

Life & Leisure

'SUPERHEROES' POWER UP AT 10K RUN

Story and photos by
MC2 Johans Chavarro

Navy Public Affairs Support Element Detachment Hawaii

Service members, families and friends gathered at the Hickam Fitness Center at Joint Base Pearl Harbor-Hickam to participate in a "superhero" themed 10K run July 25.

Participants were encouraged to dress up as their favorite superhero as a way to express themselves during the run.

"Every time we do a run, we typically have a theme," said Air Force Staff Sgt. Adrienne McDonald, race coordinator and Airman assigned to the 647th Forward Support Squadron.

"People seem to love it. They get involved and we really see the most participation whenever we host these types of runs," McDonald said.

Before the race began, event coordinators held a costume contest to acknowledge those who went above and beyond in preparing their super hero outfit.

According to McDonald, the themed races bring a sense of camaraderie as participants get a chance to show off their costumes during the costume contest and during the course of the race.

"People sometimes get intimidated by long runs, and I'm thrilled to see so many participants in the race," said McDonald. "Camaraderie is definitely lifted during these races, especially whenever we do costume contests and things like that. People really enjoy being a part of that."

Air Force Airman 1st Class Samira Gaye, race coordinator and Airman also assigned to the 647th, echoed McDonald's sentiments, saying there is an extra sense of excitement as participants ready to display their costumes.

"We have Superman, we have

Wonder Woman, everyone's coming out," said Gaye. "I love the excitement people bring to these races, especially with the costumes and seeing people getting dressed up. The kids come out and dress up, too. It's such a fun time."

For participants, the chance to don costumes offered another aspect to the race, aside from just competition.

"Dressing up really makes it more family friendly," said Air Force Tech Sgt. Michael Clemens, race participant and Airman assigned to the 15th Wing, 747th Communication Squadron.

"There are definitely people out here competing, but most of the people are here just to have a good time, and it shows," Clemens said.

"It really gives me a chance to express myself," said Air Traffic Controlman 3rd Class Ruben Muñoz Jr., race participant and Sailor assigned to Fleet Area Control Surveillance Facility Pearl Harbor.

"I feel like if we're running around the base and some kids see us, it'd be a cool thing to see Captain America running down the street," Muñoz said.

However, in the end, for Muñoz and others, the race still represented a way to improve their physical fitness.

"I definitely want to do better on my PRT, so me and my second class came out here to try and get in better shape, and this is the perfect thing," said Muñoz.

"We get to come out here and compete against each other and push each other. Also, it's on base, which makes it that much easier to be a part of, since it's so close," Muñoz added.

The superhero 10K was the final race in a series of runs designed to prepare participants for the ninth annual Hickam Half-Marathon in August.



Participants in the "superhero" themed 10K race compete in a costume contest before the start of the run July 25 at Joint Base Pearl Harbor-Hickam.



Angela Amos, race participant, receives a cup of water from a water station.

(Above) Colorfully costumed superheroes run along the route. (Below) Families and friends take photographs of winners of one age group after the completion of the superhero-themed race.



Racers leave the starting line.

DISA-PAC stay in hunt with straight-set victory

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Defense Information Systems Agency Pacific (DISA-PAC) took control late in the first and second sets to sweep past Head Quarters Pacific Air Forces (HQ PACAF) HQ 5-0, 25-13 and 25-18 on July 23 in a Blue Division intramural volleyball matchup at Joint Base Pearl Harbor-Hickam Fitness Center.

The victory raised DISA-PAC's record to 2-1 while HQ 5-0 are still searching for their first win and fell to 0-3.

"The team made a good effort and was motivated," said Spc. Jorge Pando, who came up with a few big hits to propel his team. "They really motivated me to hit. If they don't pass, I cannot hit."

In the first set, both teams exchanged points throughout the early stages of the game but with it tied at 5-5, DISA-PAC scored the next six points in a row to

take control at 11-5.

From there, the game was never in question and with only a few more points to go, Army Master Sgt. Jeff Klur put the finishing touches on the game by rattling off five straight points while controlling service for the final score of 25-13.

During the last five points, Klur served up four aces to put DISA-PAC up one set to none.

The second set played out almost exactly as did the first with DISA-PAC fighting off a strong effort by HQ 5-0.

Although HQ 5-0 stayed around much longer this time around, even tying up the game at 18-18, the team fell short once again due to the overall play of DISA-PAC.

Information Systems Technician 2nd Class Jenna Welsh's strong play at the net and backcourt contributed heavily to the win by DISA-PAC.

Welsh, who came up with a couple of big aces to go along with a few kills, said that consistent play –

especially from service – made all the difference in the world.

"Serving is the key to winning a game," she said. "A lot of times – especially at this particular level of play – serving counts a lot. If you don't get your serves, you won't get any points."

While Welsh said that she isn't sure what works for her teammates, before she serves it up, she likes to take aim at a spot or player.

"I can't speak for all of my teammates, but a lot of people who have a little more experience, we are looking for players to kind of pick on or single out," Welsh said.

After easily winning the first set, Pando admitted that DISA-PAC found themselves in a dogfight with neither team appearing to back down.

Pando said that winning the second set not only ended the match but also sent a message that when the going gets tough, DISA-PAC has what it takes to fight back and win.

"That's one of the big things about the military," Pando stated. "We never quit. We can be 10 points down, but the ending point is 25, so that's where we have to keep going."

That kind of never-say-die attitude, Pando said, is what the team is counting upon to earn its best season yet.

As long as the team's players stay healthy, Pando envisions a winning regular season and a possible title in the playoffs.

"I think we have a pretty good team," he said. "We're looking forward to a championship game. We practice twice a week, and I think we're going to be one of the top teams."

Welsh agreed with Pando and added that as long as they have enough players, DISA-PAC would go far.

"I think we can do it as long as we get six people on the court," she said.

Information Systems Technician 2nd Class Jenna Welsh of DISA-PAC volleys a shot in play to keep a rally going.



Awana Club to meet at Hickam chapel

Joint Base Pearl Harbor-Hickam Awana Club

The Joint Base Pearl Harbor-Hickam (JBPHH) Awana Club will meet at the Hickam Main Chapel, 180 Kuntz Ave., on Sundays from 3 to 5 p.m. beginning Aug. 23.

Awana Clubs are an international, Bible-centered children's ministry, providing local churches with weekly clubs, programs and training.

The name Awana comes from the first letters of Approved Workmen Are Not Ashamed as taken from 2 Timothy 2:15.

The JBPHH Awana Club is for Department of Defense (DoD) families and has a weekly attendance of about 200 youth. The chapel-sponsored club is focused on dynamic and tailored ministries for youth from kindergarten through high school seniors.

Parents can pre-register their children through the website at <http://ow.ly/QixUv> or and stop by the Hickam Chapel on a Sunday afternoon in August from 1:30 to 3 p.m. to complete the registration process.

A small donation will to help cover the cost of an Awana uniform, handbook and a small book bag. The program is supported completely by volunteers.

Because the club is exclusively for DoD families, a high turnover of adult leaders occurs each summer. For information on volunteering, check under the "leaders page" section of the club website.

This summer, the JBPHH Awana Club had 22 junior and senior high school students at the state of Hawaii Awana Merit Camp, the largest number of merit students from any single club in the state.

For more information, contact the Hickam Main Chapel at 449-1754 or Ben and Carmen Rayburg, the JBPHH Awana commanders, at jbphhawanacommander@hotmail.com.

NEX gas stations to use prepay Aug. 1

Starting Aug. 1, all Navy Exchange (NEX) gas locations will be utilizing a prepay system for all cash and check payments.

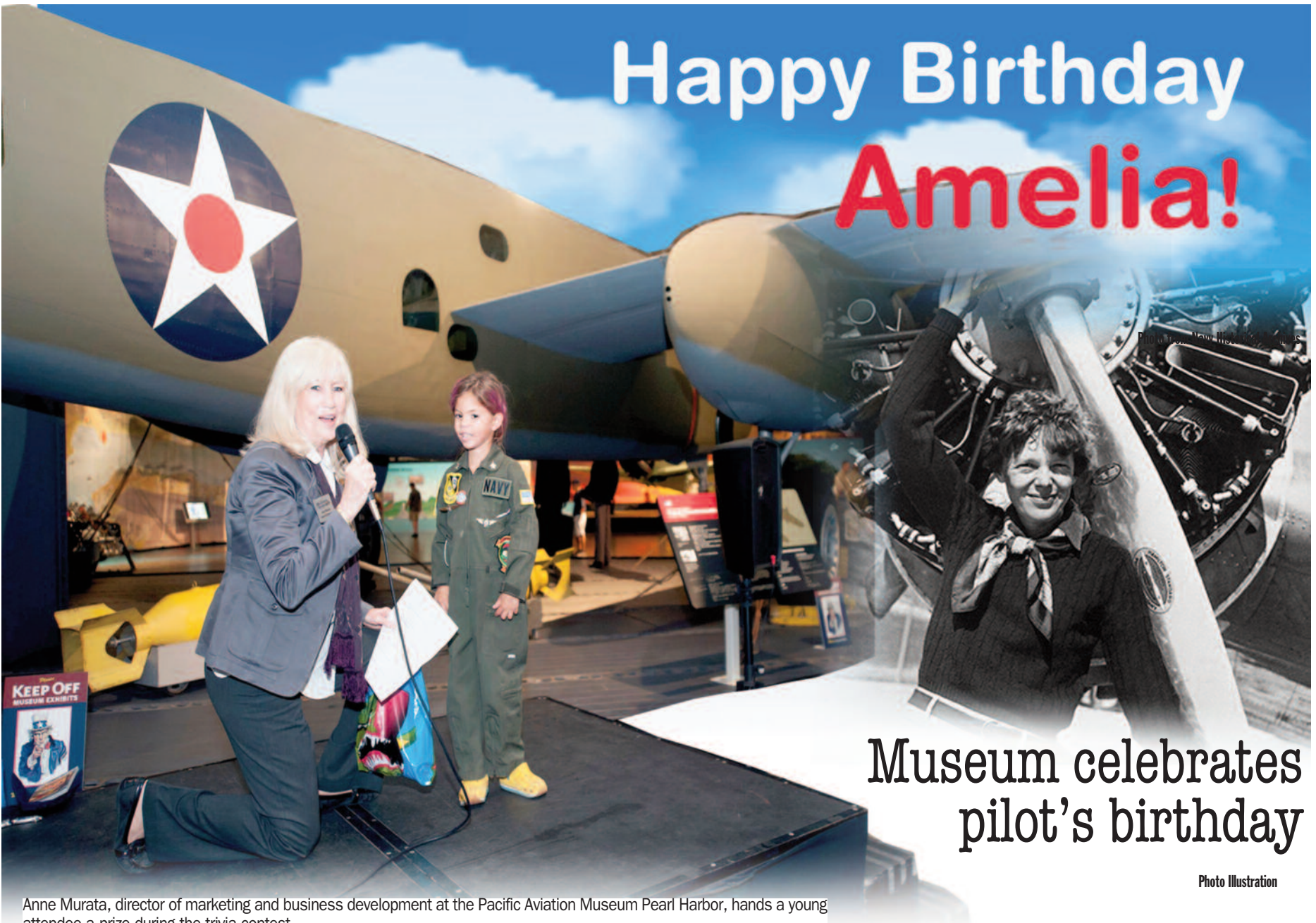
Dispensers will not be activated until an authorized patron has their cash or check payment completely processed, according to the NEX.

Credit card and Military Star Card payments will still be accepted at the pump in normal fashion.

This is a standard practice that is currently utilized by most gas station businesses, according to the NEX.

STORY IDEAS?

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



Happy Birthday Amelia!

Museum celebrates pilot's birthday

Photo Illustration

Anne Murata, director of marketing and business development at the Pacific Aviation Museum Pearl Harbor, hands a young attendee a prize during the trivia contest.

**Story and photos by
MC2 Gabrielle Joyner**

*Navy Public Affairs Support Element
Detachment Hawaii*

The Pacific Aviation Museum Pearl Harbor (PAM) hosted a celebration July 24 in honor of Amelia Earhart's 118th birthday.

Visitors and guests were invited to participate in a "Dress Like Amelia Earhart" look-alike contest, meet with modern women in aviation and browse through the Amelia Earhart exhibit.

"This is an annual thing we do for the local community and they love it," said Anne Murata, director of marketing and business development at the Pacific Aviation Museum Pearl Harbor.

"We like to honor Amelia Earhart on her birthday every year because she was a big fan of Hawaii, and here on

Pearl Harbor she is especially revered because she was an aviator who set all kinds of records that men hadn't even set, and she did amazing things," Murata said.

Elizabeth Gipe, a visitor on vacation to Hawaii, brought her two daughters to the Amelia Earhart event and explained that it was a good time for her and her girls to learn about women in history.

"I think it's awesome that they do stuff like this every year, especially when we just happened to be here during this time," said Gipe.

"I was telling my little one who was a little afraid to go up to the stage for the trivia game, 'If you don't go out there and try, you won't accomplish, and if you don't fail a few times, you won't learn.' Like with Amelia, she had to go out and push and try until she accomplished what she wanted. I want them to learn to take that

chance," Gipe said.

Earhart made two flights to Hawaii, completing a first solo flight from Hawaii to California in 1935 and again in 1937 in preparation for her around-the-world flight.

"She was a big fan of Hawaii," said Murata. "She brought a lot of attention and awareness to Hawaii, which helped our visitor industry, and here on Pearl Harbor she is especially revered because of her history attempting flight right here on Ford Island."

Members of the Ninety Nines, Inc. were also in attendance at the event. The Ninety Nines are an international organization of licensed women pilots from 35 countries. The organization was named for the 99 women pilots who made up the charter, which Amelia Earhart was made the first president.

"It doesn't matter how old you are. I

got my license at 50 years old," said Germaine Toguchi, a member of the Ninety Nines and a volunteer at the Pacific Aviation Museum Pearl Harbor.

"You can get your private pilot license just to feel what it's like to take off and land the plane and to be up there in the air, and the Ninety Nines actually do that. They help advance, educate and promote female pilots in this organization," said Toguchi.

According to Gipes oldest daughter, Victoria, learning the history, life and legacy of Earhart sends an important message to future generations.

"If we don't learn about people like Amelia, we won't learn that it's okay to push yourself, and we will never know what we are capable of," said Victoria.



Gunners Sgt. Aaron Jackson (left), a guest judge in an Amelia Earhart costume contest and Marine assigned to Marine Aviation Logistics Squadron 24, hands a participant a prize for the look-alike contest held during Amelia Earhart's 118th birthday celebration.



A young attendee answers a trivia question.

Visitors take a tour of the Amelia Earhart exhibit at Pacific Aviation Museum Pearl Harbor.

Gallery showcase to return

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The Joint Base Pearl Harbor-Hickam Arts & Crafts Center is once again accepting submissions for its yearly gallery showcase. The event is set up to showcase the artistic talent within the Hawaii military community and is open to active-duty military and their family members, Department of Defense civilians, contractors, Reservists and retirees.

There are three categories in which participants can submit artwork. The first category is "artist-craftsman," which includes any two-dimensional or one-dimensional artwork and crafts.

The second is "photography," which is any black and white or color, digital or film photographs.

The third is "digitally created," which includes computer generated visual media, 3-D still imagery and animated imagery.

Each category will be broken up into three age groups: adults 18 years and up, youth 13 to 17 years old and youth 6 to 12 years old. Each entrant is allowed to submit three entries per category, a



MWR Marketing photo

Patrons view the submitted art at last year's gallery opening.

total of nine if participating in all three categories.

Entries will be accepted from Aug. 1 to Oct. 1 at the Joint Base Pearl Harbor-Hickam Arts & Crafts Center sales store from 10 a.m. to 6 p.m. Tuesdays through Thursdays and from 9 a.m. to 5 p.m. Fridays and Saturdays.

Entrants submitting their artwork will need an entry form, which can be found on www.greatlifehawaii.com or picked up from the Joint Base Pearl Harbor-Hickam Arts Crafts Sales Store. Participants are advised to have two copies of the entry form per submission, as one will go on the piece and the other

will be collected for staff records.

All two-dimensional submissions, such as paintings, photography and digital art, must be framed or "wall ready" to be displayed in the gallery. The three-dimensional artwork will be displayed on shelves.

On Oct. 14 there will be a special gallery opening reception from 5:30 to 7:30 p.m., which is designed as an elegant event with appetizers served. Submissions will remain on display at the gallery through Jan. 15, 2016.

The center is located at 335 Kuntz Ave. For more information, call 448-9907.



MWR Marketing photo

The Tradewinds Entertainment Center will open on the site of the former J.R. Rockers.

Shakey's Pizza & more coming in '16

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

It won't open for a while yet, but plans have been revealed for the replacement of J.R. Rockers on the Hickam side of Joint Base Pearl Harbor-Hickam.

MWR announced last week that the contract for the site has been awarded, and the new entity will be the Tradewinds Entertainment Center. The operators said the center is targeted to open in the first quarter of 2016.

Tradewinds Entertain-

ment Center is to be built and operated by the same owners of Sam Choy's Seafood Grille on Hickam Harbor. It will offer food and entertainment suitable for families and single service members.

The food segment will be anchored by Shakey's Pizza Parlor, a casual sit-down dining restaurant with a menu featuring fried chicken in addition to a variety of pizzas.

For those looking for other dining options, Tradewinds Bar and Grill will offer hamburgers, sandwiches, salads and entrees.

Also anchoring the center will be GameWorld, a large arcade featuring

games that award tickets which customers can redeem for prizes. Operators said that the games are designed to provide an exciting new experience on base.

One other feature of the center will be The Baked Bear. Based in southern California, the dessert stop is known for its custom ice cream sandwiches where customers get to choose their cookies for the top and bottom, ice cream center and toppings. This will be The Baked Bear's first location in Hawaii.

Updates will be posted on the www.greatlifehawaii.com website as they become available.

Your Weekly Fun with MWR

Visit www.greatlifehawaii.com or subscribe to MWR's digital magazine Great Life Hawaii.



Youth Fall NFL Flag Football Registration closes today at youth sports and fitness for ages 5 to 15 years old. The season runs from September to December. The cost to sign-up is \$70. Participants can register online at www.greatlifehawaii.com. FMI: 473-0789.

Youth Fall Volleyball Registration closes today at youth sports and fitness for ages 7 to 15 years old. The season runs from September to December. The cost to sign-up is \$70. Participants can register online at

www.greatlifehawaii.com. FMI: 473-0789.

Youth Fall Cheerleading Registration closes today at youth sports and fitness for ages 6 to 12 years old. The season runs from September to December. The cost to sign-up is \$80. Participants can register online at www.greatlifehawaii.com. FMI: 473-0789.

Belly Flop/Biggest Splash Contest will be held from 1 to 2 p.m. Saturday 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.

Library Know-How will begin at 2 p.m. Saturday at the Joint Base Pearl Harbor-Hickam Library. Every first Saturday of each month, participants can learn information about the library and its collections. This is a free event. FMI: 449-8299.

Sunday is Family Day will be held from 11 a.m. to 1 p.m. Aug. 2 at the bowling center on the Pearl Harbor side of Joint Base. This in-

cludes one hour of bowling for a family of up to five people, a cheese pizza, a pitcher of soda and shoe rental. The cost is \$30. FMI: 473-2574.

MWR Super Garage Sale Registration will open Aug. 3 at the MWR Information, Tickets & Travel (ITT) location at the Fleet Store. The cost is \$20 to \$25 for the garage sale, \$25 to \$35 for craft/business. Applications are available at www.greatlifehawaii.com, and registration will be accepted at the ITT Fleet Store location. The next garage sale is from

8 a.m. to noon Oct. 3 at Richardson Field. The event is open to the public, and admission is free for shoppers. FMI: 473-0792.

\$1.50 Mondays will be held from 5 to 9 p.m. Aug. 3 at the bowling center on the Pearl Harbor side of Joint Base. Bowling games, shoe rental and hot dogs are \$1.50 each. FMI: 473-2574.

Ladies Golf Clinic will begin at 9:30 a.m. Aug. 5 at Barbers Point Golf Course. Golf pros will be available to offer tips for female golfers. FMI: 682-1911.

AUGUST

HICKAM COMMUNITIES OPEN HOUSE

1, 2 — Hickam Communities will host open house events from 10 a.m. to 5 p.m. each day at 1306 Porter Ave. on the Hickam side of Joint Base Pearl Harbor-Hickam. The events are designed to showcase Hickam Communities homes, services and amenities, and rent rates that include utilities. Military retirees, Department of Defense employees and members of the Guard and Reserves have an opportunity to live at the base housing area. FMI: 423-7788 or log on to www.hickamcommunities.com/openhouse.

SPONSOR TRAINING

4 — A sponsor training class from 1 to 3 p.m. at the Joint Base Pearl Harbor-Hickam Military and Family Support Center (MFSC) Wahiawa location is designed to give a new sponsor the information, resources and tools needed to help incoming personnel and their families transition to a new environment. Spouses are encouraged to attend. FMI: call 474-1999 or visit www.greatlifeohawaii.com.

NATIONAL NIGHT OUT

4 — Hickam Communities will celebrate National Night Out with a block party from 5 to 8 p.m. at Ka Makani Community Center, Joint Base Pearl Harbor-Hickam. The family-oriented event will include exhibits, food, demonstrations, games and other activities. FMI: 853-3800.

CAREER CHOICES CLASS

5 — A career choices class will be held from 9 to 11 a.m. at Military and Family Support Center (MFSC) Pearl Harbor. This class is designed to help participants discover the perfect career through personality assessment. FMI: 474-1999 or visit www.greatlifeohawaii.com.

JEDI EVENT

8 — The Army & Air Force Exchange Service will team up with Disney/Lucas Films to offer a Star Wars Jedi event from 10 a.m.

to 3 p.m. at the Hickam Exchange. Children ages 4 to 12 can don a robe and pledge the Jedi oath under the tutelage of a Jedi master. Parents are encouraged to sign up their children early, as signups are limited. FMI: www.shopmyexchange.com.

BOOT CAMP FOR NEW DADS

8 — A boot camp for new dads class will be held from 9 a.m. to 12:30 p.m. at Halsey Terrace Community Center. Topics to be discussed include holding a baby, feeding the baby and changing diapers. Experienced fathers will serve as coaches for the new dads. FMI: 474-1999 or visit www.greatlifeohawaii.com.

70 YEARS OF PEACE AND NAGAOKA FIREWORKS

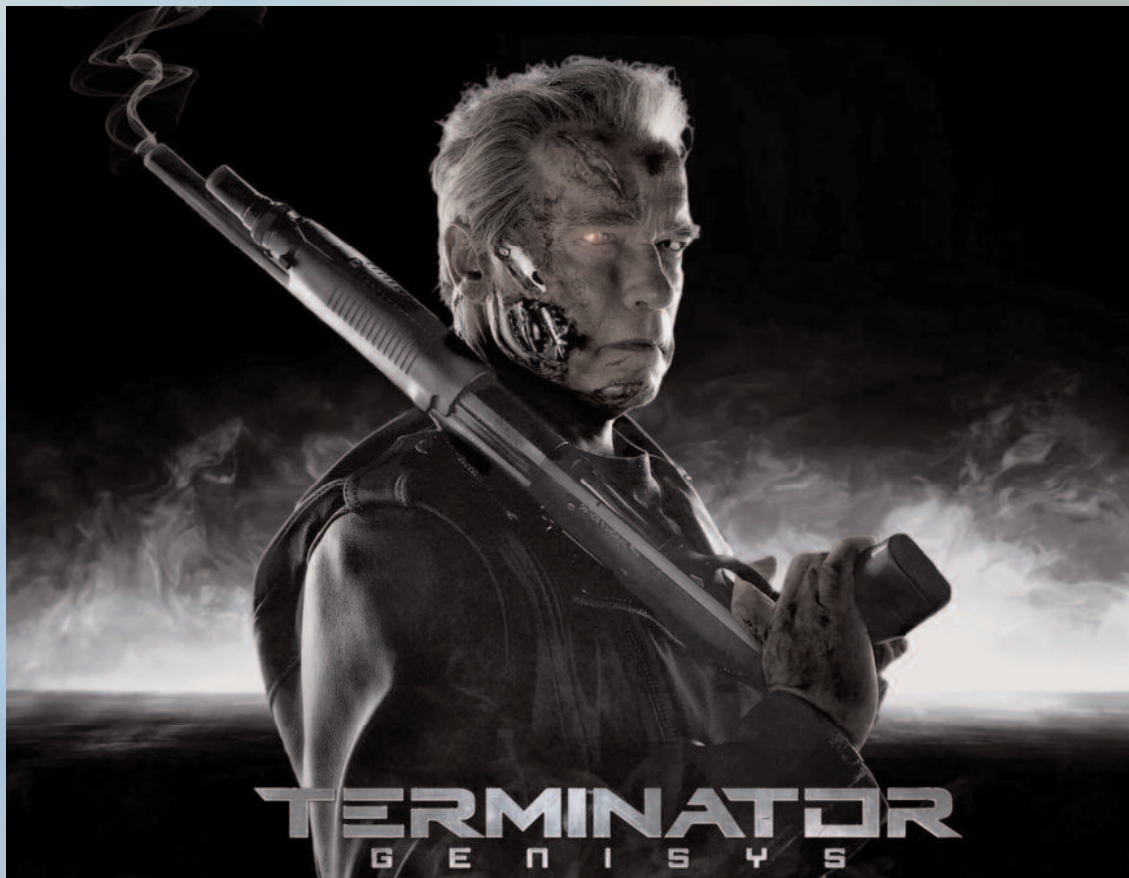
15 — The U.S. Navy in Hawaii will join the cities of Honolulu and Nagaoka, Japan in commemorating the 70th anniversary end of World War II in the Pacific at a commemoration on Ford Island, Joint Base Pearl Harbor-Hickam. Fireworks will be launched off the west side of Ford Island. The public is invited to the events, beginning at 4 p.m. and culminating in Pearl Harbor's first-ever display of Nagaoka's famous fireworks at 8 p.m. to honor the memory of the war's victims and to celebrate 70 years of peace and friendship. FMI: www.cnic.navy.mil/70yearsofpeace.

BIGGEST LITTLE AIRSHOW

15, 16 — The Biggest Little Airshow in Hawaii will be held from 10 a.m. to 4 p.m. at Pacific Aviation Museum Pearl Harbor. The event will include more than 100 remote control airplanes and helicopters performing stunts and acrobatics. The event will also include entertainment booths, exhibits and games. FMI: 441-1013 or 445-9069.

PEARL HARBOR COLORS

20 — The Pearl Harbor Colors ceremony from 7:30 to 8:30 a.m. at the Pearl Harbor Visitor Center will have the theme "End of World War II," recognizing the strong friendship, freedom and democracy forged in the seven decades since the end of the War in the Pacific.



TERMINATOR: GENISYS (PG-13)

When John Connor (Jason Clarke), leader of the human resistance against Skynet, sends Kyle Reese (Jai Courtney) back to 1984 to protect his mother, Sarah (Emilia Clarke), from a Terminator assassin, an unexpected turn of events creates an altered timeline. Instead of a scared waitress, Sarah is a skilled fighter and has a Terminator guardian (Arnold Schwarzenegger) by her side.

Movie Showtimes

SHARKEY THEATER

TODAY 7/31
7:00 PM Ted 2 (R)

SATURDAY 8/1
2:30 PM Inside Out (PG)
4:40 PM Max (PG)
7:00 PM Terminator: Genisys (3-D) (PG-13)

SUNDAY 8/2
2:30 PM Jurassic World (3-D) (PG-13)
5:00 PM Inside Out (PG)
7:00 PM Ted 2 (R)

THURSDAY 8/6
7:00 PM Magic Mike XXL (R)

HICKAM MEMORIAL THEATER

TODAY 7/31
6:00 PM Magic Mike XXL (R)

SATURDAY 8/1
4:00 PM Inside Out (3D)
7:00 PM Max (PG)

SUNDAY 8/2
2:00 PM Jurassic World (3-D) (PG-13)

THURSDAY 8/6
7:00 PM Spy (R)

Pearl City Peninsula posts another big victory

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

As hard as the defending intramural volleyball champs Hawaii Air National Guard (HIANG) tries to pull away from the pack, Pearl City Peninsula (PCP) is doing everything they can to stay well within striking distance.

On July 23, PCP caught HIANG in a dead heat at 4-0 at the top of the division with a straight two-set win over Middle Pacific (MidPac) "First to 25" at Joint Base Pearl Harbor-Hickam Fitness Center.

In a dominating effort, PCP lost the first three points of set one but stormed back to post an 11-point advantage on a kill by Logistics Specialist 2nd Class Greg Shedlock.

PCP held a steady lead throughout the first set and went on to finish off First to 25 after a kill by Navy Diver 2nd Class Wesley Lantz touched off a run of five straight points to take set one at 25-10.

"We don't change a thing," said Machinist's Mate 1st Class Nick Arnett about whether PCP is playing from behind or ahead. "Offense, defense, blocking, hitting, serving, and we even try to get the tall guys in the back row and get a chance for the short guys in the front."

It's a good thing that PCP stuck to their philosophy because in the second set, the team had to give it everything it

had as MidPac refused to go down without a fight.

Instead of letting PCP slip away early in the set, First to 25 matched their opponent point for point and held a 7-6 lead before finally giving away the ball to Arnett.

Behind by a single point, Arnett's strong overhand serves sparked a seven-point rally that put PCP ahead at 13-7.

Arnett serves forced First to 25 into committing five hitting errors, which ultimately led to the change in leads.

"I just kept going at it," Arnett said. "I go for that back row, and I just keep hitting it as hard as I can and hope I make the target."

And if Arnett should miss his mark every now and then, he said it isn't a worry because he has his teammates to back him up.

"That's what we specialize," he said. "We pick our guys in the front and rotate in. We all get a chance at calling plays."

Once back out in front, PCP immediately started to dominate the action again—gaining a 19-8 edge over the final points.

Besides the team's outstanding work at serving the ball, PCP's consistent play is attributed to Masako Larribas, who is the spouse of PCP hitter Navy Diver 1st Class Mark Larribas.

Husband Mark said that his wife is a former collegiate player in Japan, and she is the one that sets the tone and



Pearl City Peninsula hitter Navy Diver 1st Class Mark Larribas (left) goes up for a spike against a Middle Pacific (MidPac) "First to 25" blocker.

tempo for the entire team.

"Our team revolves around her," he admitted. "Jumping up and hitting the ball is the easy part. The passing, the defense, she brings all that together."

While PCP has passed every test that has been placed before it this season, Larribas said that no matter how many games the team wins, it will all be for naught

if PCP fails the one ultimate challenge: the showdown against HIANG.

"We've got to look out for HIANG," Larribas admitted. "They are the team to beat right now. They're the big hitters. Everybody knows that. I think we're going to match up well with them. I think on our best night, we can beat any team that's out here."

My Favorite Photo...



Don Robbins, Ho'okele editor, took this photo recently of a palm next to the Wentworth tennis court at Joint Base Pearl Harbor-Hickam.

How to submit: send your non-posed photos to editor@hookelenews.com.

REASON #1101 NOT TO BE THAT GUY:



SHE'S A REAL DRAG

THATGUY.COM

Afloat Training Group Middle Pacific wins third straight

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Afloat Training Group Middle Pacific (ATG MidPac) got goals from Tech. Sgt. Mauricio Ramos and another from Fire Controlman 1st Class Jeffrey Nogueira and let their defense do the rest as the team scored a 2-0 win over Shipyard Raptors on July 25 in a Summer Soccer League game at Earhart Field, Joint Base Pearl Harbor-Hickam.

ATG MidPac held a decisive edge over the Raptors on shots on goal but had to settle for the shots by Ramos and Nogueira to gain their third win in three tries, while the Raptors fell to 0-2.

"I missed two or three wide open goals," Nogueira admitted after the game. "In the first half, they (Raptors) were playing good defense, so we didn't have as clear a cut. In the second half, they started playing us forward, so we kind of took our chances. We had a lot more speed than they had in their defense."

Although the team's advantage in overall speed and quickness was apparent from the start, the Raptors smart defense was able to thwart practically all of the ATG MidPac's attempts

except for one.

During one frenzied attack, Ramos was the man on the spot as he found an open seam and connected on the first score and a 1-0 lead for ATG MidPac.

"It's always important to get ahead early," Ramos said about breaking the deadlock. "You get an early goal, and you can play keep away the rest of the game."

Ramos said that his put-away shot was more about him being at the right spot than about making an awesome move.

"You just got to get the right touch," he said. "One of our other strikers had a good touch and I put it in the goal."

The goal stood up through half-time before Nogueira would double the team's lead early in the second half.

Just as with the first goal, Nogueira said that the shot was a result of taking whatever the other team's defense allowed.

"They made a mistake of not marking," Nogueira pointed out. "So I had enough time to control the ball, think about it and still kick and score."

The victory kept ATG MidPac in a two-team tie for first place with Shipyard's "A" team, which competes under the name of Challenger.

Earlier in the day, Challenger,

which has many players from Shipyard's 2015 intramural soccer Joint Base championship team, defeated Coast Guard to also raise their record to 3-0.

While ATG MidPac certainly has the talent and personnel to stay in contention throughout the entire Summer Soccer League season, neither Ramos nor Nogueira are expressing any concerns about dealing with the pressure of having to win it all.

"We're just trying to come out here and have fun every week," Ramos said. "We'll just do our best."

Meanwhile, Nogueira said that it is just too early in the season to start thinking about championships.

Instead, Nogueira said that he will start to think about it when the team is ready to cross that bridge.

"In the beginning, it's always to have fun," Nogueira stated. "We'll see by the end of the season if we have a competitive team. By then, we'll know if we're going to go all the way or we're just having fun."

Operations Specialist 2nd Class Isaac Orozco (right) gets his head on the ball to try and keep possession for Afloat Training Group Middle Pacific (ATG MidPac).



JBPHH library to close Aug. 3-4

The Joint Base Pearl Harbor-Hickam Library will be closed on Aug. 3 and Aug. 4.

Improvements will be made to the library during the closure to enhance the library experience.

The library will return to normal business hours on Aug. 5.

Upcoming blood drives

- Aug. 3, 9 a.m. to 1 p.m., 2nd Stryker Brigade, building 2096, Schofield Barracks.
- Aug. 4, 9 a.m. to 1 p.m., 2nd Stryker Brigade, building 2095, Schofield Barracks.
- Aug. 5, 6:30 to 10:30 a.m., 53rd Signal Battalion, building 520, Naval Computer and Telecom-munications Area Master Station.
- Aug. 10 and 11, 9 a.m. to 2 p.m., Blood Donor Center, Tripler Army Medical Center.
- Aug. 18, 9 a.m. to 1 p.m., Pollock Theatre, Camp Smith.
- Aug. 19, 9 a.m. to 1 p.m., Naval Submarine Support Command, 822 Clark St., Suite 400, Joint Base Pearl Harbor-Hickam.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

Miso tahini udon combines Japanese, Middle Eastern flavors



If by some quirk of your taste buds you ever find yourself simultaneously craving both Japanese and Middle Eastern food, this recipe is for you.

Both miso and tahini have long culinary histories. Miso, a salty paste made from fermented soybeans, dates back at least to 6th century Japan, and earlier versions existed in China as far back as the 3rd century B.C. The origins of tahini, an oily paste derived from ground sesame seeds, are a bit unclear though sesame has been cultivated in the Middle East for about 4,000 years.

Miso and tahini are also fantastically flexible foodstuffs.



Photo by Brandon Bosworth

While miso often gets stuck in the soup ghetto, and tahini finds itself regulated to serving as a dip ingredient, they each can be used in a variety of dishes, such as this one.

There are actually quite a few variations of miso tahini sauces floating around. This recipe is a simplified version of one that originally appeared in "Japanese Foods That Heal" by John and Jan Belleme.

Miso Tahini Udon
(Serves 2-3)

1 package of udon noodles
(usually about 9 ounces)

4 tablespoons of white miso

3-4 tablespoons of tahini
2 tablespoons of brown rice vinegar

1 tablespoon of mirin

Cook the udon according to the instructions on the package. I normally don't recommend adding oil to the cooking water when making pasta, but udon is very sticky so it might be a good idea to add a tablespoon of olive oil or sesame seed oil. Right before the udon is finished cooking, scoop out a cup of the water and set it aside. When the udon is done, drain and rinse in cold water.

To make the miso tahini

sauce, place the miso, tahini, brown rice vinegar, mirin and half of the udon cooking water in a large, microwave safe bowl and stir. Microwave the mixture on high for 30 seconds, stir again, and heat for another 30 seconds. Repeat this process until the sauce is all gooey. It shouldn't take more than two minutes total.

By the way, preparing the sauce in the microwave is just a suggestion. You can also prepare it in a pot on the stove, such as the pot you used to cook the udon. Just be careful not to overcook.

Add the cooked udon and the rest of the cooking water to the miso tahini mixture, and proceed to stir everything together. Serve immediately. To ramp up the Japanese side of this fusion dish, top with a generous sprinkle of furikake and green onion.

If you have leftovers (I rarely do), there is some good news and some bad news. The bad news is that miso tahini udon doesn't always reheat well. The good news is it tastes really good cold.

(Ho'okele assistant editor Brandon Bosworth blogs about food, fitness, philosophy, martial arts, and other topics at www.agentintraining.com.)

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STORY IDEAS?

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