

Military members trade camouflage for bright colors in 5K run for fun

Story and photos by MC2 Daniel Barker

Navy Public Affairs Support Element West, Hawaii Detachment

The first five-kilometer (3.1-miles) 2012 Oahu Color Run took place Nov. 3.

Participants from all branches of the military joined Hawaii area residents of all ages in the event, which helped benefit the charity Ocean Lotus Hawaii.

Each kilometer of the event was stationed by volunteers with buckets of a designated color: yellow, orange, pink or blue. As the runners/walkers passed through the color zones, volunteers threw that particular color over them.

Consisting of dyed corn starch, the colored powder was 100 percent natural. It was even edible, although that wasn't suggested. Most

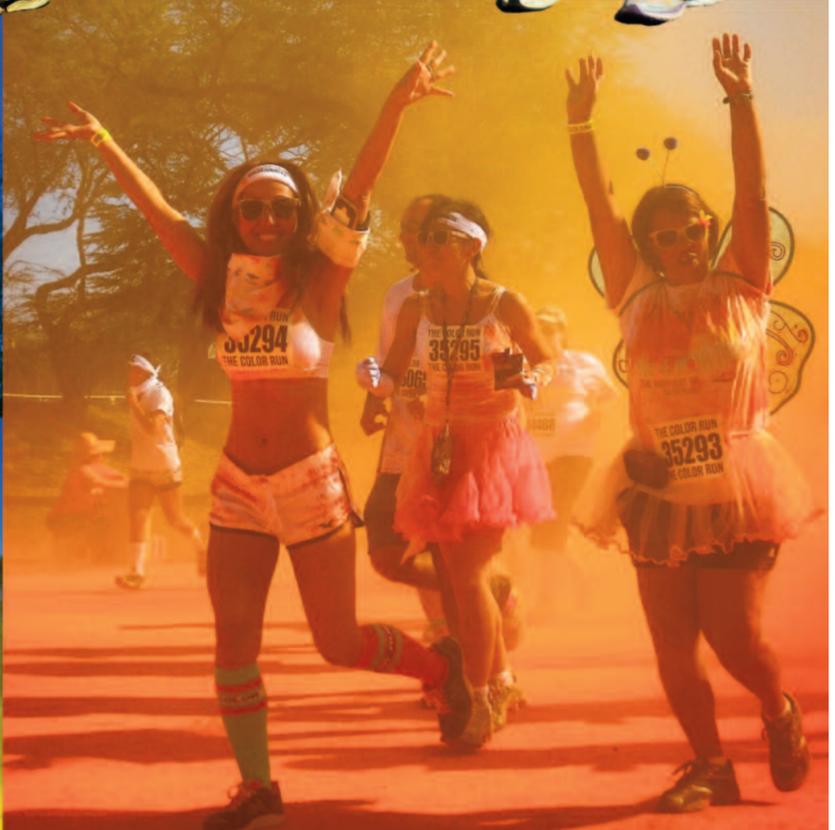
of the participants wore primarily white clothing which, by the time they arrived at the finish line, resembled tie dye patterns.

The color run course was a unique experience for many of the runners.

"This event had some of my favorite things and it was a lot of fun," said Cryptologic Technician (Technical) Seaman Apprentice Eric Bell. "It was a chance to spend time with fellow Sailors but in a really different atmosphere than normal Navy life."

The color run 5K has occurred in more than 40 cities across the U.S., but this was the first time the event was held in Hawaii.

Photo illustration



Emotions spur Port Royal past rival Chosin

Story and photo by
Randy Dela Cruz

Sports Editor

United in the support of a grieved shipmate, Sailors of USS Port Royal (CG 73) held their heads up and fought off USS Chosin (CG 65), 21-15, in an intramural flag football Afloat Division battle of unbeaten teams Nov. 3 at Ward Field, Joint Base Pearl Harbor-Hickam.

The victory gave Port Royal sole possession of first place in the Afloat Division with a spotless record of 7-0 while Chosin suffered their first loss of the season and fell to 5-1.

"This game was dedicated to No. 6, (Culinary Specialist 3rd Class Fernandez Boose), whose father just passed away," said Port Royal defensive back Seaman London Waldon.

"Once his father passed, that's just like one of us on the team passed. We just played this for him and his father."

Filled with emotions, Port Royal's defense took the field first and came up with a huge stop in the red zone.

Chosin, led by quarterback Fire Controlman 2nd Class Alden Gamat, drove all the way down to Port Royal's 10-yard line but failed to advance the ball from that point on and had to give up the football on downs.

One play later, though, the defense had to get back onto the field after Chosin lineman Seaman Dorian Smalls sacked Port Royal quarterback Seaman Michael Elzen in the end zone for a safety and a 2-0 lead.

Despite the short rest, Port Royal came up with another huge defensive stand when Waldon picked off Gamat after the Chosin QB had moved his team to the 35.

"Basically, I read the quarterback's eyes and stayed home," said Waldon about his interception. "But the main thing is that I got to say thank you to my defense. We play as a team. We play as a family."

Energized by the switch in momentum, Elzen took the ball at his own 13 and quickly led the team on a six-play 67-yard drive for a touchdown that was followed by a one-point conversion and a 7-2 advantage.

The big play on the drive came on a 31-yard completion from Elzen to Sonar Technician (Surface) 2nd Class Michael Lazarz to the Chosin 18.

Two plays later, Elzen took it in himself on a 12-yard bootleg to the left and the lead.

Now trailing, Gamat rose up to the challenge and took Chosin on a 65-yard drive for six in only four plays.

Aided by Port Royal penalties for holding and pass interference, Gamat topped off the series by



Defensive back Seaman London Waldon of USS Port Royal (CG 73) rises up to pick off a pass during the team's Afloat Division showdown with USS Chosin (CG 65) at Ward Field, Joint Base Pearl Harbor-Hickam.

crossing the goal line from three yards out.

The point after touchdown (PAT) was good to put Chosin back out in front by two at 9-7.

With only 1:37 before halftime, Elzen went back to work immediately and within seven plays, marched Port Royal down to the Chosin 31.

Then, facing third down, Elzen spotted Lazarz all alone in the end zone and lofted a perfect spiral for a touchdown.

The PAT gave Port Royal a 14-9 lead at intermission.

In the second half, Port Royal picked up right where it left off as Elzen went over the top on the first play from scrimmage and hooked up with Information Systems Technician 2nd Class Marshall Williams for a 36-yard bomb to put the ball on the Chosin 19.

The play set up Elzen's second scoring pass of the day and, with the PAT, extended Port Royal's lead to 21-9.

Chosin was able to punch in a second touchdown with under two minutes to go in the game on a 55-yard

catch-and-run from Gamat to Seaman Terron Outlaw, but the clock ran out before the team's offense could take the field again.

While the win kept Port Royal as the only undefeated team in the Afloat Division, Elzen reminded everyone that it was only one game and there is still much more to come this season.

"It takes a little bit of weight off our shoulders," said Elzen about staying undefeated. "Right now, it feels good, but tomorrow starts a new week."



U.S. Air Force photo by Airman 1st Class Lauren Main

Entertainers from Tops in Blue, the Air Force's performing arts group, perform a rendition of "Poker Face" by Lady Gaga during a Jan. 26 performance at Freedom Tower on Joint Base Pearl Harbor-Hickam, Hawaii.

Tops in Blue to perform at this year's Tower Lighting celebration

Air Force Entertainment and Joint Base Pearl Harbor-Hickam will present Tops in Blue on Nov. 30 at the Freedom Tower as part of the free 43rd annual Tower Lighting Celebration.

Festivities will include inflatables, crafts and a kids' clinic from 4:30 to 7 p.m., photos with Santa from 5 to 6:30 p.m., the tower lighting at 7 p.m., and a performance by Tops in Blue, the famed Air Force entertainment showcase.

Bring a blanket or lawn chairs. Hangar 35 will be used in case of rain for Tops in Blue.

For more information, visit www.greatlifehawaii.com.

Forest City announces holiday activities schedule

Forest City Military Communities has announced upcoming activities for Joint Base Pearl Harbor-Hickam.

Central community events include:

- Nov. 16, favorite Thanksgiving recipe contest, entries due by 2 p.m.
- Nov. 16, monthly themed Thanksgiving coloring contest, entries due by 2 p.m.
- Nov. 23, Pearl City movie day, 1:30 to 3:30 p.m.

East community events include:

- Nov. 12, veterans appreciation day, 8 a.m. to 4 p.m.
- Nov. 16, Radford movie day, 2 to 4:30 p.m.
- Nov. 21, "Be thankful" Thanksgiving craft day, 2 to 4:30 p.m.
- Nov. 23, basketball clinic, 1:30 to 4 p.m.
- Nov. 30, Halsey poolside party, 3 to 4:30 p.m.

West community events include:

- Nov. 12, veterans' appreciation day event, 8 a.m. to 4 p.m.
- Nov. 14, McGrew and Halawa community cleanup, 9 a.m. to 2 p.m.

Check with your resident services office for the times and dates of additional events in the community. Visit the www.fcnavyhawaii.com website and www.facebook.com/fcnavyhawaii site for daily community updates.

Bone marrow drives to take place at Pearl Harbor NEX, Hickam BX

During the week of Nov. 26 - 30, units from across Joint Base Pearl Harbor-Hickam will be passing out and collecting swabbing kits.

These kits will be used to put you in a database of potential bone marrow donors. You may be asking yourself, how do these kits work?

It is quite simple. All you have to do is take four swabs of the inside of your cheek. If you do swab your cheek, there is a less than 2 percent chance that you will be a match for someone, but if you are a match, you could save a life.

To be eligible, you need to be between the ages of 18 to 60. Even if you can't give blood because of various overseas locations you have traveled to, you can still participate in this program.

If you are not assigned to a unit on base, you can stop by the Pearl Harbor main NEX from 9 a.m. to 4 p.m. Nov. 28, 29 and 30 to get swabbed. You can also stop by the Hickam BX from 9 a.m. to 4 p.m. Nov. 29 and 30 to get swabbed.

For more information, call Master Sgt. Mike Vonahnen at 448-6239.

Top reason you're not losing weight

Shari Lopatin

TriWest Healthcare Alliance

You've changed the foods you eat to include more fruits and veggies. You've cut back on the soda and you've started exercising three times a week.

And yet, you're not losing weight ... or at least, you're not losing enough. Why? It really all boils down to two very small, but significant words: portion control.

"Many individuals are totally unaware of how much is an appropriate amount of food," said Lynne Campagne, a registered dietitian with TriWest Healthcare Alliance.

How many calories are you really consuming each day? For example, a single serving of meat—like chicken or steak—is roughly the size of your palm. Reducing the number of calories you eat or drink can help to prevent weight gain ... and promote weight loss.

And the key to controlling calories lies in portion control.

Try portion control: 'create your plate'

Did you know the American Diabetes Association has a tool to help you control your portions better?

It's called "create your plate," and it focuses first on portion sizes and then food choice. Not only is it meant to help diabetics manage their condition, but it can be an effective weight-loss tool.

You can apply the basics of "create your plate" easily at home. Here's how it works:

- Put a line down the middle of your empty dinner plate.
 - On one side, cut it again so you have three sections on your plate.
 - Fill the largest section with non-starchy veggies (i.e., green beans, spinach, mushrooms).
 - In one of the smaller sections, place starchy foods such as whole grain breads or potatoes.
 - Fill the other small section with meat such as chicken or salmon.
 - Add an eight-ounce glass of low-fat milk or a six-ounce container of light yogurt.
- For more healthy eating tips, visit TriWest.com/HealthyLiving.

Balanced effort leads COMPACFLT over 747th CS

Story and photo by
Randy Dela Cruz

Sports Editor

An aggressive defense and a balanced offensive attack led by quarterback Operations Specialist 2nd Class Solomon Pulu pushed Commander, United States Pacific Fleet (COMPACFLT) Boneyard to a decisive mercy-rule 33-14 win Nov. 5 over the 747th Communication Squadron in an American Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

Pulu threw five touchdown passes to four different receivers in the game and broke off a 55-yard run in the second half. The defense, led by a torrid pass rush from Information Systems Technician 3rd Class Derrick Royal and Information Systems Technician 2nd Class Deville Warner, accounted for five sacks plus an interception and held the explosive 747 CS offense to only two touchdowns.

The win raised division-leading COMPACFLT's spotless record to 7-0 as the 747 CS dropped their fourth game of the season against seven wins.

Throughout the game, Pulu kept the 747 CS defense guessing by managing the clock and spreading the field to find the open spots.

"Their corners and linebackers were playing off all our receivers," Pulu explained. "If they are going to play that deep, I'm just going to run it. And then, when they commit to me running, that opened up my passing."



Ensign Gennaro Hawkins (left, in red) and teammate Information Systems Technician 3rd Class Derrick Royal (right, in red) of Commander, United States Pacific Fleet (COMPACFLT) Boneyard intramural flag football team close in on 747th Communication Squadron quarterback Intelligence Specialist 2nd Class Aaron Jackson during an American Division game at Ward Field, Joint Base Pearl Harbor-Hickam.

Royal was the first recipient of Pulu's game plan when he grabbed a pass in traffic at the 40, then sprinted into the end zone for six.

The play took place moments after Pulu was sacked on third down for a four-yard loss.

Facing a fourth and 12 yards to go for a first, the Boneyard QB spotted Royal in the middle of the field and threaded the needle between two defenders for

the completion.

The 747 CS defense thought the ball was dead and stopped pursuing Royal, who took advantage of the lapse and went in for the score.

"That set the tone," Pulu said. "We always want to get up early. We want to build a lead before halftime, so we can get a nice cushion."

Later, a shanked punt by the 747 CS gave COMPACFLT great field posi-

tion near the red zone at the 25.

After misfiring on first down, Pulu got his second touchdown pass of the game by pitching the ball to Ensign Gennaro Hawkins for a 25-yard catch-and-run.

The point after touchdown put Boneyard ahead by a score of 14-0.

The 747 CS managed to narrow the margin to 14-6 just before halftime on a 12-yard scoring strike from

quarterback Intelligence Specialist 2nd Class Aaron Jackson to Army Spc. Adrian Labuda.

Following intermission, the 747 CS opened up the second half by giving up the ball on downs.

Pulu made them pay for their inability to move the football by taking the first snap at his own 21 and racing all the way down to the four-yard line for a 55-yard pickup.

"The linebacker went to

the left side of the field, so I just took to the right," Pulu said. "I looked back and didn't see anybody. Then I saw him (defender) fall with my flag. That was a nice hustle on his part."

Although Pulu fell short of end zone, two plays later he connected with Marine Sgt. J.R. Martin in the right corner for touchdown pass No. 3 and a 20-6 advantage.

Pulu struck two more times to round out the scoring on touchdown passes to Electronics Technician 2nd Class Corey Piggee and another to Martin.

Meanwhile, Jackson added one final touchdown on a spectacular 50-yard run.

Tech. Sgt. Steve Coleman, head coach of the 747 CS, said that while the loss was disappointing, he felt that the team beat itself.

"We missed two flags; one was a touchdown. We dropped two touchdowns and we threw an interception in the red zone," he pointed out. "You put those points back on the board, or put it where it needs to be, it's a different game."

"But that's the best team in the league. We're not going to take nothing away from them. I'm just glad that it happened on Monday because we get to come back on Wednesday. We'll be ready."

While many teams would be feeling the pressure of being undefeated, Pulu said that everyone seems to be handling it well.

"We joke around that we might be due for one (loss)," Pulu stated. "As long as we keep winning and having fun, that's all that matters."



Sailors, Airmen and volunteers clean up trash beside a bike path that runs along Pearl Harbor's historic water front.

Military, other volunteers clean up bike path

Story and photo by
MC3 Dustin W. Sisco

Navy Public Affairs
Support Element West Det.
Hawaii

Military members, families and friends volunteered to help clean up a 13.5-mile

bike path that runs along Pearl Harbor's historic waterfront.

The cleanup is a partnership of Joint Base Pearl Harbor-Hickam with the City and County of Honolulu.

"We're just trying to show our community service, helping out the community," said

Boatswain's Mate 2nd Class Leland Harris, one of the volunteers. "I always like to give back, so I had the honor of being out here today."

Harris talked about the importance of cleaning up the bike path.

"It's showing relations with Hawaii and the Navy

and putting the Navy out there in a positive way," said Harris.

The Navy has become involved in a number of environmental efforts ashore and at sea to assist in showing its pride and respect for the neighboring communities.

Bike ride Saturday for marrow donation

Brandon Bosworth

Staff Writer

The fifth annual Anne Keating Cycle 4 Life will take place from 7 to 11 a.m. Nov. 10 at the Honolulu Club. This four-hour spinning event seeks to not only raise funds for those in need of bone marrow transplants but also seeks to promote bone marrow donation.

Erika Eberhart, directory of business operations at the 647th Contracting Squadron, Joint Base Pearl Harbor-Hickam, is helping to lead the cycling. Eberhart is a spinning instructor with 14 years of experience. She hopes the event will raise awareness about bone marrow donation.

"In the U.S., only 3 percent of the population are on the national bone marrow registry, or about 9.5 million people," she said. "Of those, 9.5 million, only 7 percent are African-American, 7 percent are Asian-American, 4 percent are multi-ethnic, and just 0.2 percent are of Polynesian or Pacific Islander descent."

During the event there will be volunteers on hand to conduct cheek swabs and help people register as potential bone marrow donors.

In addition to promoting bone marrow donation, the Anne Keating Cycle 4 Life Foundation aims to help Hawaii residents with blood-borne diseases offset financial challenges when traveling to the mainland for bone marrow transplants.

"No adult in Hawaii has a choice but to go to the mainland for bone marrow treatment," said Eberhart. "It's the third more expensive medical treatment a person can undergo."

The Anne Keating Cycle 4 Life Foundation is named after Anne Keating. A longtime athlete, Keating joined the Honolulu Club shortly after arriving on Oahu in 2001 and she soon embraced Studio Cycling, squash, weight lifting and yoga.

In July 2007, Keating was diagnosed with aplastic anemia and needed a bone marrow transplant. No matching donor was found in the U.S., though one was eventually found in Germany. She endured a bone marrow transplant in January 2008 and was declared disease-free after the post-transplant treatment.

Upon returning to Honolulu four months later, Keating had a vision to raise awareness for blood-borne diseases and to help offset the travel costs for those requiring bone marrow

transplants. Her dream was to help save lives and ease some of the financial hardships she personally faced throughout her journey. She died of viral pneumonia eight days short of the first annual Anne Keating Cycle-4-Life event.

Some of those participating in the Nov. 10 event are doing so out of deeply personal reasons. For example, Jackie Wilborne, spouse of Lt. Col. Damian Wilborne, commander, 647th Contracting Squadron, JBPHH, was recently diagnosed with ovarian cancer. Lt. Col. Wilborne will be both volunteering and cycling for all four hours in a show of support.

All bikes have been reserved for the fifth annual Anne Keating Cycle 4 Life. However, the public is invited to attend this free event and show their support.

There will be a bake sale starting at 8 a.m., with all proceeds going to Anne Keating Cycle 4 Life Foundation. This is also an opportunity to take five minutes and join the bone marrow registry. For more information, visit www.annekeatingfoundation.org.

(Editors note: See additional information on bone marrow donation on page B-2)



Wounded Warrior Pacific Trials to take place this week

The Wounded Warriors of Team Navy and Coast Guard will participate in the Wounded Warrior Pacific Trials during the week of Nov. 12-17 at Joint Base Pearl Harbor-Hickam (JBPHH) and other locations across Oahu.

Adm. Cecil D. Haney, commander of U.S. Pacific Fleet, will host the first ever trials at JBPHH. Nearly 50 seriously wounded, ill and injured Sailors and Coast Guardsmen from across the country will compete for a place on the 2013 Warrior Games Navy-Coast Guard team.

November is Warrior Care Month.

The schedule of events includes:

Nov. 11

- Athletes tour of the facilities, 2 p.m.;
- Welcome luau with athlete testimonials, 5 p.m.

Nov. 12

- Archery practice at Club Pearl Paradise Lounge, 8 to 11 a.m.;
- Cycling practice at Ford Island, 8 to 11 a.m. and 12:30 to 3:30 p.m.;
- Shooting practice at Club Pearl Paradise Lounge, 12:30 to 3:30 p.m.;
- Wheelchair basketball at JBPHH Fitness Center, 6 to 8 p.m.

Nov. 13

- Cycling trials at Freedom Tower, 8 to 11 a.m.;
- Shooting practice, Club Pearl Paradise Lounge, 8 to 11 a.m.;
- Track and field practice, Earhart Field, Hickam side of JBPHH, 12:30 to 3:30 p.m.;
- Archery practice, Club Pearl Paradise Lounge, 12:30 to 3:30 p.m.;

Nov. 14

- Sitting volleyball, JBPHH Fitness Center, 6 to 8 p.m.;
- Track and field practice, Earhart Field, Hickam side of JBPHH, 8 to 11 a.m.;
- Shooting trials, Club Pearl Paradise Lounge, 12:30 to 3:30 p.m.;
- Swimming practice, Scott Pool, JBPHH, 12:30 to 3:30 p.m.;
- Wheelchair basketball scrimmage/trials, JBPHH Fitness Center, 6 to 8 p.m.;

Nov. 15

- Track and field trials, Iolani High School, 8 to 10 a.m.;
- Swimming practice, Scott Pool, JBPHH, 12:30 to 3:30 p.m.;
- Sitting volleyball scrimmage/trials, JBPHH Fitness Center, 6 to 8 p.m.;

Nov. 16

- Trials for swimming, University of Hawaii, 8 to 11 a.m.;
- Tennis, Wentworth Tennis Courts, JBPHH, 9 to 10:30 a.m.;
- Navy League lunch, 11:30 a.m. to 1 p.m.;
- Wheelchair basketball and sitting volleyball exhibition, JBPHH Fitness Center, 1:30 to 3:30 p.m.;
- Announcement and awards presentation at the Battleship Missouri Memorial, 4:30 to 6 p.m.

Nov. 17

- Wounded Warrior ride through Waikiki, 8 to 11 a.m.;
- Tour of local venues, 12:30 to 2:30 p.m.

For more information, on the Wounded Warrior Pacific Trials visit <http://bitly.com/UbUa8n>.

COMSUBPAC strikes past FACSFC Thundercats

Story and photo by
Randy Dela Cruz

Sports Editor

Two long hauls for touchdowns by Fire Controlman 2nd Class Frank Lofton helped Commander, Submarine Force U.S. Pacific Fleet (COMSUBPAC) Thundercats, 33-19, on Nov. 6 in an intramural flag football National Division game at Ward Field, Joint Base Pearl Harbor-Hickam.

Lofton was on the receiving end of scoring bombs thrown by quarterback Lt.j.g. Doug Hawk that covered 41 and 60 yards.

"We practice it all the time," said Lofton about his two over-the-top catches. "As long as he (Hawk) sells it good, throws it all the way through like Brett Favre and the cornerbacks bite, it's there all the time."

The win by COMSUBPAC raised the team's record to 7-5 and kept their playoff hopes alive while FACSFC, which entered the contest in third

place, fell to 6-3.

Despite soggy field conditions, the game quickly turned into a shootout that almost lasted until the final whistle.

Starting from his own 15, Hawk opened the game by taking the team on a nine-play, 6-yard drive to the end zone that was punctuated by a short four-yard toss to Electronics Technician 2nd Class (SS) Jerrell Clemmons for a 6-0 lead.

On the team's next drive, Hawk decided to gamble at his own 18-yard line by going for a first down on fourth down and two yards to go.

Instead of picking the marker, Hawk was stopped for no gain by Airman 1st Class Justin Blackwood to hand the ball over to FACSFC in good field position.

Working with a short field, quarterback Air Traffic Controller Airman Bobby Walker quickly moved the ball to the five on a completion to Operations Specialist 2nd Class Ruffy Salazar before coming up with a clutch pass on fourth down for six to Blackwood.

For the point after touchdown, Walker went back to



Electronics Technician 2nd Class (SS) Jerrell Clemmons pulls down a pass in the end zone to give Commander, Submarine Force U.S. Pacific Fleet (COMSUBPAC) a 6-0 lead over Fleet Area Control and Surveillance Facility (FACSFC) Thundercats.

the well and hit Blackwood for the conversion and a 7-6 lead.

The small lead seemed safe with only 1:21 remaining on the clock before halftime,

but Hawk had other ideas.

After completing two consecutive passes to move the sticks from the 15 to the 39, Hawk went deep and found Lofton for the first of his two touchdown catches.

"I said you just sell it and I'm going to go get it," Lofton said he told Hawk as time was running out. "It was a big momentum swing because it's always good to go up at halftime."

The converted two-point attempt was good to give COMSUBPAC a 14-7 lead at the break.

In the second half, Walker was on fire in the Thundercats opening drive – connecting five straight passes that placed the ball on COMSUBPAC 10-yard line.

Looking to tie up the score, Walker delivered a pass to the end zone on the very next play, but the ball never reached its mark.

Lofton, doubling as a safety in the defensive backfield, tipped Walker's pass and deflected the ball toward teammate Electronics Technician 2nd Class (S) Richard Brown, who leaped and made a diving catch for an interception.

"I probably should have held it a little longer," said Walker about the pick. "That was definitely the turning point of the game."

The opportunity proved to be too good for Hawk to pass

up as the COMSUBPAC quarterback went for the kill and put another long strike into the hands of Lofton, who made the catch and turned it upfield for a 60-yard scoring play and 20-7 advantage.

To his credit, Walker tried to rally the team and connected on touchdown passes of 65 yards to Operations Specialist 2nd Class Kelvin Marmolejos and 25 yards to Salazar.

However, Hawk answered each time with TD tosses to Electronics Technician 2nd Class Chris Badder and Machinery Repairman 2nd Class Kenneth Sturdivant to round off the scoring.

While FACSFC started off the season as one of the teams to beat, the Thundercats have struggled over the past two weeks.

In suffering its third defeat, Walker said that the team has been hurt by its inability to execute on the little things.

"We've just been killing ourselves," he said. "We've been doing good the whole season, but lately we've lost two games on turnovers, dropped passes and stuff."

Meanwhile, COMSUBPAC seems to be hitting their stride.

"I think we're a contender," Lofton said. "We're going definitely to the playoffs, and I think we got a chance to win, too."

Events scheduled to commemorate Veterans Day across Oahu

Events across Oahu have been scheduled for Nov. 11 to commemorate Veterans Day.

They include:

- Oahu Veterans Center Veterans Day Ceremony at the National Memorial Cemetery of the Pacific (Punchbowl), 10 a.m.

- Submarine veterans' tribute at the Submarine Memorial at the former sub base, 11 a.m.

- Ceremony at the Hawaii State Veterans Cemetery, Kaneohe, 1 p.m.

- Battleship Missouri Memorial Veterans Day Ceremony, 4:30 p.m.

In addition, the Wahiawa Lions will stage their 66th annual Veterans Day

Parade on Nov. 12. A joint service color guard will lead marchers up California Avenue at 10 a.m. from Kaala Elementary School to the Wahiawa District Park. The theme of this year's parade is "Mahalo Veterans."

Maj. Gen. Kurt Fuller, commanding general, 25th Infantry Division, will be the featured speaker at the program at the district park following the parade.

The event will also include participation by members of the 442nd Regimental Combat Team, Military Intelligence Service, 1399th Engineer Construction Battalion, 100th Infantry Battalion, Silver Star medalists and Military Order of Purple Hearts.

Hickam Officers' Spouses Club to hold Snack with Santa event

The Hickam Officers' Spouses Club will hold a Snack with Santa from 10 a.m. to noon Dec. 1 at the Ka Makani Community Center on the Hickam side of Pearl Harbor-Hickam.

The event will include holiday crafts, cookies, snacks and a visit with Santa. The event is free and sponsored by the club as a gift to families of joint base.

Ticket reservations begin at 8 a.m. Nov. 13. Space is limited. There are tickets for 200

children and 150 family members/guardians.

The recommended age for children participating is 12 and under. Base access cannot be provided by the club, so make sure you have access.

Visit <http://bit.ly/UlcbqK>. Tickets should be printed from the website after completing the reservation. Tickets need to be shown at the door to gain entry to the event.

For more information, email info@hickamosc.com.

PEARL HARBOR-HICKAM Manawa Nanea LEISURE

Morale Welfare & Recreation

YOUTH BASKETBALL REGISTRATION

Registration for youth basketball ends today. The season runs from December to March. 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.

FLOAT DAY

Floats will be provided for everyone to share from 11 a.m. to 4:30 p.m. Saturday at Hickam Pool Two. Children under the age of 10 must be accompanied by an adult. FMI: 448-2223.

FALL CRAFT FAIR

One of the longest-running craft fairs in Hawaii takes place from 9 a.m. to 3 p.m. Saturday at the Hickam Arts & Crafts Center lawn. The fair features original handmade arts and crafts. The band Island Storm will perform, and there will be horse rides, a bounce house and craft demonstrations for the kids. This free event is open to the public. FMI: 448-9907.

BEACH DAY, BARBEQUE WITH LIBERTY

There will be a free trip to Fort DeRussy beach with Liberty on Monday. 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.

MWR NEWCOMERS LUNCH

A free 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.

PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m. Nov. 14, at the Hickam Library. The theme for the day is "Thanksgiving." FMI: 449-8299.

2013 NFL PRO BOWL

The NFL Pro Bowl returns to Hawaii for the season-ending all-star exhibition at Aloha Stadium on Jan. 27, 2013. Tickets are on sale at Information, Tickets & Travel. Prices start at \$50 per person. FMI: 473-0792.

TURKEY TROT 5K FUN RUN

A Turkey Trot 5K Fun Run will take place at 8 a.m. Nov. 17 at the Hickam Fitness Center. Top finishers will receive frozen turkeys as a prize. This is a free event. No registration is required. FMI: 448-2214.

Community Calendar

November

10 ~ World War II Valor in the Pacific National Monument will hold a free "After Dark in the Park" lecture at 6:30 p.m. about women pilots during World War II. Due to limited seating, RSVP to Amanda Carona. FMI: 423-7300, ext. 7048.

12 ~ In observance of Veterans Day, the Pearl Harbor Commissary store hours will be 9 a.m. to 5 p.m. The Hickam Commissary will be open from 9 a.m. to 6 p.m. on Veterans Day. FMI: Pearl Harbor Commissary at 471-8402, Ext. 101 or the Hickam Commissary at 449-1363.

16 ~ The Pacific Regional Medical Command's Care Provider Support Program will host "Whole Body Wellness and Resiliency: How to recover from illness naturally," 1-2:30 p.m. in the Tripler Army Medical Center Chapel, third floor, D wing. RSVP to Richard Ries by Nov. 14. FMI: 433-3283.

16 ~ Hui O'Wahine Fort Shafter Spouses Club will host its annual auction and cocktail social from 6 to 10 p.m. at the Hale Ikena. This year's theme will be "Denim and Diamonds." Tickets are \$25 per person, \$40 per couple. Pupus will be available. The event is open to the public, and all branches of the military are invited. RSVP by Nov. 9 to reservations@huiowahine.com. FMI: Tiffany Jacobs at (785) 320-0399.

17 ~ Bellows Air Force Station will hold its third annual Turkey Trot 5K Fun Run starting at 8 a.m. Register by Nov. 10. FMI: www.bellowsafs.com. In addition, the Marine Corps Community Services' Semper Fit program will hold the annual Turkey Trot 10K Run at 7 a.m. the same day at Dewey Square. Entry fees are \$25 for individuals or \$90 per formation. Late fees begin after 4 p.m. Nov. 10. FMI: 254-7590.

17 ~ Naval Health Clinic-Hawaii's Health Promotion mobile "Wellness on Wheels" van will be on site at Tripler Army Medical Center's diabetes wellness fair, which will take place 10 a.m.-2 p.m., outside the oceanside entrance of the hospital. They'll be offering A1C cholesterol tests for patients who want to find out their numbers. FMI: www.facebook.com/TriplerArmyMedicalCenter.

20 ~ An event commemorating American Indian and Alaska Native Heritage Month will take place 10 a.m. to noon at Pearl Harbor Memorial Chapel. The event will include a 30-minute presentation by Senior Chief Gas Turbine System Technician (SW) Travis C. Wolf of Afloat Training Group Middle Pacific, and an ethnic food sampling. FMI: 473-3242.

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

Movie Showtimes



Frankenweenie (3-D)** (PG-13)

Frankenweenie is a heartwarming tale about a boy and his dog. After unexpectedly losing his beloved dog Sparky, young Victor harnesses the power of science to bring his best friend back to life – with just a few minor adjustments. He tries to hide his home-sewn creation, but when Sparky gets out, Victor's fellow students, teachers and the entire town all learn that getting a new "leash on life" can be monstrous.

SHARKEY MOVIE THEATER

TODAY
7:00 PM End of Watch (R)

SATURDAY
2:30 PM Frankenweenie (3-D)** (PG)
4:45 PM Dredd (3-D) (R)
7:15 PM Pitch Perfect (PG-13)

SUNDAY
2:30 PM Frankenweenie (3-D)** (PG)
4:45 PM Trouble with the Curve (PG-13)
7:00 PM Looper (R)

**\$1 for 3-D Glasses Rental

HICKAM MEMORIAL THEATER

TODAY
6:00 PM The Possession (PG13)
8:30 PM Premium Rush (PG13)

SATURDAY
4:00 PM Paranorman (PG)
7:00 PM The Possession (PG13)

SUNDAY
2:00 PM Paranorman (PG)



Arbor Day adds green and shady corridor

Story and photo by
Hickam Communities
LLC

Yellow shower trees were planted Nov. 2 in the Hale Na Koa neighborhood at Joint Base Pearl Harbor-Hickam in observance of Arbor Day. The annual celebration, hosted by Hickam Communities, is an event that ensures Hickam maintains its recognition as a Tree City USA.

"More than 100 trees have been planted since the Tree City USA program was established at Hickam 13 years ago, and Hickam Communities and Joint Base Pearl Harbor-Hickam have worked together to continue the program since 2006," said Stephen Quinn, director of property management at Hickam Communities.

"Our team's effort has helped create wonderful streetscapes for our families, and it truly demonstrates our partnership's commitment to making our neighborhoods a greener and healthier place."

The shower trees, donated by LLS Pacific, were planted at the corner of Fox Boulevard and Tinker Avenue.

Patricia Carter, operations director for Hickam Communities; Tanya Strauss, deputy commander, Installation Support, 647th Air Base Group; Stephen Quinn; Randy Kawakami, housing operations chief, Housing Management Office; and Patrick Kingsbury, housing management office; helped plant shower trees in celebration of Arbor Day.



Forest City announces holiday guidelines

Forest City Residential community offices will be closed Thanksgiving Nov. 22, Christmas Dec. 25 and New Year's Day Jan. 1.

Lighting/decorations

Holiday lighting and decorations are authorized in housing between Thanksgiving and the second week of January.

Lighting can be used between the hours of 5 and 10 p.m. Lighting may not be left on when there is no one in the premises. Roof decorations and lighting above the first floor roofline are not permitted.

Canned snow or other similar substances may not be sprayed on any part of the home.

Forest City officials urge residents to be mindful of energy conservation during the holidays.

Safety

Heightened security awareness is prudent during the holiday season. Law enforcement departments warn that crimes can increase substantially during the Thanksgiving-Christmas holiday season.

Here is a list of holiday do's and don'ts:

- Do not leave gifts and packages in your car in plain view.
 - Do not "hide" keys outside of your home, or leave them in an obvious place near doors and windows.
 - Do not advertise your purchases. Break down large gift boxes and packages before placing in the trash or out for bulk trash pick-up.
 - Shut and lock all doors and windows to your home, even if you are going out for a short time.
 - Activate the provided security alarm systems within your home with a security company.
 - Make your home look occupied by using timers on lights and on your radios. Have your mail and newspapers collected daily by a designated person.
 - Practice personal security at all times. Keep your garages, homes and vehicles secured at all times.
 - Contact Securitas, military police or dial 911 in the event of an emergency and report all suspicious activities in your community.
- Check with your residential services office for updates. In addition, check the www.fcnavyhawaii.com and www.facebook.com/fcnavyhawaii websites for updates.

STORY IDEAS?

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

Phone: (808) 473-2888

Email: editor@hookelenews.com

ASYMCA to hold annual art contests

Armed Services YMCA

The Armed Services YMCA of Honolulu (ASYMCA) will hold an art contest for military children from ages 2 to 5 commemorating Military Family Month, said Sue Schaefer, Operation Kid Comfort coordinator at the ASYMCA of Honolulu.

The top three winners will receive a \$40 gift card to Toys R Us and the top 12 will have their artwork featured in a 2013 ASYMCA Calendar that will go on sale in December.

Any child who would like to participate can go to their nearest ASYMCA and pick up a template and rules. The deadline for entries is Nov. 23.

Besides the local contest, Armed Services YMCA has also announced the guidelines for its annual national contest.

The Armed Services YMCA art contest 2013 seeks young artists for its annual contest titled, "My Military Family."

The contest promotes art among children of active duty or retired (with 20 or more years of service) from the Army, Navy, Marines, Air Force, Coast Guard, National Guard/Reserves families.

Children in grades kindergarten through six are eligible to enter. Winning artwork will receive an Ipod Touch. One winner will be awarded in each service category. The top six winners (one from each service) will be highlighted on the Armed Services YMCA annual Military Family Month Poster.

Students are asked to draw a picture of their military family. All entries should be drawn on a six-by-eight inch template included with the entry form. Entries with use of color and a patriotic theme have caught judges' attention in the past.

Entries should be postmarked no later than Feb. 15, 2013 to be eligible.

Sent entries to:

Armed Services YMCA
Attn: Art contest
7405 Alban Station Ct., Suite B 215
Springfield, Va. 22152

All entries should include the completed official entry form attached to the backside of each entry. The entry form is on the Armed Services YMCA website www.asymca.org.

For more information, email ssimms@asymca.org.

Tripler blood drives

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

Nov. 15, 9 a.m. to 1 p.m., Club 14, U.S. Coast Guard Sector Honolulu, Sand Island.

Nov. 19 and 20, 7 a.m. to noon, 3rd Radio Battalion, Marine Corps Base Hawaii.

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

WHO SAID IT?

"Nothing is impossible, the word itself says 'I'm possible.'"

Last Week's

WHO SAID IT?

"You cannot create experience. You must undergo it."

Albert Camus

This Week's Trivia

What was the first truly practical airplane and how long did it fly?

Last Issue's Question:

What is the meaning and origin of the term "Bravo Zulu?"

Answer:

This is a naval signal, conveyed by flaghoist or voice radio, meaning "well done." It has also passed into the spoken and written vocabulary. The term actually comes from the Allied Naval Signal Book, an international naval signal code adopted after the North Atlantic Treaty Organization was created in 1949.

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GOT SPORTS

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