

MOH HONOREES PAY RESPECTS



Congressional Medal of Honor recipients drop rose petals at the USS Arizona Memorial to pay tribute to the sacrifice of the Sailors who lost their lives during the Dec. 7 attacks on Pearl Harbor.

Congressional Medal of Honor recipients and Sailors dedicate a wreath to the USS Arizona Memorial during a wreath laying ceremony

Joint Base Pearl Harbor-Hickam holds annual *makahiki* festival

Story and photo by
MC3 Sean Furey

Navy Public Affairs
Support Element West Det.
Hawaii

Service members, families and friends attended the annual *Kapuaikaula Makahiki* Festival on Oct. 6 at Hickam Harbor Beach at Joint Base Pearl Harbor-Hickam (JBPHH). The *makahiki* festival, also known as “Hawaiian Thanksgiving,” gives those in attendance the opportunity to better understand Hawaiian history and culture. Shad Kane, the master of ceremonies for the festival, gave a talk on the history of the festival. “The *makahiki* is an ancient Hawaiian celebration of the four months of the *Lono* season,



Participants of the annual *makahiki* festival host *makahiki* games at Joint Base Pearl Harbor-Hickam. The *makahiki* festival has been held on the shores of Hickam Harbor Beach and Ford Island each year for 10 years.

to honor *Lono* who is seen as the deified guardian of agriculture,” Kane said. “The *makahiki* anciently is a time for celebrating a bountiful harvest, bringing together the fisherman, the farmers and every body

with the chiefs.” The event began with paddlers in canoes carrying a symbolic representation of *Lono*, the deified guardian of agriculture, rain, health and peace arriving on the shores of Hickam Harbor Beach.

“I thought it was wonderful, I’ve never been to this before. I was really excited about coming. I am always interested in learning more about the Hawaiian culture,” said Carol Ponds, wife of Rear Adm. Ponds. “I always love

to hear about the culture of Hawaii. The most interesting part was learning about the origins of this festival. I hope that I can attend more of these events.” The arrival was followed by a procession from the

landing site to the *makahiki* location. Attendees were also given the chance to participate in traditional games at the event, such as *o’o ihe*, or spear throwing, and *ulu maika*, or stone rolling. (See more photos on A-5)

Navy birthday celebrated at Pearl Harbor Memorial Chapel

Story and photo by
Brandon Bosworth

Contributing Writer

A ceremony marking the Navy’s 237th birthday took place Oct. 10 at Pearl Harbor Memorial Chapel. Sailors took their seats as a Navy brass quintet played tunes such as “Yankee Doodle Dandy” and “The Colonel Bogey March.” After a color guard paraded the colors, Lt. Richard Tiff, Chaplain Corps, led those assembled in a invocation. “We pause today to remember 237 years of naval history,” he said. “Our Navy started as the Continental Navy that confronted the British navy, then the most powerful navy in the world. We have fought off pirates in the Mediterranean, German U-boats in the Atlantic, and the might of the

Empire of Japan in the Pacific.” After Tiff’s invocation, a short video highlighting the history, innovation and accomplishments of the Navy was shown, with particular emphasis given to the War of 1812. The importance of the War of 1812 in making the Navy what it is today was also emphasized by the ceremony’s keynote speaker, Jim Neuman, Navy Region Hawaii historian. Faced with aggressive provocations from the British navy, the U.S. was forced to take action. “On June 18, 1812 the newly formed United States, not even 25 years old and wholly unprepared financially or militarily, declared war on Great Britain, the greatest naval power on earth,” Neuman said. The odds for the U.S. did not seem good. “The American Navy had



Jim Neuman, Navy Region Hawaii historian, was the keynote speaker at a ceremony Oct. 10 at Pearl Harbor Memorial Chapel, marking the Navy’s 237th birthday.

maybe 20 ships in our arsenal to the 600 ships of the royal navy,” explained Neuman. “But we had six

frigates, and they were the fastest, strongest, finest ships of their type on the ocean. The crews

were strong, professional and determined Sailors, and they were not afraid to fight a superior foe.” The war ended in 1815 with no obvious victor. But the United States had put up a good fight, and the conflict had a major effect on shaping the U.S. Navy. “This was truly when the United States Navy came of age,” said Neuman. “It was here that the Navy truly began to build the legacy of achievement, courage, honor and commitment that we celebrate today.” Neuman also stressed how much history there is here in the Pacific. “As Sailors in Hawaii, you have history all around you,” he said. The pivotal Battle of Midway in 1942 was won first in the dry docks over at the shipyard, when ship fitters, and carpenters and electricians worked around the clock to get

the damaged USS Yorktown fit for battle in record time so that her aircrews could participate at Midway. Neuman said, “History is the USS Missouri, right out there on Battleship Row.... History is the USS Arizona Memorial, a terrible moment in our history, represented in the design of the memorial as it slopes down over the wreckage of that great ship, and the crew who are still buried in her. But then the memorial slopes up above the shrine room and the sculpture of the tree of life symbolizing hope for the future, if we have learned the lesson of the need for eternal vigilance.” The ceremony ended with a video presentation by Master Chief Petty Officer of the Navy Michael D. Stevens, who sent a birthday message. (See related stories on page A-3).

Eagle Scout is renovating USS Utah Memorial to honor veterans

Story and photo by
Brandon Bosworth

Contributing Writer

The USS Utah Memorial at Joint Base Pearl Harbor-Hickam is receiving a facelift from Eagle Scout Zane Grzeszczak, a 15-year-old sophomore at Pearl City High School.

He and his Boy Scout troop are working to improve and renovate the Utah Memorial on Ford Island.

"It was brought to my attention by my scout master that there was a possible project at the USS Utah," Grzeszczak said. "I always wanted to do something to help and honor veterans, and this was the perfect



Photo courtesy of Dee Dee Grzeszczak

(Above and Left) Zane Grzeszczak and members of Troop 180 pull weeds and oversee a new coat of paint being applied at the USS Utah Memorial.

opportunity."

The USS Utah was sunk during the Dec. 7, 1941 attack on Pearl Harbor. Of the ship's crew, an estimated six officers and 52 enlisted men were killed. The

memorial was officially authorized by the 91st Congress in October 1970, and dedicated on Memorial Day 1972.

Grzeszczak and his fellow Scouts from Troop 180,



along with help from local construction and paint companies, are installing a new concrete handicap accessible ramp and hand rail system at the memorial, as well as adding a new coat of paint to

the deck. The area around the memorial is being landscaped, with old plants being removed and replaced with new plants and mulch.

It's taken Grzeszczak nearly a year of planning

and receiving approval for this project. Work began the first week of October and is scheduled to be completed by the end of the month.

"Things are going really well so far," Grzeszczak said.

His mother, Dee Dee Grzeszczak, is very pleased by his project.

"I'm really proud of him," she said. "The work they are doing will be around for a long time."

"This is way overdue. I'm so proud of this young man and his desire to improve the memorial that honors the once-forgotten ship USS Utah, and members of the crew that still remain inside the ship," said Jim Taylor, a longtime volunteer who has supported the memorial.

Hispanic heritage, workplace diversity celebrated at joint base

Story and photo by
AG3 Vaughan Dill

Senior Chief Aerographer's Mates Manuel A. Santos and Enrique Acosta discussed the importance of Hispanic heritage and diversity in the workplace with Sailors and Airmen of the Joint Typhoon Warning Center, during a celebration Sept. 27 at Joint Base Pearl Harbor-Hickam.

The meteorology and oceanography community in the region has three commands on Oahu and in what may be the first time in the history of the Navy, in one location, all three senior enlisted leaders of the community are all of Hispanic descent.

"That says a lot for diversity in the Navy. It never used to be that way, and to be able to see that come to pass is pretty amazing," Acosta said.

Acosta is the senior enlisted advisor at the Joint Typhoon Warning Center, which is the U.S.



Senior Chief Aerographer's Mate Manuel A. Santos discusses the importance of Hispanic heritage and diversity in the workplace with Sailors and Airmen of the Joint Typhoon Warning Center during a celebration Sept. 27.

Department of Defense agency responsible for issuing tropical cyclone warnings for the Pacific and Indian Oceans.

Santos is the senior enlisted advisor at the Fleet Weather Center Aviation Detachment based at Pearl Harbor-Hickam, which provides joint aviation services in Hawaii alongside the Air Force's 17th Operational Weather Squadron.

"It is great because as a nation we have grown a lot. It is about your knowledge and your qualifications, not about race. It is good to be a Sailor taking care of Sailors," said Santos.

Chief Aerographer's Mate Edward A. Vargas is the senior enlisted advisor at the Naval Oceanography Anti-submarine Warfare Detachment at Kaneohe Bay, which supports anti-

submarine warfare operations in the Pacific Fleet area of operations.

The celebration highlighted Hispanic leaders who spoke briefly about their impacts in the Navy.

"It is always a privilege when we get to recognize the pioneers that dealt with the perception and the adversity of a few. It is a way to say thanks to those few that made my path to success easier. It is also an opportunity to share my culture with other Sailors," Santos said.

With a national theme of "Diversity United, Building America's Future Today," Hispanic Heritage Month celebrates the histories, cultures and contributions of Hispanic Americans who trace their roots to Spain, Mexico, the Caribbean and Central and South America.

This observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and later expanded by President Ronald Reagan in 1988 to cover a 30-day period start-

ing Sept. 15 and ending Oct. 15.

Sept. 15 marks the starting point for the observance because it is the anniversary of the independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico and Chile celebrate their Independence Days on Sept. 16 and Sept. 18, respectively.

Hispanics comprise 16.3 percent of the total United States population, or 50.5

million people, forming the country's largest racial or ethnic minority. It is estimated that by 2050, a quarter of the nation's workforce will be Hispanic, according to 2010 data from the U.S. Census Bureau.

The Navy's workforce has more than 58,000 Hispanic active duty and reserve Sailors and officers. Nearly 15,000 Hispanic civilians serve in the Navy's total force, including four Hispanic flag officers and 172 Hispanic master chiefs.

Commentary

How the Combined Federal Campaign helps

Rear Adm. Frank Ponds

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

George Washington Carver once said, "How far you go in life depends on being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the strong. Because someday in life you will have been all of these."

Every year, the Combined Federal Campaign (CFC) provides an occasion to follow through on this advice through charitable support for those who are young, aged, weak or striving.

Navy Region Hawaii recognizes the importance of taking care of those in need and has a proud tradition of generous giving to a broad range of organizations.

The local, national and international organizations represented in the CFC offer each of us a way to take care of others in our community, locally, regionally, nationally and globally.

The non-profits represented in the CFC provide services and assistance to people in nearly every walk of life, and it is only



Rear Adm. Frank Ponds

through your charitable donations that these organizations can sustain their efforts.

Through a simple payroll deduction, online donation, or cash contribution each of us has the opportunity to help someone in need and to offer them hope through the knowledge that they are not alone.

Every day the personnel assigned to Navy Region Hawaii and Naval Surface Group Middle Pacific make a difference at home and around the world.

Let's continue this tradition by generously supporting the 2012 Combined Federal Campaign! See your N-Code representative for more details on donating during the 2012 campaign.

15th Wing leaders donate to Combined Federal Campaign

1st Lt. Kathleen Eisenbrey

15th Medical Group

Leaders of the 15th Wing donated to the six-week Combined Federal Campaign which began Oct. 1 at Joint Base Pearl Harbor-Hickam and extends through Nov. 16.

The campaign is celebrating 51 years of giving. Combined Federal Campaign and individual service relief campaigns are the only fundraising drives authorized for federal and military workplaces.

"The Combined Federal Campaign provides a unique opportunity for Airmen to make a lasting impression," said Col. Johnny Roscoe, 15th Wing commander. "Charitable donations to the campaign will benefit charities in the local community and around the world, enabling Team Hickam to empower the lives of others."

The theme of this year's campaign is "One Team: Making a Difference." Contributions can be made to local and national charities supporting a wide range of services to improve the quality of



life for men, women, children and animals.

A small donation can make a profound impact on the lives of others. Examples of charitable donations include \$12 to fund more than 300 international polio vaccinations or two-and-a-half months of diabetic monitoring supplies or 25 residential-delivered lunches to elderly and homebound senior citizens.

"By giving generously today, we are saying 'thank you' to the organizations that helped us in the past and we continue the legacy of giving and assisting those in need in the future," said Maj. Miev Carhart, CFC action officer for the 15th Wing. "All of us have been touched by the Combined Federal Campaign."

Last year, the Hawaii-Pacific area — including Hawaii, Guam, Samoa and the Northern Mariana Islands — collected just more than \$6.5 million in charitable donations. This year's regional goal is to collect \$7 million.

"Being a part of CFC is only one click away," Roscoe said. "(It is) especially exciting this year that you can contribute online via the CFC website."

Established by President John F. Kennedy in 1961, the CFC is the world's leading annual workplace charity campaign. The philanthropy-based campaign rallies support from more than four million federal employees and military personnel to assist more than 2,700 local, national and international charities, 149 of which are located in the Pacific community.

Contributors may complete a paperless contribution via credit card, debit card or e-check online. Donations can also be made via payroll allotment(s), cash or check on a paper pledge card. A detailed list of CFC charities can be accessed at <http://www.cfc-hawaii.org/>.

Fire Prevention Week focuses on having ‘two ways out’

Story and photo by
Brandon Bosworth

Contributing Writer

The Federal Fire Department hosted a variety of fire prevention activities Oct. 5 at the Pearl Harbor Navy Exchange (NEX) to coincide with the start of Fire Prevention Week.

Fire Prevention Week was established by the National Fire Protection Association to commemorate the Great Chicago Fire of 1871. This year's theme, "Have Two Ways Out!" focuses on the importance of fire escape planning and practice and having more than one escape route in case the primary one is blocked.

"Our mission is to educate the public about fire prevention," said Battalion Chief David Jimenez, Federal Fire Department. "We learn how fires start and share that knowledge with the public."

According to Jimenez, the number one cause of household fires is unattended cooking. "If you step away from the stove, turn it off," he cautioned.



Fire Inspector Ken Kunihiro instructs children on how to "stop, drop and roll."

Good housekeeping is also important in preventing fires. The more combustibles in a home, the more fuel for a fire.

The Federal Fire Department has been hosting fire prevention activities at the Pearl Harbor

NEX for 10 years. This year many interactive educational tools were featured.

Fire Inspector Jackie Rapozo built a special tunnel for kids to crawl through to re-create escaping from a fire.

"I like stuff for kids

that's realistic and hands-on," she said. "I'm not good with just lecturing."

Another training tool was a special fire extinguisher that allowed users to simulate putting out a fire. The extinguisher was the exact same

Tips for planning the family's escape

The Federal Fire Department recommends the following tips for planning your family's escape:

- Make a map of your home. Mark a door and window that could be used to get out of every room.
- Choose a meeting place outside in front of your home. This place is where everyone will meet once they have escaped. Ensure that the location is drawn out on your escape plan.
- Write the emergency telephone number "911" on your escape plan.
- Practice your escape plan with everyone in the household by having someone activate the smoke alarm.
- Keep your escape plan on the refrigerator and remind family members about practicing the plan twice a year or whenever anyone in your home celebrates a birthday.

size and weight as a real extinguisher. It projected a beam that could be pointed at a virtual fire to "extinguish" it.

While similar in function to a video game, the \$12,000 high-tech extinguisher is actually a useful way to allow people to feel what it is like to actually use a fire extinguisher.

"It's a good tool," said Staff Sgt. Michael Hyde, 647 Civil Engineering Squadron. "For many people, it's their first time using a fire extinguisher."

"We can use this extinguisher anywhere," added Battalion Chief Albert Balderama. "It can be used indoors, and is very green and environmentally friendly."

Balderama stressed that it isn't enough to just have fire extinguishers at your home or workplace. "You need to check them once a month to make sure they are still charged," he said.

For more information about fire prevention and safety, visit www.firepreventionweek.org.

PMRF Sailor to receive life-saving award

Pacific Missile Range
Facility Public Affairs

Ensign Billy Newell, installation security officer for the Pacific Missile Range Facility (PMRF), is set to receive a lifesaving award for saving a fellow military member when the Hawaii State Chapter of the American Red Cross honors their Heroes of the Year.

The awards will be presented Oct. 13 during a Red Cross Heroes Breakfast at the Waikiki Beach Marriott Resort and Spa.

During a PMRF dining out event March 16, a military member began to choke on a piece of steak. Newell instructed bystanders to call 911 and began administering the Heimlich maneuver to clear the obstruction.

When that failed, the victim began to lose consciousness, Newell then laid the victim on the floor and began CPR. After four sets of CPR, Newell attempted abdominal thrusts and cleared the obstruction.

The victim gasped and regained consciousness and was placed in the recovery position until Kauai Fire Department



U.S. Navy photo courtesy of PMRF

Ensign Billy Newell demonstrates proper first aid techniques on a simulated gunshot victim during a training evolution.

and Emergency Medical Services arrived to assist. The victim made a full recovery and was back to work the next week.

For more information on the Red Cross, visit the website www.hawaiiiredcross.org or call 739-8109.

Airmen and families participate in monthly Warrior Run at JBPHH



U.S. Air Force photo by Senior Airman Lauren Main

An Airman speeds down the course for the monthly Fun Run while wearing a gas mask at Joint Base Pearl Harbor-Hickam, Hawaii, Oct. 5. The concept for the run was recently revamped to include and encourage family members to participate. Accordingly, children ran alongside of their parents and babies sped along in strollers through the approximately two mile course.

Pearl Harbor-Hickam*Highlights*



Medal of Honor recipients attend a dinner in their honor held on Battleship Missouri Memorial.

Photo courtesy of Battleship Missouri Memorial



Chief Electronics Technician (SS) Kevin Courtner of Pearl Harbor Naval Shipyard and Intermediate Maintenance Facility (PHNSY & IMF) heads to the baggage claim area with his wife after arriving at Honolulu International Airport Oct. 6. Shipyard military personnel turned out in force to give Courtner a hero's welcome for his service as an individual augmentee in Afghanistan.

U.S. Navy photo by FCC (SW) Jonathan E. Scott



(Left) USS Russell (DDG 59) crew members volunteer with the Feed the Homeless Project at the Lighthouse Outreach center in Waipahu. Russell crew members were able to provide food and serve more than 150 meals to people in need.

U.S. Navy photo by Ensign Joseph Quinn

(Below and right) Participants at the annual *makahiki* festival begin the event with the arrival at Joint Base Pearl Harbor-Hickam. The *makahiki* festival has been held on the shores of Hickam Harbor Beach and Ford Island for 10 years.

U.S. Navy photos by MC3 Sean Furey



New Naval Facilities Engineering Command Pacific commander takes helm

Naval Facilities Engineering Command Public Affairs

PEARL HARBOR – Rear Adm. Kate Gregory, Naval Facilities Engineering Command (NAVFAC) Pacific Commander was relieved by Rear Adm. Scott Weikert during a change of Command ceremony held Oct. 1 at the command headquarters. Rear Adm. Christopher Mossey, NAVFAC Commander and Chief of Civil Engineers was the keynote speaker and praised Gregory for her exceptional work, tireless



Rear Adm. Scott Weikert

dedication to duty, and leadership in times of fiscally challenging and difficult times.

“What Adm. Gregory has really excelled at over the past couple of years is helping us to answer 'how does NAVFAC continue to support the Navy and Marine Corps during a period of significant financial constraints?’” said Mossey.

“That's a big question, and that's a real challenge. This is where she has done the hardest and the most important work of all.”

“She's left an indelible mark on this command with her energy and her willingness to take on these tough challenges,” said Mossey.

Gregory reflected on her time as NAVFAC Pacific

commander and recognized the contributions and achievements of the entire team.

“When I think about what the 'Hawaii Ohana' means, it's really the professionalism that has been displayed here and throughout the Pacific,” said Gregory. “I appreciate having had the opportunity to serve with you. When I think about all the things that you've accomplished, they all come back to the way that you have managed the work and the way that you've worked together to put the mission first.”

Weikert assumes com-

mand of NAVFAC Pacific with years of Navy civil engineer experience and after serving the last several years as the deputy commander of NAVFAC and deputy chief of civil engineers. He has held several flag officer assignments to including command assignments with NMCB 27 in Brunswick, Maine and 7th Naval Construction Regiment in Newport, R.I.

In his new assignment, Weikert will also serve as the U.S. Pacific Fleet civil engineer, and will maintain his duties as the deputy chief of civil engineers, which he held at NAVFAC headquar-

ters in Washington, D.C. since October 2010.

“I consider it an absolute privilege to have this opportunity to serve with the NAVFAC Pacific team,” said Weikert. “It is my intent to continue with the NAVFAC Pacific initiatives that are in place and progressing, to continue the momentum and energy that has been established, and make this transition in leadership as seamless as possible to you and our supported commands.”

Gregory will report to her next assignment on Oct. 26 as the NAVFAC commander and chief of civil engineers in Washington, D.C.

Are you ready for the zombie apocalypse and other emergencies?

Dan DuBois

Emergency Management Officer Joint Base Pearl Harbor-Hickam

Nothing has captured recent popular culture more than zombies. Most of us have read stories or seen movies and TV shows about zombies taking over, eating brains or just people in general, overwhelming cities and turning the living into the walking dead.

We know that zombies aren't real and that there isn't any danger of a 'zombie apocalypse.' But in their Preparedness 101: Zombie Pandemic graphic novel, the U.S. Department of Health and Human Services, Centers for Disease Control (CDC) and Prevention uses a hypothetical zombie pandemic as a creative way to emphasize the importance of being prepared for any disaster.

There is no need to worry about such a 'zombie apocalypse,' but for real emergencies like tsunamis, earthquakes or a hurricane, here are some things that you should do.

Have a plan

First you need to sit down



with your family and come up with an emergency plan. This includes where you would go and who you would call if there is a flood, earthquake or other emergency.

Identify the types of emergencies that are possible in your area. Our major dangers in Hawaii are hurricanes, earthquakes, tsunamis and floods. If you are unsure, contact your command emergency management representative or go to www.ready.navy.mil, www.beready.af.mil or FEMA's www.ready.gov for more information.

Pick a meeting place for your family to regroup in case Joint Base Pearl Harbor-Hickam (JBPHH) evacuates because of a hurricane or

other disaster. Pick one place right outside your home for sudden emergencies and one place outside of your neighborhood in case you are unable to return home right away.

Identify your emergency contacts. Make a list of local contacts such as the police and fire department. Also identify an out-of-state contact that you can call during an emergency to let the rest of your family know you are safe.

Plan your evacuation route. Plan where you would go and multiple routes you would take ahead of time. This is also helpful when natural disasters strike and you have to take shelter fast.

Make a kit

Make an emergency kit for your home and your car. This

includes things like water, food and other supplies to get you through the first couple of days until you are able to make your way to an evacuation shelter or utility lines are restored.

Below are a few items you should include in your kit. For a full list, visit www.ready.navy.mil, www.beready.af.mil or FEMA's www.ready.gov for more information.

- Water (one gallon per person per day).
- Food (stock up on non-perishable items that you eat regularly).
- Cash (at least \$250).

Remember that if you lose

power, ATMs will not operate so credit/debit cards won't work.

• Gas - If a hurricane is coming, fill your gas tank. During hurricane season, keep at least half a tank.

• Medications (this includes prescription and non-prescription meds).

• Tools and supplies (utility knife, duct tape, battery-powered radio, etc.), sanitation and hygiene (household bleach, soap, towels, etc.), clothing and bedding (a change of clothes for each family member and blankets).

• Important documents (copies of your driver's license, passport and birth certificate,

to name a few).

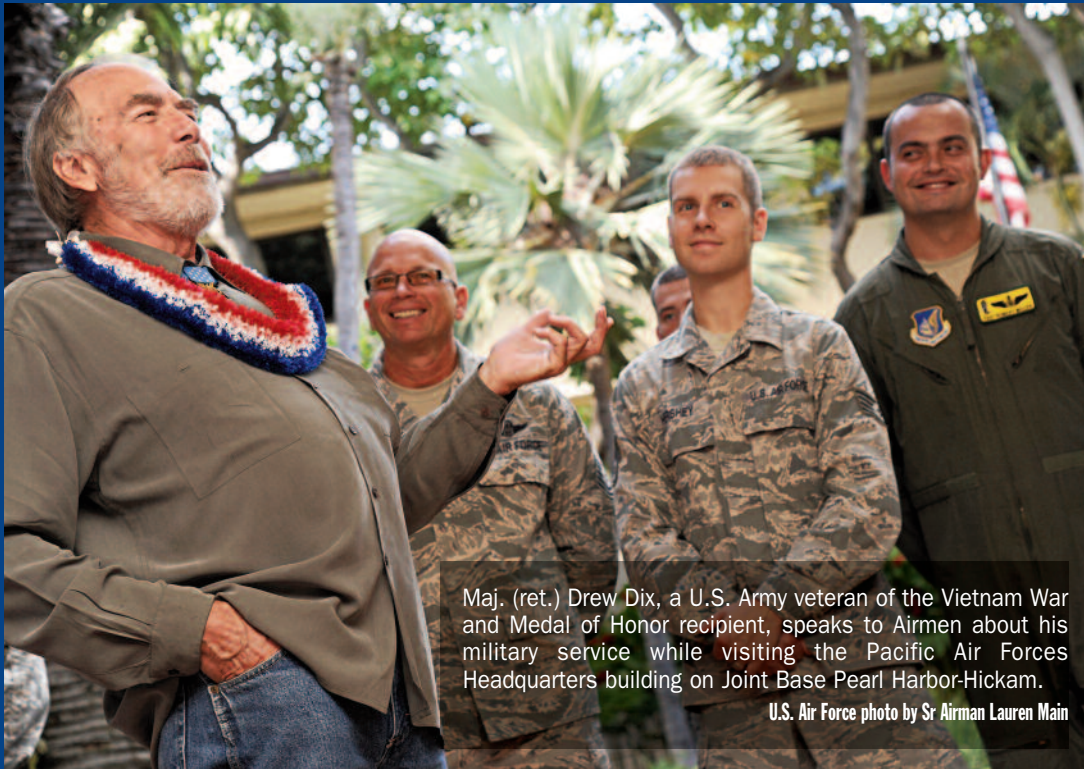
• First aid supplies (you can use these supplies to treat basic cuts and lacerations that you might get during a tornado <http://1.usa.gov/d3C1OW> or hurricane <http://1.usa.gov/16akQ0> .

• Pet supplies, such as food, leash, collar and a hard-sided or collapsible kennel.

(For more information about the CDC's graphic novel and other information about preparing for natural disasters, visit www.cdc.gov/phpr or www.cdc.gov/phpr/zombies_novella.htm.)



U.S. Air Force photo by Sr Airman Lauren Main
Capt. Andy Stewart, C-17 Globemaster III instructor pilot, greets Sgt. 1st Class (Ret.) Ronald Rosser, a U.S. Army veteran of the Korean War and a Medal of Honor recipient, Rosser, along with three other Medal of Honor recipients, visited Joint Base Pearl Harbor-Hickam Oct. 4.



U.S. Air Force photo by Sr Airman Lauren Main
Maj. (ret.) Drew Dix, a U.S. Army veteran of the Vietnam War and Medal of Honor recipient, speaks to Airmen about his military service while visiting the Pacific Air Forces Headquarters building on Joint Base Pearl Harbor-Hickam.

Medal of Honor recipients visit Pearl Harbor-Hickam

Senior Airman Lauren Main

15th Wing Public Affairs

(Editor's note: Medal of Honor (MOH) recipients visited Joint Base Pearl Harbor-Hickam (JBPHH) on Oct. 4. JBPHH hosted eight honorees for informal visits to ship piers, squadrons and lunch at the galleys on both the Pearl Harbor and Hickam sides of the base. The eight MOH recipients included Donald E. Ballard, Gary B. Beikirch, Jon R. Caviani, Drew D. Dix, Charles C. Hagemeister, Ronald E. Rosser, George T. Sakato and Leo K. Thorsness.

While at JBPHH, they laid a wreath at the USS Arizona Memorial and took a harbor tour aboard biodiesel white boats named after Medal of Honor recipients from the Pearl Harbor attack.

Other activities for the MOH honorees included a ceremony and dedication of a memorial stone in honor of 32 Medal of Honor recipients interred at the National Memorial Cemetery of the Pacific (Punchbowl).

As part of the week-long Medal of Honor Convention, a downtown block party was held featuring actor Gary Sinise and the Lt. Dan Band. More than 50 MOH recipients participated in two book signing events. The convention culminated with a Patriot Award dinner reception Oct. 6 aboard the Battleship Missouri Memorial. See related story and photo in last week's Hookele)

Four Medal of Honor recipients visited the base Oct. 4 to talk about their time in service.

The Medal of Honor recipients shared their stories at the Pacific Air Forces Headquarters building and during their visits to a static C-17 Globemaster III, KC-135 Stratotanker and an F-22 Raptor. Three of the four recipients served in the U.S. Army and one served in the U.S. Air Force, ranging from the Korean to Vietnam Wars.

Sgt. 1st Class (ret.) Ronald Rosser described the actions he performed as a young Army corporal in Korea which earned him his Medal of Honor.

Rosser, at the age of 22, led a charge up a snow-covered hill controlled by enemy forces. In an attempt to take the hill Rosser became a hero as he made the decision to fight on alone as the sole remaining member of the charge.

"About half way up [the hill], I turned around and realized I was

alone," said Rosser. "The rest were wounded or killed somewhere on the hill. So I accepted the fact that I wasn't going to collect social security in this lifetime, let out a war whoop and charged in."

Rosser calculated that after an hour of fighting he was personally responsible for killing more than 20 enemy fighters with grenades and another 28 with rifle fire.

Leo Thorsness, a retired U.S. Air Force colonel, was a former F-105 pilot, Thorsness eliminated enemies in the skies over North Vietnam in 1967. After his wingmen were hit and forced to bail from their aircraft during a mission, Thorsness continued to circle the sky above, despite being low on fuel, to ensure their safety as they drifted toward the ground.

As he circled, another enemy aircraft zoned in on the parachutes and set up an attack. Although his aircraft was not designed for dogfights, Thorsness engaged the MiG and took it down with bursts from his Gatling gun.

Meanwhile, Thorsness' dwindling fuel supply became a growing problem. In an effort to stay in the air, he quickly air-refueled from a tanker and returned to the MiG-infested area to protect the downed crew from North Vietnamese soldiers.

When his rear-seat weapons officer spotted four more MiGs in the area, he turned back through a barrage of North Vietnamese missiles to engage them. He hit another one and drove the remaining enemy planes away.

Two weeks later on his 93rd mission, Thorsness was shot down and taken captive by the Vietcong. He spent six years as a prisoner of war in Hanoi until his release in 1973.

Maj. (ret.) Drew Dix, a U.S. Army staff sergeant and special forces adviser in 1968, and his men were working alongside U.S. Navy SEALs (sea, air, land) in and around Cambodia. Their mission was to collect intelligence on a rumored Vietcong offensive.

After the men had completed their mission and set out to return to Chau Phu, they found that the Tet Offensive had already begun and the city had been overrun by two heavily armed Vietcong battalions.

Dix sprang into action and moved through the city with vigilance and speed, picking up friendly forces as he went. One of his first objectives was to rescue an American nurse who had been working at a local hospital. Subsequently, he reached several U.S.

civilians whose building was being mortared and also brought them to safety.

Throughout the course of his rescue mission, Dix fought through the night and saved countless lives. By morning he had assembled a force of 20 men and armed them. After a 56-hour battle, the city was liberated and Dix's small band had killed an estimated 200 enemy troops.

Lt. Col. (ret.) George Hagemeister, like Dix and Rosser, is also a U.S. Army veteran. He was drafted in 1966 and upon completion of basic training, was selected to become a medical corpsman. In November of that year, Hagemeister shipped out and was on his way to Pleiku, Vietnam.

Early in the morning on March 20, 1967, an Army company operating in Binh Dinh Province was involved in heavy fighting with the enemy. The company's officers had been killed or wounded, and the force was in danger of being overrun. Specialist 4th Class Hagemeister's platoon was ordered out on a rescue mission that afternoon. Soon after scrambling out of the helicopters that brought them close to the action, the Americans were ambushed from three sides by a North Vietnamese battalion supported by a Vietcong heavy-weapons company.

As his fellow Soldiers began to fall around him, Hagemeister ran to each of their sides to provide aid. He ran through an onslaught of gunfire each time to treat and encourage his comrades. As night fell Hagemeister began to move the most seriously wounded of the Soldiers to safety.

As he did so, he and his comrades came under heavy sniper fire. Acting quickly, Hagemeister picked up a rifle and aimed carefully and pulled the trigger, shooting the sniper out of the tree. He eliminated numerous additional threats, all while continuing to move the injured Soldiers out of harm's way.

After sharing their stories with the Airmen at the PACAF HQ, the MOH honorees moved on to the 15th Wing flightline where they were greeted by a formation of Airmen who welcomed the men to tour the static aircraft.

"I got to talk to them, and I thought it was a really good experience," said Tech. Sgt. Rob Miller, boom operator with the 96th Air Refueling Squadron. "I feel like more Airmen should have the opportunity to learn from their heroism. Hearing their stories inspired me to do a better job every day."



U.S. Navy photo by MCSN Diana Quinlan
George T. Sakato, Army veteran and recipient of the Medal of Honor, shakes hands with a Sailor at Joint Base Pearl Harbor-Hickam. Honolulu hosted the 2012 Medal of Honor Convention with the events honoring the recipients.



U.S. Navy photo by MCSN Diana Quinlan
Gary B. Beikirch, Army veteran and recipient of the Medal of Honor, signs a book for one of the Sailors at Joint Base Pearl Harbor-Hickam.

(Below left) Col. (ret.) Leo Thorsness, U.S. Air Force veteran of the Vietnam War and Medal of Honor recipient, proudly holds his Medal of Honor during a visit to Joint Base Pearl Harbor-Hickam.

U.S. Air Force photo by Sr Airman Lauren Main

(Below) Col. (ret.) Leo Thorsness, U.S. Air Force veteran of the Vietnam War and Medal of Honor recipient, was an F-105 pilot in 1967.

U.S. Air Force photo by Sr Airman Lauren Main



U.S. Navy photo by MCSN Diana Quinlan
Donald E. Ballard, former Sailor and recipient of the Medal of Honor, displays a book containing signatures of some of the living recipients on Joint Base Pearl Harbor-Hickam.



Pound Town wins Summer Basketball League crown

**Story and photos by
Randy Dela Cruz**

Sports Editor

Down by 18 points with only 12:05 remaining in the game, the 647th Security Forces Squadron Pound Town basketball team stormed back to beat the 747th Communication Squadron (747 CS), 48-43, in overtime Oct. 6 to win the 2012 Summer Basketball League championship at Joint Base Pearl Harbor-Hickam Fitness Center.

Pound Town trailed 28-15 at halftime and by 18 points early in the second half before making the improbable comeback to claim the league crown.

Swing player Airman 1st Class Lortavius Smith said that adjustments and an emphasis on defense spurred Pound Town to their amazing come-from-behind win.

"We basically went to a 2-3 zone because at first we were in a man and they were killing us," Smith explained. "Mainly, defense is what we stressed. When we broke the huddle (to start the second half), the last thing we called out was defense, defense, defense. Everything worked out, and I'm just so proud of everybody."

In the first half, the game belonged to the 747 CS and their two big men Staff Sgt. Travis Lewis and 1st Lt. Anwar Johnson.

Lewis started off the game by grabbing three rebounds in the first two minutes of play and then went on to score 12 points in the first half on five point-blank shots and two free throws.

After the break, Johnson, who pumped in six points in the first half, kept the onslaught going for the 747 CS by posting a basket and one to take a 31-17 lead at the 14 minute mark.

However, after a basket by Senior Airman A.J. Abdul-Rahim raised the lead to 18, Pound Town made their move.

A trey by Airman 1st Class Vincent Kruzona and a two-pointer by Senior Airman Chris Haire narrowed the



margin down to 11 at 35-24 with 9:56 remaining in the game.

Then after two stops on defense, Smith, now playing out on the wing, came up big time by swishing back-to-back long-distance treys to cut the lead down to five at 35-30.

"Basically, when I hit two threes back-to-back, that gave us the spark to finish it out," Smith said.

Trailing by two points, Kruzona followed up on a missed shot to sink the game-tying basket while being fouled in the process.

The Pound Town forward calmly put down the free throw to give his team its first lead of the game at 37-36 at the 2:40 mark in regulation.

With the game tied at 37-37, Johnson missed a shot inside the lane, but Abdul-Rahim grabbed the rebound and tossed in a putback for a seemingly game-winning shot with only :25 left.

As precious time ticked off, Pound Town ran the clock down to 6.5 seconds before calling a timeout.

On the ensuing inbound play, Pound Town ran a backdoor to Airman 1st Class

Adrian McNeil, who appeared to miss the lay-up as time expired.

But referees called basket interference on the 747 CS and counted the shot to send the game into overtime, where Pound Town went on to win.

In overtime, Smith led the way with five points while McNeil punctuated the win with a breakaway dunk near the end of the extra period.

For the game, Smith led Pound Town with 15 points and was followed by McNeil with 11 and Kruzona with nine.

Lewis led the 747 CS with 15, although he was held to only three points in the second half and none in OT. Johnson chipped in with 11.

Besides switching to a zone, Kruzona said that the team revamped its defense to deny the ball to Lewis and Johnson.

"We pressured the guards so they couldn't make decent passes," Kruzona said.

Meanwhile, 747 CS head coach Tech. Sgt. Steve Coleman had a different take on why Pound Town made their comeback.

"We had an 18-point lead and the refs swallowed their whistles," Coleman said. "T-

Lew is getting smacked in the face, scratched, his face is bleeding and he's not getting any calls. Our guys are going to basket and getting hit every time and they're not calling nothing. We played our hearts out, and we got it ripped from us."

Coleman also had some words about the basket interference call that tied up the game in regulation.

"He (McNeil) blew the lay-up. The game was over, and then you give them two points?" Coleman lamented. "That hasn't been called all year and now, all of a sudden, it's called in the crucial end of the game. We look at it like this: it shouldn't have been an overtime."

While Coleman was upset about the defeat, Smith and his teammates didn't pay attention to the controversies brought up by the coach.

Instead, Smith focused on the win and the time shared with his teammates.

"Basically, we're a family," he noted. "We're around each other each and every day, and we know each other's strengths and weaknesses. This feels amazing. I'm just glad that I was able to come out here and play with these guys."

(Left) Airman 1st Class Lortavius Smith, swingman for the 647th Security Forces Squadron Pound Town basketball team, puts up a shot over the defense of 747th Communication Squadron (747 CS) center Staff Sgt. Travis Lewis. (Below) Summer Basketball League champs Pound Town show off their muscles after beating the 747 CS in overtime to win the title.



Texas outlasts North Carolina to remain unbeaten

Story and photo by
Randy Dela Cruz

Sports Editor

USS Texas (SSN 775) Lower Level Mafia scored the first two touchdowns of the game, then hung on to beat USS North Carolina (SSN 777), 13-6, to win the battle of submarines Oct. 6 in an intramural Afloat Division flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

Texas got two scoring strikes from quarterback Machinist's Mate 1st Class Ryan Caroffino, before handing things over to its defense to preserve the win and raise the team's record to a perfect 3-0.

"Our defense played outstanding," Texas Machinist's Mate 2nd Class Gordon Reichert said. "We actually haven't worked on our defense that much, but it definitely shows up in the game. Our defense pretty much shuts people down."

One of two teams from Texas playing in the Afloat Division, the Lower Level Mafia got on the scoreboard early in the first half, by taking the initial drive 65 yards and a score.

Caroffino topped off the drive by connecting with Torpedoman's Mate 3rd Class Brendand Abernathy on a crossing pattern for six.

The team converted its point after touchdown to take a 7-0 advantage.

Texas struck pay dirt again on their next drive when Caroffino rolled to his left and delivered a strike to Reichert, who made the



Machinist's Mate 2nd Class Gordon Reichert, receiver for USS Texas (SSN 775), Lower Level Mafia, makes a catch before turning it upfield for 25 yards and a touchdown against USS North Carolina (SSN 777).

catch and raced into the left corner of the end zone for a 13-0 lead.

"It was actually a designed play," Reichert said. "I was the tight end, and I pretty much just do a jet down to the corner and he (Caroffino) lobs it over."

Up by two scores going into the second half, Texas rolled the dice and took Caroffino out of the game after the QB admitted that he was struggling with injuries.

"Our quarterback has a bad arm because he's old," Reichert said with a smile. "Before the

game, he's like, 'Hey, if we're up by two touchdowns, I want to be out.' We didn't want to use him up."

The move seemed to give North Carolina some momentum, as the team stepped up on defense and forced Texas to punt after four downs to start the second half.

Getting the ball in good field position at the 31, North Carolina quarterback Machinist's Mate 1st Class Tim Turner kept the chains moving by completing a clutch fourth-down pass to the Texas 36.

After marching to the Texas three-yard line, Turner completed a short pass into the end zone to Electronics Technician 2nd Class Adam Brown for six to cut the lead down to seven at 13-6.

While the Texas offense sputtered without their starting quarterback at the helm, Caroffino seemed to use his pent-up energy on defense where he shored up the team's backfield.

With Caroffino keeping a watch out for passes beyond the line of scrimmage, the Lower Level

Mafia's frontline, led by Senior Chief Machinist's Mate Jeff Hiscocks and Machinist's Mate 1st Class Michael Maiuro, made life miserable for Turner by pressuring him on every play.

After Texas was forced to punt for the second time in the second half, the game rested on the shoulders of the team's defense and it delivered.

Starting from the eight, Turner picked up a first down on a pass completion to the 21 before tacking on seven more yards on a keeper.

However, Turner was sacked for a five-yard loss by Maiuro on second down, then facing a third and long with time running out, the North Carolina QB was picked off by Caroffino to seal the game.

Turner, who saw North Carolina tumble to 0-3, said that it's difficult to win games when the team can't get out to practice.

"It's just hard when we don't have any scheduled offense. We don't have any preset plays," he said. "We're just a cluster of, 'Hey, who wants to go out and burn some calories.'"

Following the game, Reichert said although it's great to keep their winning streak going, it won't be a successful season unless the team wins the sub's bragging rights.

The Texans are the other team from Texas to compete in the Afloat Division.

"Our main goal is to try and go undefeated, but we want to beat the Texas Texans," Reichert admitted. "That's our other goal, to beat them, so we can have the pride in the rivalry."

Seasonal flu vaccinations now available for all Tricare beneficiaries

Tripler Army Medical
Center News Release

HONOLULU — Seasonal flu vaccinations for all Tricare-enrolled beneficiaries in Hawaii are now available.

"Each year in the U.S., approximately 25 million cases of influenza get reported," said Lance Golder, analyst, Military Vaccine Agency. "These cases result in about 150,000 hospitalizations due to serious complications and more than 30,000 people die from influenza annually in the U.S. alone. The seasonal influenza vaccine is one of the most beneficial tools in modern medicine for reducing sicknesses, deaths, health care costs and conserving fighting strength."

The Joint Vaccination Team coordinated multiple dates, times and locations to ensure vaccines are available, to include locations on Oahu military medical treatment facilities, installation exchanges and area schools.

"The influenza vaccine is particularly important for everyone living in Hawaii



The best way to prevent the flu is by getting a flu vaccination each year. In the United States, the flu results in more than 25 million reported cases, more than 150,000 hospitalizations due to serious complications, and more than 30,000 deaths annually. For more information, call the Oahu Joint Services Flu Hotline (433-1FLU).

because we see influenza cases all year around," Golder explained. "It is important to remember that Hawaii is a gateway to the world. We have travelers arriving from both hemispheres where their peak

influenza season may be in full bloom."

There are three types of vaccines that will be used in Hawaii this year. The first is FluZone, an inactivated single-dose syringe vaccine available for both adult and

pediatric doses for patients 6 months and older. The second is Alfuria, which is an inactivated that comes in single-dose syringe and multi-dose vials for patients 9 years and older. The third is FluMist, a live single-

Vaccinations available to Tricare beneficiaries

Vaccinations will be available to all Tricare beneficiaries at the installation exchanges:

- Oct. 13, 9 a.m.-2 p.m., Schofield PX
- Oct. 20, 9 a.m.-2 p.m., Kaneohe Bay MCX
- Oct. 25, 9 a.m.-2 p.m., Fort Shafter
- Oct. 27, 9 a.m.-2 p.m., Hickam BX

For more information on flu services available to Tricare beneficiaries on Oahu, visit www.tamc.amedd.army.mil/flu.

dose intranasal vaccine that is available for patients between 2-49 years old. Older beneficiaries should be aware that military clinics will not have the intradermal vaccination or the high dose influenza vaccination for seniors (over 65 years of age).

In addition to the vaccine, there are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Some of the everyday steps you can take to protect your health include: covering your nose and mouth with a tissue when you cough or sneeze;

washing your hands often with soap and water, especially after you cough or sneeze; avoid touching your eyes, nose and mouth because germs spread this way; and try to avoid close contact with sick people.

Beneficiaries are reminded to bring their military identification cards and immunization records for their vaccinations. More information is available from your primary care provider, the Oahu Joint Services Flu Hotline (433-1FLU) or the "Fight the Flu" webpage at www.tamc.amedd.army.mil/flu.

PAM offers the Frank Der Yuen Aviation Scholarship

Pacific Aviation Museum Pearl
Harbor

Pacific Aviation Museum Pearl Harbor has announced the availability of The Frank Der Yuen Aviation Scholarship.

"The scholarship encourages personal growth and academic achievement for individuals pursuing goals in aviation," said Kenneth DeHoff, museum executive director.

Application forms and complete information can be found at the Museum's website www.PacificAviationMuseum.org. Submission deadline is November 15, 2012. Awards will be announced by December 10, 2012.

Applicants must be currently enrolled in an educational program in a field related to the aviation industry. Eligibility requirements include a completed scholarship form, two letters of recommendation, an academic transcript from a high school and/or currently enrolled school, and a personal essay. A selection committee will review the applications and contact the finalists for an interview. Scholarship recipients will be notified via

mail.

Frank Der Yuen was an influential advisor in the construction of the original Honolulu International Airport building. The aeronautical engineer and airline consultant founded the Pacific Aerospace Museum, located at the airport until its closure in 2001, and is also recognized as the inventor of the passenger boarding bridge used today as jet ways.

The scholarship funds, originally administered by the Pacific Aerospace Museum, were transferred to Pacific Aviation Museum Pearl Harbor and named after Frank Der Yuen in honor of his contributions to aviation and the state of Hawaii.

Pacific Aviation Museum Pearl Harbor is among the few organizations in Hawaii offering aviation scholarships. According to the Scripps Howard News Service, Boeing Aircraft predicts the Asia/Pacific region will need in excess of 180,000 pilots during the next two decades.

For more information, contact Dr. Shauna Tonkin, director of education, at 441-1005 or ShaunaT@PacificAviationMuseum.org.

Naval Health Clinic to be closed Oct. 18

Naval Health Clinic
Hawaii

All Naval Health Hawaii operations will be closed Oct. 18. This includes all medical and dental facilities at Branch Health Clinics Makalapa, Camp Smith, Wahiawa, Marine Corps Base Hawaii Kaneohe Bay, Pearl Harbor Naval Shipyard and Pacific Missile Range Facility Barking Sands.

Clinic providers will be attending required training to ensure delivery of the best and most current patient care. Beneficiaries are asked to take this into consideration when scheduling care.

All routine care should be planned prior to or after Oct. 18. This includes appointment scheduling, prescription refills, laboratory draws, etc.

All clinics will re-open for regular business hours Oct.

19. For NHCH hours of operation, visit the website at <http://www.med.navy.mil/sites/nhch>.

Beneficiaries can speak to a healthcare provider at any time the clinics are closed by calling the "provider after-hours advice line" at 473-0247, ext. 3.

For emergencies, dial 911 or go to Tripler Army Medical Center. For active duty dental emergencies, call 864-4705.

National disability employment awareness event planned for Oct. 25

Navy Region Hawaii Comptroller
Department

The Navy Region Hawaii Comptroller Department will hold a National Disability Employment Awareness Month event from 10 to 11 a.m. Oct. 25 at Pearl Harbor Memorial Chapel.

The theme of the event is "A strong

workforce is an inclusive workforce: what can you do?"

This event's keynote speaker will be Brock McNabb from the Department of Veterans Affairs, Honolulu Veterans Center.

The event will also include information and resources to help organizations build an inclusive workforce.

For more information, call 473-1809.



Balanced attack leads Air Force Falcons past TNT

Randy Dela Cruz

Sports Editor

While the 647th Security Forces Squadron's (647 SFS) Pound Town men's basketball team was wrapping up the Summer Basketball League's title Oct. 6, a trio of women from the 647 SFS used their athleticism a day later, to lead the Air Force Falcons past TNT, 24-6, in a Women's Flag Football League (WFFL) game at Camp H.M. Smith.

The WFFL was once an all-military-affiliated league, but has since changed to include civilians.

From only four teams two years ago, the league has nearly doubled in size to currently include seven teams, which will vie for the championship in a tournament scheduled for Nov. 4 at Radford High School.

According to league president and founder Hospital Corpsman 3rd Class Eustacia (Tasha) Joseph, while the league has expanded, it is still mainly supported by the armed forces with most of its participants



(Above) Alex Hardesty, an Air Force spouse, gets set to grab her first of three interceptions during a Women's Flag Football League game between the Air Force Falcons and TNT at Camp H.M. Smith. (Right) Air Force Falcons receiver Sgt. Olivia Stinson, 647th Security Forces Squadron, tries for a fingertip catch against TNT.

either active-duty, former military or a family member.

In the battle between Air Force and TNT, the armed forces were well represented on both sides with most players being active-duty or military spouses.

Air Force quarterback Senior Airman Amanda Bolognino

triggered the attack for the Falcons by running in for one score and tossing one touchdown pass to Sgt. Olivia Stinson and for two more to Senior Airman Simia Lee. The three players

serve with the 647 SFS.

While the Pound Town members were helping the Falcons offense march forward, Alex Hardesty, a spouse who was a starting player for the 324th Intelligence Squadron (324 IS) intramural volleyball team, headed a strong defense.

Hardesty accomplished a rare feat by picking off three passes to complete a defensive hat trick.

"Our defense was pretty much unstoppable," Bolognino said. "We count on them. When we (offense) mess up, they have our backs. You can usually count on our defense to get interceptions."

Although the Falcons managed to pull away in the end, the game started off as a struggle between the two teams.

Then on the Falcons' third drive, Air Force got the ball at their own 34-yard line and Bolognino cashed in.

Following a personal foul against TNT that put the ball inside the five, Bolognino took the snap and rushed into the end zone for a 6-0 lead at halftime.

After intermission, Air Force forced TNT to punt in their first possession and following a good return by Hardesty, the Falcons set up shop in good field position at the TNT 24.

A penalty and sack dropped the Falcons back to the 35, but on the very next play, Bolognino went over the top and connected with Stinson for a touchdown and a 12-0 lead.

Down by two scores, TNT, behind quarterback Ashley Jones, finally got on the scoreboard when Jones completed a 67-yard drive with a pass to Brittaney Auten for six points.

However, on the Falcons' very next drive, Bolognino rose up to the challenge and extended the team's lead back to 12, when she finished off a 65-yard drive by tossing a 20-yard strike to Lee for a touchdown.

Following Hardesty's third and final pick stopped TNT's next drive, Bolognino went over the top again to Lee for a 59-yard hookup for a touchdown that put the game away.

In finding her rhythm, Bolognino was able to dis-

tribute the ball to Lee, Stinson and Teena Kurtz (spouse).

The Falcons QB said that it is a luxury to have so many weapons to choose from.

"It's so nice to be able to have options and not have to go to one person every time," she said. "In my mind, I'm never thinking just throw to this person because I know they'll catch it.' It can go to anyone."

Joseph, who plays for TNT, said that while the Falcons are a good team, she believes that the game was played pretty evenly for most of the time.

The Falcons raised their record to 4-0, while TNT dropped down to 1-3.

"They are a good team, but I honestly believe that we just beat ourselves," she said. "I think we are competitive with them even with the loss. Undeclared or not, we gave them a run up until the second half"

Bolognino finished up her day by adding that no matter what the future holds for the Falcons the team knows its mission each and every time it takes the field.

"Leaving it all on the field and giving everything we got," she stated. "We practice like how we play and never underestimate anybody."

Student rewarded for being 'A-OK'

Photo courtesy of NEX
Jacob Aaron Anderson, age 8, has been announced as the Pearl Harbor Navy Exchange (NEX) A-OK Student Reward Program winner. Anthony Camacho, front ends operations manager, presented the medal, certificate and life-size check on Oct. 3 to Anderson for \$1,500. Four winners are drawn every quarter for savings bonds totaling \$11,000. The A-OK program was established to support the students of authorized patrons by rewarding hard work and good grades.



ASBP blood drive schedule

Currently scheduled Armed Services Blood Donor Program drives include:

Oct. 15, 9-11 a.m., 18th MEDCOM Fort Shafter Flats, 210 Suehiro Road, Building X1510, Fort Shafter.

Oct. 16, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.

Oct. 17, 9 a.m. to 1 p.m., 205th MI Battalion, uilding 520, Fort Shafter.

Oct. 23, 9 a.m. to 1 p.m., Camp Smith Pollock Theatre, Camp Smith.

Oct. 24, 9 a.m. to 1 p.m., JIOC Building, Joint Base Pearl Harbor-Hickam.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

PEARL HARBOR-HICKAM

Maniawa Nanea

LEISURE

Morale Welfare & Recreation

🏆 GLASS BOTTOM BOAT TOUR

A glass bottom boat tour of Kaneohe Bay takes place from 9:15 a.m. to noon Saturday. The tour departs from Information, Tickets and Travel-Hickam. The cost is \$25 for adults and \$20 for children ages 3–11 years old. FMI: 448-2295.

🏆 FREE GOLF CLINIC

The Navy Marine Golf Course will host a free golf clinic at 1:30 p.m. Saturday. FMI: 471-0142.

🏆 UFC 152 IN HD

Watch the bout between Anderson “The Spider” Silva and Stephan “American Psycho” Bonnar in high-definition at 3 p.m. Saturday at J.R. Rockers. Doors open at 2 p.m. for pre-liminaries. The event is free for members, \$10 for non-members. FMI: 448-2271.

🏆 BELLY FLOP AND BIGGEST SPLASH

There will be belly flop and biggest splash challenges from 11 a.m. to noon Sunday at Scott Pool. This is a free event. Children under the age of 10 must be accompanied by an adult. FMI: 472-7582.

🏆 SURFING AND BARBEQUE WITH LIBERTY

There will be a free surfing trip and barbeque lunch on the beach with liberty on Sunday. Departures are from Liberty Express at 8:30 a.m., Beeman Center at 9 a.m., Instant Liberty at 9:15 a.m. and Makai Recreation Center at 9:30 a.m. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

🏆 TEEN READ WEEK

Oct. 14-20 is Teen Read Week. Teens ages 12-18 are encouraged to write a review of their favorite book. All reviews will be displayed in the teen area of the Hickam Library. Everyone who submits a review will be entered into a drawing for a \$20 gift card. The winner is to be selected Oct. 20. FMI: 449-8299.

🏆 YOUTH BASKETBALL REGISTRATION

Registration for youth basketball begins Monday. The season runs from December 2012 to March 2013. Registration is open to youth ages 5-15. Teams compete in the Hawaii Military Youth Athletic Association. The fee is \$65 and includes jersey, shorts and award. FMI: www.greatlifehawaii.com.

🏆 MWR NEWCOMERS LUNCH

A free Morale, Welfare and Recreation (MWR) Newcomers Lunch takes place 11 a.m. Tuesday at the Tradewinds Enlisted Club. This event features lunch, MWR information booths, sponsor tables and activities for kids. At 12:30 p.m. there will be a tour of MWR locations around the base. Separate registrations are required for luncheon and tour. This event is open to all military-affiliated personnel during their first six months of arrival. FMI: www.greatlifehawaii.com.

For more information on events, visit www.greatlifehawaii.com.

Community Calendar

🌟 October

🌟 Today ~ Navy Region Hawaii and Naval Surface Group Middle Pacific will host a bell-ringing ceremony in honor of the 237th Navy Birthday at 8:30 a.m. at the Pearl Harbor Visitor Center lanai. Adm. Cecil Haney, commander, U.S. Pacific Fleet, will be keynote speaker. The ceremony is open to the public. FMI: 473-2920 or michelle.l.downs@navy.mil.

🌟 16 ~ The Navy Exchange (NEX) will upgrade the entire phone system at all of its locations east of Pearl City Mini Mart. The disruption will impact patrons calling into the various NEX locations. The contractor is expected to bring all phone lines back in operation within 24 hours. Departmental / location extensions will be brought back on-line one by one and in priority order. The NEX operator, administration office, loss prevention/security and services departments (barber, beauty, floral) are first on the list. The NEX operator will take messages for unavailable extensions and contacting respective parties via walkie-talkie radios or cell phones.

🌟 25 ~ The Pearl Harbor Navy Exchange will celebrate its 10th anniversary at 8 a.m. in the Mall rotunda. Rear Adm. Frank Ponds, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, will speak. The event will also include a cake-cutting and entertainment. FMI: Stephanie Lau at 423-3287 or email Stephanie.Lau@nexweb.org.

🌟 27 ~ Bellows Boofest will be held 11 a.m.-9 p.m. at Bellows Air Force Station. The event will include a pumpkin carving contest, scavenger hunt, costume contest, trick or treating, spooky story telling, a movie under the stars, and “Kiddieland” for \$5 wristbands. Activities will also include include bouncers, a water slide, face painting, arts and crafts, and a disc jockey. FMI: www.bellowsafs.com.

🌟 At a glance

🌟 The 37th annual fall craft fair will be held 9 a.m.- 3 p.m. Nov. 10 at the Hickam Arts and Craft Center. The event is free and the center is located at 335 Kuntz Ave., building 1889. Vendors can sign up now and reserve their booth by calling 448-9907, ext. 101. There will be entertainment, original handmade arts and crafts, food booths, horse rides and craft demonstrations. Public access will be via Elliot Street and Kuntz Gate, or through public transportation via The Bus #19. FMI: 448-9907 ext. 101 or visit www.greatlifehawaii.com.

Movie Showtimes



Ice Age: Continental Drift (PG)

Scrat's nutty pursuit of the cursed acorn, which he's been after since the dawn of time, has world-changing consequences – a continental cataclysm that triggers the greatest adventure of all for Manny, Diego and Sid. In the wake of these upheavals, Sid reunites with his cantankerous Granny, and the herd encounters a ragtag menagerie of seafaring pirates determined to stop them from returning home.

SHARKEY MOVIE THEATER

TODAY

7:00 PM Bourne Legacy (PG-13)

SATURDAY

2:30 PM ParaNorman (2-D) (PG)

4:45 PM Hit & Run (R)

7:00 PM Expendables 2 (R)

SUNDAY

2:30 PM The Odd Life of Timothy Green (PG)

4:45 PM Premium Rush (PG-13)

7:00 PM Total Recall (PG-13)

HICKAM MEMORIAL THEATER

TODAY

6:00 PM Ice Age: Continental Drift (PG)

8:30 PM The Expendables 2 (R)

SATURDAY

Free Advance Screening – (PG13)

Tickets available at Hickam Exchange Food Court. Seating open to non-ticket holders 30 minutes prior to show time.

SUNDAY

2:00 PM Marvels: The Avengers (PG13)



Thousands ‘make strides’ for breast cancer awareness

Story and photos by
AG3 Vaughan Dill

Thousands of breast cancer survivors, volunteers, military service members, family members and walked to end breast cancer Oct. 6 at the American Cancer Society Making Strides Against Breast Cancer five-mile walk from Ford Island to Richardson Field, Pearl Harbor-Hickam.

Honolulu's Making Strides event, its fourth annual, was one of more than 270 events across the country this year being held by the American Cancer Society. The event involved more than 7,000 community members and raised more than \$215,000 to help end breast cancer by finding cures and supporting programs and services.

“Breast cancer has no boundaries, and this gathering shows the many faces that have been touched. Breast cancer affects all ages and touches the lives of everyone in some way,” said Mary Johnson, a registered nurse and breast health educator at Naval Branch Health Clinic Hawaii-Makalapa.

“I have seen first-hand the struggles that active duty members and their families endure when diagnosed with breast cancer. Military members must deal with the added stress of deployments, duty schedules, moves, children's reaction, separation, and concern for their jobs.”

“Cancer has made me more appreciative of things, and how to enjoy life a little bit more. I can't



Participants walk in the Making Strides Against Breast Cancer Walk Oct. 6 at Joint Base Pearl Harbor-Hickam.

stress over the little things which we all tend to do because life is so crazy for all of us,” said Chief Warrant Officer 3 Vanderla Akaka, a breast cancer survivor since 2008.

“I see cancer as a blessing. Most people think cancer is bad, but for me it was a blessing because it made me realize that you have to take care of yourself. You can't take care of everybody else.”

Funds raised through Making Strides enable the American

Cancer Society to continue providing free resources and support to newly diagnosed women with breast cancer who seek information and help. The American Cancer Society invests in research to find, prevent, treat and cure breast cancer and ensure access to mammograms for women who need them.

There were hundreds of American Cancer society staff members and community volunteers on hand setting up the course, lining the route, assisting the par-

ticipants, and handing out water and snacks to participants as they crossed the finish line.

“I went to the American Cancer Society to see what support they offer and they gave me wigs. I got everything and it made me feel better. Then I started volunteering, and now I am part of the staff here,” said Joy Agni, a breast cancer survivor of one year, and this year's honorary guest motivational speaker.

“Cancer has not only brought

me awareness and shown me how to take care of my body, but it's helped me to appreciate the little things, just appreciate waking up and being here,” she said.

“A couple of our families' good friends, a daughter and a mom, they both were diagnosed with breast cancer less than six months apart, so I walk for them,” said Jacky Chacon, a three-and-a-half year survivor and American Cancer Society staff member.

“For me cancer was more of a rebirth. I found all of the good things that I was not taking advantage of in life.”

“Making Strides Against Breast Cancer unites us all to walk together as the most powerful force to end breast cancer,” said Jackie Young, chief staff officer, American Cancer Society Hawaii Pacific, and a breast cancer survivor.

“We are so thankful for how Honolulu has pulled together to encourage everyone to change the course of breast cancer forever. Making Strides walkers and supporters can be proud that their efforts are helping 2.6 million breast cancer survivors living in the U.S. celebrate another birthday this year,” she said.

Since 1993 nearly six million walkers across the United States have raised more than \$400 million dollars to help in the fight against breast cancer through Making Strides Against Breast Cancer events.

Mammograms are the No. 1 way to survive breast cancer

Shari Lopatin

TriWest Healthcare Alliance

According to the Susan G. Komen Race for the Cure, one woman is diagnosed with breast cancer every three minutes, and every 13 minutes, a woman will die from this disease.

Yet, more than 2 million survivors of breast cancer are living in the U.S. today. Do you know what that means?

Even if you've been diagnosed, there is still hope.

Mammograms save lives; TRICARE covers them.

The sooner you detect breast cancer, the better your chance of survival. And a mammogram is one of the best ways to detect it early enough for successful treatment. The Centers for Disease Control and Prevention say having regular mammograms can lower your risk of dying from breast cancer, in general.

Just remember to also follow up with your doctor for a clinical breast exam and continue your monthly self-exams.

TRICARE covers mammograms for women starting at age 40. For those considered at high risk for breast cancer, TRICARE begins covering mammograms at 35 years old. Best of all, these screening mammograms are at no cost to you.

Early warning signs of breast cancer

Breast cancer is the most common type of cancer in American women, other than skin cancer, according to the CDC. So, what are some of the earliest warning signs?

•A new lump in the breast or armpit.

•Thickening or swelling of the breast.

•Nipple discharge, other than breast milk, including blood.

•Change in size or shape of the breast.

•Pain in any area of the breast.

If you are concerned about any of these symptoms, visit your doctor immediately.

Where can you get your mammogram?

Your doctor can give you some options where you can convenient-

ly get a mammogram. Your closest option might be at a military clinic or a local imaging center—sometimes these are called radiology centers. To have your mammogram at no cost, make sure that:

•Your mammography center is TRICARE-authorized.

•If you're on TRICARE Prime, your mammography center is in the TRICARE network. If not, you will need a referral from your primary doctor.

For more information on breast cancer prevention, visit TriWest.com/Prevention.

Wheeler Saddle Club to hold haunted house and fall fest Oct. 26-27

Wheeler Saddle Club, with the help of BOSS (Better Opportunities for Single Soldiers), will hold a haunted house and fall fest 5 to 9 p.m. Oct. 26-27 at Wheeler Stables, Denny Road, Wheeler Army Airfield.

Beside the haunted house, the event will include hay rides, trick-or-treating at the barns, carnival games, kids' activities, a dunk booth and bounce house. Food will be available for purchase, such as cotton candy, shave ice, hot dogs and hamburgers.

Attendees will park up at the flats and be shuttled down the barn road by hay wagons. Since Barbers Point no longer hosts their haunted hay ride, the Wheeler Saddle Club is stepping forward to revive the Hawaii tradition.

Admission is \$7 for adults, children 12 and under will be admitted free.

The event is open to anyone with access to a military installation. Civilians can attend with a base pass.

Leap Frogs perform at Kaneohe Air Show

MC1 Fletcher Gibson

Leap Frogs Public Affairs

The Navy Parachute Demonstration Team, the Leap Frogs, performed at the Kaneohe Bay Air Show at Marine Corps Base Hawaii (MCBH) Sept. 28-30.

The five-man jump team performed three high-altitude jumps from as high as 12,000 feet above show center, and had the honor of performing a tandem jump with MCBH commanding officer, Col. Brian Annichiarico, for the final performance of the show.

Making the trip across the Pacific presented a rare opportunity for residents of the Aloha State to see the Leap Frogs in action.

"I've always wanted to see them which is why I had to make it out here today," said Andrew Bertucci, University of Hawaii Manoa student.

The high altitude of this performance allowed the team to perform a number of in-air maneuvers including extensive freefall, smoke trails, and canopy formations.

Landing team members also interacted with audience members. shaking hands, giving high-fives and answering questions about Naval Special Warfare and life as a SEAL.

"My favorite part was seeing them land and just walk off casually like they're stepping off an escalator," said Jim Stobie.

The team's next scheduled performance was Oct. 6 for the commissioning of USS Michael Murphy in New York.

The Leap Frogs perform aerial parachute demonstrations in support of Naval Special Warfare and Navy recruiting.

For more news from U.S. Navy Parachute Team, visit www.navy.mil/local/usnpt/.

WHO SAID IT?

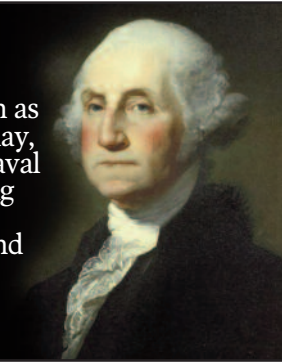
“Don’t let the fear of striking out hold you back.”

Last Week's

WHO SAID IT?

“It follows then as certain as that night succeeds the day, that without a decisive naval force we can do nothing definitive, and with it, everything honorable and glorious.”

George Washington



This Week's Trivia

On Oct. 7, 1949, A key Air Force Base on Guam was named in honor of which brigadier general who died in an aircraft accident near Kwajalein Island while en route to Hawaii?

Last Issue's Question: What day is recognized as the birthday of the U.S. Navy?

Answer: The United States Navy traces its origins to the Continental Navy, which the Continental Congress established on Oct. 13, 1775.