

Military canoeing enthusiasts prepare for Molokai race



Volkan Buyukacar

Contributing Writer

Every year hundreds of outrigger canoe teams from around the world travel to Molokai to race at one of the most fierce long-distance outrigger canoe races. The race starts from the island of Molokai, runs through one of the roughest channels between the islands for 40-plus miles, and comes to an end in front of the Ilikai Hotel at Waikiki Beach.

Men and women compete in two different events. Women will compete in the *na wahine* race on Sept. 26, and men will compete in the *Molokai hoe* race on Oct. 10.

This year, a handful of active duty military members from all forces will compete against teams from the U.S. mainland, Hawaii, Tahiti, New Zealand, Australia, Russia and Canada.

Maj. John Sampson, Marine Forces Pacific; Capt. Tracy Sampson, Marine Corps; Lt. Michael Rigoni, Navy; Lt. James (Trae) Young, Navy; Master Sgt. Elizabeth Sabog, Hawaii Air National Guard; Tech Sgt. (select) Peter AhLeong, Air Force; and Airmen Emily Huggins, Air Force; have all been preparing for the race for the last few months.

There are also other paddlers on the competing team who are related to the military. Christopher Lopresto, former Marine and a federal employee at Tripler Army Medical Center; Elke AhLeong, an Air Force family member; Volkan Buyukacar, an Air Force family member; and Megan Broadway, who works closely with the military as a civil engineer; are also preparing for the race. All paddlers are members of the Morale, Welfare and Recreation (MWR)-sponsored military outrigger canoe club, Honolulu Pearl, located at Pearl Harbor Rainbow Bay Canoe Hale.

The Molokai race is often called the unofficial world championship for outrigger canoe paddling. Lopresto has participated in the sport for two years, and he is now getting ready for the Molokai race for the first time.

"I feel really honored to participate in such a prestigious race and only hope I can represent myself and my canoe hale with courage and pride," he said. The Molokai race is a once-in-a-lifetime experience for the paddlers.

Tammy Dureg, the Honolulu Pearl coach, has been leading the preparations for the Molokai race. "It is like a small-scale military operation," she said.

"Everyone needs to know what to do and when to do it. Working as a team is very

important. For example, we do water changes during the races," Dureg explained. "The escort boat drops three paddlers in the water. Then they jump in the canoe to replace three other paddlers. We do that to give people a break," she continued.

"Everybody needs to be able to work together or things won't come together. Practice is important, a lot of practice, and keeping everyone safe. It is a challenge," Dureg said.

To prepare for the Molokai race, the paddlers have been doing long distance ocean runs from different beaches around Oahu. They also have paddled in several local long distance races.

So far the paddlers have competed in the 25-mile Duke's Race (men) and Dad Center Race (women) from Kailua Beach to Waikiki; the 32-mile E Lau Hoe (women) and Henry Ayau (men) from Hawaii Kai to Nanakuli Beach, and several other shorter courses.

"It is like climbing a ladder. Molokai race is on the top. You start with basic practices, then the distance and intensity multiplies as you move along," Dureg said. "Navy MWR does a great service to us by sponsoring Honolulu Pearl as a military club," said Sampson, who is in his first year of paddling outrigger canoes.

"I am so glad I was able to start the sport and get a chance to paddle in such major races during my first year. I heard several military members had a hard time making it to a team with other clubs. We get TDY orders often and it is hard to keep up with the prac-

tices. Unless you are really athletic and experienced, you won't make it to a team with other civilian clubs," Sampson explained.

Joint Base Pearl Harbor-Hickam MWR sponsors the club by allowing it to use the canoe facilities at Pearl Harbor. Military personnel and families from not only Navy and Air Force, but also Army, Marines and National Guard also benefit from Honolulu Pearl Canoe Club. The club is also open to civilians, which adds to the benefits by bringing the local community and military members together as a team.

Honolulu Pearl Canoe Club also has

a youth program for ages 10 through 18. Military children get a chance to participate in the sport at a convenient military facility and compete in races at their age groups on Oahu. The activity helps the youth to exercise, learn discipline, make friends, have fun, get involved in the local culture, and learn part of the Hawaiian history.

The long distance teams often practice from Hickam Beach in the evenings. If you would like to learn more about outrigger canoe paddling and Honolulu Pearl Canoe Club, visit their website at www.HonoluluPearl.org.



Island Girls hold off Spiketacular

Story and photo by
Randy Dela Cruz

Sports Editor

As teams jockey for seeding in the upcoming Women's Volleyball League's six-team playoffs on Oct. 2, two of the season's middle squads fought tooth and nail to improve their chances in the year-ending tournament.

In a seesaw affair that was in doubt until the very end, Island Girls held off a charged-up Spiketacular team to win in straight sets, 25-23 and 25-23, at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Sept. 18.

Arline Cornelius, whose hitting was a big reason for the team's close victory, said that Island Girls, who nearly upset the league's No. 2 team, Fobulous, in the previous week, used the momentum of their last game to get out to a fast start, before holding off Spiketacular in both sets.

"After how we did the last time, it was a big motivation," she said.

In the first set, a kill by Cornelius knotted the score at 6-6. She then served up three straight points to give her team a small cushion at 9-6.

The Island Girls would increase their advantage to 16-10, but after a kill by Information Systems Technician 3rd Class Tims Gregory, Spiketacular posted four consecutive points to narrow the gap to one.

Later, as Island Girls clung to a 20-18 lead, Spiketacular scored on a block before back-to-back slams by Marci Lopes gave the Spikers their first lead since early in the set.



Information Systems Technician 3rd Class Tims Gregory of Spiketacular tries to block a shot by Arline Cornelius of Island Girls during the teams' Women's Volleyball League matchup at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Sept. 18. In a hotly contested battle, Island Girls outlasted Spiketacular in two close back-to-back sets.

However, the Island Girls would score four straight to go back out in front at 24-21. And despite two more kills by Lopes, the Island Girls would close out the game on a service error by Spiketacular.

The second set was just as competitive, with both squads exchanging points to a 7-7 tie early on.

While the Island Girls did manage to go on a 4-0 run following the tie, the teams found themselves back in close quarters as

the set approached the end.

Down by a point at 23-22, Cornelius slammed down a shot to even-up the score. The Island Girls then closed out the game with two straight points.

Cornelius said that while the team started off the game without any expectations, the situation changed once she and her teammates saw that Spiketacular was very serious about winning the matchup.

"We didn't think about

winning. We just wanted to work our best," Cornelius said. "After seeing how they play, we were like, 'Yeah, they know how to play too.' So we had to step up our game."

Meanwhile, although Spiketacular was in the game all the way to the end, Lopes said that serving, which has been the team's Achilles heel, turned out to be its undoing.

For the game, Spiketacular recorded five service errors in the first set and five more in

the second.

"I think our serving hurt us a lot," Lopes admitted. "We have a fighting spirit, but we also had some inconsistent passing and we were playing a little timid."

Still, Lopes said that if the team focuses better, gets in proper position and takes every point seriously, Spiketacular might have a chance for the league title.

Whichever team Spiketacular faces, Lopes said she expects a tough

battle in the playoffs.

"I was told that the league was not competitive and was more for fun," Lopes stated. "But I can still see the fire in some of the players."

Cornelius said that even though the Island Girls would be a dark horse in the post-season, she has high hopes that the team would go far.

"Hopefully, we'll do well. We just need to give it our all," she said. "We just need to get prepared and buckle down a little bit more."

Wotevaz! downs Fobulous in playoff preview

Story and photo by
Randy Dela Cruz

Sports Editor

In what may turn out to be an early glimpse into the upcoming Women's Volleyball League playoff finals on Oct. 2, the defending champions Wotevaz! raised their unbeaten record to 5-0 by getting past rival and previously undefeated Fobulous in straight sets, 25-19 and 25-20, at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Sept. 18.

While Wotevaz! managed to sweep past their nemesis, neither of the two sets was a runaway, as Fobulous pressured their foe every step of the way.

"Some days you have good days and some days you don't," said Yeoman 1st Class Maryanne Elisara of Wotevaz! in explaining her team's close win.

In the first set, Wotevaz! seized control early in the game and looked unbeatable as they raced out to a 19-9 lead after a service ace by Tech. Sgt. Carrie Elders.

The advantage wasn't as safe as it seemed though, as Fobulous scored the next five points, with two coming on service aces from Tara Gilmore, to cut the lead in half.

"We had to focus on making one play at a time," said Gilmore about her team's comeback. "It was about playing smart. We had to know that they're going to go for the open spots and just be ready to move."

The teams traded points back and forth in the set until Edna Walker of Wotevaz! finally closed it out by tallying the final point on a service ace.

Elisara, who serves as team captain for Wotevaz!, said that moving people around the court was the key in stopping Fobulous from com-

pleting its comeback.

"I know my team and their (Fobulous) weaknesses," Elisara said. "I let our players know who to cover and where to cover."

Buoyed by their strong comeback in the first set, Fobulous came out ready to battle in the second and held a 10-9 lead, before Walker put down a kill to even the score.

Then up by a digit at 12-11, Wotevaz! took control as they hammered down eight straight points before Lani Solomua of Fobulous stopped the bleeding with a kill.

Down by eight points, Fobulous rose to the challenge once again as Solomua recorded two service aces in helping her team cut the lead to four.

A kill by Monalisa Vaavale of Wotevaz! added a point to her team's lead, but back-to-back scores by Fobulous narrowed the margin to three.

Finally, clinging to a 24-20 advantage, Wotevaz! put their determined opponent down for good when Army National Guard Staff Sgt. Desiree Espinda slammed the game's last point.

Gilmore said that although Fobulous wasn't able to break through with enough points to overtake Wotevaz!, she was extremely pleased with the way her team fought back.

Saying that this was the first time the whole team played together, Gilmore stated that Fobulous should be better prepared when the playoffs take place next week.

"I thought we definitely played well. We did what we needed to do and we had fun," Gilmore said. "This shows that we can play good volleyball and I think we'll be able to do that in the playoffs."

Meanwhile, Elisara said that while the games between Wotevaz! and Fobulous are always competitive, she is happy whenever the two teams



Monalisa Vaavale of Wotevaz! goes up for a kill against Fobulous in a Women's Volleyball League game at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Sept. 18. Wotevaz! beat Fobulous in straight sets to remain unbeaten and earn the top seed in the upcoming playoffs on Oct. 2.

meet on the court.

Both teams, Elisara noted, have been playing against each other for

years and many of the players have been friends for a long time.

While Elisara replied

that she hoped Wotevaz! would repeat as champs, she noted that she wouldn't be too sorry if it

didn't happen.

"As long as we're all having fun out there," Elisara said.

Marines seize Hickam softball tourney

Story and photo by
Randy Dela Cruz

Sports Editor

Marine Corps Base Hawaii (MCBH) came, saw and conquered a field of nine teams in a marathon softball tournament that lasted 12 hours at Hickam Softball Fourplex, Joint Base Pearl Harbor-Hickam, on Sept. 18.

The visiting squad from Kaneohe took control of their own destiny by winning their first three games, before squaring off in the championship final against Spank Dis, an all-services squad that mostly comprised Airmen from Hickam and Bellows Air Force Station.

In a battle that was befitting a title face-off, the combatants traded blows throughout seven innings of play until MCBH put the squeeze on the final out of the game to win in a slugfest by a score of 16-14.

"We're a good team," said MCBH third hitter Aviation Support Equipment Technician Airman Adam Hudson, who slugged two home runs to lead the team. "Everyone swings the bat real well and today, we were on."

Although MCBH finished on top, the game was by no means a cakewalk for the visitors, who had to scrap from behind after Spank Dis started off hot with three runs in the top of the first inning.

The big hit of the frame



Aviation Support Equipment Technician Airman Adam Hudson of the Marine Corps Base Hawaii softball team is about to connect on his second home run of the game in the championship showdown against Spank Dis at Hickam Softball Fourplex, Joint Base Pearl Harbor-Hickam, on Sept. 18. The visitors from Kaneohe went undefeated in the all-day tournament that took 12 hours to complete.

came off the bat of Tech. Sgt. Gary Lafon, who launched a two-run blast to give Spank Dis the early lead.

However, the celebration by Spank Dis was short-lived as MCBH wasted little time in responding to the challenge.

After the team's first two hitters got on base via an error and a single, Hudson blasted the first of his two

jacks – a towering shot that cleared the center-field fence with ample room to spare. The visitors went on to score two more runs in the inning to gain a 5-3 advantage.

"When a team jumps on you like that, the only thing you can do is jump right back," Hudson said. "You can't get down on yourself. The whole team has to be on it."

Following the rally, MCBH pitcher Romeo Ibrao, who usually spends his time in the dugout as an assistant manager, kept the team's momentum going by setting down Spank Dis hitters in order in the top of the second.

The short break on defense seemed to help keep the team's bats hot as MCBH returned to the plate in the bottom half of

the inning to stroke two singles, two triples and a two-run shot by Hudson to tally six runs and gain an 11-3 lead.

Down by eight runs, Spank Dis got back into the game with a five-run outburst in the third that was highlighted by a three-run homer by JB Shirley and two-run dinger by Army Master Sgt. Rey Ado.

Ibrao was able to stifle

the comeback, however, as he tossed shutout innings in the fourth and sixth, while giving up only a single run in fifth.

With the score at 16-9 in favor of MCBH, Spank Dis almost pulled off a miracle as it made one big push in its final at-bat.

Spank Dis had three runs in with one out and the bases loaded when Shirley, the team's cleanup hitter, approached the plate.

Shirley, who had already homered for his team, smashed a long fly ball that appeared headed for the grass beyond the fence. But his shot fell short and the ball was put away for the second out.

Spank Dis went on to score two more runs and had a man on first with two outs, but Ibrao drew a ground out from Tech. Sgt. Robert Wooderson for the final putout.

"We had a few bad innings, but we had a good run," said Shirley about the team's loss to MCBH. "On a long day like this, we stuck together and gave 100 percent. Unfortunately, we came up short."

Meanwhile, Hudson explained that while it is difficult to win in an all-day tournament, he and his teammates expected nothing less than to take the first-place trophy back to Kaneohe.

"We always go out thinking that we're going to take first place," he said. "We never come out thinking that we're going to lose."



JOINT BASE Sports PEARL HARBOR-HICKAM



(Top left) Edna Walker of Wotevaz! goes for a kill during the team's Women's Volleyball League game against Fobulous.

(Top right) Spiketacular's Marci Lopes winds up for a slam versus Island Girls.

(Bottom right) Information Systems Technician 3rd Class Tims Gregory of Spiketacular helps keep her team in the game with one of her several kills against Island Girls. (Bottom left) Tech. Sgt. Carrie Elders of Wotevaz! sets up to block a shot by Kuinita Ugaitafa of Fobulous.

The Women's Volleyball League games were played at Naval Station Gym, Joint Base Pearl Harbor-Hickam, on Sept. 18.



Photo courtesy of Forest City Residential Management

Residents of Forest City's Battleship Cove neighborhood recently had an opportunity to participate in, and watch the filming of, an episode of "Hawaii Five 0" when the show's production team visited historic Ford Island.

Forest City residents experience 'star action' in their backyards

Natasha Jackson

Forest City Community Services Coordinator, Navy Housing Hawaii, Forest City Residential Management

Residents of Forest City's Battleship Cove community on Ford Island may soon see stars from the big screen in their own backyard. The new series "Hawaii Five-0" chose the Battleship Cove community to shoot

an upcoming episode.

When contacted by Navy Public Affairs partners and the "Hawaii Five-0" production team, Forest City's first thoughts were, "How is this production going to affect and benefit the residents?"

Charles Herron, Ford Island resident services manager, worked hand-in-hand with the production team and mapped out the safest location that would cause the least amount of disturbance to Forest City

residents. Once the details were locked in, Forest City notified residents on Ford Island that they would soon experience a once-in-a-lifetime event.

Herron said, "The resident feedback was positive. They were excited and enthusiastic about having "Hawaii Five-0" filming in their community. This is what we strive for, to provide our residents with as many unique experiences as

possible."

During the filming, residents were asked to temporarily adjust their driving route and parking. The production company even installed a temporary chain link fence to ensure resident safety.

As the cameras rolled, the community buzzed with excitement. Some residents volunteered their homes and also made appearances in the production as extras. Stunt men brought the action

right to the residents' doorsteps as they raced down Nevada and Tennessee Streets. The director yelled "Action!" and "Hawaii Five-0" police cars sped through the streets from three different directions with sirens blaring.

"Hawaii 5-0" has been revived from the '70s hit show where the phrase, "Book-em, Danno!" was made popular. The new "Hawaii Five-0" stars actors Alex O'Loughlin as

Steve McGarrett, Scott Caan as Danny Williams, Daniel Dae Kim as Chin Ho Kelly and Grace Park as Kono Kalakua.

Forest City Communities has received attention from the film industry throughout the years. Their neighborhoods have been showcased in movies such as "In Harms' Way," "Pearl Harbor," the upcoming feature film "Battleship," and now, Hawaii's newest television series, "Hawaii Five-0."

PEARL HARBOR-HICKAM **Mariaawa Nanea** LEISURE

Morale Welfare & Recreation

PARENT/CHILD GOLF TOURNAMENT
Morale, Welfare and Recreation will host a parent/child golf tournament on Saturday at Barbers Point Golf Course. First tee time begins at 3:45 p.m. and will be in scramble format. A fee of \$40 will include rounds of golf, two sleeves of balls, tees, two golf towels, a meal for each participant and an award ceremony to follow. Registration ends today. Register with one of the following age divisions: 8-12 years old or 13-17 years old. FMI: www.greatlifehawaii.com.

MWR JOINT BASE CELEBRATION
The MWR Joint Base Celebration will begin at 4:30 p.m. Oct. 1 at Freedom Tower. There will be live entertainment by Jake Shimabukuro, Guy Fieri and a laser light show. Also enjoy Xtreme Fun inflatables, climb the rock wall or make crafts for the whole family. FMI: www.greatlifehawaii.com.

JBPHH DUATHLON
The JBPHH Duathlon will be held Oct. 2 with start/finish at Hickam Harbor. Check-in is at 7 a.m. The race consists of a 5K run, a 25K bike ride and another 5K run. The cost is \$20 without a T-shirt for late registration through Oct. 2. There will be a race brief on Oct. 1 at 3 p.m. at the Hickam Fitness Center. Awards will be given to the top three finishers in each age group. Register at the Hickam Fitness Center front desk. FMI: 448-2214.

LINK UP 2 GOLF FOR JUNIORS AND ADULTS
Learn about golf at Link Up 2 Golf for Juniors and Adults on Thursdays on Oct. 2, 9, 16 and 23 at Mamala Bay Golf Course at Hickam. Schedule for juniors is from 8 to 10 a.m. Time schedule for adults is 1 to 2:30 p.m. The cost is \$60 per junior and \$100 per adult. Classes will be limited to the first six students who sign up. FMI: www.playgolfamerica.com or 449-2300.

KIDS' BOWLING SPECIAL
Kids' bowling specials are available from 10 a.m. to 9 p.m. now through Oct. 31 at Hickam Bowling Center. Enjoy two free games of bowling per day. A family pass option is also available. FMI: www.kidsbowlingfree.com or 448-9959.

COSMIC BOWLING
Naval Station Bowling Center will host cosmic bowling at 7 p.m. every Friday and at 9 p.m. every Saturday.

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

Community Calendar

September

24, 27, 29, 30 ~ Blood drives will be conducted by Tripler Army Medical Center Blood Center at the following locations: Sept. 24 – 10 a.m.-2 p.m., Tripler Army Medical Center, Fisher House; Sept. 27 – 6:30-10:30 a.m., UH Army ROTC; Sept. 29 – 10 a.m.-2 p.m., Tripler Army Medical Center Radiology Department; Sept. 30 – 9 a.m.-1 p.m., SPAWAR. For more information, call 433-6148 or www.militaryblood.dod.mil.

25 ~ A 5K run/walk fundraiser for the 2010 Navy Birthday Ball will be held at Afloat Training Group Middle Pacific on Ford Island. Registration begins at 6:30 a.m.; race start time is 7:30 a.m. The fee is \$20 for pre-registration, \$25 for registration on morning of the race. Prizes include first place, \$100; second place, \$75; and third place, \$50. All proceeds will benefit the 2010 Navy Birthday Ball. FMI: YN2 (SW) Maxine Turner at 473-1267 or Maxine.turner@navy.mil.

28 ~ Rear Adm. Dixon R. Smith, commander, Navy Region Hawaii and commander, Naval Surface Group Middle Pacific, will host a Hispanic Heritage Month event from 11a.m. to noon at Lockwood Hall lanai. The theme of the event will be "Heritage, Diversity, Integrity, and Honor: The Renewed Hope of America." Jose Villa, editor of "Hawaii Hispanic News" and radio talk show host, will be the guest speaker. Entertainment will be provided by the Pacific Fleet Band.

28-30 ~ Highlights in Leadership' seminars will be held at Joint Base Pearl Harbor-Hickam for current and prospective spouses of executive officers and senior enlisted. Sessions will be from 5:30 to 9 p.m. Sept. 28 and from 8:30 a.m. to 2 p.m. on both Sept. 29 and 30 at Lockwood Hall. FMI: 474-1999 or hawaiiicmcspouses@hotmail.com.

October

8 ~ The GSA stores at the Hickam location and at Schofield Barracks will close at 11 a.m. for an organizational day event. The stores will re-open on Oct. 12. FMI: Rita Loring at 655-0280 or Teresa Demello at 448-8937.

16 ~ Tickets are now being sold for the 2010 Navy Enlisted Birthday Ball which will be held at Hilton Hawaiian Village in Waikiki. This year's theme is "Remembering the Past, Defending the Present, Protecting the Future." Ticket prices as follows: E-4 and below, \$35; E-5, \$45; E-6, \$55; E-7 through E-9, \$60; other services, civilians and officers, \$65. Child care is available for free the evening of the event. Uniform for the dinner is full dress whites with medals. FMI: YN2 (SW) Maxine Turner at 473-1267 or Maxine.turner@navy.mil.

23 ~ The 16th Annual Joint Spouses' Conference (JSC) will be held from 7:30 a.m. to 5:30 p.m. at Marine Corps Base Hawaii, Kaneohe. The keynote speaker will be Susan Page, a military widow and wife and an 18-year MidWeek columnist. Online registration is ongoing at www.jschawaii.com.

Movie Showtimes



Scott Pilgrim vs The World (PG-13)

Scott Pilgrim has never had a problem getting a girlfriend. It's getting rid of them that's difficult. He soon discovers, however, his new crush has the most unusual baggage of all: a nefarious league of exes controls her love life and will do whatever it takes to eliminate him as a suitor.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Step Up 3D (PG-13)

SATURDAY
2:30 PM Cats & Dogs: Revenge of Kitty Galore (PG)
4:45 PM Ramona and Beezus (G)
7:00 PM Charlie St. Cloud (PG-13)

SUNDAY
2:30 PM Nanny McPhee Returns (PG)
4:45 PM Scott Pilgrim vs. The World (PG-13)
7:00 PM Dinner for Schmucks (PG-13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Scott Pilgrim vs The World (PG-13)
8:30 PM The Switch (PG-13)

SATURDAY
4:00 PM Ramona and Beezus (G)
7:00 PM Eat Pray Love (PG-13)

SUNDAY
2:00 PM Charlie St. Cloud (PG-13)



U.S. Navy photo by Thomas Obungen
(Left to right) Utilitiesman 3rd Class Rodrigo Diaz and Steelworker 2nd Class (SCW) Jessica Majoy create a square concrete slab for installation of a bag dispenser at the new Ford Island Dog Park.

Navy and Air Force work together to create Ford Island Dog Park

Denise Emsley

Naval Facilities Engineering Command Hawaii

Seabees from Naval Facilities Engineering Hawaii's self help, along with an Air Force team member from the 647th Engineering Squadron, completed the Ford Island

Dog Park in early September.

The park will provide a location for use by all military members on the island of Oahu who have access to Ford Island. Work on the project began on Aug. 2.

The park is approximately 50,000 square feet in size and divided into

two sections. A smaller enclosed section is for small dogs only. This area is approximately 12,000 square feet. A larger section is for all different sizes of dogs. It is approximately 38,000 square feet and stretches to the waterfront.

Both sections have the following items installed

for visitors' use: a water fountain for dogs, mock fire hydrants, benches, and bag dispensers for clean up.

Engineering Aide 2nd Class (SCW) Joab Cowell was the Seabees project manager. The crew leader for the project was Utilitiesman 2nd Class (SCW) Aaron Ness.

Don't take a chance, get a flu shot

Shari Lopatin

TriWest Healthcare Alliance

If nine out of 10 people who played the lottery actually won, who wouldn't want to try their chances?

When it comes to flu shots, it's the same odds. Nine out of 10 healthy people who get a seasonal flu shot don't get the flu, according to the Centers for Disease Control and Prevention (CDC).

With flu season right around the corner, trying that "lottery" could keep you from getting sick. Seasonal flu vaccinations are available as a shot or nasal spray and are a TRICARE-covered benefit.

The flu shot this year, according to the CDC, will protect against the three most common forms of flu, including the headline-hogging H1N1 virus from last year.

Where to get a flu shot

Active duty service members will need to visit

their assigned military clinic to receive a flu shot. The shot will be at no cost to them. Additionally, a TRICARE beneficiary may visit his or her military clinic for a flu shot at no cost; however, they should call the facility first to find out when the shots are available.

All individuals with TRICARE Prime who choose not to receive a shot from their military clinic will need to visit a TRICARE network provider, such as their primary care manager or a pharmacy, to have the shot at no cost. Some network doctors' offices may still charge a small co-pay for the visit. The same rules apply for those using TRICARE Standard and Extra, or enrolled in TRICARE Prime Remote, as long as the vaccine is administered by a TRICARE-authorized provider.

CDC recommendations for flu shots

Everyone six months or older should receive a flu shot the moment it's avail-

able, as recommended by the CDC. Additionally, receiving a flu shot is especially important for certain high-risk groups to decrease their risk for severe flu illness. These groups are:

- Young children.
- Pregnant women.
- People with chronic health conditions, such as asthma, diabetes or heart disease.
- People 65 years and older.
- Health care workers.
- Caretakers who live with people at high risk (such as those listed above).

Prevention methods to stifle the flow of flu

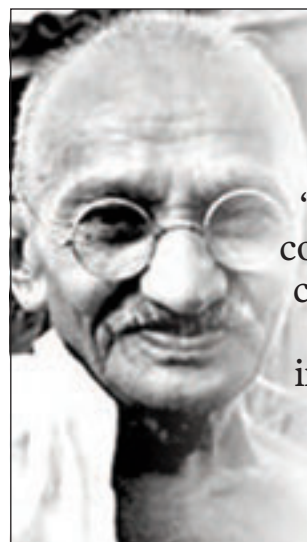
One of the best methods to prevent the spread of flu is adequate hand-washing. Individuals should wash their hands often with soap and water, properly scrubbing their hands together. A quick, fast rinse will not do the trick. Additionally, covering one's nose and mouth with a tissue when sneezing or coughing, then throwing the tissue away,

will help keep others from getting sick.

A few other tips from the CDC are:

- Avoid touching eyes, nose and mouth.
- Avoid close contact with sick people.
- If sick, remain home for at least 24 hours after the fever has stopped, except to receive medical care.
- If sick, limit contact with others as much as possible.

For more information on the flu and TRICARE-covered flu shots, visit www.triwest.com/flu. You can also follow TriWest on Facebook and Twitter for updates on flu shots at www.facebook.com/triwest or www.twitter.com/triwest.

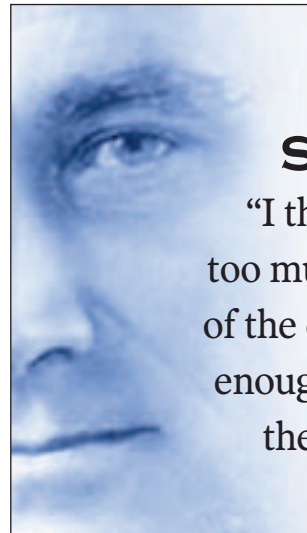


PREVIOUS ISSUE

WHO SAID IT?

"Strength does not come from physical capacity. It comes from an indomitable will."

Mahatma Gandhi



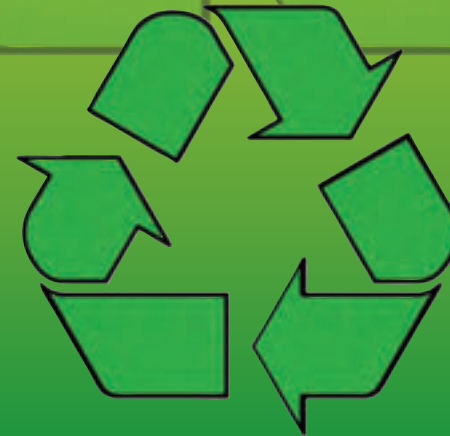
WHO SAID IT?

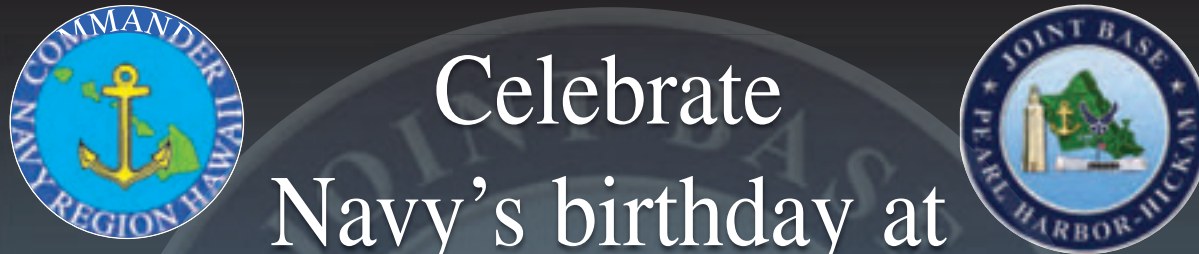
"I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm."

Recycling center closing early on Oct. 1

The Joint Base Pearl Harbor-Hickam Recycling and Redemption Centers, located at Hickam side, building 1715, will be closing at 2:30 p.m. on Oct. 1 for an official office function. The redemption center will resume normal hours on Oct. 2 from 9 a.m. to 3 p.m.


For more information, call Tanisha Girley at 449-3174.





Celebrate Navy's birthday at 2010 Navy Birthday Ball

The 2010 Navy Enlisted Birthday Ball will be held Oct. 16 at Hilton Hawaiian Village in Waikiki. This year's theme is "Remembering the Past, Defending the Present, Protecting the Future."
Tickets are now available for purchase.
Child care is available for free the evening of the event.
Ticket prices as follows: E-4 and below, \$35; E-5, \$45; E-6, \$55; E-7 through E-9, \$60; other services, civilians and officers, \$65.
Uniform for the dinner is full dress whites with medals.
For more information, contact YN2 (SW) Maxine Turner at 473-1267 or Maxine.turner@navy.mil.




This Week's Trivia

What crew position did the regular co-pilot occupy when a command pilot was on board?

Last Issue's Question:
What was the monthly base pay for an apprentice seaman in 1941?

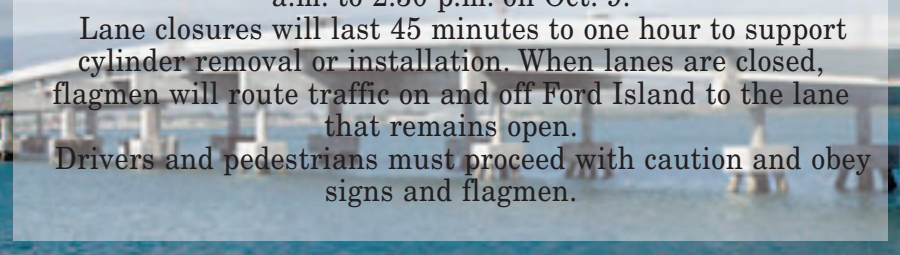
Answer:
\$21.00



Lane closures on Ford Island Bridge

There will be lane closures on the Ford Island Bridge on Oct. 8 and 9. The north lane (headed onto Ford Island) will close intermittently from 8 a.m. to 2 p.m. on Oct. 8. The south lane (headed off Ford Island) will close intermittently from 8 a.m. to 2:30 p.m. on Oct. 9.

Lane closures will last 45 minutes to one hour to support cylinder removal or installation. When lanes are closed, flagmen will route traffic on and off Ford Island to the lane that remains open.
Drivers and pedestrians must proceed with caution and obey signs and flagmen.



Feel Like a Million

Wherever you are at on your wellness journey, your daily habits can determine 95 percent of your thoughts, feelings and actions. The Feel Like a Million program can help you develop life-long habits for better health and life balance. To learn more, visit <http://hickam.ifellikeamillion.com>.



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Lake Erie Sailors hike Kauai's scenic Na Pali coast

USS Lake Erie (CG 70)

Kauai's Na Pali coast has always impressed USS Lake Erie (CG 70) Sailors when the ship operates near the Garden Isle. It recently inspired two combat systems Sailors to hike the rugged 22-mile Na Pali trail along one of the world's most scenic coastlines.

Lt. John Redford and Lt. j.g. Cameron Will recently completed the legendary hike between Ke'e Beach and Kalalau Valley and, along the way, they absorbed sweeping panoramic views of the Pacific Ocean while negotiating muddy rain forest paths, steep mountain switchbacks, and narrow goat trails on sea cliff ridges.

"Lake Erie spends a lot of time near Kauai while conducting ballistic missile defense missions at the Pacific Missile Range Facility, and the scenery of the Na Pali coast has always caught my attention. I couldn't wait to hike the Na Pali trail, and the trip definitely lived up to expectations," said Redford, Lake Erie's systems test officer.

The two hikers agreed

that finishing the Na Pali trail was a challenging and rewarding experience, especially because they carried everything they needed for the two-day trip in backpacks due to the lack of facilities along the trail. When they ran out of bottled water, the hikers drank stream water treated with chlorine tablets to stay hydrated in the midday heat.

The hike took about seven hours to complete each way, which amounted to a tiring journey while carrying a 30-pound pack. "We were exhausted when we arrived at the end of the trail, but the trip was worth it because the scenery was unbelievable, especially once we came out of the forest and arrived in Kalalau Valley," said Will, Lake Erie's fire control officer. The hikers camped at Kalalau Beach before completing the return trip the following day.

The Na Pali trail is part of Na Pali Coast State Park, which covers 6,175 pristine acres of northwestern Kauai. The first two miles of the trail between Ke'e Beach and Hanakapi'ai Beach are well-traveled and open to



Photo courtesy of USS Lake Erie

Lt. John Redford and Lt. j.g. Cameron Will of USS Lake Erie (CG 70) complete the 22-mile Na Pali trail hike on Kauai.

the general public, but hikers continuing to Kalalau Valley must have permits to access the trail. All trash must be carried out of the park out of respect for the pristine scenery.

Weather conditions

change rapidly along the Na Pali coast, so hikers must come prepared for the unexpected. The Na Pali trail is a strenuous trek, but training for the hike is readily available on Oahu with easily accessible trails like Maunawili

Falls and Three Peaks in Kailua.

Redford and Will strongly recommend the hike to anyone who is up for the 22-mile journey. Redford said, "I had wanted to hike the Na Pali trail for years, and I would like to thank

my wife for setting up the trip. It was an unforgettable experience, especially for two Lake Erie combat systems Sailors who have spent so much time in the waters off of Kauai during ballistic missile defense testing."

Enjoy the air show at Military Appreciation Day today

Hawaii Marine

The 2010 Kaneohe Bay Air Show, featuring the Blue Angels and BayFest, is open to the public Sept. 25-26 at Marine Corps Base Hawaii, Kaneohe.

But today, those with base access can enjoy the show before the big show — and without the big crowds.

If you are military and have base access, you can take advantage of the Kaneohe Bay Air Show Military Appreciation Day today.

Organizers say it's a good way to beat the traffic and crowd to be among the first to see the Blue Angels perform. Limited rides, activities and food will be available on this day.

Later that day is the Blue Angels kick-off party at The Club at Koa

Malina, from 5 to 10 p.m.

Military members and authorized patrons E6 and above are invited to the free party to kick off the air show. Meet the Blue Angels pilots and crew.

There will be entertainment, featuring BET, Ia Ora O Tahiti Nui Tahitian dancers, a fire knife dancer, hula halau and live Hawaiian music, complimentary food and more. It all leads up to the big weekend event.

The 2010 Kaneohe Bay Air Show will include BayFest, concerts on Saturday, the Hot Day @ the Bay Car, Bike and Hotrod show on Sunday, a Taste of Oahu and children's rides.

The air show is free and open to the public. Gates open each day at 9 a.m.

For more information, visit <http://www.mcbh.usmc.mil/airshow> or call Information, Tickets & Tours at 254-7563 or 477-5143.

