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Pearl Harbor · Hickam News
Life & Leisure
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Hatchling honu head home

MC2 Mathew J. Diendorf

Pacific Missile Range Facility Public Affairs

For the third consecutive year, green sea turtles have nested at the protected beaches of Pacific Missile Range Facility (PMRF).

The night of July 23, green sea turtle hatchlings emerged from the underground nest and made their journey to the ocean.

Don Heacock, Kauai District Fisheries biologist, arrived at PMRF on July 26 to excavate the nest that hatched three nights prior. John Burger and Dennis Rowley, range complex sustainment coordinators at PMRF, assisted in the search for hatched turtle eggs.

Heacock began to dig in the area where the nest was believed to be located. After 30 minutes of digging Rowley saw a live hatchling emerge from under the sand right behind Heacock's foot. Heacock placed the tiny turtle into a bucket then continued to dig and locate remaining turtle eggs.

In addition to the live hatchling, Heacock recovered fragments of more than 60 turtle eggs.

"No dead hatchlings were found on the morning of the 24, so we can all presume that, minus the live turtle we uncovered, the ones that hatched exited the nest and reached the ocean," said Burger.

"The eggs are collected to check for emerging and hatching success. Some of the shells are also sent off for DNA analysis," Rowley said.

After removing all of the fragmented egg shells from the nest, the two young daughters of Cmdr. Garron Morris, PMRF executive officer, were allowed the rare opportunity to release the live hatchling into the ocean.

According to "Sea Turtles, An Ecological Guide," written by David Gulko and Karen Eckert, most green turtle nests are laid in an open sandy beach habitat, with the female digging a pit two to three feet in width and depth.

Females will lay a typical clutch of 75 to 150 eggs. Throughout the breeding season they will lay up to six clutches. Individual females do not breed every year but return faithfully to their nesting grounds every two to five years.

Heacock gave a few tips to keep the turtles coming back to Kauai to nest and help the population flourish.

"Make sure people report any nesting activity so the nests can be protected. We can also look at the things that are negatively impacting the turtles like marine debris such as fishing lines and nets. If a fisherman catches a turtle on their fishing line they should try to reel the turtle in and remove the hook. If the turtle swallowed the hook, the fisherman needs to cut the line as close to the mouth as possible,' Heacock said.

When it comes to vessel strikes, speed kills on the water just like it kills on land.

"Turtles are close to shore, they feed on the seaweed that grows on boulders and the reef, and they are not a quarter of a mile off shore. So boats that are 'pedal to the metal' going to Na Pali should try to stay away from the reef. Where it's an all sand bottom you're not going to find turtles," Heacock said.

Heacock also said the [young] turtles' instinct after reaching the surface of the sand is to go straight to the first light source they see. Sometimes that can be fatal to the turtles if they see artificial lights from street lights, a car's headlights or even bon fires.

"To see and know there are new turtles out there, it's a magic feeling, makes you really appreciate how special this place is," Rowley said. "It's a blessing to work here."

PMRF Barking Sands has been recognized by the Chief of Naval Operations (CNO) many times as one of the best installations in the Navy for environmental and cultural stewardship.

In 2008 PMRF won the CNO Environmental Award for Cultural Resources Management, and in 2009 PMRF was recognized for the Natural Resources Conservation.

In February of 2012 it was announced that PMRF was again a winner in two categories for 2011, Natural Resources Conservation – Small Installation, and for Natural Resources Conservation – Team.

The annual CNO Environmental Awards program is designed to recognize Navy ships, installations and individuals or teams for exceptional environmental stewardship.

Photo illustration

Photos by MC2 Mathew J. Diendorf and Dennis Rowley

PAM flight school graduates 'earn their wings'

Brandon Bosworth

Contributing Writer

The Pacific Aviation Museum Pearl Harbor's (PAM) "flight school" for girls concluded July 26 with a winging ceremony at the museum's hangar 79.

Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, served as the featured speaker . After being introduced as a "special guest," Ponds kicked off the event by telling the class, "I'm not the special guest… you are." Gazing out at the girls awaiting their wings, Ponds said, "I am very proud of America's history, but when I look at you, I see our future."

The museum's "flight school" program is specifically tailored for girls in grades six through eight. The program involves exploring aviation history and flight science over a period of three days through a variety of activities, including learning to "fly" in a flight simulation lab and operating remote controlled aircraft.

"We just started this summer," said Dr. Shauna Tonkin, director of education at the museum. "There was a lot of interest in the program. Classes were full, and we're still getting calls from parents wanting to enroll their kids even though the final session of the summer is over."

There were four sessions this summer, and about 100 girls completed the program.

The girls-only classes came about as a result of the museum receiving a grant from the Hawaii Women's Fund. However, a program for boys is being considered. "We would like to start a program for boys, but middle school girls do face unique developmental challenges," Tonkin said. "This program helps them to discover opportunities in the fields of science and technology."

To give the girls an idea of the opportunities available to them, the winging ceremony featured many volunteers who came and shared their stories. There were female pilots, mechanics, FAA inspectors and more, both military and civilian.

During the final winging ceremony July 26, Ponds presented each graduate of the program with her wings and a certificate.

"Don't let anyone tell you your generation isn't capable of doing great things," he told the girls. "You have already done great things."

For more information on the Pacific Aviation Museum Pearl Harbor's "flight school" program, call 441-1005 or email ShaunaT@PacificAviationMuseum.org.

Photo illustration
Photos by Brandon Bosworth and Pacific Aviation Museum Pearl Harbor

Lynch clinches the RIMPAC sailing regatta championship

Story and photos by Randy Dela Cruz

Sports Editor

Skippered by Cmdr. Arturo Oxley, CS Almirante Lynch (FF 07) of Chile sped past an international field of boats Aug. 3 to capture the 2012 RIMPAC sailing Regatta at Rainbow Bay Marina, Joint Base Pearl Harbor-Hickam.

The win topped off a full four rounds of sailing with teams comprised of sailors from seven countries that included Japan, Chile, United States, Australia, New Zealand, Korea and Canada.

Joining Oxley on the Lynch's three-man crew were his brother Lt. Jose Oxley and Lt. Cmdr. Jorge Ibarra.

A total of six sailing ships punched their ticket to the championship race, which accepted the top-two finishers from the day's three earlier heats.

Finishing just behind Lynch was the Royal New Zealand Navy HMNZS Te Kaha (F 77), captained by Leading Combat Systems Specialist Shane Greaves, while Japan's JS Myoko (DDG 175), skippered by Lt. j.g. Keiishiro Iwamura, came in third.

In a recap of the competitive but friendly race, Pearl Harbor Yacht Club (PHYC) Staff Commodore Dean Smith said that he was impressed at the level of skills displayed by each entrant.

"I thought they did very well - especially the last race," Smith said. "We plan for a variety of sailing skill levels because you never know. Sometimes, even myself, I was active duty, but I'd go years before I'd sail. I suspect some of these folks were rusty, but I was very impressed."

Greaves agreed with Smith and admitted that he and his crew might have been a little out of practice before the first heat began at 9 a.m., but ultimately, once a sailor always a sailor.

"It's alright because we're all sailors anyway," he noted. "There is no specialty to it. It's just being mates, mates talking to each other, getting along and having a good time."

The three-man crew from CS Almirante Lynch (FF 07) of Chile celebrates after crossing the finish line first at the 2012 RIMPAC Sailing Regatta at Rainbow Bay Marina.

Outside of a few adjustments to the course, Smith said that the competition was standard and held just like the club's other races.

"The international rules of sailing are very much the same as U.S. rules of sailing," Smith stated. "The basic rules of sailing are international. That's why the sailing that's going on in the Olympics right now is basically the same rules that we use here."

Although the day's sun-filled weather seemed to provide perfect sailing conditions for all of the participating countries, Smith pointed out that it could have been a bit more challenging had the winds been gustier.

"Today was less than normal," he explained. "Most of the local sailors are used to heavier winds because we do get heavier winds than back on the mainland. I suspect that it's also heavier than they get back in Japan or Korea because we got trade winds. Today the winds were about 15 knots. Sometimes, you get down here and you get honking winds."

Still, Greaves admitted that the course was challenging enough and complimented PHYC and Morale, Welfare and Recreation for staging the event.

"It was good to get out there and do this kind of stuff," Greaves said. "It's been awesome and the hospitality has been really great."

While the race was competitive throughout the course, all of the sailors easily exchanged smiles and handshakes following the championship race.

The crew of the victorious Lynch even took a dive into the harbor in celebration of winning the cup.

"I was very impressed," Smith said about the camaraderie shared after each race. "The Chileans, you saw how passionate they were. My gosh, they jumped in. The Japanese were as excited as they can be. It was a real international competition."

Pearl Harbor Memorial Chapel welcomes South Korean sailors

Brandon Bosworth

Contributing Writer

Sailors from around the Pacific converged on Pearl Harbor during the recently completed RIMPAC exercises. For the chaplains and congregation of Pearl Harbor Memorial Chapel, that meant services became a bit more cosmopolitan as new parishioners from other nations came to worship during their time in Hawaii.

South Korean sailors were particularly enthusiastic about worshipping at the chapel and joining in on chapel activities. "The moment their ships pulled in, the sailors immediately came and expressed interest in participating in our services," said Navy Lt. Richard Tiff, Chaplain Corps. "They joined in for both our Sunday services and our midweek vertical services."

Even the language barrier didn't keep Korean sailors from taking part in Bible study sessions. "They weren't entirely comfortable at first, but there was still lots of interaction between the Koreans and our regular congregations," said Tiff.

Things were a bit easier when it came time to singing hymns. "They sing many of the same hymns in South Korean churches," said Tiff. "The language is different, but the music is the same."

Unlike most East Asian nations, the population of South Korea is about 25 to 30 percent Christian. Tiff noticed some interesting things in the Korean approach to Christianity. "For one, they are fervently into prayer. It isn't unusual for Korean Christians to spend all night praying," he said. "They also really see themselves as missionaries."

Members of the chapel were impressed not only by the enthusiasm of the Korean visitors, but by their generosity as well. The Korean sailors regularly brought in cookies, candies and other food items to share with the congregation. Two of the chaplains were treated to a tour of a South Korean ship.

Sunday was the last service at Pearl Harbor Memorial Chapel attended by visiting South Korean sailors before their ships disembarked.

Photo courtesy of Pearl Harbor Memorial Chapel

South Korean sailors sing hymns with members of Pearl Harbor Memorial Chapel.

Sam Choy's Island Style Seafood Grille holds blessing, reception

Emily McNulty

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Sam Choy's Island Style Seafood Grille opened its doors to the military community at Pearl Harbor-Hickam (JBPHH) during an Aug. 6 blessing and reception.

Mark Whitely, general manager, opened the ceremony, thanking all those in attendance and welcoming distinguished guests Deputy Joint Base Commander Col. Dann Carlson, Morale, Welfare and Recreation Director Frank Faria and several active duty servicemen and women.

"We are very excited to open our doors and become a part of the Joint Base Pearl Harbor-Hickam Community," Whitely said.

Whitely said he wants to serve the best possible food with premier aloha service.

"We are very excited to have Sam Choy's on our base. Our service men and women deserve the best, and to bring in a company with this name to this installation is great. Thanks for taking a chance on us, and bring great services to our community," said Carlson, speaking on behalf of joint base Commander Capt. Jeffrey James.

Lena Marcus, a line cook at Sam Choy's, sang at the blessing ceremony. Participants cut the ribbon lei and welcomed everyone inside to view the restaurant and sample the food on the buffet.

Active duty service members try the buffet at the new restaurant.

"This blessing [reception] has finally given us the chance to say we are here, we have arrived and are open for business. It gives us a stamp of approval," said Robert Los Banos, executive chef.

Los Banos and his staff provided a buffet that included crab cakes, Big Island beef sliders, BLT & C (a new take on the BLT plus cheese), ahi poke, Waimanalo salad, smoked copper salmon, shrimp cocktail and a selection of desserts.

"A buffet like this makes patrons return to the buffet over and over again. They can't just pile food on their plate," Los Banos added.

"We are finally opening our doors to share our food and our *aloha*," Los Banos said.

"This reception has brought together all groups, all those who have helped us open Sam Choy's together as a family to better serve this community," said Whitely.

Sam Choy's Island Style Grille is located at 3465 Mamala Bay Drive, just past Hickam Harbor. Sam Choy's can accommodate 275 people. Call 422-3002 and visit greatlifehawaii.com to view lunch, dinner and sunset menus.

Photos by Sheri Cavalieri

Mark Whitely, general manager of Sam Choy's Island Style Seafood Grille, speaks at the Aug. 6 blessing and reception at the restaurant.

New Zealand battles Team Hawaii in rugby showdown

Story and photos by Randy Dela Cruz

Sports Editor

A Team Hawaii player dives for extra yards after being tackled by shipmates from HMNZS Te Kaha (F 77). Te Kaha edged Team Hawaii by a score of 7 tries to 5 in the first Goodwill Rugby League game.

The sounds of hits and clashes sent shock waves throughout Ward Field, but the smiles of each player following the game summed up the respect and camaraderie shared between combatants at the first Goodwill Rugby League showdown Aug. 4. The contest was between personnel from the Royal New Zealand Navy HMNZS Te Kaha (F 77) and Team Hawaii at Joint Base Pearl Harbor-Hickam.

Team Hawaii, a squad comprised of local military personnel and civilians with rugby union experience, held only three practices before taking on the more experienced rugby league players from New Zealand.

Still, Team Hawaii put up a good fight and matched Te Kaha goal for goal before succumbing to New Zealand by a score of 7 ties to 5.

"It was a very good game," said Master-at-Arms John McKinney, coach of Te Kaha and a 37-year member of the Royal New Zealand navy. "We saw that there was going to be a lot of Polynesian boys, so we knew it was going to be a pretty tough game. It was a hard game, but played in good spirit too."

In putting together Team Hawaii, Equipment Operator 2nd Class Sean Strickland said that he was very pleased at the way the squad performed against New Zealand.

While most players on Team Hawaii were familiar with rugby union style of play, only a few were acquainted with the rugby league game.

"It was first time for a lot of these guys to play rugby league," Strickland said. "In all essence, though, these guys are rugby players. They got some good players."

To the casual observer, the fact that rugby is a full-contact sport seems to immediately stand out.

Both Team Hawaii and Te Kaha played with sportsmanship throughout their battle, but none of the players shied away from delivering hits and tackles at full speed.

"I think it's just the spirit that you don't want to come in second," McKinney said. "It doesn't matter if it's a fun game or whatever, someone's got to be a winner."

Although rugby wasn't included in the official rotation of RIMPAC sports events this year, Strickland said that he hopes it will be added in 2014.

With so many countries already competing in the sport, Strickland said it would be a natural fit in RIMPAC.

"That's our goal," Strickland acknowledged. "It would be fantastic because Japan has rugby, Canada has rugby, Aus-tralia and New Zealand has rugby. All of these different countries and most of the navies have a rugby team. We would really like to get a U.S. Navy rugby league team in the next RIMPAC."

McKinney agreed with Strickland that the addition of rugby to RIMPAC is an exciting idea and one that he fully supports.

"It would be great to get everyone going," he said. "I think the more it gets played, the more interest will come and you'll get more people."

Beyond RIMPAC, Strickland, who is originally from New Zealand, said that he envisions a time when Hawaii will become the hotbed for rugby league football.

The sport is growing internationally, Strickland said, and Hawaii has the perfect location and population to become the mecca of rugby in the USA.

Early this year, the ball got rolling toward that goal, when Team USA visited Hawaii to play against the No. 8 ranked Tonga squad.

In addition, Strickland said that Team USA, with several players from Hawaii, qualified to participate in the rugby league World Cup for the first time in history.

"For us, personally, we see that Americans are more suited for rugby league because it's so much more closer to football – you grab the ball, pick a hole and run," Strickland said. "Our vision is that Hawaii becomes the leader in the sport in the United States. That's where we're going."

Players (in stripes) from HMNZS Te Kaha (F 77) try to beat a member of Team Hawaii to the ball during the Goodwill Rugby League game at Ward Field, Joint Base Pearl Harbor-Hickam.

Mexico beats Essex for RIMPAC soccer title with 2-0 victory

Story and photo by Randy Dela Cruz

Sports Editor

Aviation Support Equipment Technician 2nd Class Edwin Rodriguez of USS Essex (LHD 2) tries to keep the ball away from an ARM Usumacinta (A412) defender during the championship final of the 2012 RIMPAC Soccer Tournament. Usumacinta of Mexico shut out Essex, 2-0, to win the title.

Two goals in the second half was enough to raise ARM Usumacinta (A412) of Mexico to a 2-0 victory Aug. 4 over USS Essex (LHD 2) and win the second-round championship of the 2012 RIMPAC Soccer Tour-nament at Ward Field, Joint Base Pearl Harbor-Hickam.

Usumacinta broke a 0-0 halftime deadlock early in the second half on a goal by Seaman Miguel Gomez before the team secured the win when Seaman Arturo Soleto booted in another shot.

"We prepared ourselves since the beginning of RIMPAC," said Cmdr. Francisco Arce, executive officer of Usumacinta. "We knew that we were going to be playing against pretty good teams, and the Essex was definitely a strong team."

Essex head coach Senior Chief Aviation Boatswain's Mate (Handling) David Bello commented that while his team was able to hold its own against Usumacinta early in the game, things got progressively difficult as time moved on.

Earlier in the tournament, Essex fought through a tough opponent in round one before winning two more games to reach the finals.

On the other hand, Usumacinta entered the showdown well rested after two of its opponents forfeited – clearing the way for Usumacinta's entrance into the title game.

"We played our first game at 9 o'clock against one of the Canadian ships and then after that we played back-to-back games. I think that played a big part in the loss," Bello said. "This was their first game because they won their last two games by forfeit. So they were fresh."

In addition, Bello explained that having to make adjustments to an international style of play made things even more difficult for his team.

"We're used to playing 11-on-11 back home," he said. "We get over here and it's nine-on-nine. That's a bit of adjustment that we had to do because it's a faster game. It's also a shorter game, so we needed to adjust our strategy."

Arce said he could sense that Essex was tiring at halftime and decided to press the attack coming out of the break.

Using liberal use of his bench, Arce kept the pressure on Essex and the strategy paid off.

"It was pretty hard in the beginning because Essex was defending very good," Arce noted. "So we had to put in more forwards to get to the ball first. We put in fresh players, so we could use our speed on Essex."

In the end, Bello admitted that the combination of speed and team depth was just too much for Essex to overcome - especially after playing so many games earlier in the day.

"They were very fast," Bello pointed out. "And like I said, this was their first game, so they were fresh and had more numbers than we did."

Even Arce had to agree that coming into the championship game well rested did play a big role in the team's win.

However, Arce praised Essex for its strong effort and was impressed with its never-say-die attitude.

"It was probably hard for their players morale," Arce said. "But eventually, they came around and played very well."

Despite the loss, Bello said that he was very pleased with the way his team performed and was thankful that Essex had the opportunity to compete in RIMPAC sports.

"To come out here and show support and participate is huge for the ship and the guys," Bello acknowledged. "It's good that the base holds these tournaments every RIMPAC because it promotes camaraderie."

With the Usumacinta leaving the islands, Acre said that he and his players will savor the win and hopes that they will come back to defend their title in the next RIMPAC.

"The players deserve it. The team definitely worked hard for it," Arce said. "We're looking forward to the championship for the 2014 RIMPAC."

Morale Welfare & Recreation

BACK TO SCHOOL BOWLING SPECIAL
A special evening for students from 6 to 9 p.m. on Friday will take place at the Naval Station Bowling Center. For $10, students get two games of bowling, shoe rental, a hamburger combo from the Harbor Grill and billiards. FMI: 473-2574.

MWR SUPER GARAGE SALE
The MWR Super Garage Sale will be held from 8 a.m. to noon Saturday at Richardson Field. Admission is free. The event is open to the public. FMI: 473-0792.

UFC 150 IN HD
On Saturday, J.R. Rockers will show the lightweight title rematch between current UFC champion Benson Henderson and former champion Frankie Edgar. Doors open at 2 p.m. The fight starts at 4 p.m. The event is free for members, $10 for non-members. FMI: 448-2271.

PADDLEBOARDING HALEIWA WITH LIBERTY
A free paddle-boarding trip to the North Shore with Liberty will be held Sunday. Departures are from Beeman Center at 8:15 a.m., Instant Liberty at 8:30 a.m., Makai Rec Center at 8:45 a.m. and Liberty Express at 9:30 a.m. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

SNORKELING KO'OLINA
There will be a snorkeling excursion to Ko'olina from 3 to 6 p.m. Wednesday. The four coves at Ko'olina feature many types of sea life. The cost is $20 per person. FMI: 473-1198.

ADULT SWIM LESSONS
Adult swim classes will be held 7 to 7:45 p.m. Aug. 6 to 16 at Hickam pool 2. This class is for swimmers ages 16 years and older and includes both "learn to swim" basic skills for beginners and advanced stroke techniques for students at higher levels. The cost is $40 per person. Register at the pool during normal business hours. FMI: 448-2223.

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 to 17. FMI: www.greatlifehawaii.com.

UH WARRIOR FOOTBALL AUTOGRAPH SIGNING
Meet this year's University of Hawaii Warrior football team at an autograph signing 1:15 p.m. Aug. 18 at the Tradewinds Enlisted Club. This is a free event. Note that all players and coaches will leave the signing promptly at 2 p.m. FMI: www.greatlifehawaii.com.

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

Community Calendar

August

18 ~ Bellows Air Force Station's second annual biathlon will take place starting at 7:30 a.m. The entry fee is $25 for individuals and $35 for teams. Register for the event by Aug. 11. FMI: www.bellowsafs.com.

18, 19 ~ 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 year, the airshow celebrates the Centennial of Marine Aviation and the Centennial of Women in Aviation. FMI: 441-1008 or www.PacificAviationMuseum.org.

20, 21 ~ A Hawaii supply enlisted road show will take place from 10 a.m. to noon at Sharkey Theater. The event is open to all Joint Base Pearl Harbor-Hickam Navy supply enlisted personnel E-9 to E-1, supply enlisted community managers, supply enlisted detailers and the Naval Supply Systems Command, command master chief will discuss the issues that affect careers and answer questions. FMI: Ted A. Paro at 473-7691 or (619) 838-7854.

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

21 ~ The Hickam Officers' Spouses Club will hold its annual Aloha Expo and Information Fair from 6 to 9 p.m. at the Hickam Officers' Club lanai. There will be many different vendors and home-based businesses represented, as well as food and prizes. The event is free. The club is open to anyone who is a spouse of O-1, GS-7 WO-1 and above. FMI visit www.hickamosc.com or email info@hickamosc.com.

21 ~ The Hickam Enlisted Spouses Club will hold its annual "aloha social" at 6:30 p.m. at Earhart Community Center. The event will include luau-style pupus, the company of other spouses and vendors. The social is open to spouses of enlisted or retired members of all branches of the services. FMI: visit www.hickamesc.com

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

Movie Showtimes

The Amazing Spiderman (PG13)

Peter Parker finds a clue that might help him understand why his parents disappeared when he was young. His path puts him on a collision course with Dr. Curt Connors, his father's former partner.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Ted (R)

SATURDAY
2:30 PM Madagascar 3: Europe's Most Wanted (PG)
4:45 PM Brave (PG)
7:15 PM Ted (R)

SUNDAY
No movies will be shown
6:30 PM Craig Karges show *(Free to the first 400 authorized patrons. Show is not appropriate for youth under 10 years of age.)*

HICKAM MEMORIAL THEATER

TODAY
6:00 PM The Amazing Spiderman (PG-13)

SATURDAY
4:00 PM The Amazing Spiderman (PG-13)
7:00 PM Magic Mike (R)

SUNDAY
2:00 PM The Amazing Spiderman (PG-13)

Navy fitness app now available on iPhone

MC2 Heidi McCormick

Navy Region Hawaii Public Affairs

In June, Navy Fitness introduced the new Navy Operational Fitness and Fueling Series (NOFFS) application (app) for iPhone. The app was designed to provide service members with an easy-to-use performance tool, assisting Sailors and Marines in achieving their required high physical standards.

The app offers a complete fitness program. It includes a virtual trainer and injury prevention techniques. Exercises are demonstrated through clear video and instructional photos. The virtual meal builder feature of the app includes nutritional guidance, helping Sailors keep good eating habits as well as stay physically active.

Mark McFarland, Pearl Harbor-Hickam fitness training director, said this program is an important asset to service members. "This app gives them the fitness tools needed and empowers them when they forward deploy so they can succeed on the battle field. With a higher level of physical fitness, they will have a higher level of success on the battle field," McFarland said.

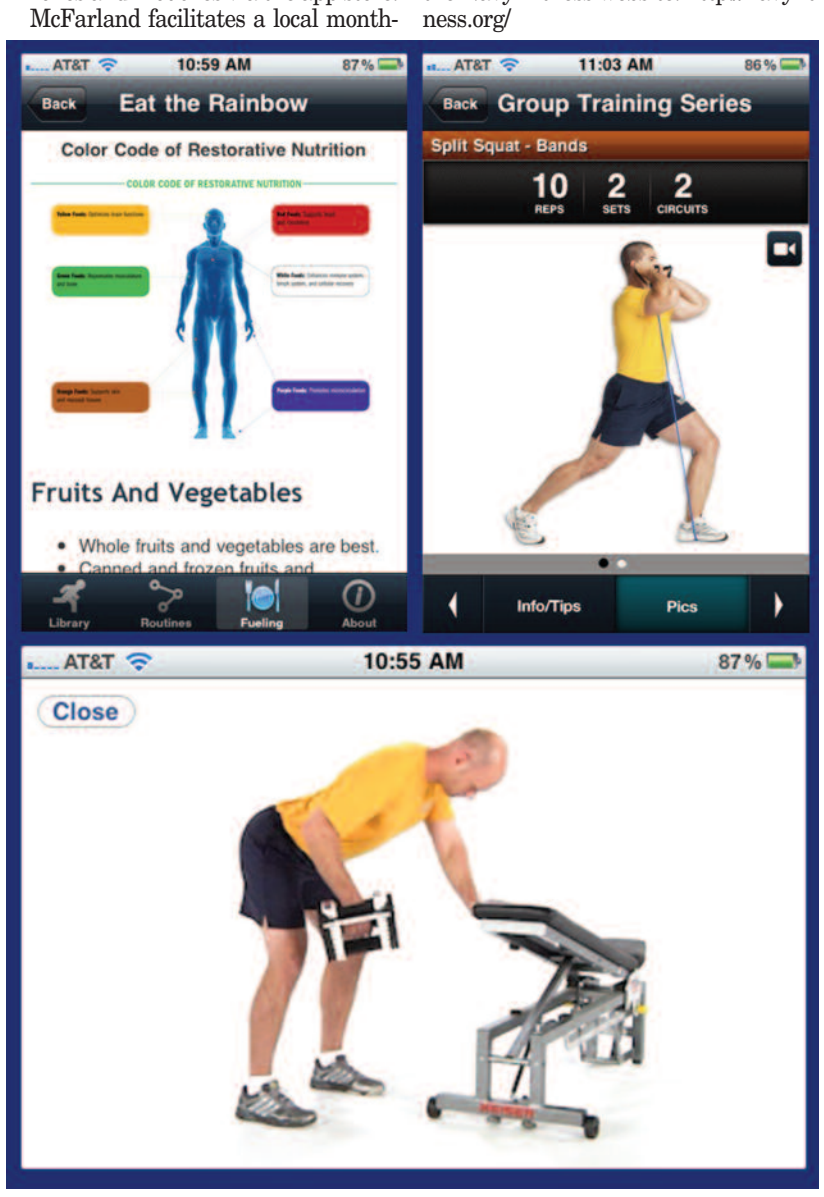
Chief Gunner's Mate Bennoit Surge said the app is an essential tool both for himself and the modern Sailor.

"The convenience of having 1,700-plus exercises at your fingertips has made getting physically fit much easier to do in the limited time that busy Sailors have," Surge said.

The NOFFS program is free and can now be accessed anywhere via mobile device, regardless of environment or location. It can be downloaded on all iPhones and iTouches via the app store.

McFarland facilitates a local monthly operational fitness and fueling series (OFFS) class available to all service members. To sign up for a class or for more information call 471-2021.

To learn more about NOFFS, visit the Navy Fitness website: http://navyfitness.org/



Craig Karges to perform Sunday at Sharkey Theater

Brandon Bosworth

Contributing Writer

Photo courtesy of Craig Karges
Craig Karges

Illusionist Craig Karges will perform at 6:30 p.m. this Sunday in Sharkey Theater at Joint Base Pearl Harbor-Hickam.

A self-described "extraordinist," Karges is an award-winning entertainer, speaker and author.

Doors open at 5:30 p.m. The event is free, and admittance is on a first-come, first-served basis. Seating is limited to 400.

No tickets are necessary, and the performance is open to military-affiliated Department of Defense ID card holders and their guests. The show is not appropriate for children under 10 years of age.

Karges's performances combine elements of an old-fashioned magic show—levitating objects, bending metal objects, mind reading—with the science of psychology. He clearly states that he makes no claims of supernatural powers or psychic abilities, emphasizing that his focus is on entertainment and empowerment.

Craig Karges first became popular touring college campuses and was named entertainer of the year six times by the National Association for Campus Activities (NACA). He has also established himself as a performer for corporate clients and on television.

Karges is also no stranger to performing for U.S. service men and women. Earlier this year, he kicked off his ninth tour for the United States military. He performed on mainland Japan, Okinawa and Korea. He also traveled to the Middle East, where he performed for the Fifth Fleet — U.S. Naval Support Activity Bahrain.

In previous years, he has performed for American military audiences in the Balkans, Italy, Spain and Guam. The day before his Hawaii performance, Karges will be performing for U.S. Sailors in San Diego.

For more information, visit www.greatlifehawaii.com.

Ombudsmen will be recognized at Sept. 7 appreciation dinner

Don Robbins

Assistant Editor

Military and Family Services Center (MFSC) will recognize 80 ombudsmen at a Navy Family Ombudsman Program appreciation dinner from 5:30 to 9:30 p.m. Sept. 7 in the Hickam Officers' Club at Joint Base Pearl Harbor-Hickam.

Service members and senior leaders will gather at the Hickam Officers' Club to pay tribute to their command-specific ombudsman.

Last year's event featured more than 370 attendees, said Teresa Espiritu, the MFSC ombudsman coordinator and trainer, as Navy commands from around the island showed support for their own respective ombudsman.

Military volunteer ombudsmen provide a link between families and commanding officers. They provide communication support to family members, especially when commands are deployed.

The U.S. Navy established the ombudsman program in September 1970, under the direction of Adm. Elmo Zumwalt. An anniversary recognition ceremony is held annually each September.

"The program has evolved tremendously over the years," Espiritu explained. "It has helped to improve mission readiness through improved family readiness. The ombudsman is there for the families, to ensure families have the most updated information to meet the challenges of the military lifestyle."

Other branches of service have patterned programs similar to the ombudsman program, indicating the Navy ombudsman program's level of success and effectiveness, she said.

Rear Adm. James Caldwell Jr., commander of Submarine Force, U.S. Pacific Fleet, will be keynote speaker for the dinner.

Other participants will include Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, and Capt. Christo-pher Ramsden, commander of Command Patrol Reconnaissance Wing Two.

Espiritu said that the command master chiefs of the three local assemblies work hand-in-hand with the om-budsman assembly chairs. They are Command Master Chief (SW/AW) Marc. F. Sibal of Navy Region Hawaii, Force Master Chief Michael "Cash" Caldwell of COMSUBPAC, and Command Master Chief Bill Reed of Command Patrol Recon-naissance Wing Two.

Through the Navy ombudsman program, communication between the spouses of active duty personnel and the command is kept open, thereby improving the quality of life for everyone involved.

The purpose of the program is to ensure the families of active duty personnel have a channel of resources for their needs and quality of life. The ombudsmen can offer guidance and assistance before, during or after a deployment.

U.S. Navy file photo by MC2 Mark Logico
Participants attend last year's ombudsmen appreciation dinner. This year's event is scheduled for Sept. 7.

They meet with department heads aboard a naval installation to find out the latest news and pass it on, including news on ship deployments and helping to ensure operational security.

Stephanie Schultz serves as the ombudsman assembly chairperson for Navy Region Hawaii and the ombudsman for the USS O'Kane (DDG 77). She is a liaison between the command and the families.

"Keeping the families informed of how the crew is doing eases some of the stress during a deployment. Keeping the command informed allows them to talk to the crew and let them know what is happening at home," Schultz said.

Schultz volunteered as an ombudsman to support the command that her husband is stationed with.

"I have had great ombudsman in the past and decided that I would love the opportunity to give back to the Navy and the families," Schultz said.

Schultz emphasized that she wants people to know that the ombudsman program is in place so that families have a place to turn when they need help. "We enable people to find the resources available to them, to find the answers they need," she said. "If you need assistance, all you have to do is ask."

Leah Bruno is the Kaneohe Bay Ombudsman Assembly chairperson. She said she volunteered because she had a friend who was an ombudsman.

"I saw the joy and satisfaction she got from helping others, and I wanted to get involved and help the families in my command. I volunteer because I love working with the Sailors and their family members," Bruno said.

Bruno said ombudsmen are dedicated and loyal individuals who will help you in every possible way they can.

"We truly have a great group here in Hawaii that is 100 percent dedicated to their Sailors and family members. If you are interested in becoming an ombudsman, contact the command officer at your command. It is a great opportunity to get involved, meet others, and help the people around you," Bruno added.

The $35 tickets to the Sept. 7 event can be purchased until Aug. 24, Espiritu said. Commanding officers, executive officers, command master chiefs, their spouses, along with ombudsmen and their spouses, are invited to attend the event.

For more information on the upcoming event, call 474-1999. For more information on the ombudsman program, visit www.cnic.navy.mil.

Wife of retired Navy commander shaves her head to help with childhood cancer research efforts

Don Robbins

Assistant Editor

Laurie Paganelli, a mother from Ewa Beach and the wife of recently retired Navy commander John Paganelli, shaved her head a few weekends ago to raise money for childhood cancer research.

Laurie took the stage with other mothers as part of the 46 Mommas team, in honor of her son Jordan, who passed away in 2009 at age 17 after battling a rare form of cancer for 23 months.

In 2008, Jordan was diagnosed with a cancerous (malignant) tumor of the muscles that are attached to the bones. By his mother's description, "Jordan was the very definition of grace, courage and strength under pressure, and he was the purest, most magnificent embodiment of selflessness and love that anyone had ever witnessed."

"My only child, Jordan, was diagnosed with cancer shortly after turning 16 years old and fought courageously through 58 weeks of in-patient chemotherapy and 12 weeks of daily radiation. Despite this 23-month battle, he was taken from us just five days shy of his 18th birthday," Laurie said.

The 46 Mommas hosted their third annual Shave for the Brave event in Hollywood, Calif. where team members traveling from cities across the U.S. and Canada gathered together to shave their heads to raise funds to support the St. Baldrick's Foundation, a volunteer-driven charity dedicated to funding life-saving pediatric cancer research.

The team name "46 Mommas" represents the statistic that each weekday 46 families receive the news that their child has cancer. With a goal of raising $1 million for research, the 46 Mommas team has raised more than $700,000 since its inception in 2010.

Each member has personally been affected by childhood cancer or knows a family that has been affected, and many have a child who has fought or is currently fighting this disease.

Some have lost a child to cancer but said they are committed to raising awareness and funds for a cure so that other families don't have to face such a loss.

"On that cold winter day in November of 2009, the world lost a pure and shining soul. I still have flashbacks of the torture he endured before being told that he would not survive. For-tunately, we had the opportunity to bring him home to die while being surrounded by family and friends. He died in our arms: in his house, in his bed, on his terms," Laurie said about her son.

"Simply put: My son lost his life because he ran out of treatment options. Additional options can only be developed through research and funding," she said.

For more information, visit the 46 Mommas website at www.the46mommas.com or http://www.stbaldricks.org/participants/mypage/510743/2012.

Photos courtesy of the Paganelli family

Laurie Paganelli has her head shaved to help childhood cancer research.

Boots still sought for Tripler Fisher House remembrance event

Pacific Regional Medical Command News Release

The Fisher House Hero and Remembrance Run, Walk or Roll, scheduled to begin at 7 a.m. Aug. 18 at the Pacific Aviation Museum on Ford Island, will include a keiki fun run. A military ceremony will be held to honor the fallen and recognize the Gold Star families and friends left behind.

In memory of fallen service members, the Tripler Fisher House is also collecting more than 6,500 pairs of boots for the event. The original deadline for collecting boots was Aug. 4, but in order to meet their goal of more than 6,500 pairs, the Fisher House is still accepting boots.

Following the 8K run, attendees can enjoy the museum's Biggest Little Air Show Family Fun Day, which will feature interactive military static displays and information booths including the Fisher House, an air show and entertainment. There is no cost to register for the run, but shirts will be available for purchase.

The military unit which has the most participation will be awarded the "bronzed traveling boots" for this year.

Registration on-site is from 5 to 6 a.m. The route starts at the Pacific Aviation Museum on Ford Island. This is not a timed-event.

No pets are allowed at the event. This is the first year the Tripler House has organized the run, but they plan to make the event an annual occurrence.

The Fisher House Hero and Remembrance Run, Walk or Roll is being held to raise awareness of the Fisher House and the importance of supporting military families during a medical crisis or loss. The event and family fun day are open to service members, Department of Defense civilians, families and the general public.

Fisher House is a comfort home for families of patients receiving medical care at major military and Veterans Affairs medical centers. They are given to the U.S. government as gifts and are built by the Fisher House Foundation, a non-profit organization that builds the houses and assists in the coordination of private and public support for the homes.

Tripler Army Medical Center is home to two Fisher Houses and provides lodging to service members, retirees and their families from all over the Pacific Region.

Register online for the Hero and Remembrance Run, Walk or Roll at http://www.active.com/running/honolulu-hi/tripler-fisher-house-hero-and-remembrance-run-walk-or-roll-2012.

For more information, contact Theresa Johnson, Fisher House manager, at 561-7423 or theresa.m.johnson2@us.army.mil. Visit the Facebook page at www.facebook.com/triplerfisherhouse for up-to-date information about the event.

Committee adjusts ticket prices for Hickam's 2012 Air Force Ball

Staff Sgt. Mike Meares

Joint Base Pearl Harbor-Hickam Public Affairs

The Air Force Ball committee has adjusted the ticket pricing for the Air Force's 65th birthday celebration as a way to "Say Thank You to an Airman," the overall theme of this year's event. It will be held Sept. 14 at the Hilton Hawaiian Village in Waikiki.

The Air Force Ball committee re-evaluated the previous ticket price structure and found that Airmen had "sticker shock" when it came to buying a ticket for the Air Force Ball. The new tiered ticket prices steers away from the flat $95 ticket price, toward a price that starts at $30 for lower enlisted Airmen.

The tiered ticket prices are E1-E4/GS3-GS4/cadets - $30, E5-E6/GS5-GS7 - $60, E7-O3/GS8-GS11 - $90, O4-O5/GS12-GS14 - $115, O6/GS-15 and above - $125, O7-O10 - $135. The committee believes the revised ticket price structure enables more junior Airmen to attend the birthday celebration.

"The tiered ticket pricing means people know up front what they are expected to pay," said Lt. Col. Robert Carneal, the Air Force Ball committee president.

Those individuals in the ranks O3 and below who have already paid for their tickets at the original $95 are due an adjustment. Those O4 and above who jumped in on the $95 sticker price do not have to pay the difference.

The AF Ball Committee still has obligations and per person costs to pay in order to put on this annual event. To meet this demand, they are asking for help in upcoming fundraising events.

The price of the ticket includes meal, commemorative coin, wine and the evening's festivities. For the meal, an island mesclun greens with champagne dressing, duo of seared tarragon scented chicken breasts and lemon garlic roasted shrimp, chocolate ganache cake with dark chocolate Sauce.

"The O4 and higher ticket pricing does ask a little more from our senior ranking Airmen, while making it affordable for our junior members," Carneal said. "This (revised) approach is in line with this year's theme, 'Say Thank You to an Airman.' This annual celebration of our AF heritage should be inclusive of all ranks since it is our Air Force. I hope more Airmen are encouraged to attend."

Fundraising by the 2012 Air Force Ball committee and individual units including T-shirts and *tiki* coins are now underway to help alleviate the cost per-person.

For more information, call a unit representative. More information can be obtained as it becames available at http://www.15wing.af.mil/library /airforceball.asp.

My Favorite Photo...

Frank J. Ziemba, Ford Island resident and husband of Navy Cmdr. Marcia L. Ziemba, took this photo recently near the Navy Brig. He titled this photo "the flower and the bee." He decided to take a few flower pictures and was able to catch a bee getting a little nectar.

Photo courtesy of Frank J. Ziemba

How to submit photos

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

Who said it?

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

Last Week's

Who said it?

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

Hellen Keller

This Week's Trivia

When did word of the U.S. declaration of war in 1812 reach Great Britain?

Last Issue's Question: Who was the first American woman to fly in space as an astronaut?

Answer: Sally Ride flew into orbit in the space shuttle Challenger in 1983 to become America's first woman in space.

Commentary

War veteran has role in gaining women the right to vote

Rebecca Hommon

Navy Region Hawaii Environmental Counsel

At gravesite 1620 in south section three at revered Arlington National Cemetery rest the remains of Col. Robert G. Ingersoll.

Ingersoll was born in 1833 in rural New York. His father, a minister with strong views against slavery, moved to Illinois when Ingersoll was young.

At 21, Ingersoll became an attorney, taking advantage of his gift for motivating others through his speech or oratory, based on his early love of Shakespeare and the Scottish poet Robert Burns.

Ingersoll ran for Congress at 27 but did not succeed. The Civil War began and at 29, as a supporter of the Union cause and sharing his father's abolitionist views, he organized the 11th Regiment of the Illinois Volunteer Cavalry.

The regiment fought at the grisly battle at Shiloh or Pitt's Landing. When seeking to intercept a raiding party in Corinth, Miss., Ingersoll and the hundreds under his command were overwhelmed by a force of 10,000.

He was captured and placed in charge of a camp in St. Louis, Mo. After the war's end, he returned to political life, was appointed as the first attorney general of Illinois, and gained a national reputation for public speaking.

Photo courtesy of Rebecca Hommon
Marilla Ricker

In a time before television and electronic means of communication, Ingersoll was reportedly the most well-recognized speaker in the United States, drawing 50,000 to a single lecture in Chicago. At more than 1,500 presentations across the country, he spoke on a variety of social issues of the day, including the need for equal rights for all.

He is quoted as saying, "The true civilization is where every man gives to every other every right that he claims for himself." His friends included abolitionist orator Frederick Douglass and suffragette Elizabeth Cady Stanton. He died in 1899.

Why should Ingersoll be mentioned in the context of celebrating Women's Equality Day, the day in 1920 when the 19th Amendment was finally added to our Constitution mandating that women in this country not be denied the right to vote?

He serves as an example of a young patriot, a veteran, who served honorably, and then lived a most active life of service to the public. He also serves as an example of someone who not only provided inspirational, thought-provoking words, but one who was known for his courageous deeds.

In the 1880s, before the U.S. Supreme Court, he successfully represented a number of men, including a United States senator, famously charged in a bribery scheme regarding federal postal route contracts. Ingersoll took the bold and courageous action of choosing as his co-counsel a woman, one of my ancestors, Marilla Ricker.

Ricker, a widow, was first allowed to practice law in the District of Columbia and eight years later, in 1890, became the first woman allowed to serve as an attorney in my home state of New Hampshire. She was allowed to own real estate, required to pay taxes on that real estate, allowed to provide legal representation to others, but not allowed to vote.

By choosing her as co-counsel in a complex high-profile case, Ingersoll communicated his confidence in her abilities. Both Ingersoll and Ricker were widely known as advocates for voting rights for women.

By the colonel's actions, he demonstrated to the nation that women were qualified to make important decisions and that continuing to deny women basic legal rights was based on something other than the mental capabilities of women.

Women did not win the right to vote until 1920. Ingersoll and Ricker were but two of the warriors in that fight. Happy Women's Equality Day.

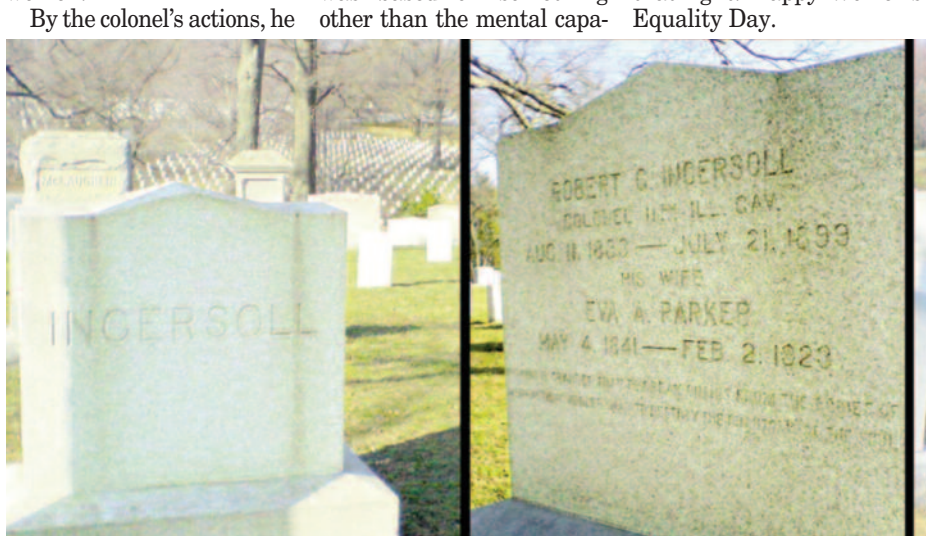


Photo courtesy of Rebecca Hommon
At grave site 1620 in south section three at the Arlington National Cemetery rest the remains of Col. Robert G. Ingersoll.

Women's Equality Day event to be held Aug. 14

To honor Women's Equality Day, a "brown bag" event will take place from 11 a.m. to 1 p.m. Aug. 14 at the 15th Wing Conference Room, building 1110, second floor, Joint Base Pearl Harbor-Hickam.

The topic will feature the history of voting rights and the voter registration process. Guest speakers will be Col. Eva Jenkins and Robert Lauderdale.

The event is sponsored by the Federal Women's Program. RSVP by today.

Aug. 26 of each year is designated in the United States as Women's Equality Day.

For more information, contact Jenny Crippen at jennifer.crippen@us.af.mil or Serena Thomas at serena.thomas@us.af.mil

Navy League plans ninth annual golf tournament

The ninth annual Navy League Golf Tour-nament will take place on Aug. 31 at the Mamala Bay Golf Course located at Joint Base Pearl Harbor-Hickam.

Check-in is at 10:30 a.m. with a shotgun start at 12:30 p.m. The entry deadline is Aug. 20.

The event is presented by SAIC and hosted by the Honolulu Council of the Navy League and the Veterans United Foundation. Proceeds benefit the local programs, Navy League Sea Cadets and Wounded Warriors.

"The Navy League is honored to be able to host this golf tournament every year because it helps fund important organizations that support youth programs and Soldiers wounded in combat within the local community," said David Livingston, Navy League president. "It's great to see people come together for a good time and a good cause."

Individual golfers are $150 each or teams of three are $450 each.

The cost includes green fees, cart, lunch, refreshments, buffet dinner and prizes. Sponsorship opportunities are available including: prize sponsor, hole sponsor of $500, bronze level of $1,000, silver level of $2,500, and gold level of $5,000.

There are 40 Wounded Warriors and military dignitaries who have been invited to participate in this year's tournament. Last year's event featured 140 players at the Klipper Golf Course on Marine Corps Base Hawaii at Kaneohe Bay.

For more information on registering and sponsorship opportunities, call Bob McDermott, Navy League executive director, at 422-9404 or email NavyLeague@hawaii.rr.com.

The Navy League was founded in 1902 by Teddy Roosevelt. Its mission is to educate the public on a need for a strong sea service, to include the Navy, Marine Corps, Coast Guard and the Merchant Marine.

For more information, visit www.HonoluluNavyLeague.org/.

Highlights from this week in USAF and PACAF history

Charles Nicholls

PACAF historian

Photos courtesy of Pacific Air Forces

A B-29 (left) sits next to an early B-36.

• Lt. Harold Geiger from Fort Kamehameha piloted the first military airplane flight in Hawaii on Aug. 8, 1913. The aircraft, a Curtiss E two-seater, soared over Pearl Harbor.

• On Aug. 10, 1944, U.S. forces overcame Japanese resistance on Guam, allowing construction of B–29 bomber bases on three of the Mariana Islands — Guam, Tinian and Saipan.

• A B–29 crew flying the "Enola Gay" from the Marianas island of Tinian made the first atomic bomb attack on Aug. 6, 1945. A single bomb called "Little Boy" destroyed Hiroshima, Japan.

Three days later, a B-29 crew flying "Bock's Car" bombed Nagasaki in the second and last atomic bomb attack. The weapon, named "Fat Man," largely destroyed the city.

Photos courtesy of Pacific Air Forces

The first intercontinental ballistic missile.

The atomic bombs were the primary reason that Japan surrendered and an Allied invasion of Japan was never launched. Estimates of expected casualties in such an invasion varied widely.

However, forecasts based on an expected mobilization of Japanese civilians for combat predicted death for more than one million Americans and five to ten million Japanese citizens.

• The first flight of the Convair XB-36 Peacemaker took place Aug. 8, 1946. The B-36 was designed in 1941 when it appeared England might fall to Germany and the U.S. would need a trans-Atlantic bomber in a war against the Nazis.

With a length of 160 feet and wings spanning 230 feet, the B-36 was the largest bomber ever built. Equipped with six propeller engines, early versions of the B-36 did not meet performance requirements and burned fuel too fast.

In 1949, four jet engines were added to solve these problems.

• On Aug. 12, 1946, President Harry Truman signed a bill authorizing an appropriation of $50,000 to establish a National Air Museum in the Smithsonian Institute in Washington, D.C. The small museum became the National Air and Space Museum, the most visited museum in the world.

• Operation Big Switch launched Aug. 6, 1953. Through October, the USAF airlifted more than 800 former prisoners of war from Korea to the U.S. after the end of the Korean War.

• A major rescue operation took place in Japan on Aug. 11 and 12, 1958. Torrential rain over northern Honshu, Japan, raised the Iwaki-Gawa River over its banks and flooded the city of Hirosaki. Fierce currents prevented the use of rescue boats, so city officials asked the 6139th Air Base Group at Misawa Air Base for help.

USAF H-19 helicopters from the 6139th saved 133 passengers, airlifting stranded flood victims by cable from roofs, bridges, vehicles, trees, and islands of higher ground and taking them to relief centers.

• On Aug. 10, 1961, a F-105 lifted the largest load ever carried aloft by a single-engine aircraft, dropping more than seven tons of bombs on a target.

• Operation Desert Shield was launched Aug. 7, 1990. In response to Iraq's invasion of Kuwait on Aug. 2, the U.S. military initiated deployment actions to protect Saudi Arabia from Iraqi aggression and to liberate Kuwait.

The 71st Tactical Fighter Squadron deployed 24 F-15C Eagles on a non-stop, 15-hour, 8,000-mile flight from Langley AFB, Va. to Saudi Arabia. This mission included 12 in-flight refuelings.

• Dr. Sheila E. Widnall became the first woman secretary of the Air Force and the first woman to head any of the military services on Aug. 6, 1993.

• On Aug. 9, 2000, Andersen AFB, Guam, became the first installation outside the continental United States to store conventional air-launched cruise missiles (CALCM). The 3,150-pound CALCM was capable of flying 600 miles to strike targets while keeping the launch aircraft and crew out of harm's way.

The storage of CALCMs at Andersen was part of a continuing effort to build up the base's role as a bomber forward-operating location.

• The USAF stood up Air Force Global Strike Command - its first completely new major air command in 27 years — on Aug. 7, 2009. AFGSC's mission is to "develop and provide combat-ready forces for nuclear deterrence and global strike operations."

The command provides a single organization responsible for the oversight of two-thirds of U.S. nuclear capabilities through two numbered Air Forces: 20th Air Force with responsibility over the United States' three intercontinental ballistic missile (ICBM) wings, and 8th Air Force with responsibility over America's two B-52 bomber wings and the nation's only B-2 bomber wing.

Photos courtesy of Pacific Air Forces

The Enola Gay dropped an atomic bomb on Hiroshima on Aug. 6, 1945.