

Life & Leisure

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MC2 Dustin W. Sisco
Navy Public Affairs Support
Element West Det. Hawaii



U.S. Navy photo by MC2 Sean Furey

Steelworker 2nd Class Jeff Conmy, left, and Builder 2nd Class Krystal Williams, both attached to Construction Battalion Maintenance Unit 303, volunteer their time to help build obstacles for the Spartan Race.

Military service members stationed in Hawaii joined civilians as they participated in the first ever Spartan Race held in Hawaii at Kualoa Ranch, Aug. 17.

The Spartan Race, so called because the Spartans were "tough as nails," is a military-style obstacle course of various lengths held throughout the world. The Hawaii-hosted race was the "Spartan Sprint," the shortest of the races at 3.1 miles.

Along the course, there were approximately 15 obstacles which required participants to perform several physically demanding tasks, such as crawling through mud pits, climbing over walls or jumping over a pit of burning logs.

"I would highly recommend coming out and trying these obstacles out and testing your fitness level," said Builder 2nd Class Fabian Flores, assigned to Construction Battalion Maintenance Unit (CBMU) 303. "The Seabees try to keep our fitness level at a high intensity, so this is something we enjoy doing."

Flores, along with other Sailors assigned to CBMU 303, didn't just participate in the Spartan Race; they also helped to volunteer their time and efforts to build the obstacles themselves.

"We've had a great team from the Seabees out here lending a really good hand to us," said J.J. Johnson, race director. "Those guys are spot on, they know what they're doing and we really appreciate having them. We love having the military come out and partake," Johnson added. "To be able to come out and challenge themselves and be a part of something that is really big is awesome."

The team behind the scenes of making the Spartan Race happen are no strangers to working with the military.

"We are entrenched in the military," said Joe DeSena, one of the founders of Spartan Race.

"Down in Tampa at SOCOM (United States Special Operations Command) headquarters, we worked with Admiral McRaven (commander USSOCOM) and his team to help bring Spartan to that community. We work with the Seabees, Marines, Army, you name it, in an effort to bring civilians and military together and give civilians, quite honestly, a chance to see what it feels like to be in the military."

The goal of the Spartan Race is simply to get people active, to get them off of their couches, in the mud and trails, and provide them a tough endurance event day that is sure to be the adrenaline rush of their lives.



U.S. Navy photo by MCI Daniel Barker

TOUGH FIRST SPARTAN RACE IS 'GAME OF GROANS'



U.S. Navy photo by MCI Daniel Barker

Military service members based in Hawaii join local civilians as they participate in Hawaii's first-ever Spartan Race 5k obstacle course.



U.S. Navy photo by MC2 Sean Furey

Seabees assigned to Construction Battalion Maintenance Unit (CBMU) 303 build an obstacle.



U.S. Navy photo by MCI Daniel Barker



U.S. Navy photo by MCI Daniel Barker



U.S. Navy photo by MCI Daniel Barker

NEX hosts Pet Expo for animal lovers

Pearl Harbor Navy Exchange

Pearl Harbor Navy Exchange (NEX) patrons and their fuzzy friends gathered at the NEX for a Pet Expo Aug. 17.

Attendees learned about responsible dog ownership, pet massaging and wellness, grooming, animal boarding, breeding referral and animal protection.

The event will also included a biggest dog contest, small dog contest, pet food samples and giveaways. On-site specialists also participated in question-and-answer sessions with patrons.

"This is a great opportunity to meet new pet owners. Also, we get to meet and thank existing customers. And I definitely would love to come back and support the expo next year."

—Jenn Wright VCA Hospital

"This is a great opportunity to meet new pet owners. Also, we get to meet and thank existing cus-

tomers. And I definitely would love to come back and support the expo next year," said Jenn Wright

VCA Hospital customer service/marketing representative.

Army Staff Sgt. Gerald Bayless of Ft. Shafter said the event is a good thing to bring dogs to and provides information about what the NEX can provide for pets. Bayless entered his chocolate Labrador, Reese and black Labrador, Snowball in the best trick and largest dog contest.

Ron Stebbins, a retired Army lieutenant colonel, has volunteered for the Hawaiian Humane Society for the past 20 years. He said his role at the society is "to train bad dogs into good dogs and provide adoption assistance."

"The expo is a good start but I wish for more events like this to give exposure to pet adoptions," Stebbins added.

Laura Berry, an ombudsman and spouse of an active duty Sailor from VP-47 at Marine Corps Base Hawaii, Kaneohe Bay attended the expo with her dog, Zero.

They entered in the pet look-alike and best trick contest.

Berry said she loved the expo and added, "It's a great opportunity to expose young dogs to a chaotic environment, and I would like more pets events at the NEX."



Photos by Kalvin Vaughn, NEX



Big second half raises Port Royal past Michael Murphy

Story and photo by Randy Dela Cruz

Sports Editor

USS Port Royal (CG 73) Hoyas scored 19 straight points in the second half to break open a close game and gain a 51-35 win over USS Michael Murphy (DDG 112) Aug. 17 in a battle of unbeaten Summer Basketball League squads at Joint Base Pearl Harbor-Hickam Fitness Center.

The win bumped the Hoyas into sole possession of first place with a record of 3-0, while the 3-1 Michael Murphy saw its winning streak snapped at three games.

Port Royal's balanced offensive attack, led by guard Seaman London Waldon and center Yeoman 3rd Class Erick Ausbey, scored 26 points in the first half and 25 in the second.

However, Waldon said defense was the main reason for the runaway win.

"Defense is the key for this team," Waldon stated. "Once we establish defense first, then we take care of offense."

In the first half, Port Royal's tenacious defense sparked the team to a fast start with a couple of easy transition baskets before Waldon sank a three-pointer to give the Hoyas their first double-digit lead at 13-2.

Back-to-back treys by Hull Maintenance Technician Fireman Zach Snow brought Michael Murphy to within five points, but the Hoyas immediately regained a double-digit lead at 18-8 on a basket by Ausbey and another three-point shot by Waldon.



USS Port Royal (CG 73) Hoyas center Yeoman 3rd Class Erick Ausbey goes up for two of his game-high 14 points.

Up by only seven points at halftime, Port Royal rebuilt its lead to 11 on two quick baskets to start the second half and then went on to turn the game into a rout.

With Ausbey controlling the boards and Waldon launching bombs from beyond the arc, the Hoyas' lead burgeoned to 21 at 40-19 with 11:39 remaining in the game.

"I'm not going to say that we can't be beaten," he said. "We got to play like we're down. Once we play like we're down, we get hungry for it."

—Seaman London Waldon

Port Royal added five more points to take a 45-19 advantage, before Michael Murphy finally stopped the run on a three-point shot from Gas Turbine System (Mechanical) 2nd Class Martin Houston with 7:13 showing on the clock.

Although Michael Murphy managed to shrink the lead to 45-31, the surge proved to be too little and too late.

For the game, Ausbey led all scorers by throwing down 14 points, while teammate Waldon complemented the Hoyas center

with four three-pointers and a free throw for 11 points.

Michael Murphy was led by Snow with 11 points and Culinary Specialist 3rd Class Terrance Sample, who popped in nine.

"Coming into the game, we knew that Port Royal was a good team," Sample admitted. "They didn't intimidate us. We just got out to a slow start. We picked it back up, once with got into the rhythm of things. We tried to make a comeback, but I guess it didn't work."

With both teams entering the game undefeated, Waldon said that it was important for the Hoyas to jump on the Michael Murphy right away and establish dominance.

"We were looking for any type of breakdown," Waldon explained. "We didn't want to commit too much. We actually wanted them to come to us. We're not going to follow a team out there and then they go right past us. That's not what we're looking for. We're looking for straight-up defense."

While Port Royal has yet to taste defeat this season, Waldon said that even with the impressive win over Michael Murphy, the Hoyas aren't taking anything for granted.

With the season only four weeks old, Waldon said that the team has to take every future game with a sense of urgency.

"I'm not going to say that we can't be beaten," he said. "We got to play like we're down. Once we play like we're down, we get hungry for it."

Airman surprises classmates with Hawaiian lei tradition

Staff Sgt. Mike Meares

82nd Training Wing Public Affairs

A native Hawaiian Airman spread a little "Aloha" in Texas during his technical school graduation at Sheppard Air Force Base, Texas.

Airman 1st Class Shawn Hanakawa, 363rd Training Squadron ammunition, graduated from his technical training Aug. 7, 2013. With more than 900 courses of instruction offered at Sheppard, the graduation setup was normal, all the way down to the flag placement on the stage, until Hanakawa took them all by surprise, a pleasant surprise.

"We were graduating and it's a Hawaiian tradition to give lei to thank, honor or give respect to

someone," Hanakawa said.

Secretly, the 154th Wing, Hawaii Air National Guard bound Airman worked with family and friends from the island of Oahu to treat his new brothers and sisters in arms to a Hawaiian tradition.

"It's not just hanging the lei around someone's neck and saying, 'here you go,'" Hanakawa said. "It's sacred to touch someone on the head and shoulders in ancient Hawaiian traditions."

He stood in front of the graduating Airmen and explained the traditions in Hawaii when it comes to giving and receiving lei. Graduates of high school and college can sometimes get so many lei their heads are no longer visible through the variety of fragrant flowers and intricately sewn materials.

The oral history of the floral lei dates back to the ancient Hawaiians who wore braided leaves, native flowers, shells, feathers, stones and bones to beautify themselves. They also offered these hand-made garlands to each other and to their gods as a symbol of love and friendship.

"It was a sign of respect for the Airmen," he said. "Being presented a lei is much more than an empty gesture, it's about being family."

Hanakawa said during his time at Sheppard, he will remember the Airmen he spent time with for many reasons. Like a family, he said they would argue about "ridiculous" topics like what to call soft drink; soda, pop or soda pop. But his newfound respect for the Air Force life has

integrated with his lifelong respect for family — Hawaiian style.

The New Englander of the class, Airman 1st Class Amanda Grimes, 19, of Somerset, Mass., nearly cried at the gesture, listening to the actual meaning of the lei. Since her first time West of the Mississippi River was to attend basic training and technical school, her only experience with the Hawaiian culture has come from what she's seen on television.

"I've never left the East Coast and never experienced anything like that before," she said. "It was very moving and beautiful, to the point that it brought tears to my eyes. You see the lei in the party stores and things and it really diminishes the true meaning of it."

Hanakawa presented his in-

structors with a puakenikeni lei, made with the white flower pedals of one of Hawaii's most fragrant flowers. One of the students were presented with an intricately sewn ti leaf lei. Hanakawa joined the Air Force on the encouragement of his wife's late uncle, Jerry Nunogawa, a retired Navy Sailor. Nunogawa passed away while Hanakawa was at Sheppard in training.

"He encouraged me to join based on his experiences," he said. "Giving the lei to my class is something he would have done. He always did the right thing and thought of family first."

Hanakawa returned home by the end of the week and reunited with his family and checked in for the first time at Joint Base Pearl Harbor-Hickam.

Straight-set win pushes 647th LRS to brink

Story and photo by Randy Dela Cruz

Sports Editor

The 647th Logistics Readiness Squadron (647 LRS) got all they could handle from Naval Brig Cell Block but, in the end, prevailed to capture a 25-24 and 25-21 straight-set victory in an intramural volleyball Gold Division game on Aug. 15 at Joint Base Pearl Harbor-Hickam Fitness Center.

The win kept the 647 LRS among the division's top-four teams with a record of 4-2, while the hard-luck Cell Block lost its fifth game against two wins.

"They (Cell Block) played really well," 647 LRS hitter Tech. Sgt. Chris Gilmore said. "They kept the ball in play and knew exactly where to hit it against us. We were slipping a little on defense, but towards the end of the game we kind of came together."

In the first set Gilmore seemed to set the stage by spiking the first kill of the game to take a quick 1-0 lead.

However, after the opening slam, it didn't take long to see that both teams were in for a long night.

The first set was tied 11 times before the 647 LRS, behind the service of Department of Defense (DoD) civilian Kevin Topasna, recorded four straight points to take a 19-15 advantage.

Although the LRS appeared to get some breathing room for the first time in the set, the break was short lived as Cell Block rallied to tie the score at 19-19 on the strength of a block and kill from



Tech. Sgt. Chris Gilmore of the 647th Logistics Readiness Squadron (647 LRS) tries to sneak the ball through the defense of Naval Brig Cell Block's Sgt. Todd Gibbons.

Aviation Boatswain's Mate (Equipment) 2nd Class Alter Bualuay and an ace from Sgt. Todd Gibbons.

After two more ties, a kill by Gilmore led to a two-point lead for the 647 LRS at 24-22, but a kill and ace by Bualuay tied the set for the last time before a service error handed the LRS set one.

Set two picked up right where set one left off as both teams continued to trade points at an even rate.

Then, late in the set, Cell

Block seemed to seize momentum on the strong play of hitter Gas Turbine System Technician (Electrical) 1st Class Julio Lopez, whose three kills and block late in the set gave Cell Block a 19-17 lead.

Instead of putting the set away, Cell Block saw its lead evaporate after the 647 LRS scored the next five points to go out ahead at 22-19.

Cell Block never regained the upper hand after the late run by the LRS.

"I thought we had

momentum," said Lopez after Cell Block lost its lead. "Obviously, we made some mistakes."

Gilmore, who had nine kills and a block in the first set, was again at the center of attention during the 647's final push in the second set.

His three kills late in the second set helped the 647 take a 23-20 advantage before the team went on to finish off Cell Block.

"When I came back into the game, that's when my confidence went up 100 per-

cent," Gilmore said. "I knew that our team was going to finish the game."

While the game marked another tough defeat for Cell Block, Lopez said that he feels it's not too late for the team to turn things around.

Pointing to the team's mistakes, Lopez said that more practice and better communication should translate into stronger team performances in the future.

Meanwhile, Gilmore said that he believes that with all the pieces in place, the

team is ready to take things to the next level.

Besides Gilmore, the 647 LRS is supported by the veteran play of DoD civilian Charles Spenser, hitter Lt. Col. Mark Clifford and Tara Gilmore, who is Chris's wife.

"Right now, with the team we have, we can at least make it to the playoffs," Gilmore said. "Looking at all the teams this year, everybody is really good, so we're going to have to be as good as them or even better."

Girl Scouts to host information session Aug. 29 at area school

Brandon Bosworth

Staff Writer

The Hickam-Pearl Harbor Ohana Service Unit of the Girl Scouts of Hawaii will host an information session about Girl Scouting from 6 to 8 p.m. Aug. 29 at Aliamanu Elementary School.

Those already in a troop as well as those who have no experience with the Girl Scouts are invited to attend.

This year, local Girl Scouts sent a science experiment to the International Space Station, achieved the highest award in Girl Scouting and completed many com-

munity service projects.

Introduced to Hawaii in 1917 by Queen Liliuokalani and Florence Lowe, a Kamehameha School for Girls teacher, Girl Scouts of Hawaii has more than 5,000 members statewide.

The Girl Scouts are open to all girls ages 5-17. Scouting is flexible to meet girls and volunteers' schedules through a variety of pathways such as camps, troops and a series of activities.

For more information, contact Leslie Dawson, service unit manager, Ohana Service Unit, at pearlharbor.scouts@gmail.com, or visit www.girlscouts.hawaii.org.

Sailors 'paws' to help animals



U.S. Marine Corps photo by Kristen Wong.

Sailors from Commander Submarine Force Pacific Fleet First Class Petty Officer Association sweep the floors Aug. 10 at the Hawaiian Humane Society in Honolulu. The association volunteered at the Hawaiian Humane Society for its Petwalk kickoff rally at the Moiliili shelter. The Sailors and their families set up tables, swept the floors and more while volunteering. The society hosted the rally to encourage people to attend the October Petwalk, a fundraiser for the society at Magic Island, the only day of the year when dogs are allowed at Ala Moana Beach Park at Magic Island.

'Navigate' to Ho'okele website

www.hookele.com or www.cnrc.navy.mil/hawaii

My Favorite Photo...

Kaena point to Haleiwa rainbow in black and white.

Photo by Richard Onaha Hutter



How to submit: Email your (non-posed) photos to editor@hookelenews.com

Next summer concert series event to be held today

The next free summer concert for authorized patrons at Joint Base Pearl Harbor-Hickam will be held at 5:30 p.m. in the grassy area between the Fleet Store and Scott Pool.

Parking is available in front of and behind the Fleet Store, and along the bravo piers. Patrons can pick up snacks and treats for the concert at the Fleet Store which will be open until 11 p.m. Restrooms are available at Scott Pool.

The concerts include: •Today, "Get Jazzed" with the Air Force Band of the Pacific's "Papanua" ensemble and the Pacific Fleet VIP Combo band. Their repertoire includes classic and contemporary jazz, Latin, bebop and features original arrange-

ments. •Sept. 13. "Pops in the Park" with the Marine Forces Pacific Party Band, a New Orleans style brass band, which will open the event at 5:30 p.m. They will be followed by Marine Forces Pacific Concert Band performing music of stage and screen, light classics and patriotic favorites.

The concerts are open to all military-affiliated personnel and Department of Defense ID cardholders and their sponsored guests. The event is appropriate for all ages. No pets, umbrellas or tents are allowed.

For more information, visit www.greatlife.hawaii.com or [Facebook.com/greatlife.hawaii](https://www.facebook.com/greatlife.hawaii).



Live the Great Life

MWR holds free golf clinics

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) patrons who are new to the sport and need a lesson on the basics of golf can go to MWR's golf



Young MWR patrons learn about golf at a free clinic.

MWR Marketing photo

courses to get started on the sport, and it's free. Navy Marine Golf Course, Mamala Bay Golf Course and Barbers Point Golf Course offer periodic free clinics monthly to their patrons.

"Attendance can vary at these free clinics. With usually just one instructor available per site, we like to have no more than six in a group so that all patrons get some attention from the instructor," said Todd Nicely, golf program director.

Taking the free golf clinics through MWR has its advantages. Some clinics elsewhere are not free. Many of the other locations are demonstration-type clinics where golf professionals demonstrate shots, but MWR offers hands-on instruction.

The schedule and times for free golf clinics can be found at greatlifehawaii.com.

Free movie at Sharkey Theater to celebrate Women's Equality Day

In recognition of Women's Equality Day, Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will hold a free showing of "Iron Jawed Angels" at 6 p.m. Aug. 26 at Sharkey Theater. This 2004 HBO drama film focuses on the American women's suffrage

movement during the 1910's. The movie, which has appeal for history buffs and all who have the right to vote, stars Hilary Swank, Frances O'Connor, Julia Ormond and Anjelica Huston.

For more information, call 473-0726.



MWR Marketing photo

Your Weekly Fun with MWR

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



August Art Stroll will be held from 4:30 to 7 p.m. Aug. 23 at the channel walkway next to the Hickam Officers' Club. Attendees can stroll along the water and browse local artists booths and purchase drinks and food in the garden. FMI: 448-4608.

Summer Concert Series will begin at 5:30 p.m. Aug. 23 at the grassy area between the Fleet Store and Scott Pool. The Air Force Band of the Pacific's "Papanā" jazz band and the Pacific Fleet Band's VIP Combo band will perform. FMI: 473-0792.

Liberty Paradise Cove Luau will begin at 7 p.m. Aug. 23 departing from Express at 5:15 p.m., Beeman at 4 p.m., Instant at

4:15 p.m. and Makai at 4:30 p.m. The cost is \$20 and is open to active duty Sailors and Airmen only. FMI: 473-2583.

7th Annual Joint Base Pearl Harbor-Hickam Half Marathon will begin at 6:15 a.m. Aug. 24 from Earhart Field. Spectators are welcome to cheer on all the runners. FMI: 448-2214.

Machine Quilting: Reverse Quilt will be held from 9 a.m. to noon Saturdays Aug. 24 to Sept. 14 at the Hickam Arts & Crafts Center. Participants will learn how to cut fabric and assemble the pattern, while learning quilting tips and how to complete a quilt from start to finish. FMI: 448-9907.

Glass Bottom Boat Tour will

be held from 9:15 a.m. to noon Aug. 24 departing from Information, Tickets and Travel (ITT)-Hickam. Glass windows below allow attendees to see the coral reef and hidden marine life of Kaneohe Bay. FMI: 448-2295.

Boot Camp with Anne will be held from 11:45 a.m. to 12:45 p.m. Mondays and Wednesdays or from 4:30 to 5:30 p.m. Tuesdays and Thursdays Aug. 26 to Sept. 19 at Hickam Fitness Center. Participants need to sign up by Aug. 25. Each class includes 30 minutes of nutrition information and 30 minutes of boot camp-style workout. FMI: 265-2359.

Liberty Kaena Point Guided Tour and Beach Day will begin at 10:30 a.m. Aug. 27

departing from Express at 10 a.m., Beeman at 9:00 a.m., Instant at 9:15 a.m. and Makai at 9:30 a.m. The event is open to active duty Sailors and Airmen only. FMI: 473-2583.

Free Junior Golf Clinic will begin at 4 p.m. Aug. 28 at Barbers Point Golf Course. FMI: 682-1911.

Job Fair Success Workshop will be held from 1 to 3 p.m. Aug. 28 at Military and Family Support Center-Hickam. This workshop provides specific employer-based information on how a job candidate can effectively prepare for a job fair. It identifies appropriate attire, useful documents to bring, company research sources and valuable networking techniques. Visit the website www.greatlife.hawaii.com

to register. FMI: 449-0300.

Federal Resume Writing will be held from 1:00 to 3:00 p.m. Aug. 29 at MFSC-Pearl Harbor. This workshop provides an overview of the federal employment system and the application process. It identifies how to search for a federal job, build an effective public sector resume and more. To register: www.greatlife.hawaii.com. FMI: 474-1999.

Peacock 5k Run/Walk will begin at 7:00 a.m. Aug. 29 at the Wahiawa Annex Fitness Center. Hear the call of the many peacocks that live here at Wahiawa Annex as you run an early morning 5k. Open to all eligible patrons. FMI: 653-5542.

Navigate to Ho'okele website

www.hookele.com or www.cnic.navy.mil/hawaii



Morale Welfare & Recreation

SUMMER FIREWORKS CRUISE

There will be a summer fireworks cruise tonight from 6:15 to 9:30 p.m. The cruise includes a ride on the Waikiki Maitai catamaran, a fireworks spectacle, beverages and round-trip transportation from Information, Tickets and Travel (ITT)-Hickam. FMI: 448-2295.

PEEWEE BASKETBALL REGISTRATION

PeeWee basketball registration runs now through Sept 13. The season runs from Oct. 5 to Dec. 21. There will be no practices on Nov. 9 (Veterans Day weekend) and Nov. 30 (Thanksgiving weekend). FMI: www.greatlifeohawaii.com or 473-0789.

UFC 164 IN HD

Watch the Harley-Davidson Hometown Throwdown in high-def on Aug. 31 at J.R. Rockers. Doors open at 2 p.m. for preliminaries. FMI: 448-2271.

PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m. Aug. 28 at the Hickam Library. The theme will be "colors and shapes." FMI: 449-8299.

CRUD TOURNAMENT

There will be a free crud tournament from 6 to 10 p.m. Aug. 30 at the Hickam Officers' Club (Koa Lounge). Crud is a team game played on a billiards table with players using their hands instead of pool cues. No experience with the game is necessary, and all branches and skill levels are welcome. FMI: 448-4608.

CHINATOWN FOOD & HISTORIC TOUR

A tour of Honolulu's Chinatown featuring a traditional *dim sum* lunch will take place from 8:45 a.m. to 12:45 p.m. Aug. 31. The tour departs from ITT-Hickam. FMI: 448-2295.

SNORKELING AT HANAUMA BAY

There will be a snorkeling excursion to Hanauma Bay at 8 a.m. Sept. 1. Departures are from Outdoor Recreation-Hickam Harbor. Aug. 28 is the last day to register. FMI: 473-1198.

LEARN TO STAND-UP PADDLEBOARD

Learn the basics of paddleboarding at 9:30 a.m. or 10:45 a.m. on Sept. 1 at Outdoor Recreation-Hickam Harbor. Aug. 28 is the last day to register. FMI: 449-5215.

Community Calendar

AUGUST

25 — The seventh annual Distinctive Women in Hawaiian History Program will hold a presentation titled "Women of World War II Hawaii" from 8 a.m. to 5 p.m. at the Hawaii Convention Center in Honolulu. The event will include a presentation from 2:20 to 3:10 p.m. titled the "Irrepressible Fly Girls: the U.S. Women Airforce Service Pilots (WASP)." Presenter and author Vera Williams will discuss WASP WWII history, followed by the "legacy pilots" who serve as a bridge of this WWII story to contemporary Hawaii. Capt. Angela Kimler of Joint Base Pearl Harbor-Hickam will represent the Air Force and Lt. Megan Stateler of Marine Corps Base Hawaii, Kaneohe Bay will represent the Navy. FMI: www.DistinctiveWomenHawaii.org.

26 — Two Women's Equality Day observance events will be held at Joint Base Pearl Harbor-Hickam (JBPHH). Col. Eva Jenkins, director of 692d Intelligence, Surveillance, Reconnaissance Group, Pacific Air Forces, will be the keynote speaker at a presentation from 11 a.m. to 12:30 p.m. titled "Women Inspiring Innovation Through Imagination." The "brown bag" event will be held at the Makai Recreation Center, 1859 McChord St. on the Hickam side of JBPHH. In addition, there will be a free showing of the HBO original movie, "Iron Jawed Angels" at 6 p.m. at Sharkey Theater. FMI: Master Sgt. Laura Kattner at 448-2927 or Terry Takara at 473-2836.

28 — In conjunction with Feds Feed Families, federal employees are collecting food nationwide for federal food banks. Non-perishable food items will be picked up from collection boxes at the Pearl Harbor Memorial Chapel, building 1601 on Aug. 28, which is the last day of the campaign. FMI: www.FedsFeedFamilies.gov or www.facebook.com/fedsfeedfamilies.

SEPTEMBER

4, 5, 13, 14 — Jewish High Holy Day services at Aloha Jewish Chapel at Joint Base Pearl Harbor-Hickam have been announced. They include Rosh Hashanah eve service at 7:30 p.m. Sept. 4, Rosh Hashanah service at 10 a.m. Sept. 5, Kol Nidre at 7:30 p.m. Sept. 13 and Yom Kippur service at 10 a.m. Sept. 14. Cmdr. Joel Newman will preside. FMI: 473-3971.

7 — The Fisher House 8K Hero & Remembrance Run, Walk or Roll will be held starting at 7 a.m. at the Pacific Aviation Museum on Ford Island. The official welcome and military honors will be held from 6:30 to 7 a.m. The free event is open to members of the military and the public. Register online at the website <http://triplerfisherhouse.eventbrite.com> or visit the Tripler Fisher House Facebook page. FMI: theresa.m.johnson2.naf@mail.mil or 561-7423.



THE CONJURING (R)

A demonic entity lays claim to family living in a secluded farmhouse, prompting them to seek the aid of two renowned paranormal researchers in this tale of possession inspired by actual events. The story gets underway as paranormal researchers Ed (Patrick Wilson) and Lorraine Warren (Vera Farmiga) evaluate a mysterious doll discovered by a trio of young roommates in 1968. Believing their house to be haunted by the wayward spirit of a deceased young girl, they give the girl permission to inhabit the doll, and soon their lives become a waking nightmare.

Movie Showtimes

SHARKEY THEATER

FRIDAY 8/23
7:00 PM R.I.P.D. 3D (PG13)

SATURDAY 8/24
2:30 Turbo 3D (PG13)
5:00 Pacific Rim (PG13)
7:20 Red 2 (PG13)

SUNDAY 8/25
2:30 Despicable Me 2 3D (PG)
5:00 R.I.P.D. 3D (PG13)
7:00 The Conjuring (R)

HICKAM MEMORIAL THEATER

TODAY 8/23
6:00 Turbo (PG)

SATURDAY 8/24
4:00 Turbo (PG)
7:00 The Conjuring (R)

SUNDAY 8/25
2:00 Turbo (PG)



Retired Navy chief pursues dream, becomes entrepreneur doing what he loves best

Story and photo by David D. Underwood, Jr.

Chief Mineman (SW) Kevin Sperling retired from the U.S. Navy in 2011 and became a health and fitness professional, giving nutritional advice to clients, providing personal train-

would often get approached by people wanting to know if he was a trainer. He had wanted to own a fitness center and his plan came together six months before retirement. He opened his studio three months before he retired.

After 22 years of job security with the Navy, there was some fear



Kevin Sperling, a retired Navy chief, has now become a health and fitness professional.

“Take care of your body. It’s the only thing that will be with you until the day you die. Respect it.”

—Kevin Sperling

ing services, and promoting a lifestyle of being fit.

As a semi-pro bodybuilder, he won numerous titles while on active duty including the heavy-weight title in the 29th Hawaiian Islands Bodybuilding and Figure Championships, and was named “Mr. Hawaii” in June 2007.

Sperling served 22 years in the Navy and his last assignment was here on Hawaii. He was an officer recruiter at Navy Recruiting Processing Station, Honolulu and

of starting a business, a lot of uncertainty, and the risks associated with it, said Sperling. However, he added, “It’s something I’ve been wanting to do, and I knew there was a demand for it.”

Sperling said that it’s a good idea to consult with three attorneys and three CPAs for legal and accounting advice for your business to be successful.

“I realized that once I started this business, I would become an instant liability,” he said.

He also said that you should be passionate about what you want to do, and be willing to put in the hard work. He called this “sweat equity.”

Since his retirement from active duty, Sperling has made guest appearances at the annual Armed Forces Bodybuilding Championships at Sharkey Theater, Joint Base Pearl Harbor-Hickam. He said he

enjoys sharing his talent with service members interested in the sport.

His healthy base initiative advice to service members is, “You will not regret it. The discipline to do this transitions into every aspect of your life. You feel good, you look good in uniform, and you get more respect. It’s a great foundation. Take care of your body. It’s the only thing that will be with you

until the day you die. Respect it.”

Sperling said he gets gratification from changing people’s lives, and the client feedback outweighs the profits he makes. Ninety-nine percent of his business comes by word-of-mouth, his biggest marketing tool. He doesn’t need to advertise, and his body is his billboard.

“Military discipline leads to civilian success,” he said.

Forest City to hold kite-making, flying events today

There are several events that will be held in Forest City communities throughout August, both on Oahu and Kauai.

- Ride the Wind Day, 2:30 to 4:30 p.m. today at Halsey Terrace Field. The event is open to all residents. Participants will be constructing kites and flying them right after.

- National Trail Mix Day, 3 to 4 p.m. Aug. 30 at Radford multi-purpose room. The event is open to all residents. Participants will be making their own trail mix.

- Ride the Wind Day, 3 to 4 p.m. today at Pacific Missile Range Facility (PMRF) office. The event is open to PMRF residents. Participants can pick up their kite-making kit at the PMRF office.

- National Dog Day, Aug. 25 to 30 at PMRF office. The event is open to PMRF residents. Residents can send PMRF a picture of their four-legged family members to add to the next issue of their newsletter. E-mail photos to pariscousin@forestcity.net.

For more information about any of these events, call 839-8620.

Blood drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives.

- Aug. 26, 10 a.m. to 1 p.m., Schofield Barracks Tropics, Schofield Barracks.

- Aug. 28, 9 a.m. to 1 p.m., 1-14 Infantry Battalion, Schofield Barracks, building 2097.

- Sept. 17, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.

- Sept. 17, 8 a.m. to 12:30 p.m., Pearl Harbor Naval Shipyard building 2.

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

Tickets available for Sept. 13 Air Force Ball

The Pacific Air Forces 66th Air Force Ball will begin at 5:45 p.m. Sept. 13 at Hilton Hawaiian Village.

The guest speaker will be retired Chief Master Sgt. of the Air Force Robert D. Gaylor.

Ticket prices are \$30 for ranks E1-E4, GS3-GS4 and cadets; \$50 for E5-E6 and GS5-GS7; \$65 for E7-O3 and GS8-GS11; \$75 for O4-O5 and GS12-GS14; \$85 for O6, GS15 and above; \$95 for O7-O10 and DVs.

The event is a gala celebration commemorating the Air Force’s birthday.

Tickets can be purchased online now at www.pacafball.com or contact your unit point of contact on the website, or email pacaf.afball@gmail.com.