



Runners turn out in full force for half-marathon

Story and photos by MC2 Daniel Barker

Navy Public Affairs Support Element West
Det. Hawaii

Military service members, spouses, family members and civilian employees participated in the sixth annual Hickam Half-Marathon held Aug. 11 at Joint Base Pearl Harbor-Hickam.

Starting at 5 a.m., the participants gathered in the dark at Earhart Track, starting the half-marathon with a parade of colors and singing of the national anthem just after 6 a.m.

"Each year the numbers grow. We had 437 people register, and 386 showed up to run that morning," said B.J. Bentley, Hickam fitness manager and organizer for the event. "Compared to two years before, it was in the low 300s. We definitely gained numbers."

"We changed the route up a little bit this year so they didn't have to run out and back the exact same course," Bentley said. "It was a little different, but it was still fast, a very flat track, open. The weather was perfect. We had a little bit of rain, but that just blessed the event."

A half-marathon is 13.1 miles, so it does take a little bit of preparation unless the participant is an avid runner, and they're used to running six-plus miles in a daily routine. They have to take in factors like the heat here in Hawaii, being prepared for rain, and proper hydration.

"It was a great event. We had people with their dogs, we had people with their strollers, we had one lady who did a jump rope all the way through, so it was a really good event and we try to host things like that on the base for individuals just for squadrons to do things together, team building. For the most part the runners were prepared and it was a lot of fun," Bentley said.

There were a wide range of ages of runners, ranging all the way from age 12 to 74. This year's top male finishers, along with their times, were Arch Robertson (1:20:35), Matthew Lidstorff (1:25:57) and Melvin Kirchner (1:26:21). The top female finishers were Shannon Bueker (1:27:33), Megan Clark (1:38:36) and Alicia Heil (1:39:03).

"We look forward to next year and hopefully it will grow a lot more, a lot bigger, and we need more volunteers. Volunteers are a big key factor in keeping the route safe and marked," Bentley said.

For more information on future events and volunteering opportunities, visit the Morale, Welfare and Recreation center near you and the website www.greatlifehawaii.com.



Dream Chasers give 747th CS nightmares

Story and photo by
Randy Dela Cruz

Sports Editor

For three years, the old Naval Station Pearl Harbor (NAVSTA) basketball squad dominated the base's intramural league with an athletic core of players who shot, rebounded and ran their way to three consecutive championships from 2009-11.

While the team wasn't able to defend its title in the 2012 intramural season, the squad renamed Dream Chasers is back in full force and has resumed its winning ways in the Summer Basketball League.

On Aug. 11, the Dream Chasers squared off against the 747th Communication Squadron (747 CS) in a battle of unbeaten teams.

Although the 747 CS entered the showdown with some heavy artillery of their own, the team proved to be no match for the Dream Chasers, which took early control of the game and rolled on to an easy 51-35 win at Joint Base Pearl Harbor-Hickam Fitness Center gym.

The win raised the Dream Chasers' record to 4-0, while the 747 CS fell to their first defeat of the season and dropped to 3-1.

"It's just like old times," said Dream Chasers point guard Intelligence Specialist 2nd Class Aaron Jackson. "We talked about it earlier that we were going to name the team Dynasty because we been together for awhile. It feels good with your old teammates."

Even though Jackson was making his first appearance with his old team, it didn't take long before he and his team-



Staff Sgt. Travis Lewis of the 747th Communication Squadron (747 CS) fouls Engineman 2nd Class Brandon Thomason of the Dream Chasers in a Summer Basketball League game at Pearl Harbor-Hickam Fitness Center gym.

mates were up and running at full speed.

Up by a score of 3-2, the Dream Chasers completed a 9-0 run on two free throws from forward Logistics Specialist 2nd Class Trae Caple to take a 12-2 lead with 9:28 remaining in the first half.

A coast-to-coast lay-up by post-player Logistics Specialist 2nd Class Eric Cotton put the Dream Chasers up at 16-4, and as time ran down in the half, Cotton completed a basket-and-one to give his team a 21-7 advantage.

As the teams broke for halftime, the Dream Chasers held a 14-point lead at 27-13.

Things didn't get much better for the 747 CS in the second half, as the Dream Chasers fast-break attack kept pushing the ball upcourt.

A basket by Marines Staff Sgt. Julius Johnson gave the Dream Chasers a 20-point lead at 40-20 with 10:04 remaining on the clock.

Despite facing double-digit deficits for most of the game, the 747 CS refused to give up and even put together a run of their own to cut into the lead.

Down by a score of 44-24, the 747 CS fought back and rallied for a nine-point run on the strength of a basket-and-one by center Staff Sgt. Travis Lewis and a three-point bomb from shooting guard Senior Airman Ronnie Turner.

However, a free throw from Dream Chasers Department of Defense civilian Troy McCloud snapped the 747 CS streak and ended the threat.

Lewis, who led the 747 CS with 15 points, said that a lack of patience on the part of his team contributed to its early deficit.

Once the 747 CS fell behind, Lewis said they

had a difficult time battling against the Dream Chasers' tall and athletic frontcourt.

"We weren't taking our time. We were coming down and rushing our shots," he said. "We weren't moving the ball around, and then we started playing to their pace. They (Dream Chasers) do a good job of sending all their guys to the board. We just got to do a better job of boxing out."

Not only did the Dream Chasers' height advantage help on the boards, Jackson said that the team's frontcourt also created numerous opportunities on offense.

"It kind of makes my job a lot easier," Jackson admitted. "I can just hand it to them, and they're already there to make a lay-up. We had a team huddle and my daughter said, 'Wow, you so small daddy.' I'm the little guy, but it feels good, kind of like having big brothers."

Although the 15-point defeat was tough for the 747 CS to swallow, Lewis said that he was encouraged by the team's comeback in the second half.

The next time the teams meet, Lewis noted the 747 CS will be ready.

"I can't wait to play them again," he said. "We know each other now, and we can use our strengths against them in a better way."

Jackson said that with the Dream Chasers' long pedigree of success, if the team just plays its game it should continue to win.

"We've been playing together for awhile, so we know our strengths and weaknesses," Jackson said. "As long as we play our game and do what we do, we usually win. So we're not really worried about what the competition brings."

General election is only 80 days away

Navy Region
Legal Service
Office Hawaii



Military service members should note that the general election is 80 days away.

To register, request a ballot and vote absentee. Go to www.FVAP.gov to complete your Federal Post Card Application (FPCA). It takes less than 10 minutes to complete using the online registration and absentee ballot assistance.

Pass this on to other military or overseas voters, including spouses and voting age dependents.

For more information on the Federal Voting Assistance Program or help with the

absentee voting process, contact FVAP at 1-800-438-8683, DSN 425-1584 (CONUS)/312-425-1584 (OCONUS), or at vote@fvap.gov. And don't forget your unit or installation voting assistance officers.

More information is available at FVAP.gov. "Like" us on Facebook at www.facebook.com/DoDFVAP and follow us on Twitter @FVAP.

Call 473-1384 for the Joint Base Pearl Harbor-Hickam installation voting officer, Lt. Morris, located at the Navy Region Legal Service Office Hawaii. Call 473-1793 for the region voting officer, Lt. Cmdr. Kathleen Elkins.

Volunteers needed for Pouhala Marsh work day Sept. 15

Volunteers are being recruited to remove invasive weeds at Pouhala Marsh Sept. 15. The work is for the benefit of endangered birds and floating ducks (Hawaiian stilt, coot, moorhen) on Pouhala Marsh adjacent to Pearl Harbor by the Waipahu Police Academy.

This area is a recovering wetland and part of the Pearl Harbor estuary system.

Volunteers are needed to pull pickleweed and mangrove from 8:30 to 11:30 a.m.. Bring work gloves, water, hat, sunscreen, towel and change of clothes. Covered footwear and

long pants are required. Pouhala Marsh is the largest of the remaining wetland habitats in Pearl Harbor. The marsh is of vital importance for the endangered Hawaiian stilt.

During non-breeding season, Hawaiian stilt numbers on the marsh can exceed 150 birds (10 percent of the remaining world population). The Hawaii Nature Center uses Pouhala as a teaching site for educational programs.

JBPHH volunteers should sign up with CSC Daniel Schaeffer, TPU, daniel.schaeffer@navy.mil, or 473-0686.

Visit 'Biggest Little Airshow' at Pacific Aviation Museum this weekend

Pacific Aviation Museum
Pearl Harbor

Visitors are invited to attend the free Pacific Aviation Museum Pearl Harbor's fifth "Biggest Little Airshow" from 10 a.m. to 4 p.m. this Saturday and Sunday.

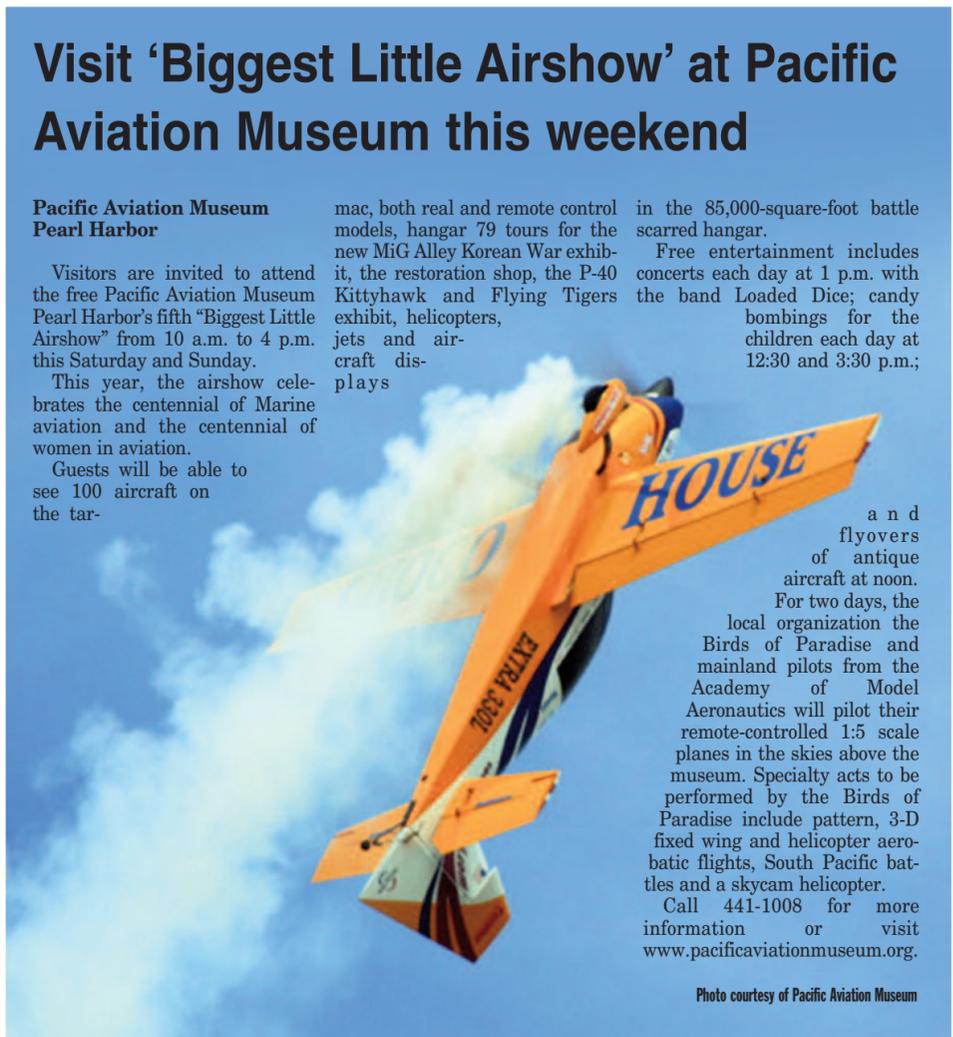
This year, the airshow celebrates the centennial of Marine aviation and the centennial of women in aviation.

Guests will be able to see 100 aircraft on the tar-

mac, both real and remote control models, hangar 79 tours for the new MiG Alley Korean War exhibit, the restoration shop, the P-40 Kittyhawk and Flying Tigers exhibit, helicopters, jets and aircraft displays

in the 85,000-square-foot battle scarred hangar.

Free entertainment includes concerts each day at 1 p.m. with the band Loaded Dice; candy bombings for the children each day at 12:30 and 3:30 p.m.;



and flyovers of antique aircraft at noon.

For two days, the local organization the Birds of Paradise and mainland pilots from the Academy of Model Aeronautics will pilot their remote-controlled 1:5 scale planes in the skies above the museum. Specialty acts to be performed by the Birds of Paradise include pattern, 3-D fixed wing and helicopter aerobatic flights, South Pacific battles and a skycam helicopter.

Call 441-1008 for more information or visit www.pacificaviationmuseum.org.

Photo courtesy of Pacific Aviation Museum

HO'OKELE Online

<http://www.hookelenews.com> or <https://www.cnic.navy.mil/hawaii>

Kunia Gallos keep on winning tradition

Story and photo by
Randy Dela Cruz

Sports Editor

After winning their second consecutive base intramural championship earlier this year, the members of the Kunia Gallos soccer team thought that they would never play as a team again.

However, when the opportunity came up to compete one final time in the Summer Soccer League, the players got together and decided it was a chance they couldn't pass up.

Despite joining the league as a late entry, the Gallos still has what it takes to win, and that can't be good news for their opponents.

On Aug. 11, the 747th Communication Squadron (747 CS) became the latest victim of the Gallos as Kunia scored two goals in the first half and two more in the second to win by a score of 4-1 at Quick Field, Joint Base Pearl Harbor-Hickam.

"This is really nice," said Gallos forward Senior Airman Justin Cameron who chipped in with two goals. "We were thinking that it was the end of the Gallos. To get in this league at the last minute is pretty nice. We always love to play."

Against the 747 CS, it was obvious that right from the start that the Gallos came to play as the team immediately attacked the goal with zeal.

Even with starting striker Staff Sgt. Winston Jackson playing goalkeeper, the Gallos led by a fast start that included Cameron, Senior Airman Akira Hose and Staff Sgt. Matt Frengs, assaulted the 747 CS goal with 10 shots on goal before Frengs broke the ice with a shot down the middle for a score.

"It was just persistence," said Frengs about the first goal. "We were getting good opportunities from the get go. We just had to learn how to finish. We were playing good from the start. It was just a matter of time before the ball was going to go in."

A short time after Frengs got on



Senior Airman Justin Cameron, forward for the Kunia Gallos, boots in his first of two goals against the 747th Communication Squadron (747 CS) in a Summer Soccer League game that was won by the Gallos, 4-1.

the scoreboard, he assisted Cameron on the team's second goal of the game.

Frengs received a bounce pass on the right side of the field and headed a perfect pass to Cameron who booted in his first goal of the game.

"As soon the ball came across, the two defenders overcommitted and he (Cameron) was all by himself," Frengs said. "All I had to do was flick it however I could and he was wide open. He made it look real easy once I got the ball over to him."

Cameron explained that after years of playing with the same

teammates, he instinctively knew what Frengs was going to do.

"Honestly, it's just natural chemistry," Cameron explained. "We've been playing together for awhile, so we know at least someone is going to be making that run. So you just pick your head up and someone should be there."

Up 2-0 at the break, Frengs extended the team's lead to 3-0 on a goal shortly after halftime.

In booting in his second goal, Frengs explained that he was just taking advantage of what the defense allowed.

"We seemed to have a real consistent wide-open play on the right side all day," he pointed out. "I don't know if it was indecision, but it just felt like we had a lot of space today."

Later, the combination of Frengs to Cameron worked again as the duo joined forces to produce the team's fourth and final goal of the game.

"I saw him (Frengs) making the same run, and I kind of broke on the same path," Cameron said. "Again, just chemistry. I knew he would flick it on to me and just one touch."

The 747 CS added their lone goal on a penalty kick that was converted by Marine Sgt. Chidi Ozurumba.

With the win, the Gallos improved their summer league record to 2-0-1 and kept them in the hunt for another soccer title.

Regardless of what the final standings bring, Cameron said that as long as the players get to enjoy one last season together, he'd consider the season a success.

"There's no pressure," he admitted. "We're just out here to have fun, but winning is always nice."

How military families can find pet-friendly rentals

Story and photo by
Lt. Theresa Donnelly

As our military family prepares to PCS to San Diego after almost seven years of Hawaii duty, we're dealing with what many military families endure: how to find a rental that allows our big, goofy well-behaved Boxer dogs.

Our society loves pets, with the majority of Americans owning companion animals. According to the American Pet Products Association, 62 percent of all households have pets, but owners struggle to find affordable and safe rental properties. The National Council on Pet Population and Research found that moving was the most common reason owners gave up their dogs and the third most common reason they gave up their cats.

Some of the hardships faced by families with animals are restrictive pet policies, which occur in privatized military housing, off-base rentals, and city and state housing. These policies also ban some pet owners from obtaining insurance coverage when purchasing a

home.

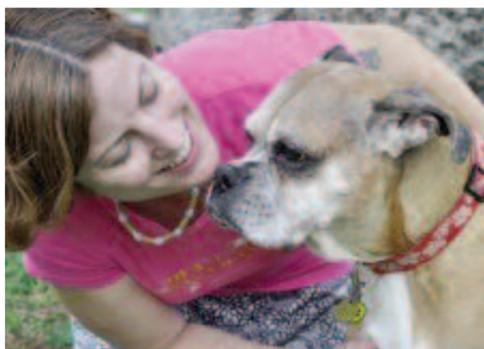
While it's unfortunate that irresponsible pet owners have caused property owners, rental companies and even city and state governments from giving excellent pet owners a chance, thankfully there are resources to help military families overcome this difficult challenge.

If you're not ready to buy a home, but determined to find a rental and not leave a forever family member behind, here are some tips to help ensure all members of the family can stay under one roof.

A great place to start is by checking with other military families and find out what's worked for them.

"I have two large dogs, and I started looking early, not because I want to choose a place early, but because sometimes you notice patterns in which rental management companies are more pet friendly. I'll contact people that say, 'no pets' but then offer a larger pet deposit if it's a house I really like," said Kristen McDeeLite, a military spouse stationed in Hawaii.

As soon as you know the



Navy Lt. Theresa Donnelly spends time with her 12-year-old Boxer, Fiona. Donnelly helps other military families find pet-friendly housing.

location of your next duty station, start looking online. A great resource is the Automatic Housing Referral Network. The website is sponsored by the Department of Defense and is designed to assist military members and their families in locating available housing at their duty station.

This free service lists off-base rentals, privatized military housing, temporary lodging, military-shared rentals and allows property owners to list their homes for rental. On the listing, there is a paw-

print next to each rental and information on banned breeds as well as weight, size and numeric limits.

The site is easy to navigate and has a Facebook page. A number of other online private housing referral services cater to military families, and you can use classified websites to see additional listings.

Contact your sponsor, the base family service center and a local animal shelter. Your sponsor may have a newcomer's packet with housing information. Talk to families already living there

and ask them for recommendations. See if local shelters have a housing pet program or other referral services.

Call properties that state "no pets" and find out why. Perhaps you can build a rapport with the property owner and better understand their negative experiences. Maybe your family can help them overcome the negative stereotypes caused by irresponsible pet owners.

Demonstrate to your landlord that you consider your pet a cherished, lifetime, indoor family member. Offer to bring your freshly groomed, well-behaved pet to an "interview" with the property owner, and have letters of reference from previous landlords, neighbors, obedience instructors and your veterinarian attesting to the good behavior of your pet(s).

Have all veterinarian records handy and offer to sign a pet addendum making you personally liable for damage to property and injury to others. After demonstrating what a responsible pet owner you are and your property owner agrees to rent to you, make sure you have in writing that

you have permission to have pets.

Read all the pet policies, and make sure everyone in your family abides by them. This will prevent future heartache and misunderstanding. Searching rentals often as early as possible allows me to learn a lot, so I'm better prepared when it's time to truly find a home.

Moving is rarely a smooth, stress-free process. But preparing early, putting aside savings, and planning smartly will help alleviate some of the hassle and help ensure your furry family member arrives at your next duty station happy and healthy.

(Navy Lt. Theresa Donnelly is the owner of Hawaii Military Pets, a volunteer online resource for military families in Hawaii. The blog and Facebook page provide information on moving with pets in the military, boarding information, and pet policies in state and federal governments. She partners with non-profits that specialize in service members and their companion animals, such as Dogs on Deployment and Pets for Patriots.)

Special rules apply to military and civilian employees for political activities

Lt. j.g. Nicholas Joy

Navy Region Legal Service
Office Hawaii

With election season heating up, Department of Navy and Department of Defense (DoD) civilians and active duty members might be inspired to get involved. Before you make your voice heard, though, you should know that there are special rules that apply to military members and civilian employees when it comes to political activities.

Active duty members and civilian employees are encouraged to carry out their obligations as citizens, including registering to vote and voting. They may also sign nominating petitions for candidates and express their personal opinions about candidates and issues in a non-official capacity.

However, the DoD is careful not to engage in partisan political activities or actions that imply or appear to imply sponsorship, approval or endorsement of any candidates or political views. Ethics rules are designed to prevent actual or perceived partisanship that could undermine the legitimacy of the military.

An active duty member may join a partisan or non-partisan political club; make monetary contributions to a political organization, party, or committee; display a political bumper sticker on their private vehicle; and attend partisan and nonpartisan political fundraising activities, meetings, rallies, debates, conventions or activities as a spectator when not in uniform and no inference or appearance of official sponsorship, approval, or endorsement

can reasonably be drawn.

Active duty members may also write a letter to the editor of a newspaper expressing personal views, but they must include a disclaimer that their views do not reflect the position of the DoD if the letter identifies the person as a member of the armed forces, and they may not use the article to solicit votes for or against a partisan candidate.

Active duty members cannot participate in partisan political fundraising activities, rallies, conventions, management of campaigns or debates. Participation is anything more than mere attendance as a spectator.

This means that, if you are a service member, you cannot serve in any official capacity with a partisan political club; speak before a partisan political gathering or gathering that promotes a

partisan political party or cause; distribute partisan political literature or conduct a political opinion survey; perform any duties for a partisan political committee or candidate; march in a partisan political parade; help voters get to the polls if it's an organized effort by a partisan political party or candidate; promote partisan political dinners and fundraising events; or attend partisan political events as an official representative of the armed forces.

Active duty members are also not allowed to use official authority or influence to interfere with an election, solicit votes, or solicit contributions; participate in any radio, television, or other program as an advocate for or against a partisan political party, candidate, or cause; display large political signs (more than a bumper sticker)

on a private vehicle; or display partisan political signs at residence on a military installation.

Rules for civilian DoD employees are less restrictive. Civilian employees are permitted to be active in and speak before political gatherings and serve as officers of political parties or partisan groups.

They may also manage campaigns, distribute literature, write political articles or serve as a spokesperson for a party or candidate. These activities, however, cannot involve fundraising. Civilians also cannot engage in political activity in federal workplaces.

For both civilians and active duty members, activities not expressly prohibited by the rules may still be contrary to the spirit and intent of the regulations and should be avoided. Military mem-

bers and civilians must also avoid any activity that may be reasonably viewed as associating the DoD with a partisan political activity.

The Hatch Act regulates acceptable political activity for federal civilian employees. Military members are subject to the requirements of DoD Directive 1344.10. See also Deputy Secretary of Defense memo June 19, 2012, concerning civilian and military personnel participation in political activities.

If you have any questions about what you can or cannot do during this election season, contact your command's staff judge advocate prior to engaging in the activity. For more information concerning DOD policy on political campaigns and elections, visit the Ethics Resource Library at http://www.dod.mil/dodged/defense_ethics/.

Civil Engineer Squadron surprises 324 Intelligence Squadron

Story and photo by
Randy Dela Cruz

Sports Editor

The 647th Civil Engineer Squadron (647 CES) Bulls snatched victory out of sure defeat by leading a miraculous volleyball comeback Aug. 10 to beat the 324th Intelligence Squadron (324 IS) Tigers in three sets, 20-25, 25-23 and 16-14 at Joint Base Pearl Harbor-Hickam Fitness Center gym.

After dropping the first set, the Bulls found themselves on the verge of losing in straight sets when they fell behind 23-15 in game number two.

Instead, the Bulls rallied behind the spikes of outside hitters Marine Sgt. Drew Leituala and Gas Turbine Systems Technician (Electrical) 2nd Class Jefferson Raposas to close the gap before tying the score at 23-23 on a kill by Raposas.

The game-tying kill forced the 324 to call a timeout in an effort to regroup. But the break wasn't enough to stop the Bulls, as the 324 lost the next two points on a miss hit and netball to set up game three.

"Our team was breaking down. I was already defeated," said Leituala about facing the huge deficit in game two. "But we pulled it together and just said, 'Let them make the errors.' We couldn't believe it. It was just a miraculous comeback."

The high of stealing the second set was quickly dashed as the Bulls immediately found themselves in a fight for their lives in the third match.

Airman 1st Class Sammel Mount of the 324 and Leituala exchanged kills to open the final



Setter Tech. Sgt. Alika Kaahanui and hitter Gas Turbine Systems Technician (Electrical) 2nd Class Jefferson Raposas of the 647th Civil Engineer Squadron (647 CES) Bulls go up for a play at the net during the team's Blue Division intramural volleyball showdown versus the 324th Intelligence Squadron (324 IS) Tigers at Pearl Harbor-Hickam Fitness Center gym.

match, and that set the stage for the back-and-forth battle ahead.

A kill by Airman 1st Class David Morris gave the 324 a 10-8 advantage, but the Bulls quickly closed the gap and tied the score at 10-10 on a slam by Leituala.

The 324 took another two-point advantage at 14-12, but once again the Bulls responded with Raposas spiking back-to-back kills to place the game in another deadlock.

Serving with the game knotted up, Airman 1st Class Erika Bernier-Cruz recorded back-to-back service aces to seal the deal and help the Bulls to their fifth consecutive win without a loss.

"She (Bernier-Cruz) came through," said Bulls setter Tech. Sgt. Alika Kaahanui. "She never played volleyball, so I coach her one-on-one during the week. She played well today. Her serving was on."

After having their backs against the wall for the first time this season, Kaahanui said that he was proud of the way the team rallied together to pull out the win.

Kaahanui admitted that even though the team wasn't at full strength, the close relationship of each player made up for any shortcoming.

"We're all friends off the court, so we know what we're all capable of," he stated. "We depend on one

another. I'm their setter, so I got to pitch them the ball. We know each other and I know they can do the job."

Leituala agreed with Kaahanui and added that if ever there was a game that the Bulls needed to rally together, this was it.

"This is the first time that we've ever played a team this good," said Leituala about the 324. "The other previous games weren't as intense, so they gave us a good run."

With several starters away on deployment, Leituala admitted that this was one match that the team couldn't afford to let slip away, especially with other strong teams waiting in the wings.

"Against a team like this, it's a pretty big win," he said. "We have yet to play the HIANG (Hawaii Air National Guard). I heard they're one of the better teams out there, so we're looking forward to playing them."

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

USTA JUNIOR TEAM TENNIS

Registration for United States Tennis Association (USTA) Junior Team Tennis ends today. The season is from August to November. USTA Junior Team Tennis is open to ages 7 to 18; The cost is \$35. FMI: www.greatlifehawaii.com.

JUNIOR LIFEGUARD/OCEAN SAFETY

Registration for the junior lifeguard class runs now through Sept. 7. This program will give youth the opportunity for hands-on training that provides a foundation to become a junior lifeguard. The session runs Sept. 24 to Oct. 19. The cost is \$95 per student. This program is for ages 11-17. FMI: www.greatlifehawaii.com.

SNORKELING HANAUMA BAY WITH LIBERTY

A free snorkeling trip to Hanauma Bay with Liberty will be held Saturday. Departures are from Liberty Express at 7:45 a.m., Beeman Center at 8:15 a.m., Instant Liberty at 8:30 a.m., and Makai Rec Center at 8:45 a.m. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

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 & Travel-Hickam. The cost is \$25 for adults and \$20 for children ages 3-11 years old. FMI: 448-2295.

MWR NEWCOMERS LUNCH

A free Morale, Welfare and Recreation (MWR) newcomers lunch will be held 11 a.m. Aug. 21 at the Tradewinds Enlisted Club. This event features free lunch, MWR information booths and sponsor tables. At 12:30 p.m. there will be a tour of 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.

OPEN WATER SCUBA DIVING COURSE

A seven-day open water SCUBA diving course starts Monday and runs through Sunday. Classes are held from 6 to 10 p.m. Monday-Friday and at 12:30 p.m. on Saturday and Sunday. The cost is \$282.61 per person. The course includes books, DVD, four open water dives and certification card. FMI: 423-8222 or 478-321-7596.

PRESCHOOL STORY TIME

Preschool story time is held from 9 to 10 a.m., Aug. 22, at the Hickam Library. The theme for the day is "colors and shapes." FMI: 449-8299.

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

Community Calendar

August

18 - The Fisher House Hero and Remembrance, Run, Walk or Roll will take place at 7 a.m. at the Pacific Aviation Museum on Ford Island. More than 6,500 pairs of boots are being sought for the event. Registration on-site is from 5 to 6 a.m. FMI: Theresa Johnson at 561-7423 or theresa.m.johnson2@us.army.mil or visit www.facebook.com/triplerfisherhouse.

20, 21 - A Hawaii supply enlisted road show will take place from 10 a.m. to noon at Sharkey Theater. FMI: Ted A. Paro at 473-7691 or (619) 838-7854.

20, 31 - Navy College is hosting a basic skills/ASVAB test prep class from 8:30 a.m. to 3:30 p.m. at the Navy College Office, building 679, Pearl Harbor-Hickam. The fee is \$20 per student. FMI: 473-4766 or 837-8466.

21 - The Hickam Officers' Spouses Club will hold their free annual Aloha Expo and Information Fair from 6 to 9 p.m. at the Hickam Officers' Club lanai. FMI: www.hickamosc.com or email info@hickamosc.com.

21 - The Hickam Enlisted Spouses Club will hold their annual "aloha social" at 6:30 p.m. at Earhart Community Center. FMI: www.hickamesc.com.

24 - A Pearl Harbor-Hickam military graduation ceremony will take place at 11:30 a.m. at Sharkey Theater. An education fair will be held from 12:30 to 2:30 p.m. at Lockwood Hall lanai. FMI: email nco.hawaii@navy.mil or call 473-4586.

25 - Federally Employed Women (FEW) Aloha Chapter will hold their awards luncheon from 10:45 a.m. to 1:45 p.m. at Mandalay Restaurant, 1055 Alakea St., Honolulu. The speaker is former Hawaii First Lady Vicky Cayetano. The meal price for the luncheon is \$22. FMI: www.FEW.org.

31 - The ninth annual Navy League Golf Tournament will take place with check-in at 10:30 a.m. at the Mamala Bay Golf Course at Pearl Harbor-Hickam. The entry deadline is Aug. 20. FMI: 422-9404 or email NavyLeague@hawaii.rr.com.

Movie Showtimes



Tyler Perry's Madea's Witness Protection (PG13)

A Wall Street investment banker who has been set up as the linchpin of his company's mob-backed Ponzi scheme is relocated with his family to Aunt Madea's southern home.

SHARKEY MOVIE THEATER HICKAM MEMORIAL THEATER

TODAY
7:00 PM Ted (R)

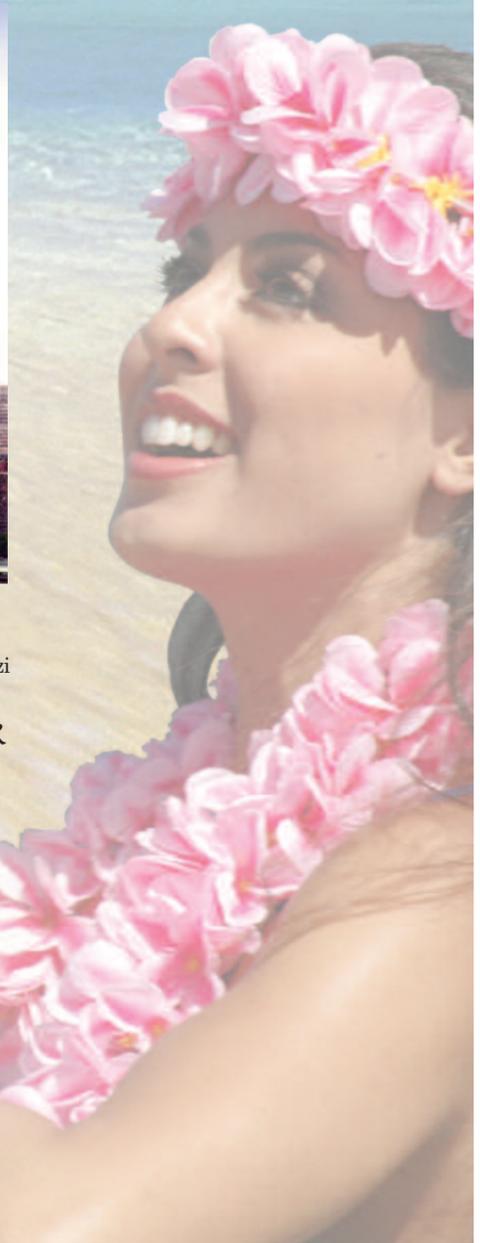
SATURDAY
2:30 PM Brave (PG)
4:45 PM Rock of Ages (PG 13)
7:15 PM Magic Mike (R)

SUNDAY
2:30 PM Brave (PG)
4:45 PM The Amazing Spider-Man (PG 13)
7:15 PM Abraham Lincoln: Vampire Hunter (R)

TODAY
6:00 PM Brave (PG)
8:30 PM Tyler Perry's Madea's Witness Protection (PG13)

SATURDAY
4:00 PM Brave (PG)
7:00 PM The Amazing Spiderman (PG13)

SUNDAY
2:00 PM Brave (PG)



HIGHLIGHTS FROM THIS WEEK IN USAF AND PACAF HISTORY

Charles Nicholls

PACAF historian

- On Aug. 14, 1973, the Bellows Air Force Station beach area was entered into the National Register of Historic Places because of significant archaeological findings, which determined it to be one of the oldest places of human habitation in the Hawaiian Islands. Sociological and scientific studies, including analyses of radiocarbon dating, suggest that Bellows beach area was occupied around A.D. 800 to 1000.



U.S. Air Force photo

Bellows Air Force Station beach area

- On Aug. 19, 1960, flying a specially-modified C-119, the 6593rd Test Squadron made the first successful mid-air catch of a Discoverer satellite capsule. For this feat, the unit received the 1960 Mackay Trophy.

Based at Hickam since 1958, the 6953rd's capsule recoveries were part of the CORONA project, America's first operational space reconnaissance effort.

History and images of the program are now declassified and available at the National Reconnaissance Office CORONA webpage.

- On Aug. 15, 1943, the Aleutian Campaign ended with the reoccupation of Kiska. The Japanese occupied Aleutian Islands to secure the northern flank of their Pacific empire, and the U.S. feared that the islands could be bases for air attacks on the American west coast.

When American troops invaded Kiska on Aug. 15, they found the enemy had already evacuated the outpost. Primarily an air war, the Aleutian Campaign was the only World War II campaign fought on North American soil.

- The 20th Air Force conducted the final B-29 com-

bat mission against Japan on Aug. 14, 1945. This mission included a record number of effective aircraft: 754 B-29s and 169 fighters.

One phase of the mission, against the Nippon Oil Refinery at Tsuchizaka, produced the longest non-stop mission of the war from the Marianas: 3,650 miles.

- On Aug. 15 1945, Victory Day in Japan occurred. After U.S. atomic bombs struck Hiroshima and Nagasaki, the Japanese government announced it would surrender "unconditionally," subject to an Allied agreement to maintain the monarchy. Washington declared a cease-fire immediately.

- A massed bomber mission in Korea took place Aug. 16, 1950. In the largest employment of air power in direct support of ground forces since the Normandy invasion of World War II, 98 B-29s dropped more than 800 tons of 500-pound bombs on a 27-square-mile area near Waegwan, where large numbers of enemy troops were suspected to be massing for an attack on Taegu.

- On Aug. 15, 1957, Gen.

Nathan F. Twining became the first USAF officer to serve as chairman of the Joint Chiefs of Staff. During World War II, Twining was the commander of 13th Air Force and chief of staff of Allied Air Forces in the South Pacific.

Later in the war, he commanded 15th Air Force in Europe and then 20th Air Force in the strategic bombing campaign against Japan, including the atomic bomb missions. In 1947, he assumed command of Alaskan Air Command.

Twining was the chief of staff of the Air Force prior to being appointed as chairman of the Joint Chiefs of Staff. Twining was known for his belief in strategic bombing, his common sense and his ability to work well with other officers across the Department of Defense.

- On Aug. 15, 1972, Operation Saklolo concluded. In this disaster relief operation to aid flood victims in the Philippines, PACAF C-130s, H-3 and H-43 helicopters airlifted more than 2,000 tons of food, medical supplies, clothing, fuel and other relief to Luzon.

My Favorite Photo...

Ho'okele graphic artist Patrick Murray took this photo recently of Pele's Chair along the South Shore of Oahu. Pele's Chair is a natural lava rock formation that can be clearly seen from the road in the area of Makapu'u Point.

Photo courtesy of Patrick Murray



How to submit photos

Send your (non-family and non-posed) photos to editor@hookelenews.com.

HO'okele Online
HO'okele Online is a member of the HO'okele News Network

<http://www.hookelenews.com> or <https://www.cnrc.navy.mil/hawaii>

Property sale to take place Aug. 25 at Bellows

A property sale will take place at Bellows Air Force Station from 9 a.m. to 2 p.m. Aug. 25.

The sale is open from 9-10 a.m. to only active duty ID cardholders and their family members from 9 to 10 a.m. All other authorized ID cardholders may participate from 10 a.m. to 2 p.m.

The sale will feature dining tables, chairs, dressers, lamps, bikes and additional items.

All property is sold "as is" and sales are final. The sale is cash-only, no credit cards or checks will be accepted.

The sale will be located in the back of Bellows Air Force Station. Follow the posted signs.

For more information, visit the website www.bellowsafts.com.

Energy Tip

Replace heat-producing light bulbs with efficient ones

Summer season earth tip: Generate less heat by changing light bulbs. In order to turn up the thermostat when cooling a space, fans are a good tool.

For bonus points, the ambient temperature will be cooler by turning off all unnecessary lighting and appliances and replacing heat-producing incandescent light bulbs with compact fluorescents (CFLs) or light emitting diodes (LEDs).

If a bulb is hot to the touch, imagine how much heat it's producing over time. Some reports advise that

a normal light bulb can generate 85 British thermal units (btus) per hour while a CFL generates less than half of that (35 btus) and a LED emits 3.4.

The space is cooler and by reducing electrical consumption, demand decreases for fossil fuels to generate the electricity.

For bulb facts, see:

<http://bit.ly/k5KY8u>.
Information provided by Rebecca Hommon, Navy Region Hawaii Environmental Counsel



What is the 'deadly quartet' of conditions?

TriWest Healthcare Alliance

You may have heard of musical quartets, some of them famous singing groups. But did you know one particular quartet can be harmful to your health?

It's known as the "four chronic conditions," or the deadly quartet. And when this group of health issues comes together, the last thing you'll hear is music.

High blood pressure

The first member of the deadly quartet is high blood pressure, also known as hypertension. If left untreated, high blood pressure can cause a stroke or heart disease. Strokes may lead to many other problems, including being paralyzed. And heart disease is the number one

killer of men and women in the U.S. High blood pressure often has no symptoms and should be checked yearly at your routine doctor visits.

High cholesterol

The second member is high cholesterol. This condition, which may not trigger symptoms right away, increases "plaque" buildup in your arteries, especially in the heart. This buildup can cause a heart attack. It's also a major risk factor for heart disease. You can learn what your cholesterol numbers are through a simple blood test.

Obesity

Next up is obesity. This will sneak up on you, tricking your mind into thinking your clothes are shrinking. However, a combination of unhealthy eating habits and lack of exercise are usually the

real causes. Obesity will strain your heart, joints and bones and can cause other diseases common in adults, such as diabetes.

Obesity has become very widespread in children, too. According to the Centers for Disease Control and Prevention, obesity now affects 17 percent of all U.S. kids and teenagers. In addition, childhood obesity often carries into adulthood, causing high blood pressure, arthritis, sleep apnea and low self-esteem, among other problems.

Diabetes

The last member in the deadly quartet is diabetes—a major result of obesity. Diabetes is a disorder that causes your body to produce an inadequate amount of insulin.

It can affect your heart and

blood vessels, causing a decrease in blood flow and eventually the loss of a lower extremity, even your eyesight.

Avoid the deadly quartet

Here's the good news: Some simple lifestyle changes could help prevent, and even reverse, any of these conditions. Here are some changes to consider:

- Eating more fruits and vegetables.
- Consuming smaller portions (a single serving of meat is about the size of your palm, for example).
- Eating more lean meats, such as chicken and fish.
- Increasing regular physical activity. Even just 30 minutes of walking a day, about four or five days per week, can make a huge difference.

For more tips on living a healthy life, visit TriWest.com/HealthyLiving.

Flu vaccination dates for schools announced

U.S. Army Public Health Command

The Hawaii State School flu vaccination dates for schools near Joint Base Pearl Harbor-Hickam are:

- Oct. 26, 8 to 11 a.m. at Pearl Harbor Kai.
- Nov. 8, 8:30 to 11:45 a.m. at Hickam Elementary.
- Nov. 9, 8:15 to 11:15 a.m. at Moanalua Middle.
- Nov. 15, 8:15 to 11:15 a.m. at Mokulele Elementary.
- Nov. 29, 8:30 to 10:30 a.m. at Navy Hale Keiki School.

Road closures planned for this weekend's events

The Tripler Fisher House is sponsoring an 8K Hero and Remembrance Run, Walk or Roll at 7 a.m. Saturday on Ford Island.

On Saturday, the following road closures will be in effect for the event: at 6:30 a.m. on Ford Island at Saratoga on all sides of the roundabout, Wasp at O'Kane Boulevard and Hammonds at O'Kane.

At 7 a.m. closures will be at the Ford Island entry control point, Kamehameha Loop at Chaffee Boulevard and entrances to warehouse areas from Chaffee Boulevard.

In addition, the Pacific Aviation Museum will hold the Biggest Little Air Show on Ford Island from 9 a.m. to 4 p.m. Saturday and Sunday.

The following road closures will be in effect both days during the duration of the event: O'Kane at Wasp, O'Kane at Hammonds Port Street and Lexington at Enterprise. O'Kane and Chaffee will be closed at Wasp during low flyovers by aircraft at 12:30 p.m. and again at 3:30 p.m.

For more information, call event security at 474-6735.

WHO SAID IT?

"Action is the foundational key to all success."



Last Week's

WHO SAID IT?

"Go confidently in the direction of your dreams. Live the life you have imagined."

Henry David Thoreau

This Week's Trivia

Who served as the first chief master sergeant of the U.S. Air Force?



Last Issue's Question: When did word of the U.S. declaration of war in 1812 reach Great Britain?

Answer: Word of the declaration arrived in England on July 29, 1812, 41 days after it was declared.