

HO'OKOLE

# Life Leisure

## ITT manager becomes Pa'u Queen for a day

Photo Illustration

Photos by Jackie Chee and Kai Markell

Story by Blair Martin

Staff Writer, Ho'okele

For Information Tickets and Travel (ITT) manager Terri Dinubilo at Joint Base Pearl Harbor-Hickam, introducing military families to the aloha state has been a passion of hers since she first visited Hawaii as a teenager in 1976.

This past Saturday, the Sacramento native was able to become the face of centuries-old Hawaiian tradition when she served as queen of the pa'u riders for the 99th annual Kamehameha Day parade.

Meant to honor Hawaii's first king, Kamehameha the Great, the parade was held June 13 and featured colorful flower-covered floats, traditional pa'u riders (costumed horse riders) and marching bands in downtown Honolulu, near the Iolani Palace. Local entertainment, authentic cuisine, cultural demonstrations, educational exhibits and an awards ceremony topped off the celebration.

Dinubilo, a life-long lover of horses, has served as a pa'u rider in the Kamehameha parade (as well as the Aloha Flower Festival parade held every September) for the past 14 years.

According to her, every year a pa'u queen is selected by one who has ridden in prior parades representing the princess of each island and the equine committee makes a selection to the invitee.

"My duties included selecting my riders (queen's court members), organizing and planning the unit's attire, practice rides and parade lineup, as well as gathering the foliage for the horse lei," she said.

Dinubilo explained that pa'u riders are named for the long and ornate garments they wear (pa'u).

"Back when horses first came to the island, women wore pa'u to cover their clothes and protect them from the dust, so they could attend the parties they were going to," she explained.

The traditional pa'u wardrobe once included 12 yards of satin and was held in place with kukui nuts twisted inside the fabric.

As queen, Dinubilo not only personally chose the fabric for the garments her equestrian court would wear but was also instrumental in creating the design for the body lei all the horses and riders would wear during the parade.

Each riding court (with the exception of the queen herself) is judged at the end of the parade on various criteria of creativity in presentation and horsemanship.

It takes thousands of flowers and other foliage to create the ornate lei each riding unit court wears throughout the parade, and their color is important, as it is representative of each different island, she explained.

"The preparation of the lei begin the Sunday prior to the parade and last every night until the day of the parade," Dinubilo said of the long and tedious process.

"The women begin getting ready at midnight the day of the

parade, and we personally make each lei out of about 75 bouquets using a special lei wrapping method," she added.

But for Dinubilo, all of the long hours of painstaking attention to detail were worth the effort on parade day.

"It was a very satisfying moment," she said. "Sitting on my horse and seeing hundreds of faces staring back at us with awe and especially seeing all of the smiles on the children's faces, it made all of those long hours of picking flowers, making lei, grooming horses and parade prep worth it."

The moment proved to be an emotional one for Dinubilo who added that becoming pa'u queen also marks retiring as a pa'u rider on the Hawaiian parade circuit.

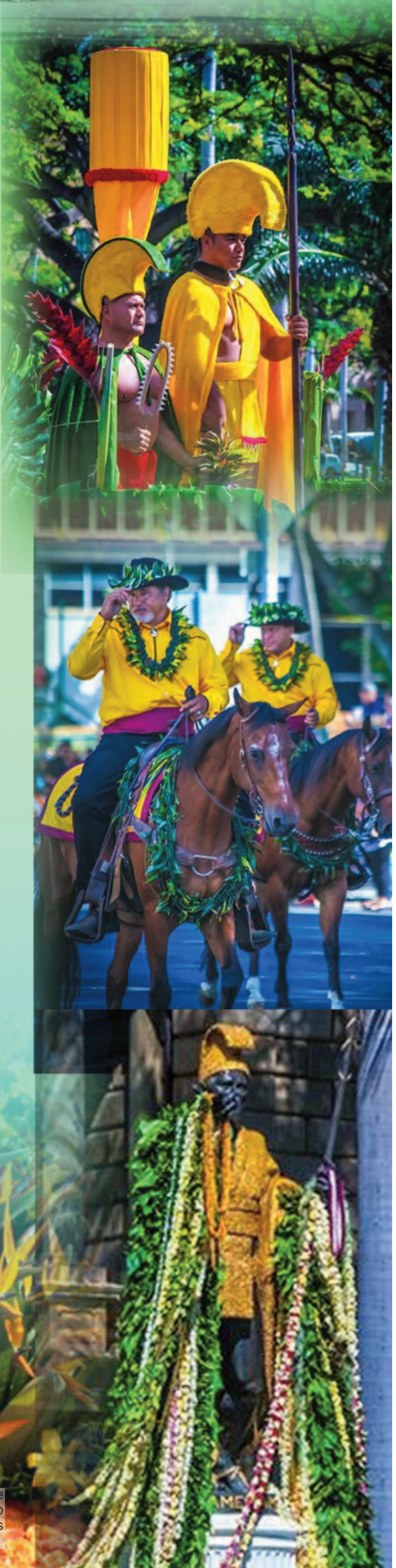
"As queen, it is your finale means your final ride as a pa'u rider on any parade circuit," she explained. "I can't ride again unless as a private citizen or if I was with another organization. So this was a very emotional, bittersweet moment for me," she added.

In a final gesture as pa'u queen, Dinubilo said she decided she would do something most traditional pa'u riders would not—interact with the crowd.

"On any other [riding] court, I could have risked having points deducted," she said. "But this time, I decided that when we had to stop and wait for traffic to pass, I would ride my horse up to people and just talk with them, let them touch the flowers, let their children pet my horse," she added. "It was a great finale to a very special time in my life."



Terri Dinubilo, an Information Tickets and Travel (ITT) manager at Joint Base Pearl Harbor-Hickam, rides in the 99th annual Kamehameha Day parade as queen of the pa'u riders on June 13 in downtown Honolulu. Dinubilo was featured in the parade along with other traditional pa'u riders (costumed horse riders), marching bands and colorful flower-covered floats that celebrated Hawaii's historic traditions and culture.



# Pearl City Paniolos score 8-0 win over Kailua Storm

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Of the team's active 35-man roster, the Pearl City Paniolos tackle football squad has a total of four Sailors, two Airmen and four Department of Defense civilians who work at Joint Base Pearl Harbor-Hickam, and another nine active-duty Army Soldiers.

It has the largest military membership among Hawaii Gridiron League's six squads and not surprisingly is one of the winningest franchises since the league, under the leadership of former University of Hawaii standout and ex-NFL player Darrick Branch, made its debut in 2012.

Last Sunday, June 14, the Paniolos took another step forward in defense of their co-championship season by earning a tough 8-0 victory over the Kailua Storm in an afternoon matchup at St. Louis High School in Honolulu.

"We've been playing together for a long time now," said Paniolos head Coach Shandale Graham.

"They play as a team. They know how each other play so hats off to them. They come to play every week."

That team camaraderie is a key element in its success and Graham explained that although the Paniolos have civilians mixed in with military personnel, everyone understands that when the players step on the field, whether for practice or game day, it's all for one and one for all.

"Football is all about bonding," Graham said. "Everybody bonds through the love of the game. If you love the game just as much as the next person, you can bond with them automatic."

Although the Paniolos got out of the gates on a bad note by turning over the football against the Storm, the team's defense stepped up to bail out the offense by coming up with a turnover of their own.

With the ball resting in Paniolos territory at the 33, Storm quarterback Kalai Silva went for it all with a bomb straight toward the end zone.

Instead of hitting pay dirt, Silva's toss was

picked off by Aviation Boatswain's Mate (Equipment) 2nd Class Isaac Atkins, Naval Brig, behind the goal line and returned all the way out to the Paniolos 45.

"I was watching the receivers and when they (the offense) would run (the football) the receivers would run slow," Atkins said. "As soon they hiked the ball and saw them (receivers) sprinting, I knew that they would pass the ball. So I just backed up, I saw him (Silva) put it in the air and I made a play on the ball."

A rush by running back Chief Master-at-Arms James Jones, Joint Base Pearl Harbor-Hickam Security, placed the ball on the 39 and then two plays later quarterback Ensign Nick Morahan, USS Hopper (DDG 70), came up with the biggest play of the game when he dropped back into the pocket and delivered a pass into the hands of Army Staff Sgt. Alexander McClure, who made the catch at the Storm seven-yard line.

"The entire game, they (Storm) were blitzing off

of that strong left side," Morahan explained. "We knew that the slots were going to be open. It (the ball) got tipped, but luckily, it went right to him."

While the toss was a little short, McClure said that there was no way he was not going to come down without the ball.

"I beat my guy at the line," McClure noted. "I looked back and saw him (defensive back) look at me and I knew it was golden from then. So at that point, I pulled up, saw it coming short, and I went and go get it."

On the very next play, running back Maurice Melton ground and pounded his way for the final seven yards and the only touchdown of the game.

The win raised the Paniolos record this season to 2-1-1 and, while it's good enough for a winning season, Atkins said that this year's team has some unfinished business to take care of.

"We got our minds set on Waikiki (Stingrays)," Atkins said. "That's our only loss and that's who we want to beat."



Army Staff Sgt. Alexander McClure goes up to haul in a pass from quarterback Ensign Nick Morahan, USS Hopper (DDG 70), for a 40-yard reception.

## Navy Region Hawaii athlete to compete in Warrior Games

Don Robbins

Editor, Ho'okele

An active-duty athlete from Navy Region Hawaii is among those who will be participating in the 2015 Department of Defense Warrior Games, which will take place from today to June 28 at Marine Corps Base Quantico, Va.

Navy Hospital Corpsman 2nd Class Roel Espino of Naval Health Clinic Hawaii will be competing in archery and shooting events.

The Warrior Games will bring together about 200 wounded war-

rior athletes from all branches of military services, as well as the United Kingdom.

Navy Wounded Warrior—Safe Harbor is facilitating Team Navy's involvement in the event, and this year's team includes seriously wounded, ill and injured Sailors and Coast Guardsmen from regions throughout the United States.

According to his Warrior Games profile, Espino enlisted in the Navy in September 2008 because of the unexpected adventure a military career promised.

When he finished training, he hoped his first duty station would

be Naples, Italy. However, he was assigned to the 1st Marines.

Then in March 2014, while stationed at Naval Health Clinic Hawaii (his second command), Espino was riding a motorcycle when he was struck by a car and thrown from the bike. He suffered a traumatic brain injury and injuries to his right leg. He now suffers from amnesia.

He is a graduate of Kaplan University and said he expects to medically retire from the Navy this year. He has long been active, playing football and baseball in high school, but he had never tried archery before he started

adaptive sports.

"After my accident I was angry. Through adaptive sports, I was able to discover new skills and make new friends who suffered from similar ailments," Espino said.

He is preparing to go into competitive archery and shooting when he transitions to civilian life. He said he is grateful for the positive influence sports have had on his life, and that he is excited about competing at the Department of Defense Warrior Games.

(For more information on the games, visit the website <http://ow.ly/OuYTF>.)

**STORY IDEAS?**

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

**Phone:**  
**(808) 473-2890**

**or email:**  
[editor@hookelenews.com](mailto:editor@hookelenews.com)

**HO'OKELE**

# Port Royal comes back to win in extra innings

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho'okele

A backlog of three teams tied for second place has created a scramble for one of four playoff spots in the Afloat Division.

On June 13, two of the teams squared off in hopes of clearing the postseason picture, which is scheduled for the final week-end of June.

While the USS Jefferson City (SSN 759) No Glove, No Love clearly held the upper hand over USS Port Royal (CG 73) in the early innings of their showdown, Port Royal came back to tie the score before winning 10-8 in extra innings at Millican Field, Joint Base Pearl Harbor-Hickam.

The win put Port Royal in sole possession of second place with a record of 6-2, while Jefferson City fell to 5-3.

"I don't know if you've seen any other of our games, but we've been down," said Port Royal pitcher Hospital Corpsman 2nd Class Glen Murrill, who went the distance for the win, while contributing four RBIs on three hits.

"A couple weeks ago, we were down against Hopper 8-2 going into the bottom of the seventh.



Ship's Serviceman Seaman Jay Donte slides safely into third base to put a runner in scoring position for USS Port Royal (CG 73).

We pushed it into overtime and then we scored nine times in the bottom of the ninth. It's all about finding that stride."

In the bottom of the first inning, Jefferson City got on stride first when the team picked up four runs on three hits and a sacrifice fly.

Electronics Technician 2nd Class Garrett Handwork drove in the first run of the game before Chief Electronics Techni-

cian Joe Barrett and Sonar Technician (Submarine) 2nd Class Kyle Brown picked up an RBI single.

While Port Royal went down easy in the top of the first, Murrill got the team right back into the game by punching a double to drive in two runs to cut the Jefferson City lead in half.

Murrill allowed two hits to Jefferson City in the bottom of

the second but held the team without a run to keep the game within reach.

That helped Port Royal to inch even closer when Sonar Technician (Surface) Seaman Anthony Jones clubbed a single to drive in a run and make it 4-3 in favor of Jefferson City.

Clinging to a one-run lead, Jefferson City got some needed breathing room by scoring two runs in the bottom of the third for a 6-3 advantage.

Barrett led off the inning with a triple and came home on a base hit by Brown to get things started.

Later in the fourth inning, Barrett drove in another run with a single to make it a 7-4 game in favor of No Glove, No Love.

However, Port Royal came as close as they had ever been in the game by scoring two times in the top of the sixth to make it 7-6.

After Jefferson City responded with a run of their own to make it 8-6, Port Royal completed the comeback with two runs on RBI singles by Jones and Ship's Serviceman Seaman Jay Donte tying the game at 8-8.

Then after Murrill shut out Jefferson City in the bottom of the seventh, Port Royal came

back in the eighth to score two more times on a triple by Ensign Jay Hall and a single by Ensign Andrew Martinez.

"I was in the front of the batter's box the whole game," Hall said about his big hit that accounted for the go-ahead run. "I wasn't having any luck, so I scooted back. I just wanted to get it in play, and it went farther than I expected it to."

Murrill proceeded to set Jefferson City down in order in the bottom of the eighth to preserve the win.

With only one week remaining in the regular season, the win by Port Royal should be good enough to clinch down a spot in the upcoming playoffs.

Murrill said that the team has already shown that they can play well under pressure, so anything can happen.

"I like our chances," Murrill admitted. "We got a lot of good hitters. With that being said, I think we have a lot of depth to make a run in this thing."

**STORY IDEAS?**  
Contact the Ho'okele editor for guidelines and story/photo submission requirements  
Phone: (808) 473-2890/2895  
Email: editor@hookelenews.com

# No secret about NIOC's postseason aspirations

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho'okele

Navy Information Operations Command (NIOC) Victorious Secret's march through the regular season has been a continuous series of one-upmanship, as the team started off the year slow, but picked up steam to earn the Red Division's No. 2 seed going into the playoffs, which are scheduled for the final weekend of June.

After securing their spot in the playoffs with a come-from-behind win over Afloat Training Group (ATG) a week ago, NIOC ended their regular season one game early with a 13-0 win over Fleet Area Control and Surveillance Facility (FACSFAC) Pearl Harbor on June 15 in an intramural softball matchup at Ward Field, Joint Base Pearl Harbor-Hickam.

NIOC ended the regular season with a record of 7-2 while FACSFAC, with a double-header to play on June 22, dropped their seventh game against only one win.

"This is all a new team," said Chief Cryptologic Technician (Collection) Ross Beebe, who accounted for three of the team's 13 runs with a two-run homer and an RBI single. "None of us have played

together prior to this season. We got six, seven, eight games and chemistry showed up."

In the top of the first, NIOC went right to work when lead-off hitter Master-at-Arms 2nd Class Jason Davis stroked the first pitch of the game for a single.

Then with two men on, Chief Cryptologic Technician (Networks) Josh Porter shot a line drive that got past the outfield and rolled to the left-field fence for a three-run, inside-the-park home run and a 3-0 advantage.

Some shaky fielding by FACSFAC in the top of the second allowed NIOC to score two more runs and take a 5-0 lead.

The game really got away from FACSFAC in the top of the third when NIOC paraded nine batters to the plate and scored five more times to break the contest open at 10-0.

The big hit in the inning came off the bat of Beebe, who with Porter on first, smashed a towering shot that flew over the head of the FACSFAC center fielder and allowed Beebe to circle the bases for a two-run, inside-the-park homer.

"I was just swinging through the zone," said Beebe about his deep shot.

A sacrifice by Information Systems Technician 2nd Class Dsean Handy plated another run before pitcher Cryptologic

Technician (Collection) 1st Class Will Maldonado helped out his own cause by stroking a two-run single.

Back to the top of the order in the fourth, Davis got ahold of a pitch and drilled a bullet through the left-center field gap.

As the ball skipped toward the fence, Davis got on his horse and touched them all for a solo jack and an 11-0 lead.

"Leadoff sets it off," said Davis about how seriously he takes his business at the top of the order. "As soon as I get on, that sets it up for the two, three and four hitters. If I get on and the guys see it, it's just one hit after another."

After closing out the regular season with a win, Davis said that he really likes the way the team has progressed from day one.

Guys are hitting, getting on base and, according to Davis, are ready to make a strong run in the postseason.

"We're a completely different team," he pointed out. "We got our whole team back and everybody is healthy, so we're ready to go."

Davis said the key will be for the team to avoid injuries and for everyone to show up.

"We just need to stay together," Davis stated. "We beat the No. 1 team already, so we're ready to go."



Chief Cryptologic Technician (Networks) Josh Porter congratulates teammate Chief Cryptologic Technician (Collection) Ross Beebe after Beebe delivered a two-run, inside-the-park homer.

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## Tips for living longer, healthier lives

Yan Kennon

Senior Writer, Naval Hospital Jacksonville Public Affairs

June is Men's Health Month, a time to raise the awareness of preventable health problems and encourage early detection.

Twelve percent of men (18 years and over) are in fair or poor health, according to the Centers for Disease Control and Prevention. While men should make health a priority and take active daily steps to become healthier and stronger, there are many easy things that men — and women — can do to improve and maintain health.

"By proactively getting the right health services, screenings and treatments, we help our chances of living a longer, healthier life," said Capt. John Le Favour, Naval Hospital Jacksonville commanding officer.

"Things such as age, health and family history, lifestyle choices, and other factors impact our health care needs and how often we need it. That's why early detection is key. So we encourage you to get regular checkups and tests to find problems before they start," Le Favour said.

### Get good sleep

Insufficient sleep can be associated with a number of chronic diseases and conditions such as diabetes, obesity and depression. Sleep needs change with age. Seven to nine hours is ideal for adults.

### Toss the tobacco

About 30 percent of U.S. men smoke cigarettes. It's never too late to quit, plus it produces immediate and long-term benefits — lowers risk of heart disease, cancer, lung disease and other illnesses. And avoid second-hand smoke — it can cause problems similar to those that smoke.

### Be active

Thirty-eight percent of U.S. men are overweight. At least two and a half hours of moderate-intensity aerobic activity is recommended each week for adults. And indulge in muscle-strengthening activities at least two days a week. Work all major muscle groups including legs, hips, back, abdomen, chest, shoulders and arms. Spread activity out during the week, no need to do all at once.

### Eat healthy

Men should eat a variety of fruits and vegetables every day, as they are sources of the many vitamins and

minerals that protect from chronic diseases. Choose healthy snacks and limit items high in calories, sugar, salt, fat and alcohol.

### Manage stress

Physical or emotional tension is often signs of stress. Sometimes stress can be good, but harmful when severe feeling overwhelmed and out of control. Self-care and social support can be the best way to manage stress. Avoid drugs and alcohol, stay active and find support when needed.

### Stay on top of your game

Patients should see their primary care manager (PCM) for regular checkups. Because certain diseases may not have symptoms, regular checkups can help diagnose issues early before becoming a problem. Pay attention to obvious signs and symptoms such as chest pain and shortness of breath.

Individuals should also track personal numbers like blood pressure, blood glucose, cholesterol and body mass index. PCMs can identify what tests are needed and frequency needed. And get vaccinated.

Immunizations help maintain health, regardless of age. They can protect individuals and the community from serious disease.

## Upcoming blood drives

- June 22, 10 a.m. to 2 p.m., Schofield Barracks Tropics.
  - June 23, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.
  - June 29, 9 a.m. to 1 p.m., 205th Military Intelligence Battalion, building 520, Fort Shafter.
  - June 30, 8 a.m. to 11 a.m., Schofield Barracks Health Clinic, building 683.
  - July 1, 9 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 1770, Joint Base Pearl Harbor-Hickam.
- For more information, call 433-6699 or 433-6148 or email [michelle.lele@amedd.army.mil](mailto:michelle.lele@amedd.army.mil).

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Phone: 473-2890  
[editor@hookelenews.com](mailto:editor@hookelenews.com)

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



# Taking Back Sunday to perform Saturday

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The rock band Taking Back Sunday will perform Saturday at Ward Field, Joint Base Pearl Harbor-Hickam.

Gates will open at 7:30 p.m. and the show will begin at 8 p.m. The band has been on a two-week Navy Entertainment Tour, and Hawaii is the final stop after shows in Japan and Guam.

"Taking Back Sunday is on their third Navy entertainment tour and love to entertain our troops around the world," said Karen Fritz, Navy entertainment coordinator for Commander, Navy Installations Command. Fritz pointed out that on their first tour, singer Adam Lazzara performed with a broken leg.

"That says a lot for the integrity of a band when they don't want to cancel a tour even when their lead singer has a broken leg. They fit our demographic, put on an amazing show and love to spend time with our Sailors. What more could we ask for? The community at JBPHH



Taking Back Sunday will perform Saturday at Ward Field, Joint Base Pearl Harbor-Hickam.

won't want to miss this one," said Fritz.

Guitarist Eddie Reyes said the band is happy to be on their third tour with Navy Entertainment.

"It's always nice on our end to do something for these men and women who make big sacrifices to be away from home and from their families to serve their country. We are looking forward to making new friends around the world. I've never actually been to Pearl Harbor and I am looking forward to seeing it," Reyes

said. His grandfather fought in World War II, and bass guitarist Shaun Cooper has an appreciation for the strong history of the base. He also revealed a more recent connection, adding, "My friend Bo was stationed there for a couple of years and he loved it, so I can't wait to meet some of the men and women stationed there now."

"We are happy to have a rock group that will resonate with our young Sailors, Airmen and all of the military on this island," said Lara

Katine of MWR Special Events.

"I have spoken with numerous personnel who have responded to the news with, 'that's my favorite band.' Not only will the island experience a great rock band, but our military will enjoy them for free."

Food and beverages will be available for purchase. Certain safety and security restrictions will also apply.

*(For more information on what is allowed at the event, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).)*

## Hawaii Transition Summit scheduled for July 8, 9

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

A free transition summit will be held July 8 and 9 at Club Pearl, Joint Base Pearl Harbor-Hickam.

The event is a first of its kind for the military in Hawaii. This two-part event will include an interactive forum, panel discussion and networking reception on the first day from 5 to 8 p.m. and a job fair the next day from 9 a.m. to 5 p.m.

"The summit provides a unique and innovative opportunity to network and explore the best practices for transitioning from the military," said Richard Carlson, work and family life supervisor at JBPHH Military and Family Support Center.

"Each portion will feature roundtables, panel events, recruiter training, workshops and facilitated discussions focused on improving competitive employment for service members, veterans, and military spouses in addition to networking receptions and opportunities for all involved," Carlson said.

At the first event on July 8, U.S. Secretary of Labor Thomas Perez will be the keynote speaker. It will begin at 5 p.m., and there will be a networking event at approximately 6 p.m. Attendees, employers and job seekers are welcome to attend.

The transition summit and job fair on July 9 will include speakers from senior government leaders in the U.S. Department of Defense Transition to Veterans Program Office, U.S. Department of Veterans Affairs, U.S. Department of Labor and other government agencies. There will also be a presentation from employers on best practices.

The hiring fair and employment workshops will be available to all in attendance. Workshops will include a resume writing and interview skills event, hosted by Hiring Our Heroes and U.S. Chamber of Commerce Foundation, a military spouse workshop, Veterans Employment Center for job seekers and employers workshop, and VA for VETS, with information about resume writing and federal careers.

## Your Weekly Fun with MWR

Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or subscribe to MWR's digital magazine Great Life Hawaii.



**PeeWee Flag Football Registration period** for youth ages 3 to 5 years old closes today. The season runs from July 11 to Sept. 29. The fee is \$25, and registration is available at [www.greatlifehawaii.com](http://www.greatlifehawaii.com). FMI: 473-0789.

**Father's Day 8K** will begin at 8 a.m. Saturday at Hickam Fitness Center in preparation for the annual half-marathon. Registration is at 7:30 a.m., and there is no entry fee. FMI: 448-2214.

**Free Golf Clinic** will begin at 9:15 a.m. Saturday at Barber's Point Golf Course. FMI: 682-1911.

**Father's Day Bowling** will be held from 10 a.m. to 1 p.m. June 21 at the bowling centers on the Hickam and Pearl Harbor sides of Joint Base Pearl Harbor-Hickam. Dads can bowl at no charge with a paying family member (up to three games for dad). FMI: 448-9959 or 473-2574.

**Father's Day Movie Special** will be available June 21 at Sharkey Theater. Fathers will receive a free small bag of popcorn when accompanied by a family member or have a picture on cell phone of son or daughter. FMI: 473-0726 and [www.navy.mwr](http://www.navy.mwr).

[org/movies/theater](http://org/movies/theater).

**Belly Flop/Biggest Splash Contest** will be held from 1 to 2 p.m. June 21 at Scott Pool. Participants can sign up at the pool starting at noon on event day. There is no charge to enter. FMI: 473-0394.

**"Read to the Rhythm" Summer Reading Program:** Pacific Fleet Jazz & Pop Combo will be held from 2 to 4 p.m. June 24 at the JBPHH Library. The Pacific Fleet Band will give a free interactive performance and instrument demonstrations. Refreshments will be served.

FMI: 449-8299.

**Dive-In Movie Night** will begin at 6 p.m. June 26 at Hickam Pool 2. Patrons can watch "How to Train Your Dragon 2" (rated PG) in the pool for free. FMI: 260-9736.

**Chill & Grill Plus 9-Ball Tourney** will be held from 6:30 to 8:30 p.m. June 26 at Brews & Cues in Club Pearl. Patrons can sign up to play in the pool tournament. There is no charge to enter. FMI: 473-1743.

**Learn to Spearfish** will begin at 9 a.m. June 27 and June 28 at MWR Outdoor Recreation-

Hickam Harbor. On the first day, class will be held at Hickam Pool and lasts about three hours. All participants will need a mask, fins and snorkel. Other equipment and transportation are provided. The cost is \$60, and the sign-up deadline is June 25. FMI: 449-5215.

**Kayaking the Mokulua Islands** will be held from 9 a.m. to 3 p.m. June 27 at MWR Outdoor Adventure Center Fleet Store. The trip includes transportation, paddling gear and guides. The cost is \$35, and the sign-up deadline is June 25. FMI: 473-1198.

Community Calendar

JUNE

**TAKING BACK SUNDAY CONCERT**

**SATURDAY** — The rock band Taking Back Sunday will perform a free concert at Ward Field, Joint Base Pearl Harbor-Hickam, beginning at 8:30 p.m. Gates will open at 7:30 p.m. All military ID card holders and their guests are invited to attend. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

**FATHER'S DAY 8K**

**SATURDAY** — A free 8K run will be held at the Hickam Fitness Center. Registration is at 7:30 a.m. and the race will begin at 8 a.m. Awards will be given to the first-place winner in each category, including men's, women's, youth boys, youth girls, stroller men's and stroller women's. FMI: 448-2214.

**FATHER'S DAY BOWLING SPECIAL**

**SUNDAY** — Fathers can bowl free (up to three free games) with a paying family member from 10 a.m. to 1 p.m. at the bowling centers on the Hickam and Pearl Harbor sides of Joint Base Pearl Harbor-Hickam. FMI: 448-9959 or 473-2574.

**NAVFAC HAWAII JOB FAIR**

**23** — A Naval Facilities Engineering Command Hawaii (NAVFAC Hawaii) job fair for federal job opportunities will be held from 11 a.m. to 6 p.m. at Moanalua Shopping Center Navy Service Center building, room 143. NAVFAC handles the Navy's facilities engineering products and services in Hawaii. The organization plans to hire for various professional, trade and administrative positions. FMI: 471-0163.

**HEALTHY LIFESTYLE FESTIVAL**

**26 TO 29** — The Pearl Harbor Navy Exchange (NEX) and the Defense Commissary Agency (DeCA) will hold a healthy lifestyle festival for authorized patrons from 9 a.m. to 9 p.m. daily at the NEX mall. The event will feature a farmers' market theme and will include a petting zoo, barbecue lunch and fresh produce sold by DeCA in the NEX courtyard. NEX will showcase and sell indigenous Hawaiian plants and a variety of local foods. FMI: 423-3287 or email [Stephanie.Lau@nexweb.com](mailto:Stephanie.Lau@nexweb.com).

**FITNESS DEMONSTRATIONS**

**26 AND 29** — Naval Health Clinic Hawaii and Joint Base Morale, Welfare and Recreation will conduct body-fat analysis and demonstrate the Navy Operational Fueling and Fitness

Series training from 11 a.m. to 1 p.m. They will also be available to answer questions on health and exercise programs at the Joint Base Pearl Harbor-Hickam Fitness Center. FMI: 423-3287 or email [Stephanie.Lau@nexweb.com](mailto:Stephanie.Lau@nexweb.com).

**ALL-HANDS CALL**

**30** — Master Chief Petty Officer of the Navy (MCPON) Mike Stevens is scheduled to conduct two all-hands calls at Sharkey Theater, JBPHH. The first session will be from 9 to 10 a.m. for E-5 and below. The second session will be from 10:30 to 11:30 a.m. for E-6 and above.

JULY

**SUMMER FUN RUN**

**1** — The Pearl Harbor Navy Exchange (NEX) and the Defense Commissary Agency (DeCA) will hold a free two-mile summer fun run for authorized patrons beginning at 7 a.m. in the NEX parking lot. Applications for the run will be available and accepted at the NEX aloha center concierge desk. Participants can also sign up on the day of the event from 6:15 to 6:45 a.m. Refreshments will be available after the run. FMI: 423-3287 or email [Stephanie.Lau@nexweb.com](mailto:Stephanie.Lau@nexweb.com).

**BRAIN TRAINING PROGRAM**

**1, 2** — The Brain Institute of the Center for Brain Health at University of Texas at Dallas will hold free high performance brain training program sessions at the Navy College, Joint Base Pearl Harbor-Hickam. The event is sponsored by the Armed Services YMCA of Honolulu. Space is limited. Members of all branches of service may attend. Sessions for active duty E-8 and above will be held from 9 a.m. to noon on both days. Sessions for spouses of active duty will be held from 6 to 9 p.m. on both days. FMI: Anne Kornegger at 473-3398 or email [anne@asymcahi.org](mailto:anne@asymcahi.org).

**FOURTH OF JULY CELEBRATION**

**4** — A Fourth of July celebration will be held from 3 to 9:30 p.m. at Ward Field, Joint Base Pearl Harbor-Hickam. The event will include a fireworks display at 9 p.m. and special guests Dishwalla in concert at 7:30 p.m. A performance and autograph session by street bike stunt rider Aaron Colton will be held at 4:30 and 6:45 p.m. Other free activities will include a petting zoo, batting cage, car show, and trampoline/gymnastics demonstrations. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



**MAX (PG) FREE ADVANCE SCREENING**

A dog that helped US Marines in Afghanistan returns to the U.S. and is adopted by his handler's family after suffering a traumatic experience.

Movie Showtimes

**SHARKEY THEATER**

**TODAY 6/19**  
7:00 PM Poltergeist (3-D) (R)

**SATURDAY 6/20**  
2:30 PM Tomorrowland (PG)  
5:10 PM Pitch Perfect 2 (PG-13)  
7:30 PM Mad Max: Fury Road (R)

**SUNDAY 6/21**  
2:30 PM Tomorrowland (PG)  
5:10 PM Avengers: Age of ultron (PG-13)  
7:50 PM Poltergeist (3-D) (R)

**THURSDAY 6/25**  
7:00 PM Pitch Perfect 2 (PG-13)

**HICKAM MEMORIAL THEATER**

**TODAY 6/19**  
6:00 PM Pitch Perfect 2 (PG-13)

**SATURDAY 6/20**  
5:00 PM Max (PG) Studio appreciation advance screening- free admission at box office.

**SUNDAY 6/21**  
2:00 PM Pitch Perfect 2 (PG-13)

**THURSDAY 6/25**  
7:00 PM Mad Max: Fury Road (R)



## Ramadan offers challenges, opportunities in uniform

Story and photo by  
Brandon Bosworth

Assistant Editor, Ho`okele

June 17 marked the beginning of the Muslim holy month of Ramadan. One of the Five Pillars of Islam, it is a time of prayer and fasting. Except under certain extreme circumstances, Muslims are forbidden to eat or drink anything between sunrise and sunset during the 30 days of Ramadan.

For Muslims serving in the U.S. armed forces, honoring Ramadan can be a challenge.

“Early in my career, I had problems,” said Gunnery Sgt. Jimi Khamisi, Marine Air Group 24, Marine Corps Base Hawaii. “I would run and do everything and still maintain my fast. But if your heart is right, God will provide.”

Master-at-Arms 1st Class (SW/AW) Khayree Nuriddin, Joint Base Pearl Harbor-Hickam (JBPHH), believes the sacrifice is well worth it.

“Fasting makes you value what you have,” he said. “And when you break your fast, it’s the best food you’ve ever ate and the best water you’ve ever drank.”

The Ramadan fast is just one difficulty facing Muslims in the military. Another one is other service member’s prejudicial attitudes about the religion.

“A lot of people have only been exposed to negative images of Islam from the media,” said Nuriddin. “But there are Muslims in the U.S. military who are very patriotic and would die for this country.”

Khamisi added, “People have misconceptions and think the Quran encourages violence and killing innocents.”



Master-at-Arms 1st Class (SW/AW) Khayree Nuriddin, Imam Ismail Elsheikh and Gunnery Sgt. Jimi Khamisi discuss Ramadan at Joint Base Pearl Harbor-Hickam on June 15.

To help bridge the gap between Muslims and non-Muslims, the Hickam Chapel at JBPHH will be hosting a Ramadan event from 5:30 to 9 p.m. on June 25. The timing of the event coincides with Iftar, the traditional breaking of the day’s fast. There will be food as well as presentations about Islam, a call to prayer, and a recitation from the Quran in both Arabic and English. People of all faiths are welcome to attend and ask questions.

One of the featured guests at the event will be Imam Ismail Elsheikh of the Muslim Association of Hawaii. Since moving to Hawaii in 2003, Elsheikh has frequently worked with Muslims in the military.

“I like to deal with the military Muslims,” he said. “They are very organized and very serious.”

Elsheikh, Nuriddin and Khamisi

all hope interested individuals will attend the June 25 event and take advantage of the opportunity to learn more about their faith.

“Our goal is to foster friendship and bridge the divide,” said Khamisi. “We want people to experience the best of Islam.”

**What:** Ramadan Iftar  
**When:** 5:30 to 9 p.m., June 25  
**Where:** Hickam Chapel, 180 Kuntz Ave., JBPHH

This event will feature presentations about Islam, a call to prayer and a recitation from the Quran in both Arabic and English. People of all faiths are welcome to attend and ask questions. For more information, contact Gunnery Sgt. Jimi Khamisi via email at [jimi.khamisi@usmc.mil](mailto:jimi.khamisi@usmc.mil).

## My Favorite Photo...

Do you enjoy taking pictures and have a favorite photo? Would you like to see it featured in Ho`okele? Here is your opportunity.

Your favorite photo can be just about anything, but keep in mind that it should be in good taste.

We aren’t looking for posed family shots, but action and candid shots of family members and pets are fine. If you have

a photo that you think is interesting and creative, here is your chance to see it published.

Photo submissions will be reviewed by Ho`okele editors who will determine if and when they will run in the newspaper.

Along with your photo, please send a little bit of information about the photo, such as where it was taken or any inter-

esting details. Also include the name of the photographer and contact information.

Please send your photos to [editor@hookele.com](mailto:editor@hookele.com) and “cc” Karen Spangler, managing editor, at [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil) and Don Robbins, editor, at [d Robbins@hookele.com](mailto:d Robbins@hookele.com). Brush up on your photography skills. Ready, set, shoot!



## Silver Dolphin plans ‘summer bash’

A special “summer bash” meal will be served from 11 a.m. to 12:30 p.m. June 22 at the Silver Dolphin Bistro, Joint Base Pearl Harbor-Hickam.

The meal will include grilled rib-eye steak served with au jus and sautéed mushrooms and onions, boiled crab legs, grilled teriyaki chicken, a baked potato bar, rice pilaf, steamed green beans, but-

tered corn on the cob, New England clam chowder, hot rolls, assorted cakes and cheesecakes and an ice cream bar

The price of the meal is \$5.55. The meal is open to military members, Department of Defense civilians, retirees and family members of active duty military with valid ID cards.

For more information, call 473-2519 or 473-2948.

## USO Hawaii to host ‘Twilight Tribute’ troops event at park

USO Hawaii will hold the third annual Twilight Tribute to the Troops from 3 to 9 p.m. Saturday at Sea Life Park.

The event is an opportunity for military and their families to enjoy the park for free with valid military ID or family ID.

The park will be closed to the public during the event, so that Hawaii’s military and their families can experience all the park’s shows and attractions. The event will also include giveaways, children’s activities and entertainment from

Chief Sielu, featuring performances from his luau show.

No RSVP is required. IDs will be accepted for active duty and their family members, Reserves and retired military. Each member of the group age 11 and up needs to present an ID.

Free off-site parking is available at Bellows Air Force Station with continuous shuttle service to and from Sea Life Park, beginning at 2:30 p.m.

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

