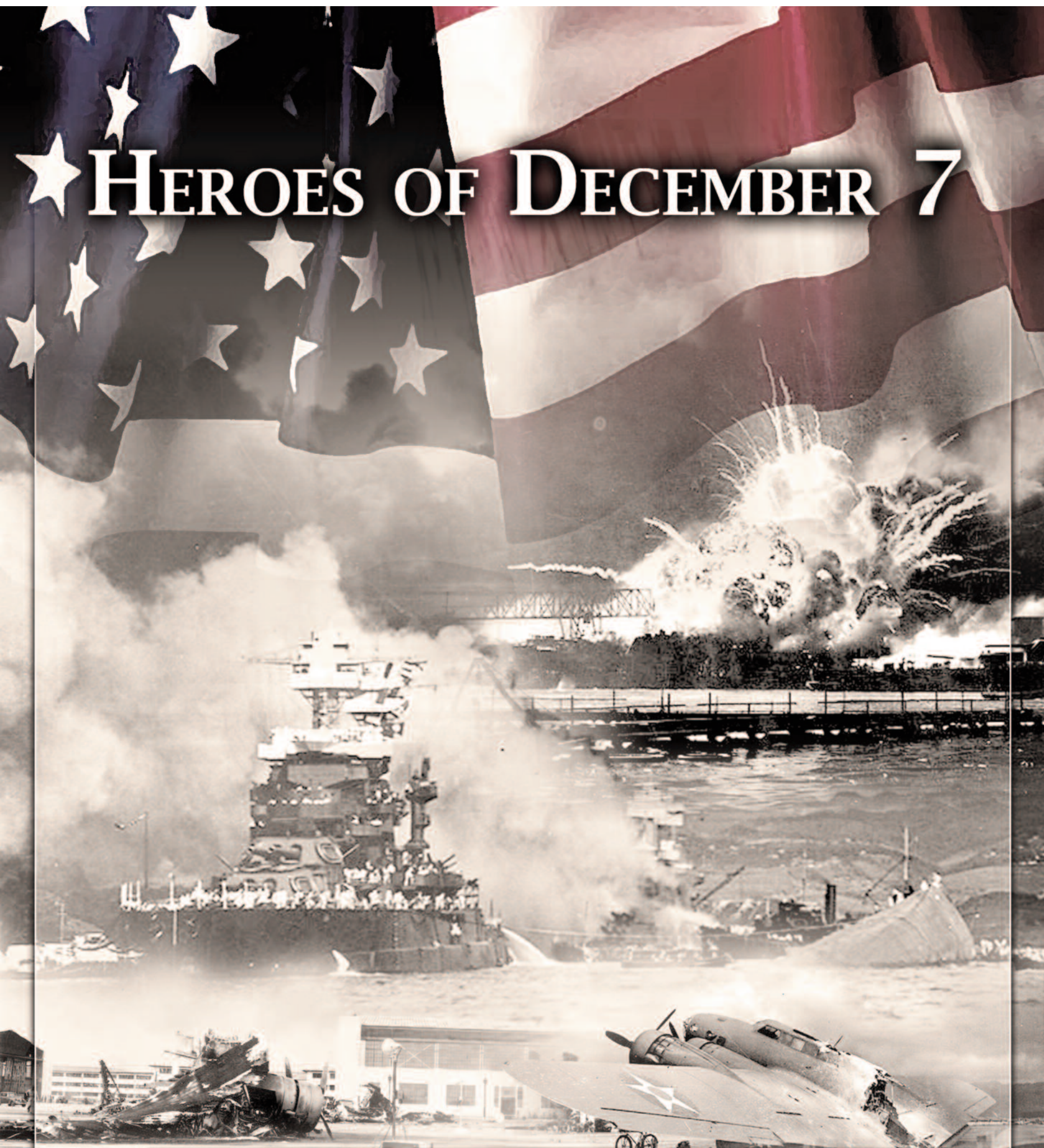


★ HEROES OF DECEMBER 7



Frank Karas,
a Hickam Field survivor



Gilbert Meyer,
a USS Utah survivor



Sterling Cale,
a USS Maryland survivor



Bob Ruffato,
a USS Utah survivor



Delton Walling,
a USS Pennsylvania survivor



DeWayne Chartier,
a USS Pennsylvania survivor



Art Herriford,
a USS Detroit survivor

Window on Pearl Harbor-Hickam



Joint Base
Pearl Harbor-Hickam
karen.spangler@navy.mil

Remember Pearl Harbor

Karen S. Spangler

Managing Editor

Sixty-nine years have passed since the devastating attack on Pearl Harbor on Dec. 7, 1941, but for many of those who attended the Dec. 7, 2010 remembrance ceremony, the recollections were as clear as though it were yesterday.

That "day of infamy" held vivid memories for many of the guests in attendance – themselves survivors of the Pearl Harbor attack. It was an especially meaningful time – as they gathered from all parts of the country to remember former friends and shipmates who made the ultimate sacrifice.

Some were confined to wheelchairs; others stood humbly, silently, heads bowed, as the sacred ceremony unfolded. And there were tears – for the men who remain entombed in the sunken hull of the battleship USS Arizona and the many others who were lost during the attack.

Rays of golden sunlight painted the morning sky as the ceremony unfolded. It brought reflections of a day 69 years earlier – when the U.S. Navy received its worst defeat in history. The roar of aircraft engines, machine gun fire, explosions, gut-wrenching screams of agony and the cries from the Navy's proudest ships, crippled and devastated by the enemy attack, shattered the silence of that long ago Sunday morning.

At Tuesday's remembrance, wreath presenters from all branches of the armed forces, dignitaries and representatives from numerous organizations

came forward to pay their respects to the lost warriors of Dec. 7.

Some wore brightly-colored aloha shirts and caps displaying the pride of being a Pearl Harbor survivor. There were those who walked to the front of the gathering with the helpful assistance of a Navy Sailor or a family member. But for each, it was a time for a personal tribute to those who were lost – fathers, sons, brothers, friends.

As the service concluded, a rifle salute and the melancholy notes of Taps echoed through the air in the morning calm.

And so they return – the Pearl Harbor survivors – to pay respects, to honor, to remember. From the harbor waters surrounding the USS Arizona, oil continues to seep from the remains of the once mighty battleship. It mingles with the floral blossoms that visitors leave behind as they pay homage to the memory of the Arizona. It is a con-

stant reminder of the legacy that is Pearl Harbor, an ever-present memory of the day that tragedy struck Pearl Harbor, the U.S. Navy and the nation.

The numbers of Pearl Harbor survivors continue to decline, but they still return to Pearl Harbor to pay respects to their shipmates. Some have returned almost every year, and some are in their golden years before they make the journey.

For some, it's also their final wish – to join their lost shipmates for eternity. If they served aboard the Arizona or the Utah, their ashes can be interred in the remains of the ships. For those who served on other ships, their ashes can be scattered in the waters of Pearl Harbor.

But although we say aloha to them, we must never forget those heroes of the "greatest generation." We will always be thankful for their sacrifices. We must never forget Pearl Harbor.

Freedom Tower shimmers in night sky



U.S. Air Force photo by Staff Sgt. Mike Meares

The Freedom Tower, standing at 171 feet tall, shines brightly during the 41st Annual Freedom Tower Lighting Ceremony on Dec. 3. Joint Base Pearl Harbor-Hickam Airmen, Soldiers, Sailors and Marines were treated to a night of holiday music performed by Pacific Air Forces Band of the Pacific, Hana Hou. The tower was built under the direction of Capt. Howard B. Nurse of the U.S. Army's Quartermaster Corps, at a cost of \$43,146.60, and it was completed Jan. 14, 1938.

Forest City residents are reminded to sign new leases

The live billing phase for the Resident Energy Conservation Program (RECP) for Forest City residents will begin on Jan. 1, 2011.

Residents will be responsible for paying for any excess electricity used on or after Jan. 1.

All Forest City residents are required to

sign new leases before Jan. 1, 2011. Residents who have not done so should contact their Forest City resident services office or call 839-8600 as soon as possible.

After Jan. 1, Forest City residents who have not signed a new lease may be subject to additional costs addressed in the Hawaii State Landlord-Tenant laws.

GOT SPORTS

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



Special Olympics: 1,500 volunteers help athletes win

Story and photo by
Staff Sgt. Carolyn Viss

Joint Base Pearl Harbor-
Hickam Public Affairs

When 1,500 people volunteered to help with the Special Olympics Hawaii State Championships at Joint Base Pearl Harbor-Hickam on Dec. 4 and 5, they gave 800 disabled athletes not only the chance to earn a gold medal but also a shot at winning in life.

"Athletes do better in school, at home and in the workplace, the longer and more involved they are in Special Olympics," said Dan Epstein, manager of the tri-base event, which was held on both sides of Joint Base Pearl Harbor-Hickam as well as at Marine Corps Base Hawaii, Kaneohe. Eighty to 90 percent of the volunteers were military service members, he said.

According to Epstein, a recent study showed that unemployment among people with intellectual disabilities is about 10 percent overall, either part-time or full-time; however, 50 percent of Special Olympics athletes are employed either part-time or full-time.

"The support we get from military members is phenomenal," Epstein said. "They have great facilities here. We have athletes who are staying on base and eating on base; we are using military buses; and we have



Tech. Sgt. Calantha Pickel, a Pacific Command Joint Intelligence Operations Center intelligence analyst, awards a medal to a participant of Special Olympics at Joint Base Pearl Harbor-Hickam, Hawaii on Dec. 4.

access to three different bowling alleys – here on Pearl Harbor and at K-Bay – as well as basketball courts at all three locations," he explained.

The athletes and their 300 coaches from throughout the state of Hawaii, participated over the course of the weekend. They ranged in age from eight (officially) to 81.

Special Olympics also hosts events for children as young as three, Epstein said.

"Our athletes love it," he said. "We get a lot of folks who come back here year after year. It works both ways – the military volunteers get a lot out of it and love being a part of it, and many of these men and ladies get the chance to do

Special Olympics throughout the states and even overseas."

Master Sgt. Justin Helin, the 15th Medical Support Squadron NCO in charge of medical equipment repair, is one of those service members who has volunteered for the games on and off throughout his 17-year military career, and now

for the second time on Oahu.

"I like helping people," he said. "It's amazing to see the love and compassion that people have for the athletes. It's very much a family atmosphere."

Because three major events are held annually, including the summer games, Helin said he

meets many people, whether military or civilian, whom he then gets to see again and again.

"It's like a three-times-per year family reunion," he said. "There's also a huge sense of accomplishment not just for the athletes but also for the volunteers. You can see from the smiles and hugs that they all love being here."

These athletes train for an entire season, Epstein said. The state championships is not only their chance to show off the skills they've learned throughout the season, but it's also about the friendships they make and the experience of traveling with a team, including the volunteers.

Most especially, it's about the self-confidence and self-esteem they gain.

"There's a whole lot that goes along with it – not just the sports skills," he said.

Jennifer Bensman, a 23-year-old, multi-talented competitor who sings, plays bocce ball, and plays softball, walked away with a gold medal for division 29 bowling on day one of the championships here. She will soon travel to Athens, Greece, for a swimming competition with Special Olympics.

"It's fun to come out with all my friends and do these things together," said Bensman, who has been employed by Hawaii Pacific University, serving lunches, for five years. "I feel honored and excited."

Navy announces dates for Holiday Festival of Lights tours at JBPHH

Joint Base Pearl
Harbor-Hickam

Sailors, Navy employees and their families are invited to take part in the 2010 Holiday Festival of Lights.

Free Holiday Festival of Lights Pearl Harbor evening boat tours will be offered to the public on Dec. 17, 18 and 19. The boat tours are given as a community service by the National Park Service, in cooperation with the U.S. Navy and with volunteer support from the Pearl City Lions Club.

Tours will depart from the Pearl Harbor Visitor Center, formerly known as the USS Arizona Visitors' Center. They will leave approximately every 10 minutes each evening from 6 to 8:30 p.m.

Boat tours are free, but canned good donations for Hawaii's food charities are appreciated. Seats are limited and tickets will be distributed on a first come, first served basis. Tickets are available at 5:30 p.m. at the visitor center on the day of the tour.

The First Class Association of Joint Base Pearl Harbor-Hickam (JBPHH) will conduct a special harbor tour on Dec. 20, departing from Merry Point Landing at 6:15 p.m. In addition, the officers and chiefs of JBPHH will conduct a special harbor tour at 6:15 p.m. on Dec. 22. Each tour will be open to all military service mem-

bers and family members. Seats are limited, and passengers will be boarded on a first come, first served basis beginning at 6 p.m.

The 30-minute, harbor-side tours will feature holiday music and views of the many Pearl Harbor ships and submarines decked out with holiday decorations and lights.

Due to enhanced security measures in effect at the visitor center, no backpacks, fanny packs, luggage, diaper bags, camera bags, purses, large cameras/tripods or other items which provide concealment are allowed in the visitor center or aboard the boats.

Visitors are advised not to leave valuables in their cars. Cameras and videos are allowed onboard for photos of the decorated ships. However, photographing security activities such as the patrol boats and shore or water security personnel is prohibited.

Since it can become chilly, a light jacket or sweater is recommended. Boarding for the boats begins five minutes prior to each slated departure time. Visitors should arrive early to allow time for parking and going through the security check.

Afloat and shore commands are requested to have their holiday lights strung and lit in support of this event.



U.S. Navy photo by David Underwood Jr.

Participants in a PACOM – contracted educational study and educational professionals meet to hear some of the study's preliminary findings.

Educational study trends are released

Brister Thomas

Contributing Writer

In an effort to provide the opportunity for parents and students to express their opinions regarding education in Hawaii, U.S. Pacific Command (PACOM) contracted with the Johns Hopkins School of Public Health, with assistance from the University of Hawaii to do a longitudinal education study. The quality of education is one of the top 10 concerns for military families stationed in Hawaii.

The objective of the study is to identify perceptions and needs of military children and their families related to their educational experiences while stationed in Hawaii.

The study is unique in design due to the longitudinal aspect of following fam-

ilies for three years as they either PCS or remain on island. This provides a gauge for how educational perceptions may have changed throughout their tour of duty and as they acclimate into new educational environments either within the continental United States or overseas.

The study has been collecting data for about one year with just over 300 participants from all services, ranks and types of education. While the researchers are still encouraging parents and students to go online to take the survey, there are some trends that are beginning to emerge according to the study administrator from Johns Hopkins, Dr. Robert Blum.

"Preliminary results suggest that educational concerns predominate among military personnel. While

quality of academics are of concern, so to, young people speak of school as a threatening environment where aggression and bullying are tolerated," Blum said.

Blum explained that when students feel connected to their respective school, their experiences in social engagement are increased positively. There is less violence, less teenage sexual activity and increased test scores.

Mary Kearns, a Navy spouse and mother of three, was present at the discussion and commented, "I found it pretty interesting that bullying is more prevalent than I thought it was."

According to Blum, one of the purposes of the study is to make recommendations to PACOM about future potential improvements for the community. "While many mil-

itary families have expressed interest in establishing Department of Defense (DoD) schools, statistical research from the DOE registration records shows that it would take 30 DoD schools to meet the needs of educating the islands' military students," he said.

Debbie Berger, who grew up on island and is founder and chairperson of The Learning Coalition, which is committed to improving public education in Hawaii, said, "When I was growing up, there was not even one military child in my class. Now I see the schools and the community becoming more integrated which I believe increases the positive aspect of a global future for our children."

To participate in the survey or for additional information, visit www.hawaiikids.org.

Got Questions?

Write to us at
editor@hookelenews.com

Airmen invited to join Great Aloha Run

Air Force service members are invited to register for the Great Aloha Run on the Air Force Sounds of Freedom division team.

The race will be held on Feb. 21 and members from all branches will compete in an 8.15-mile run. It starts from Aloha Tower, proceeds through Honolulu Harbor, down Nimitz and Kamehameha Highways, and finishes

at Aloha Stadium.

The registration deadline is Jan. 21. An entry fee of \$13 includes a T-shirt.

To register, contact your unit point of contact or Master Sgt. Kimberly Adams at 448-0629 or Kimberly.Adams@hickam.af.mil or Master Sgt. David Barbee at 448-0576 or David.Barbee@hickam.af.mil.

SDVT-1 divers help Punahou students learn about water environment

Story and photo by
Brister Thomas

Contributing Writer

Fourth grade students from Punahou School were able to put their water studies into action during a visit to SEAL (sea, air, land) Delivery Vehicle Team One (SDVT-1) on Dec. 1.

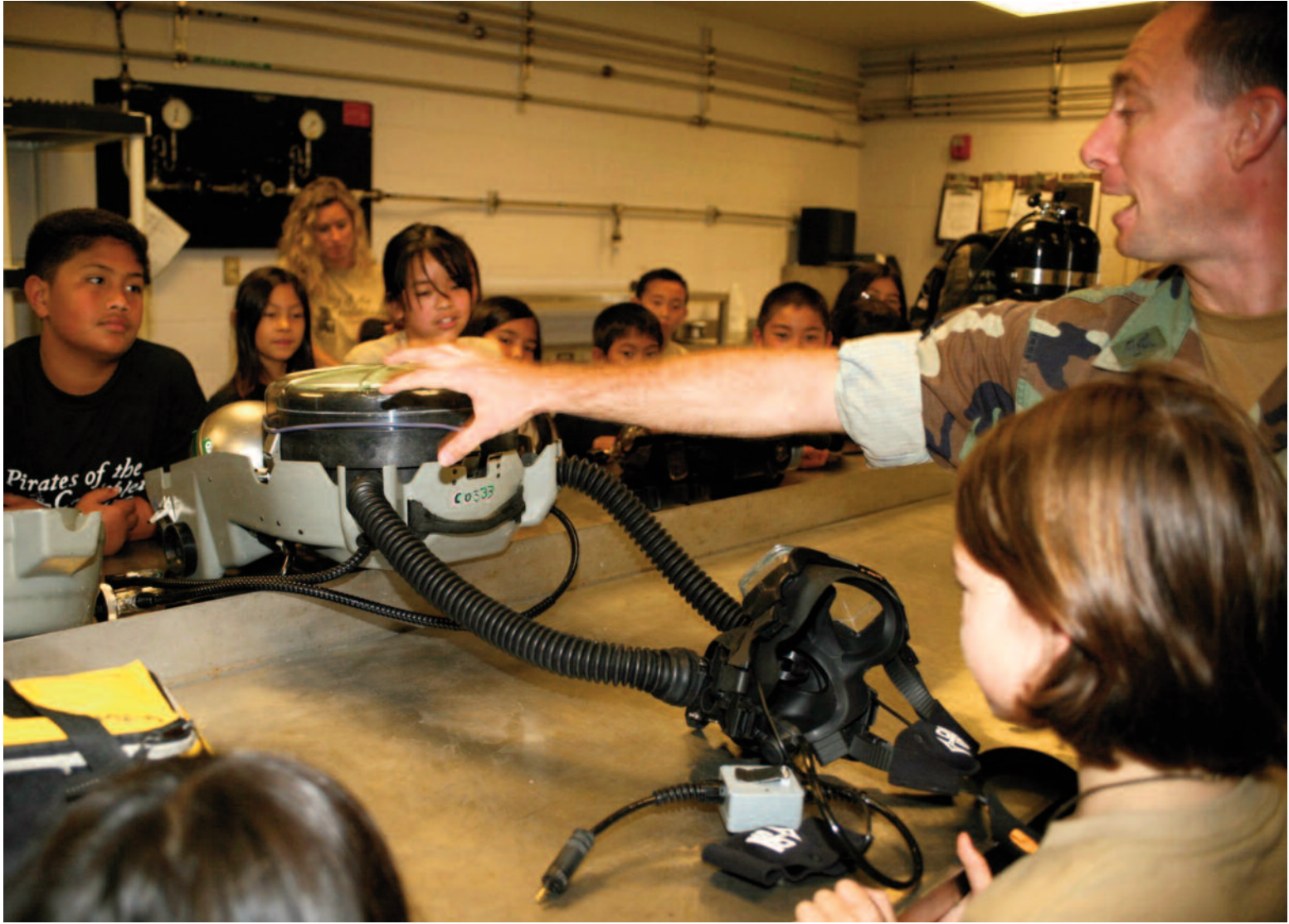
SDVT-1 deep sea divers hosted the 52 fourth graders who were able to witness how their studies and in-class experiments apply to real world applications.

At the Gates Science Center at Punahou, the students study the effects of displacement and weight quality. They learn that water is the most important substance on earth. Their teacher, Robin Kelleher, said, "Water dominates the surface of our planet and changes the face of the land while changing life."

She explained that the fourth graders' water module consists of four elements of investigation: the properties of water, the changes in water, the interactions between water and other earth materials, and how humans use water.

Divers explained and demonstrated the use of weights in the dive tank to exemplify the Archimedes principle, according to Navy Diver 1st (ND1) Class Caleb Huff. "The Archimedes principle states that an object weighs less in water than it does in the air. This loss of weight is due to the upthrust of the water acting upon it and is equal to the weight of the liquid displaced," Huff explained.

In her class, Kelleher emphasizes respect and understanding of the power and multiple uses of water. "Water can cure diseases and save lives. On the other hand, it can churn a storm that takes lives as



Navy Diver 1st Class Vincent Cunningham explains to fourth graders at Punahou School how divers breathe underwater. The Keiki visited SDVT-1 on Dec. 1 to see science in action.

well. Water is amazing," Kelleher noted.

Throughout the tour of SDVT-1, the divers explained how water affects their work and their lives.

The divers set up four stations of interactive learning, starting with the dive tank. Then students were able to try on gear while learning about how to breathe underwater. Next they toured an actual SEAL delivery vehicle (SDV) and learned about its buoyancy and ended with a specially designed deep sea diver movie.

ND1 (DSW) Vincent

Cunningham explained many elements of how divers work with water. "Divers use many different masks while diving. It depends on the type of water, what the diver needs to accomplish while diving, and how deep in the water the diver is going," Cunningham explained. He assisted as students tried on the MK 48FFM full face mask which is used by SEALS and by Navy divers for underwater husbandry.

"Having kids come to the command and experience a little bit of military life is

exponentially beneficial to civilian community and the military. These students have a remarkable understanding of water. One student even said that she wants to be a U.S. Navy deep sea diver when she grows up," Cunningham said.

Huff discussed some differences in breathing air versus water. "While fish can breathe underwater, we cannot. We use a variety of uniforms and masks to be able to provide extended amounts of time to stay in the water. Many people think that our tanks give us

oxygen to breathe. However, we use air which is a combination of 21 percent oxygen and 79 percent nitrogen," he said.

Grace Spottswood, one of the students, wanted to know how the divers measure the air they have left in the tank. "There are a variety of ways for a diver to keep track of how much air they have left. When we are diving scuba and the air tank is on our back, a Navy diver is required to wear a submersible pressure gauge on their bottle," Huff explained.

The divers joined the stu-

dents for lunch under a nearby banyan tree. That is where Mikki Pazmin, one of the teachers on the tour, introduced her students to her husband, ND1 (DSW) Michael Pazmin.

As Pazmin ate with the students, he answered questions. "This is a uniquely fun field trip for SDVT-1 since these are my wife's students. It is the first time that we have been able to do something like this, and it generated extra excitement for the students and the divers to bring our two worlds together," Michael said.

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE**Morale Welfare & Recreation****TEEN NIGHT**

Hickam Teen Center is hosting a special teen night from 6 to 9 p.m. tonight at pool two. Activities include swimming, food and an outdoor movie. Those attending must show a valid ID. The cost is \$5 per person and is for ages 13-18. FMI: 448-2223.

SNOWBALL DODGE BALL TOURNAMENT

Hickam Fitness Center is sponsoring a single-elimination snowball dodge ball tournament at 4 p.m. on Dec. 15. The deadline to sign up is today. FMI: 448-2214.

FREE GOLF CLINIC

Navy-Marine Golf Course is offering a free clinic at 2 p.m. on Saturday. Priority will be given to active-duty personnel. Call to register. FMI: 471-0142.

TRIP TO THE MALL

Single service members can catch the Liberty Express for a mall shopping trip on Dec. 15. Bring money to make purchases and depart from Liberty Express at 4:30 p.m. and from Beeman Center at 5 p.m. FMI: 473-2583.

PRE-TEEN DANCE

The Hickam Teen Center will host a holiday dance for pre-teens, ages 10-14, from 6 to 9 p.m. on Dec. 17. The cost is \$5 per person. FMI: 448-2296.

CHAMPAGNE SUNDAY BRUNCH

Join the Hickam Officers' Club every Sunday in December for a special champagne brunch. Seatings are offered from 10 a.m. to 1 p.m. The cost is \$35.95 for adults, \$10.50 for children ages 7-11, \$5.25 for ages four to six and free for children age three and under. Reservations are required. FMI: 448-4608.

MASSAGE ROOM REOPENS

The massage room at Bloch Arena at Pearl Harbor has reopened. Call for an appointment. FMI: 473-0793.

For more information on events, visit www.greatlifeohawaii.com or www.hickamservices.com/

Community Calendar**December**

11 - Hickam Communities will host its annual "Home for the Holidays" from 5 to 8:30 p.m. at Hickam Community Center. Dinner and snacks will be served. There will be a visit from Santa Claus and caroling, with music provided by the Air Force Band. Attendees should RSVP. FMI: 853-3752.

11 - Teens of deployed military are invited to a special class called "Laugh, Eat, Play," sponsored by Warfighter & Family Services. The class is free of charge and will be held from 5 to 9 p.m. at the Hickam Teen Center. FMI: 449-0300.

11 - Boot Camp for New Dads will be held from 9 a.m. to 12:30 p.m. at the Makalapa Health Center. FMI: 474-1990.

22 - Families are invited to make gingerbread houses while watching a Christmas movie and snacking on cookies and milk at the Makai Recreation Center from 5:30 to 7:30 p.m. The cost is \$25 per family and space is limited. FMI: 449-3354.

December - The Honolulu City of Lights Trolley Tour will make stops at Joint Base Pearl Harbor-Hickam. There is one trolley stop at Hickam at 6 p.m. now through Dec 23. There will be trolley pick-ups at Bloch Arena at 6 p.m. on Dec 16, 19, 20, 21 and 23. There will be also be trolley stops at Bloch Arena at 8:30 p.m. on Dec 17 and 19-23. FMI: 448-2295 or 422-2757.

At a glance

Visit the newly constructed and dedicated Pearl Harbor Visitor Center. The center is open daily from 7 a.m. to 5 p.m. It is closed Thanksgiving Day, Dec. 25 and Jan. 1. Timed programs to the USS Arizona Memorial begin at 8 a.m. and operate through 3 p.m. daily. FMI: 422-3300 or www.nps.gov/valr/.

Due to personnel shortage and the upcoming Christmas holiday, the testing schedule for the Force Development Flight (FDF) (education office) at Hickam will be as follows: Dec. 13-17, normal testing schedule; Dec. 21, 8 a.m. and 1 p.m., ACSC course 14, and SOS; Dec. 22, 8 a.m., AWC and JST and at 1 p.m., CDC testing; Dec. 23-31, all sessions are canceled. FMI: 647fss.fsde@hickam.af.mil.

Movie Showtimes**Skyline**

After a late night party, a group of friends are awakened in the dead of the night by an eerie light beaming through the window. Like moths to a flame, the light source is drawing people outside before they suddenly vanish into the air. They soon discover an otherworldly force is swallowing the entire human population off the face of the earth. Now our band of survivors must fight for their lives as the world unravels around them.

SHARKEY MOVIE THEATER**TODAY**

7:00 PM Paranormal Activity 2 (R)

SATURDAY

2:30 PM Secretariat (PG)

5:00 PM Red (PG-13)

7:15 PM Paranormal Activity 2 (R)

SUNDAY

2:30 PM Secretariat (PG)

5:00 PM Hereafter (PG-13)

7:15 PM Life As We Know It (PG-13)

HICKAM MEMORIAL THEATER**TODAY**

6:00 PM Skyline (PG-13)

7:00 PM Saw 3D (R)

SATURDAY

4:00 PM Skyline (PG-13)

7:00 PM Paranormal Activity 2 (R)

SUNDAY

4:00 PM Alvin and the Chipmunks: The Squeakquel (PG)





Eighth grade students from Le Jardin Middle School cross the brow of the USS Chung-Hoon (DDG 93) during a visit to the ship as part of the school's career day on Dec. 1.

USS Chung-Hoon Sailors host Le Jardin students for career day

Story and photo by Lt. j.g. Carly Adler

USS Chung-Hoon (DDG 93) Public Affairs

The crew of the Pearl Harbor-based, Arleigh Burke-class guided-missile destroyer USS Chung-Hoon (DDG 93) hosted a visit for more than 60 local Le Jardin Middle

School students as part of the school's career day on Dec. 1

Sailors guided the eighth-grade students throughout the ship, making stops on the forecastle, bridge and combat information center. Primary components and functions of the destroyer were identified and explained as students marveled at the sights.

When asked who was interested in joining the United States Navy during the tour, hands were raised in response.

The tour proved to be both a fun and educational experience for the students, who are currently learning about different professions. One of the class's top students, Peter Orlich, age 14, is the son of the executive

officer of Chung-Hoon. "It was pretty cool to show my class what my dad does," Peter said.

"Everybody did a wonderful job. This was such an exciting day for the kids," said Jessica Kreye, the class's teacher.

For more information about Chung-Hoon, "Hawaii's Destroyer," visit www.chung-hoon.navy.mil.

Tips to keep holiday stress in check

Warfighter & Family Services, Joint Base Pearl Harbor-Hickam

The holiday season can be magical, but it can also be stressful. Here are some holiday tips to keep your stress level in check:

- Take the time to enjoy the season and don't worry about perfection.
- Keep your expectations simple and realistic.
- Notice and appreciate small moments of pleasure and the people in your life.
- Ease the stress of gift giving. Shop for a gift together with your loved one. Exchange gift certificates. Take a mini vacation. Go to an outer island.
- Create some new tradi-

tions. Take the best from the past and add your own unique flair.

- Call someone you haven't seen for awhile.
- Prepare children for what to expect and limit activities so they don't get overtired and over stimulated. Acknowledge good behavior.
- Give yourself permission to feel whatever you feel. If you are grieving a loss after a divorce, of course you may tear or feel sad. It is part of moving on.
- Eat and drink in moderation.
- Make the time to nurture yourself with a walk, favorite music, a bath or a good book. Use quick tension relievers such as stretching, slow deep breathing and

affirmations to reduce stress.

- Reach out to others who may be alone or separated from family.
- Embrace a positive attitude of gratitude for all your blessings, big and small.

Andrea Hantman of the Civilian Employee Assistance Program (CEAP) said each person's experience around the holidays is different and CEAP is here to help.

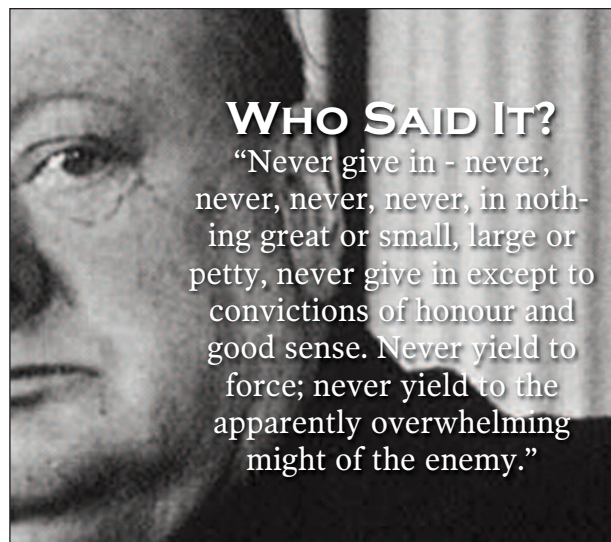
To obtain CEAP information, assessment, referral and/or brief counseling call 474-1999, ext. 6204 or 6206. You may also e-mail andrea.hantman@navy.mil or susan.bierman@navy.mil

and inquire about no cost at-your-site training.

Warfighter and Family Services (Fleet and Family Support Center) classes are free to Department of Defense civilian employees.

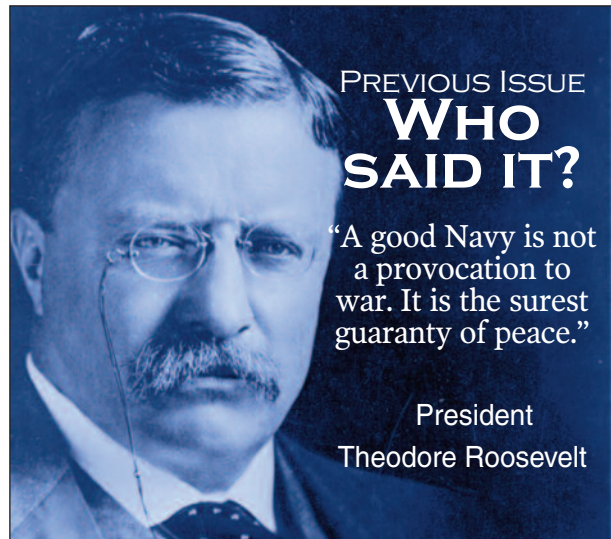
FFSC course offerings can be found at <http://www.greatlifehawaii.com>. Call the customer service desk at 474-1999 to register for any class. Some FFSC classes scheduled in December are:

- Stress Management, Dec. 14, 8 to 11 a.m.
- Anger Management, Dec. 28, 8 to 11 a.m.
- Breaking up is Hard to Do, every Thursday from 5 to 8 p.m.



WHO SAID IT?

"Never give in - never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honour and good sense. Never yield to force; never yield to the apparently overwhelming might of the enemy."



PREVIOUS ISSUE WHO SAID IT?

"A good Navy is not a provocation to war. It is the surest guaranty of peace."

President Theodore Roosevelt

This Week's Trivia

What U.S. military base was won in the last major battle against Japan?

Last Issue's Question:

What song was the Navy band playing at Pearl Harbor when the Japanese attacked?

Answer:

The Star-Spangled Banner.



STORY IDEAS?

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

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