

Life & Leisure

Military celebrates

NATIVE AMERICAN heritage

Pfc. Bryan Faison

*18th Medical Command (DS)
Public Affairs*

Military bases and commands on Oahu celebrated Native American Heritage Month events last week.

They included ceremonies and performances held Nov. 19 at the Pearl Harbor Navy Exchange at Joint Base Pearl Harbor-Hickam.

In addition, the 18th Medical Command (Deployment Support) welcomed members of the Oahu Intertribal Council to a powwow, Nov. 13, at the 9th Mission Support Center's assembly hall at Fort Shafter.

A "powwow" is defined as a gathering of Native Americans, where members of varying nations meet to communicate and preserve native customs through song, dance and traditional activities.

President Barack Obama proclaimed, as his predecessors have since President George H.W. Bush, the month of November, National Native American Heritage Month.

Sgt. Jennifer Bach, the motor sergeant for 18th MEDCOM and a descendant of the Eastern Band of the Cherokee Nation, read the presidential proclamation to the crowd.

"This month, we recognize the contributions made by Native Americans since long before our founding, and we resolve to continue the work of strengthening government-to-government ties with tribal nations and expanding possibility for all."

The Oahu Intertribal Council is a non-profit organization, incorporated in Honolulu on July 29, 2013 for the sole purpose of charity and education.

Its brief history can be traced back to the early 1970s when a small group of Native American women recognized the need for a gathering place where Native American military servicemen stationed on Oahu could come together and connect to their native heritage.

Loa Simoes, keynote speaker, of the

Sac and Fox Bear Clan and president of the Oahu Intertribal Council, is herself a proud mother of a U.S. Air Force Airman.

After an introduction from Bach, Simoes helped educate the audience on efforts to preserve native pride and spirit.

"The spirit of native people is a way of life, as we believe all things are infused with spirit. It is our spirit, perseverance and determination that keeps us together and united in all things," Simoes said.

With an ever-changing political climate and constant challenges to treaty obligations through judicial litigation, the pride and spirit of America's native people has been tested and continues to evolve through native activists, said Simoes.

"Our young people take their newfound voice in music, art, dance and social media to identify and connect with their ancestral roots and allow it to showcase their talents and beliefs about a better tomorrow," said Simoes.

The powwow highlighted local talent and connected attendees to the native spirit that resides on the island of Oahu.

To further foster that connection, members of the council invited attendees to participate in a traditional round dance, where everyone interlocks hands and shuffles in a circle to the left while bending at the knee, in rhythm with the beat of the drum.

The dance symbolizes the equality of all in the circle while fostering community and renewing relationships.

It is a celebration of Native American customs and identity.

After thanking the Oahu Intertribal Council for participating in this year's observance, Col. Ann Sammartino, commander, 18th MEDCOM (DS) said, "I'm definitely looking forward to next year's powwow."

(Editor's note: Brandon Bosworth, Ho'okele assistant editor, contributed to this article.)



Above, Malia Mahi, a Taino from Puerto Rico, performs the traditional jingle dress dance.



Photos by Brandon Bosworth, Pfc. Bryan Faison and Sgt. 1st Class John Brown

At left, Kimmer "Big Horse" Horses, Army veteran, plays the flute during a Native American Heritage Month event held Nov. 19 at the Pearl Harbor Navy Exchange. Above, Loa Simoes, of the Sac and Fox Bear Clan and president of the Oahu Intertribal Council, speaks. At right, Lucy Threefingers of the Blackfeet Tribe of Montana performs the woman's fancy shawl dance. Below, Members of 18th Medical Command (Deployment Support) participate in a traditional round dance at the American Indian Heritage Month Powwow, Nov. 13, at the 9th Mission Support Center's assembly hall at Fort Shafter.



Radford High wins state football championship

Story and photos by
Randy Dela Cruz

Sports Editor, Ho'okele

Adm. Arthur W. Radford High School finished off a perfect season by defeating Kapaa High School, 30-16, to win the Hawaii High School Athletic Association Division II football championship on Nov. 20 at Aloha Stadium in Halawa.

Radford is a public high school, which gets much of its student body from families stationed at Joint Base Pearl Harbor-Hickam.

Coached by Fred Salanoa, the Rams won eight games without a loss during the regular season and then went on to win the OIA playoffs before going on to beat Konawaena and the state's No. 1 seed Kapaa.

The state championship was the first island-wide trophy won by the Rams, which have been to the title finals two previous times in the past 10 seasons but lost on both accounts, in 2005 and 2008, to Iolani Schools.

Last year, after winning their eighth Division II championship, Iolani moved up in class to compete in the state's Division I.

Against Kapaa, the Rams trailed for almost the entire first half but came back in the second half to score 16 unanswered points for the win.

Clockwise from left, Rams Dayshon Slade wraps his arms around Justin DeForge of Kapaa. A Radford cheerleader smiles after the team scores a touchdown. Radford receiver Solomon Loggins leaps up to make a catch. Rams receiver Ace Faumui gets a pat on the helmet from teammate John Paolo Pabalate after Faumui caught his second touchdown pass of the game.



Fox Sports events planned for JBP HH

Joint Base Pearl Harbor-Hickam Public Affairs

Fox Sports Pearl Harbor Invitational basketball games will be held Dec. 7 at Bloch Arena, Joint Base Pearl Harbor-Hickam.

Free ticket distribution is at the Fleet Store Information, Tickets and Travel office.

The event will include men's Division 1 NCAA basketball games.

The first game will begin at 2 p.m., featuring Villanova University vs. the University of Oklahoma.

The second game will feature the U.S. Naval Academy vs. the University of Oregon.

Admission gates will open at 12:30 p.m. Food, beverages, souvenirs and programs will be available for purchase at the event.

There will be a limit of four tickets per Department of Defense ID card holder, ages 18 and older. Each ticket provides access to both games. Ticket acceptance needs to be made in person. Phone orders will not be taken. Distribution is on a first-come, first-served basis

while supplies last. No exchanges will be offered. Because tickets are complimentary, seat location requests will not be taken.

All active duty military in attendance at the games are required to wear service dress whites, summer whites or the equivalent short-sleeved class B uniforms.

Besides the basketball games, a free Fox Sports Major League Baseball All-Star event will begin at 9 a.m. Dec. 5 at Ward Field, Joint Base Pearl Harbor-Hickam.

The event will be hosted by Fox Sports baseball analyst and two-time all-star Harold Reynolds. The event will include a meet and greet with major league players, including Hawaii-born, two-time All-Star Shane Victorino, U.S. Naval Academy graduate Mitch Harris, and others.

The following parking lots will be secured during the following times in support of events and as part of Fox Sports preparations that will occur from Dec. 3 to 7:

- The front and rear parking areas of Bloch

- The Battleship Missouri Memorial parking lot, located at F-5 Pier, will be closed from 6 p.m. Dec. 5 to 8 a.m. Dec. 6, excluding the Federal Fire Department building parking lot for authorized personnel.
- The Ford Island Child Development Center parking lot and a portion of the Ford Island airfield will be closed from 6 p.m. Dec. 4 to 8 p.m. Dec. 6.

(For more information including updates on items authorized for entry, visit www.greatlifehawaii.com.)

- The Delta parking lot located on Paul Hamilton Road will be closed from 4 p.m. Dec. 4 to 10 p.m. Dec. 5.

NSSC Kraken overwhelms CNRH/Middle Pacific

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

In Norse mythology, the Kraken was a harrowing creature that used its colossal size and numerous arms to snatch ships and drag them down to a watery grave.

The Naval Sea Systems Command (NSSC) Kraken flag football team may not be as terrifying as their namesake, but to foes in the Red Division, the team's defense might be just as ferocious as the fictional monster.

On Nov. 24, the NSSC Kraken defense reached up to ground Commander, Navy Region Hawaii/Middle Pacific (CNRH/MIDPAC) in a shutout performance that stole five passes en route to a 32-0 blitz at Ward Field, Joint Base Pearl Harbor-Hickam.

The win secured the Kraken's position as the Red Division's No. 1 seed in the upcoming playoffs and raised the team's record to an impressive 8-1, while CNRH/MIDPAC fell to 2-7.

"Defense wins championships," affirmed Machinist's Mate 2nd Class Jason Astorga, who enjoyed a big day on offense and defense. "We've always talked about how our defense needs to win the game. Our defense has to step it up to get those picks, sacks and everything."



Yeoman 2nd Class Brian Haygood puts his head down to pick up extra yards after coming down with an interception.

While the Kraken defense usually gets the publicity, the team's offense is no slouch either when it comes to performing at a high level.

Armed with the ball first against CNRH/MIDPAC, Kraken quarterback Lt. Derrick Olson engineered a 65-yard drive to pay dirt that only took five plays to complete.

During the drive, Olson completed three of three passes and rushed two times to put the Kraken up by six.

The final play came on an eight-yard scoring toss to Operations Specialist 3rd Class Dylan Brune.

Following the first score, it took only two plays for the defense to

rear its head when Yeoman 2nd Class Brian Haygood picked off the first pass to set the Kraken up at the MIDPAC 31.

Then on the first play from the line of scrimmage, Olson went back to Brune for the touchdown number two and a 12-0 lead.

The Kraken defense

brought more of the same on MIDPAC's next set of downs as Brune, fresh off two catches for touchdowns, got in on the act on the defense by picking off the team's second interception of the game.

As the clock wound down going into the second half, Olson found Astorga in the end zone to pick up his third touch-

down pass of the first half. Halftime did nothing to cool off the red hot Kraken defense as the team got another turnover when Brune got his second interception of the game to place the ball at the MIDPAC 30.

Two plays later, Olson zeroed in on Astorga, who grabbed a short toss into the end zone for a 24-0 wadvantage.

The long night marched on for C

CNRH/MIDPAC when the team got off only two plays on their next set of downs before Chief Yeoman Markus Howard secured pick number four for the Kraken defense.

The team made it five interceptions, when Information Systems Technician 3rd Class Brandon Finley got one late in the game.

Seven plays later, Olson racked up touchdown pass number five on an 11-yard pass to Senior Chief Yeoman Chris Reed.

Although Kraken had already secured one of the division's four playoff spots, Brune said that the team still came out on fire and played to win.

"We just don't want to stop playing," he said. "No matter who you're playing, even if they have the worst record, you want to give it your all. It just shows how bad we want to shut everybody down, wrap it up and call ourselves champions."

Maintenance Group in driver's seat for postseason bid

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

In perhaps the biggest game of the season for the 15th Maintenance Group (15 MXG), Senior Airman William Jones took center stage and came up with three gigantic plays to lead the team to a 20-12 win over the 690th Cyberspace Operations Squadron (690 COS) on Nov. 24 in a Red Division showdown at Ward Field, Joint Base Pearl Harbor-Hickam.

Fighting for the fourth and final playoff spot in the Red Division, the MXG needed to hold off the 690 COS, which entered the game in fifth place, trailing by only one game.

The win may have all but locked up the spot for the MXG, which ended the night with a record of 7-3, while the 690 COS fell to 5-5.

Once the final whistle sounded, Jones stood as the man on the spot after his two interceptions and acrobatic catch in the end zone for a touchdown dashed the hopes of the 690 COS.

"I just came out to play," Jones said. "I stuck with my team and believed in them."

While the 690 COS got the ball first, it was Jones that helped the MXG gain



Senior Airman Aaron Maxwell bats the ball away from Staff Sgt. Carl Sanders with Sgt. Danny Anuyen trailing the play.

the first big play of the game.

After 690 quarterback Airman 1st Class Spencer Davies kept the team moving forward by picking up a clutch first down

on fourth-and-short, the QB, on the MXG 38, tried to connect on a pass to the middle of the field.

Jones sat back in the secondary, and then, at the very last minute,

broke to the ball and picked off the pass at mid-field.

Turning it upfield, Jones maneuvered through the open space before breaking out into the clear for

a touchdown and 6-0 lead.

"I just took my time and let the play develop," Jones explained. "Once I saw the quarterback look at the wide receiver, I just stepped in, ran towards the ball and grabbed it."

The quick-hitting play gave the MXG momentum, but it was only for a short while, as Davies settled down the 690 COS and marched the team into the end zone on only four plays.

Davies finished off the 65-yard drive by connecting with Staff Sgt. Jacee Lawary for 27 yards and a touchdown to tie the score at 6-6.

The game really started to look good for the 690, when on the MXG's first play from scrimmage, quarterback Senior Airman Aaron Maxwell got picked off by Senior Airman Chris Ginder deep in MXG territory.

Looking to take full advantage of the turnover, Davies completed two passes to set the ball on the MXG 12.

However, once again, Jones was there on the spot to kill the threat with his second interception of the game.

"I guess it was just instinct," Jones said about his second big defensive play. "I ran out to the flat and just so happened to catch it again."

On the first drive in the

first half, Maxwell picked up a long gainer with a rush out to the 690 39-yard line.

Facing third down and long, Maxwell rolled to his right and delivered a 40-yard shot into the end zone.

Jones tipped the ball up in the air and just before it came down onto the turf, he reached and came up with the loose ball for a touchdown.

"It was more of a desperation play," Maxwell admitted. "They had pressure on me all day, so I just rolled to the side and tried to find somebody. I just trusted my arm and he (Jones) came up big."

The one-point conversion gave the MXG a 13-6 lead and then after coming up with one final big stop in the red zone by the defense, Maxwell iced the game for good with a touchdown pass to Tech. Sgt. Adam Speights late in the game.

Maxwell said that while it feels good to get into the playoffs, he understands it's going to be tough to reach the championship from the fourth-seed position.

Still, if the team plays together, anything can happen, Maxwell stated.

"We need to get a solid game plan on offense," he said. "Defense is all right, so we need a good game plan."

Major League baseball players coming to JBPHH

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The baseball season may be over, but young baseball fans, and their parents, will have an opportunity to see Major League baseball players in person at Joint Base Pearl Harbor-Hickam.

The Fox Sports MLB All-Star Event takes place at 9 a.m. Dec. 5 at Ward Field. The event will feature meet-and-greet opportunities as well as an autograph session for kids.

Among the players scheduled to appear are Mitch Harris of the St. Louis Cardinals. Harris attended the United States Naval Academy from 2005-2008 and is the first Naval Academy graduate to play in the major leagues since 1921.

Also scheduled to appear is two-time all-star and Hawaii native Shane Victorino. Twice a World Series champion, Victorino is from Wailuku, Maui and has played in the majors for 12 years.

Fox MLB's award-winning analyst Harold Reynolds will host the

event. Before becoming a broadcaster, Reynolds played 10 seasons in the major leagues and is a two-time all star.

Other players, not announced at press time, will also make appearances.

The event is free and is open to all military-affiliated personnel and their sponsored guests. No tickets are needed, but seating is limited and is first come, first in. Patrons are welcome to bring their own beach chairs or blankets. For more information, go to www.greatlifehawaii.com.



Photo by Keith Allison

Hawaii's own Shane Victorino will be on hand at the Fox Sports MLB All-Star Event taking place Dec. 5 at Ward Field, JBPHH.

Forest City recaps holiday guidelines

Forest City Navy Housing Hawaii residents have asked about outdoor holiday decorating rules. Here's a quick recap:

- Lighting is OK from 5 to 10 p.m. Thanksgiving Day until the second weekend in January.
- Gutter clips or similar are required for affixing outdoor lights.
- Roof decor and lighting above the first floor roofline are not permitted.
- Canned "snow" must not be sprayed on windows, siding or brick facades.

(For more information, visit www.facebook.com/fcnavyhawaii/.)

Upcoming blood drives

- Nov. 30, 9 a.m. to 1 p.m., Pollock Theatre, Camp Smith.

(For more information, contact Michelle Lele-Himalaya, Armed Services Blood Program, Tripler Army Medical Center, at 433-6699 or email Michelle.Lele.civ@mail.mil.)

Health clinic offers tips to help quit tobacco

Naval Health Clinic Hawaii Health Promotion

Naval Health Clinic Hawaii Health Promotion has provided the following tips to help quit tobacco use.

- Make the decision to quit. Others may want you to quit, but the real commitment must come from you.
- Seek medical advice. Your health care provider can offer advice and help you decide if tobacco cessation medication, group therapy or other treatments are right for you.
- Set a quit date. Make a commitment, choose a date to quit and circle that day on your calendar. Don't give yourself time to change your mind with a date too far in the future.
- Know the dangers. Tobacco use can cause many forms of cancer, as well as heart and lung disease. Pregnant women who smoke are risking the life and health of their unborn child.
- Identify your triggers. Determine which feelings trigger your tobacco use, such as drinking coffee or dealing with stress.



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Plan in advance how you will handle these situations without turning to tobacco.

- Write out a quit plan. Include your strategies for dealing with cravings and slips, managing stress, controlling weight gain, and keeping yourself busy.
- Tell everyone. Tell your family and friends about your decision to

become tobacco-free. Ask for their support, especially during times of temptation.

- Carry a list of motivators. Write down and carry your reasons for quitting with you. Refer to the list when you are tempted to use tobacco.
 - Quit together. Increase your chances for success by quitting with someone. Whether it's your husband, wife, partner or friend, if you quit together, you'll understand the challenges better and be able to provide continual support to one another.
 - Make tobacco use inconvenient. Increase the time you spend in tobacco-free environments. Leading up to your quit date, only smoke outside or in places you don't normally smoke or use tobacco.
 - Resist cravings. When a craving strikes, try to distract yourself. The four D's can help: deep breaths, drink water, do something else, and delay for 10 minutes.
- (For more information, call NHCH Health Promotion at 471-2280.)*

DECEMBER

JINGLE BELL 5K

3 — A free Jingle Bell 5K will begin at 7 a.m. at the Wahiawa Annex Fitness Center. The event is open to all eligible patrons. Participants can register on the day of the event. Prizes will be given to the top three male and female finishers. FMI: 653-5542.

TEMPORARY BRIDGE CLOSURES

4, 7 — All lanes of the Ford Island Bridge will be closed from 9:15 to 10:45 a.m. Dec. 4 for rehearsal operations in support of ceremonials. All lanes of the Ford Island Bridge will be closed from 7 to 10 a.m. Dec. 7 for operations in support of the ceremonies. Motorists and pedestrians should plan accordingly for those two days. The small craft gate will be closed during bridge opening. All boat traffic under the causeway will be suspended during these exercises. FMI: Andrew.mcpherson.4@usaf.mil or 449-3105.

SALUTE TO THE TROOPS

5 — USO Hawaii will hold a Salute to the Troops from 10:30 a.m. to 5 p.m. at Wet 'n Wild Hawaii. The event will feature free admission to all active duty military, Reserve and retired military and their families. The cost of onsite parking is \$8 per vehicle. The park will be closed to the general public during the event. FMI: Facebook.com/HawaiiUSO or 422-1213.

SNEAK PREVIEW

5 — A free sneak preview of the movie "In the Heart of the Sea" in 3D will begin at 7 p.m. at Sharkey Theater. The movie is free for the first 400 authorized patrons. The ticket booth and doors will open at 5:30 p.m. Active-duty military may receive up to four tickets. Retired military, military family members and Department of Defense card holders may receive up to two tickets. The movie is rated PG-13. FMI: 473-0726.

BREAKFAST AND BOWL WITH SANTA

6 — A breakfast and bowl with Santa event will be held from 9 to 11 a.m. at the bowling center on the Pearl Harbor side of Joint Base for ages 12 and under. The cost is \$8 and participants need to sign up by Dec. 4. Kids can bowl one game with shoe rental and a breakfast of two pancakes, bacon and milk or juice. The event is limited to the first 30 registered authorized patrons. FMI: 473-2574.

PEARL HARBOR REMEMBRANCE DAY

7 — Navy Region Hawaii and the National Park Service World

War II Valor in the Pacific National Monument will co-host a joint ceremony from 7:45 to 9:15 a.m. observing the 74th anniversary of Pearl Harbor Day at Kilo Pier, Joint Base Pearl Harbor-Hickam. The keynote speaker will be Pulitzer prize-winning historian Dr. David Kennedy. The featured speaker will be Secretary of the Navy Ray Mabus.

For a schedule of national Pearl Harbor remembrance day events, please refer to page A1 and go to pearlharborevents.com.

TOWER LIGHTING CELEBRATION

11 — The free 46th annual Tower Lighting Celebration will be held at the Freedom Tower mall. Entertainment will be provided by the Air Force Band of the Pacific. Festivities will include bounce houses, holiday crafts, interactive trampoline and gymnastics demonstrations and photos with Santa. Dinner plates and snacks will be available for purchase. Event shuttle service will be provided round-trip from the Hickam BX Garden Shop, starting at 4:15 p.m. until the event finish. The event is open to all military-affiliated personnel and their sponsored guests, but pets are not authorized at the event. FMI: www.greatlifehawaii.com.

BREAKFAST WITH SANTA

12 — Breakfast with Santa Claus will be held from 8 to 9 a.m. at the Pearl Harbor Navy Exchange food court lanai, second floor. The cost of the event is \$12 per child for a meal of pancakes and bacon, a goody bag, a picture with Santa, glitter tattoos, holiday activities, craft making, door prizes and balloon twisting. The cost of the event is \$8 per adult for pancakes and bacon, with coffee or tea and door prizes. Participants should arrive by 7:45 a.m. because doors will close promptly at 8 a.m. FMI: 423-3287 or Stephanie.Lau@nexweb.org.

CHRISTMAS CONCERT

12 — InspirationStudios, known for their inspirational music with ukulele and other instruments, will perform at noon at the Hickam BX. FMI: 423-7885.

HOLIDAY CONCERT

12 — A free, open-to-the-public holiday concert by the U.S. Pacific Fleet Band will begin at 5 p.m. at the Hale Koa Hotel. The outdoor concert will take place under the large banyan tree in the courtyard of the hotel, located at 2055 Kalia Road in Waikiki. No tickets are required, as seating is open. Casual/holiday attire is encouraged. FMI: U.S. Pacific Fleet Band Operations at 474-3693 or ops.pacfltb@navy.mil.



THE MARTIAN

During a manned mission to Mars, astronaut Mark Watney is presumed dead after a fierce storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet. With only meager supplies, he must draw upon his ingenuity, wit and spirit to subsist and find a way to signal to Earth that he is alive.

Movie Showtimes

SHARKEY THEATER

TODAY 11/27

7:00 PM Our Brand Is Crisis (R)

SATURDAY 11/28

2:30 PM Goosebumps (3-D) (PG)

4:40 PM The Martian (PG-13)

7:20 PM Steve Jobs (R)

SUNDAY 11/29

2:30 PM Goosebumps (PG)

4:40 PM Love The Coopers (PG)

6:50 PM Our Brand Is Crisis (R)

THURSDAY 12/3

7:00 PM The Last Witch Hunter (PG-13)

HICKAM MEMORIAL THEATER

TODAY 11/27

6:00 PM Goosebumps 3D (PG)

SATURDAY 11/28

2:00 PM Goosebumps (PG)

6:00 PM Crimson Peak (R)

SUNDAY 11/29

2:00 PM Hotel Transylvania 2 (PG)

6:00 PM The Martian (PG-13)

THURSDAY 12/3

7:00 PM The Martian (PG-13)