease.

For more information on leptospirosis, visit the Hawaii Department of Health website at <http://health.hawaii.gov/doc/d/dib/disease/leptospirosis> or the Centers for Disease Control at <http://www.cdc.gov/leptospirosis>.

Photos courtesy of Naval Health Clinic Hawaii

Complete-game performance lifts JPAC to victory

**Story and photo
by Randy Dela Cruz**

Sports Editor

Quarterback Master Sgt. Rick June threw for two touchdowns and ran in for another, while the team's defense picked off three passes to lead Joint Prisoner of War/Missing in Action Accounting Command (JPAC) to a 20-0 win over the 25th Air Support Operation Squadron (25 ASOS) Bushmasters. The victory came in a Red Division intramural flag football game Oct. 29 at Ward Field, Joint Base Pearl Harbor-Hickam.

The win kept JPAC in the hunt for the division's top spot with a record of 6-0, while the Bushmasters had their three-game winning streak snapped and fell to 3-2.

In directing the offense, June was superb in leading a ball-controlling attack that ate up the clock and kept the ball away from a dangerous Bushmasters squad.

"That is always the game plan," June acknowledged. "Usually, once we go up about two touchdowns, we'll work on the basics – precision passes and route running. The plays that we do have, that's the time to work on those plays."

On the opening drive, June picked up seven, six and 11 yards on the three of the



Department of Defense civilian Adrain Peay leaps up in front of 25th Air Support Operation Squadron (25 ASOS) Bushmasters receiver Senior Airman Graig Gabrielson and picks off a pass.

offense's first four plays before converting a clutch fourth-and-one on the 39 to keep the march going.

Four plays later, June found Sgt. 1st Class Craig Prouty down the sideline for 13 yards and a touchdown to put JPAC up at 6-0.

After the touchdown, the teams exchanged the ball on downs before the Bushmasters started their second offensive series at their own 15.

On the first play, JPAC defensive back Sgt. Fred Pedro picked off a pass from 25 ASOS quarterback Capt. Christopher Curtis and returned the ball to the 21.

Later, June tossed a 25-yard pass to Staff Sgt. Andrew Smith for a touchdown and 12-0 lead before the converted point after touchdown (PAT) made it 13-0 just before halftime.

JPAC had one more opportunity to score after Department of Defense civilian Adrain Peay intercepted another pass from Curtis, but time ran out before JPAC could punch it in.

While JPAC failed to take advantage of Peay's pick in the first half, the team made up for it after Peay stole another pass from Curtis to start the second half.

With the ball in good field position at the Bushmaster's 30, June needed only four plays to strike pay dirt.

This time, June took it in all

by himself on a seven-yard scamper into the end zone.

June posted the final point of the game by converting the PAT on a keeper.

Although June should be credited for running an efficient offense that kept the chains moving forward, the JPAC quarterback said that he was most impressed by the team's defense, which shut down a tough Bushmasters offense.

"Our main focus is defense," he said. "If we don't let them score, then we don't lose the game. Our defense is our primary focus and tonight they were locked in."

Following the game, June said that while JPAC's undefeated record suggests perfection, the team has got a lot more work to do.

In order to beat a strong Bushmasters squad, June said that JPAC just might have played their best game to date.

"We did a lot of improvements this week," June pointed out. "In prior weeks, we had problems grabbing flags, we were getting penalties for talking, unsportsmanlike conduct, so we're trying to eliminate the penalties, secure the flags and make sure we prevent the big plays from happening. Every week, we should be getting better. That's what we're trying to do, that's our goal."

Joint base personnel build more than playgrounds

**Story and photos by
SrA Christopher Stoltz**

Joint Base Pearl Harbor-Hickam Public Affairs

Although they could have spent the weekend relaxing and catching up on chores, nearly 60 Joint Base Pearl Harbor-Hickam Airmen and Sailors spent their weekend recently constructing a new playground for children attending the Holy Nativity School, located in Aina Haina.

The project to replace a more-than-60-year-old playground took five days to construct, but it has been in the works for more than a year.

Last fall, Tim Spurier, director of operations at Holy Nativity School, recognized the need for a new play structure and began a fundraising effort for a new one.

The school's goal was to create an inspired, unique, eco-friendly structure. The design process started with every student at Holy Nativity School drawing pictures of their ultimate playground, which were shared with a playground-construction firm to create the custom-designed, community-build playground for the school.

When it came time to actually construct the playground, Spurier knew the school would need some assistance. Little did he



Nearly 60 service members from Joint Base Pearl Harbor-Hickam recently volunteered to help replace a 60-year-old playground at the Holy Nativity School, located in Aina Haina.

know his expectations would be exceeded by personnel serving at Joint Base Pearl Harbor-Hickam.

"The military involvement is great," he said. "We have a few military children who attend our school, and one of the parents said he might be able to find some people to help with the build. I expected a handful, but the number of volunteers kept growing."

Spurier said the turnout was pleasantly surprising, given the fact the school is not close to joint base, and

drivers have to traverse through weekend traffic to get there.

"I was only expecting a few people to come out and help," he said. "But to have nearly 60 Air Force and Navy volunteers, it is a blessing. For everyone to spend their weekend making the children's ideas come to fruition is a perfect example of their selflessness."

Displaying the Air Force core value of "service before self," Air Force Senior Master Sgt. Jim Frithsen helped spread the word

about the build by disseminating the information to his peers and subordinates.

"We need a strong community to support us and our families," he said. "So when we get an opportunity to give back and serve the community, we rise to the challenge and come out and do the best we can to give back to the community that gives back to us."

Frithsen was not the only one who heard about the build though.

"I actually have a friend who is a teacher's assistant

here (Holy Nativity School), and she asked me if I knew anyone who could help," said Navy Diver 2nd Class Pierce Decker, Mobile and Diving Salvage Unit One. "She told me they would need assistance, especially when it came to doing some manual labor."

It turns out Decker did know a few people who could assist as he and 16 other members from Mobile and Diving Salvage Unit One

joined the effort to complete the build.

"It's mostly for the kids," he said. "It's a great chance to show them although we are stationed here temporarily, we still care about where we live and want to help out where possible. Helping out an elementary school by building a playground is a perfect example of that. We just hope they are happy with the completed product."



Navy Diver 2nd Class Pierce Decker, Mobile and Diving Salvage Unit One, uses a jackhammer to make room for supporting beams to help hold the new playground for the Holy Nativity School, located in Aina Haina.



Live the Great Life

Hickam Library offers variety of activities

The Hickam Library will feature upcoming activities and programs for all ages.

Patrons who are confused by e-books and audio books, or not sure where to look or what to read, may attend the library know-how session beginning at 11 a.m. Saturday. Patrons can learn how to find e-books, music and more on the computers or just browse for books. Parents can bring their children and sign them up for the summer reading program.

Kids can stop by the library at their leisure on Nov. 8 and create a square for the library's Thanksgiving quilt. The



MWR Marketing photo

Patrons learn how the computers can enhance their library experience during a library know-how class.

squares will represent "things we are thankful for" and will be displayed at the library through Thanksgiving.

The library will also feature Wii Wednesday on

Nov. 6. Children ages 6 to 10 years old may stop by between 2 and 4 p.m. to play on the Wii game system.

For more information, call the library at 448-829.

Your Weekly Fun with MWR

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



Hickam Historical Tour will be held from 9:30 a.m. to 1:30 p.m. today and Nov. 8, departing from Information, Tickets and Travel-Hickam. Due to the nature of this tour, it is not recommended for children under 6 years old. FMI: 448-2295.

Level 2 Sailing class can be taken from noon to 2 p.m. or 3:30 to 5:30 p.m. Wednesdays and Fridays today through Nov. 29 at Rainbow Bay Marina. The activity is open to patrons ages 10 years and older. The class is taught by a certified instructor and consists of classroom theory and on-the-water group instruction. FMI: 473-0279.

Warrior Friday will be held from 4:30 to 10 p.m. tonight at the Hickam Officers' Club Koa Lounge. FMI: 448-4608.

Pastel Landscapes class will be held from 5 to 7 p.m. Fridays, from today through Nov. 22 at the Hickam Arts & Crafts Center. Students will explore composition, value and color. FMI: 448-9907.

Youth Fitness Orientation Program will begin at 9 a.m. Saturday at the Hickam

Fitness Center. The program is open to patrons ages 10 to 14 years old. The orientation includes a facility tour, safety guidelines, a cardio equipment usage demonstration and a review of the rules and regulations. Youth must have a valid military ID card, be dressed in fitness attire, and must be accompanied by an adult to receive this orientation. FMI: 448-2214.

Adult Hand-Building with Clay will be held from 9 a.m. to noon on Saturdays from Nov. 2 to 23 at the Hickam Arts & Crafts Center. Participants will learn basic ceramic techniques such as pinch-pots and coil building. FMI: 448-9907.

Family/Group Sailing Instruction will be held from 9:30 a.m. to noon Saturdays on Nov. 2, 9, 16, 23 and 30 at Rainbow Bay Marina. This course offers a brief introduction to sailing, including an overview in the classroom, demonstration of rigging and some time on the water. FMI: 473-0279.

Portrait Drawing & Painting will be held from 11 a.m. to 1 p.m. Saturdays from Nov. 2 to 23 at the Hickam Arts & Crafts Center.



MWR Marketing photo

Patrons shop at a recent MWR Super Garage Sale.

MWR Super Garage Sale to feature unique items

Joint Base Pearl Harbor-Hickam

Morale, Welfare and Recreation

The Joint Base Pearl Harbor Hickam Morale, Welfare and Recreation (MWR) Super Garage Sale will be held from 9 a.m. to noon Saturday at Richardson Field across from Aloha Stadium.

Parking is available at Rainbow Bay Marina and overflow parking at Aloha

Stadium for a minimal cost. No pets are authorized on the field or at the event. The event will include handmade crafts, clothes and other items.

"Our customers love the super garage sale, whether they are selling or buying. It's a hit every time," said Lara Katine, special events director. The next Super Garage Sale is Feb. 8 with registration opening up two months in advance. For more information, visit www.greatlife.hawaii.com.

Students will learn steps and techniques for drawing portraits from subjects in real life and from photographs. FMI: 448-9907.

Beginning Origami will be held from 2:30 to 4:30 p.m. Saturdays from Nov. 2 to 30 at the Hickam Arts & Crafts Center. Students will learn the basics of the Japanese art of paper folding. FMI: 448-9907.

O' Skool Nights will be held from 9 p.m. to 1 a.m. Nov. 2, Saturday, at JR Rockers Sports Café. DJ Doc J and the Uptown Crew will spin the classic hits. FMI: 448-2271.

Turkey Roll will be held from 10 a.m. to 4 p.m. Monday to Friday from Nov. 4 to 22 at Hickam Bowling Center. Patrons can earn one entry blank for every game bowled. A drawing for prizes will be held at 9 a.m. Nov. 23. FMI: 448-9959.

Dollar Fifty Monday will be held from 5 to 9 p.m. Nov. 4 at Naval Station Bowling Center. Shoe rental, a bowling game and a hot dog are \$1.50 each. FMI: 473-2574.

Hawaiian Quilted Pillow class will be held from 9 to 11 a.m. or 7 to 9 p.m. Tuesdays from Nov. 5 to 26 at the Hickam Arts & Crafts Center. Students will learn the "snowflake" method of cutting out a Hawaiian motif and the technique of needle-turn appliqué to apply the design to a background fabric. FMI: 448-9907.

Beginner Sailing is offered from noon to 2 p.m. or 3:30 to 5:30 p.m. Tuesdays and Thursdays, Nov. 5 to 26, at Rainbow Bay Marina. The class is open to patrons ages 10 years and older. The class is taught by a certified instructor and consists of classroom theory and on-the-water group instruction. FMI: 473-0279.

Morale Welfare & Recreation

WEIGHT TRAINING CLASS
Free weight training classes will be held from 9:30 to 10:30 a.m. on Tuesdays throughout the month of November at the Hickam Fitness Center. Participants can learn basic weightlifting techniques from the center staff. FMI: 448-2214.

FREE GOLF CLINIC
There will be a free golf clinic beginning at noon Nov. 7 at the Navy-Marine golf course. FMI: 471-0142.

YOUTH WINTER BASKETBALL REGISTRATION
Registration for youth baseball is now through Nov. 8. The season runs from December to March. Registration is open to youth ages 5-15. FMI: www.greatlifehawaii.com or call 473-0789.

SILLY SUPER HERO
The Hickam Arts & Crafts Center will hold classes on flipbook animation and cartoon drawing from 2:30 to 4 p.m. Wednesdays throughout the month of November. Students can practice facial expressions, develop scenery and learn about speech bubbles while making their own take-home comic books, complete with cover art. This class is open to ages 5-12 years old. FMI: 448-9907.

SHARKEY THEATER TWO-DOLLAR THURSDAY
On Thursday evenings throughout November, patrons can get nachos, a hot dog, a small drink or small popcorn for \$2 each at the Sharkey Theater snack bar. FMI: 473-0726.

KAYAKING CHINAMAN'S HAT
There will be a kayaking excursion to Chinaman's Hat that begins at 9 a.m. Nov. 9. Departures are from the Outdoor Adventure Center-Fleet Store. Transportation is provided. This trip can sometimes be moderate in the level of difficulty. The registration deadline is Nov. 6. FMI: 473-1198.

HICKAM FALL CRAFT FAIR
The 38th Annual Hickam Fall Craft Fair will be held from 9 a.m. to 3 p.m. Nov. 9 at the Hickam Arts & Crafts Center lawn. The fair features live entertainment, original handmade arts and crafts, food booths, horse rides and more. This free event is open to the public via Kuntz Gate or via public transportation on The Bus #19. FMI: 448-9907.

PRESCHOOL STORY TIME
Preschool story time will be held from 9 to 10 a.m. Nov. 13 at the Hickam Library. The theme will be “silly stories.” FMI: 449-8299.

Community Calendar

NOVEMBER

TODAY — Naval Health Clinic Hawaii Health Promotions will hold the Santa 6 Pack, 6-week healthy lifestyle weight management program starting today. This program is open to all authorized patrons: active duty military and their families, Department of Defense employees and retirees. FMI: 471-2280.

TODAY — The City & County of Honolulu will conduct the monthly statewide outdoor warning siren test at 11:45 a.m. The Joint Base Pearl Harbor-Hickam “Giant Voice” works in conjunction with Honolulu’s outdoor warning sirens and will sound a steady tone for 45 seconds.

SATURDAY — *Kapuaikaula Makahiki*, an ancient Hawaiian festival of Thanksgiving, will be held beginning at 9 a.m. at Hickam Harbor Beach. Guests can participate in ancient games of skill and learn about native Hawaiian culture and protocol. Families and children are welcome. The event is free and open to personnel with base access and their sponsored guests. FMI: 473-0662, 473-0369 or 471-1171, ext. 368.

SATURDAY — A free gospel extravaganza will be held beginning at 2 p.m. at the Schofield Barracks Main Post Chapel. The event will feature choirs from chapels across Oahu and gospel recording artist and worship leader Darlene McCoy. The chapel is located at 790 McCormack Road, building 790, behind the post exchange. FMI: Chaplain Lt. Col. Eric Jackson at pastorericj@gmail.com or call 655-9307.

NOW THROUGH NOV. 3 — The 735 Air Mobility Squadron Passenger Terminal will provide a free service to screen children’s Halloween candy. The terminal staff will X-ray candy to ensure there aren’t any hidden tricks in treats. Those who are interested in the service can stop by the AMC Passenger Terminal with the candy until 6 p.m. FMI: 449-6833, option 7.

NOW — Forest City pool hours have changed from summer schedule to normal hours of 10 a.m. to 6 p.m. This is for all Forest City pools: Halsey Terrace, Radford Terrace, McGrew Point, Moanalua Terrace, Hale Moku/Hokulani and Pearl City Peninsula. Forest City residents may use any of these pools. FMI:https://www.facebook.com/fcnavyhawaii.

13 — A grand reopening of the renovated mall will be held beginning at 8 a.m. at the Pearl Harbor Navy Exchange (NEX) mall rotunda. The event will include a performance by the Pacific Fleet Band, remarks by dignitaries and special guests and giveaways for customers. A cake cutting ceremony will follow. The event is for authorized NEX patrons. FMI: 423-3287.



DON JON (R)

Actor Joseph Gordon-Levitt makes his feature directorial debut with this funny yet earnest psychological comedy-drama about a womanizer named Jon Martello (Gordon-Levitt) who earns the nickname "Don Jon" for his ability to charm beautiful women, but remains unable to forge a meaningful connection with the opposite sex.

SHARKEY THEATER

TODAY 11/1
7:00 PM The Family (R)

SATURDAY 11/2
2:30 PM Cloudy with a Chance of Meatballs 2 (PG)
4:50 PM Parkland (PG-13)
7:00 PM Gravity 3D (PG-13)

SUNDAY 11/5
2:30 PM Cloudy with a Chance of Meatballs 2 3D (PG)
4:40 pm Parkland (PG-13)
6:50 pm Gravity 3D (PG-13)

THURSDAY 11/7
7:00 PM Prisoners (R)

HICKAM MEMORIAL THEATER

TODAY 11/1
6:00 PM Cloudy with a Chance of Meatballs 2 (PG)

SATURDAY 11/2
4:00 PM Cloudy with a Chance of Meatballs 2 (PG)
7:00 PM Don Jon (R)

SUNDAY 11/3
2:00 PM Cloudy with a Chance of Meatballs 2 (PG)

THURSDAY 11/7
7:00 PM Insidious Chapter 2 (PG-13)

Movie Showtimes



Sesame Street/USO Experience for Military Families tour coming Nov. 17

Story and photos courtesy of USO

The Sesame Street/USO Experience for Military Families tour will hold two shows, at 2 and 5 p.m., Nov. 17 at the Hickam Fitness Center Gym, Joint Base Pearl Harbor-Hickam.

The event will include characters from Sesame Street (specifically Elmo,

Grover, Cookie Monster, Rosita and Katie, a new military character designed exclusively for military families.)

The event features free admission for military families and their children, a mini-show and giveaways. The shows are for military ID holders and their guests.

Katie — a military child who, with the help of her

Sesame pals, learns to deal with her fears and excitement about relocating after her parent’s deployment – is back and looking forward to seeing all of her friends overseas. Created exclusively for this tour, Katie was first introduced to military families in April 2011 by First Lady Michelle Obama and Jill Biden at a Joining Forces rally in

Columbus, Ohio.

Emphasizing the importance of adjusting to change and the power of friendship, this 30-minute character performance lets military youngsters know they are not alone and provides special giveaways and outreach materials to military families who attend.

“It is a privilege and an honor to say thank you to our

troops and their families 365 days a year. Our partnership with Sesame Street is one of the many ways the USO does this for our loved ones and we are thrilled to be celebrating five years of friendship,” said Sloan Gibson, USO president. “Working together, we expand our reach and support in a very powerful and meaningful way for those who need us the most.”

“Sesame Street has so much admiration and respect for our military families, we feel privileged to partner with our friends at the USO and be a part of this special event,” said H. Melvin Ming, president and CEO, Sesame Workshop.

For more information, visit www.sesamestreet.org/TLC and www.greatlifehawaii.com.



Characters from Sesame Street will greet military families for two shows at 2 and 5 p.m. Nov. 17 at the Hickam Fitness Center Gym.

Complimentary advance movie screenings announced for Nov. 13, 19

Joint Base Pearl Harbor-Hickam Public Affairs

Complimentary advance screenings of the soon-to-be-released movie, “Delivery Man” (rated PG-13) will be held Nov. 13

at Consolidated Kahala 8 and Nov. 19 at Consolidated Ward 16. Both showings are at 7 p.m.

The screenings are open to military affiliated personnel of all ranks, including civilian employees on a first-come, first-served basis.

Those who do not have a “SeeItFirst Preview” account, will be asked to register for an account to reserve their seat.

If seats are available, a confirmation and online ticket, valid for up to two guests, will be registered.

Print the ticket and bring it to

the theater for entry. Do not go to the ticket window.

Seating is first come, first served. Military affiliated personnel should plan to arrive early before 6:30 p.m. At that time, the general public will be allowed to fill remaining seats. No one will

be admitted late.

Cell phones and other recording devices are not allowed in the theater.

For the Nov. 13 screening, visit the website <http://ow.ly/qj6c3> and for the Nov. 19 screening visit <http://ow.ly/qj67H>.

Veterans Day commemoration events planned

Events planned to commemorate Veterans Day include:

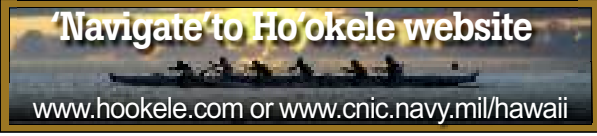
- Nov. 2, Kapaa Veterans Day Parade, with the Pacific Missile Range Facility commanding officer and Sailors participating.
- Nov. 11, 1 p.m., Hanapepe Veterans Cemetery, with the Pacific Missile Range Facility commanding officer participating in a wreath-laying ceremony.

- Nov. 11, 10 a.m., Wahiawa Veterans Day Parade will take place at California Avenue in Wahiawa.

- Nov. 11, 11 a.m., submarine veterans tribute at Submarine Memorial on Joint Base Pearl Harbor-Hickam. Sixty cadets from Radford High School NJROTC will participate. The guest speaker will be Rear Adm. Phillip Sawyer, commander Submarine Force, U.S. Pacific Fleet.

- Nov. 11, 1 p.m., Hawaii State Veterans Cemetery ceremony in Kaneohe. Pacific Air Forces is coordinating five commanders to participate in the wreath-laying ceremony.

- Nov. 11, 4:30 p.m. Battleship Missouri Memorial ceremony. The ceremony will pay tribute to the bravery, sacrifice and legacy of America’s Nisei Soldiers of World War II.



DoD releases statement on use of OxyElite Pro

Naval Health Clinic Hawaii

The Department of Defense is advising all service members and their families to follow Centers for Disease Control and Prevention (CDC) and Food and Drug Administration (FDA) guidance to stop using any dietary supplement labeled OxyElite Pro.

The department is participating in an investigation with the CDC, FDA and

Hawaii Department of Health on the acute hepatitis and liver failure of individuals who may have taken OxyElite Pro.

As a precaution, the department has ordered the removal of all OxyElite Pro products from bases.

Service members and their families who believe they have been harmed by the use of this product should contact their health care provider.

Health care providers are

asked to report any adverse events related to the use of OxyElite Pro to the FDA’s MedWatch Safety Information and Adverse Reporting Program at <http://ow.ly/qiIIS>

For more information,

visit the following websites:

- FDA guidance at <http://ow.ly/qiIkh>
- CDC guidance at <http://ow.ly/qiIpo>
- Navy and Marine Corps public health website at <http://ow.ly/qiIzk>