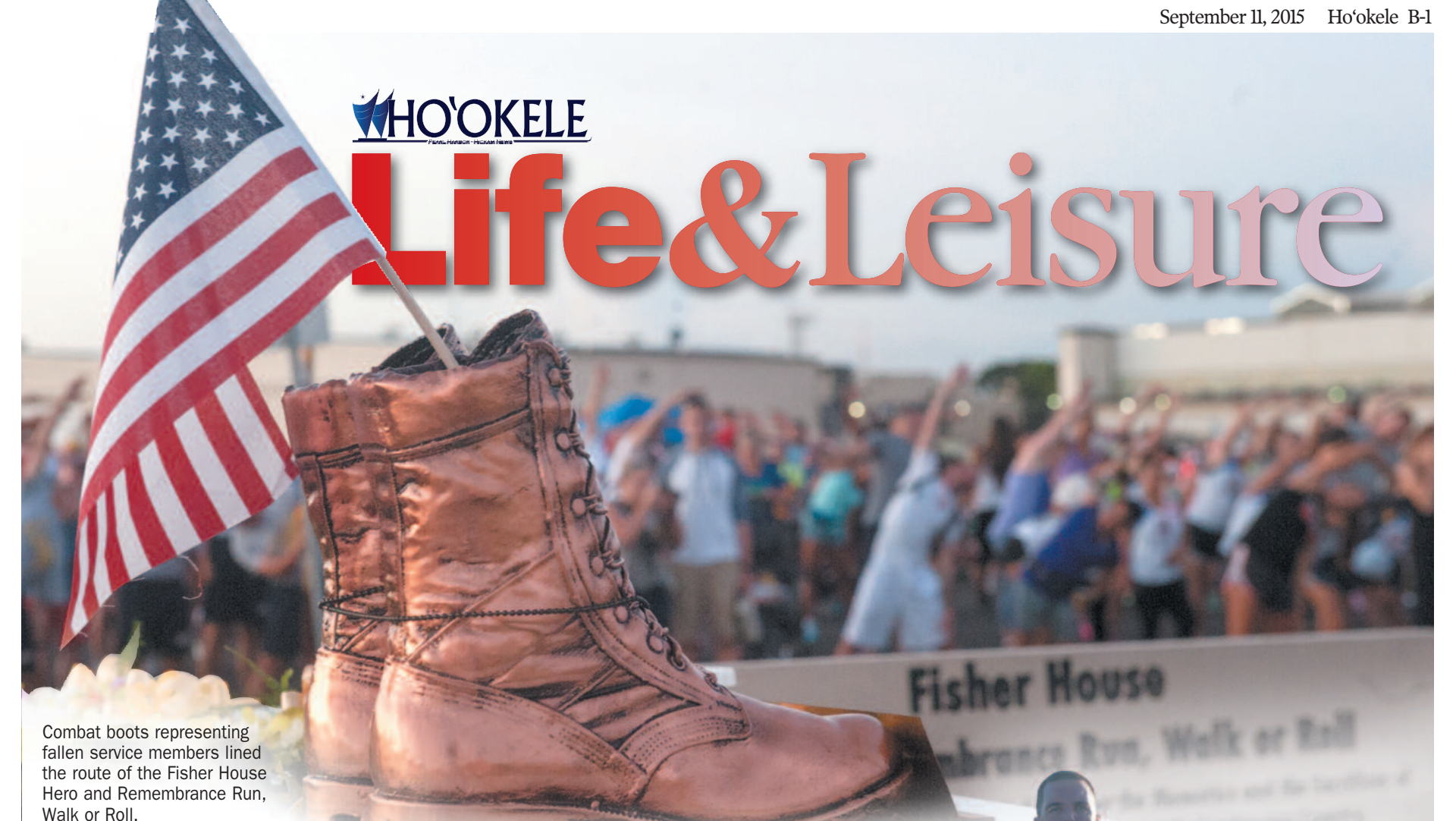




Life & Leisure



Combat boots representing fallen service members lined the route of the Fisher House Hero and Remembrance Run, Walk or Roll.

Fisher House Remembrance Run HONORS the FALLEN

Story and photos by
Staff Sgt. Christopher Hubenthal

Defense Media Activity Hawaii

Several thousand runners gathered Sept. 5 on Ford Island at Joint Base Pearl Harbor-Hickam for the 8K Fisher House Hero and Remembrance Run, Walk or Roll to honor service members who have fallen after 9/11.

According to their official website, the Fisher House Foundation is best known for a network of comfort homes where military and veterans' families can stay at no cost while a loved one is receiving medical treatment. The 8K event was another way the foundation aimed at serving military families.

After losing family friend Army Pfc. Timothy Vimoto in 2007, Theresa Johnson, the Fort Hood Fisher House manager and founder of the Hero and Remembrance Run, started the event several years later to honor the memory of those who have fallen and those that serve.

"In 2012, sometime in early spring, my son was actually getting ready to go on his deployment," Johnson said. "Knowing that Timothy had died several years prior, we think about his family every day, I realized that it could be me. I'm a mother of a Soldier and a wife of a Soldier. I just wanted to do something to honor Tim's sacrifice and his life but also honor the service of my husband and my son. That's where it all began."

More than 7,000 combat boots, each adorned with a photo of a fallen service member, lined the 8K running route to honor the memories and the sacrifices of the military men and women who gave their lives while serving their country.

"I wanted to do a unique run that would raise awareness but also bring the personal names and faces back," Johnson said. "What we did was we created the run and, we had a picture of each fallen service member on the boot that they run past."

"After the run is over we pick them up and there will actually be a display of the 7,000 all at once."

"I came out here to honor all of the



"I came out here to honor all of the fallen Soldiers, Sailors, Airmen and Marines. A couple of my buddies fell as well and I just wanted to honor them today."

— Navy Chief (select) Electronics Technician Nathan Hurst, USS Hopper electronics technician

fallen Soldiers, Sailors, Airmen and Marines. A couple of my buddies fell as well and I just wanted to honor them today," said Navy Chief (select) Electronics Technician Nathan Hurst, USS Hopper electronics technician. "It's a very humbling event. I wish I had my kids out here. We had them out last year and gave them a little bit of history and let them know what daddy does."

Katie Garling, a runner during the Hero and Remembrance Run, Walk or Roll event, lost her husband, a major in the U.S. Army on July 11, 2014 and ran in the event to honor him.

"He was a big runner and since he passed I've been doing a lot more running and I joined the survivor outreach services group here, and there were a group of us that ran today," Garling said. "He was a really strong person, and I get on with my life every day because I know that's what he would want me to do. I think there is no better motivation than seeing all of the boots lined up and honoring the people who've made the ultimate sacrifice for our country. When you're tired just looking at those boots it is motivating to make yourself want to keep going."

"For me this was more of a reconnecting," said Navy Cryptologic Technician

Interpretative 2nd Class Christina Hart, Navy Information Operations Command. "Sometimes we get really brought down with the day-to-day grind, and sometimes we forget why we do the things that we do. Running this and seeing those who have gone before me and have truly paid the ultimate sacrifice was a spiritual thing for me."

Hart added, "Don't get caught up in the day-to-day frustrations. Running this and seeing the families and the team members that were left behind, we truly don't forget. It's things like this that really bring it into perspective."

Anita Clingerman, Tripler Fisher House manager, hopes that the event helps let military families know that Fisher House is there for them.

"It's one way to tell people that we're here," Clingerman said. "There are so many people who don't know what Fisher House is, and this is a great way to spread the word and let our military families know that we're here for them. Just talking about the run you get emotional. They paid the ultimate price. I'm honored to be a part of this run."

Johnson said she is proud of the teamwork and camaraderie volunteers and participants show during these events.

"This is our fourth here in Hawaii," Johnson said. "I couldn't be more proud because this event is not a fund raiser. Everything is done by volunteers. It really is a community event where different businesses have reached out to help us. All this is done by volunteers, from moms with babies strapped on their front and back and service members from all branches. My heart is just overflowing right now. This is bringing everybody together."

A runner pays respects to fallen service members.





Above, Hickam Harbor staff and divers with a nice catch of tako (octopus) and fish. At right, a diver with his speared catch, a kumu and palani.

Hook a fresh catch

with MWR Outdoor Recreation

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Whether you're an avid fisherman or have never caught a fish before, Joint Base Morale, Welfare and Recreation Outdoor Recreation (ODR) has a few classes and scheduled activities that can get you on the right track to fishing in Hawaii.

Saltwater fishing is the primary type of angling done in Hawaii, due to living on an island surrounded by the ocean and also because of the lack of freshwater resources. Hawaii, like other locations throughout the world, has different styles and techniques for fishing. ODR offers bottom fishing excursions, kayak fishing, a learn to spearfish class, and a spearfishing excursion. All these styles are popular ways to go after your fresh catch in Hawaii.

Bottom fishing

Bottom fishing is basically using a sinker, hook and bait to try and catch fish on the bottom of the ocean floor. Excursions take place at Hickam Harbor and are for people who have never fished, families or even the experienced fisherman. The harbor staff will provide all the gear participants need, including the fishing poles, bait and boat. They can provide tips to make the fishing experience more enjoyable and for beginners, they can help cast the pole.

The trip goes out into the channel waters of Hickam Harbor and if the weather conditions are right, they will head out into deeper water near the Pearl Harbor Channel. The excursion is three hours, and a variety of reef fish like taape, toau, weke, moana and more can be caught. Some people catch larger fish like papio, ulua (giant trevally), oio (bone fish) and even a shark.

Kayak fishing

Kayak fishing popularity has risen in the past few years in Hawaii and around the U.S. The ODR excursions are offered during the summer months and take place at different locations around the island.

The guides check the weather and ocean conditions to pick the most suitable areas to fish. Participants can fish areas right outside of Hickam or off beaches on the North Shore. This excursion is geared for people with some fishing and kayaking experience.

Everything needed is included, such as the kayak, fishing poles, other fishing gear, bait and transportation.

The kayak fishing trip requires a lot of work, since participants will be paddling along the coast, pulling bait behind them for a few hours in hopes of catching the big one. Depending on the group's skill level and weather conditions, the guides will either take participants along reef ledges for large reef fish or out into deeper waters for a chance to catch pelagic fish. Fishers might take home a mahimahi (dorado), ono (wahoo), shibi or ahi (yellow fin tuna).



MWR Marketing photos

Frank Supranovich, above, kayak fishes in the channel outside of Hickam Harbor, reeling in a lai. Below, a diver in shallow water practices with a three-prong.

Learn to spearfish

Spearfishing in Hawaii is a popular way to catch fish. The two preferred ways to spearfish are either with a three-prong pole spear (Hawaiian sling) or a speargun. In the learn to spearfish class, instructors will go over the basics of using a three-prong, other basic equipment, safety including tide changes and currents, rules and regulations set by the state and training.

They will also help participants to identify what they can and cannot eat. The class is set up for beginners who have little to no experience. All they need is their own mask, snorkel and fins.

The rest of the basic spearfishing gear, such as three-prong, weight belt and gloves, will be provided. If participants have their spearfishing equipment, wetsuit and/or rash guard, they can bring it.

The spearfishing class is a two-day course usually held over a weekend. The first day, participants will spend some time out of the water discussing the basics previously mentioned. They will then get some water time and be able to take shots with the 3-prong at foam targets set up in a pool. The second day they will be diving in the ocean outside of Hickam Harbor from a boat.

Depending on the skill level of the group, the first dive is usually only in 6 to 12 feet of water. The instructors will gather the group back on the boat to discuss how the dive went and answer any questions. The second dive of the day will be in 10 to 20 feet of water, depending on the group's ability. Participants will have an opportunity to

catch a variety of reef fish such as manini, toau, taape, kole, moanas, or even a tako (octopus). The guides always try to find a suitable spot for the group.

Those who complete the Learn to Spearfish course can sign up for any of the spearfishing excursions. The excursions are three-hour open-water boat dives, which provide an opportunity to expand on spearfishing skills.

Besides providing excursions, classes and staff, MWR Outdoor Recreation staff can also show participants how to clean their catch and suggest their favorite ways to eat certain fish. MWR activities are open to active duty and retired servicemembers and their families as well as Department of Defense civilians.

(For more information or to sign up, visit ODR at Hickam Harbor Marina or call 449-5215.)



613th AOC hang on to win and division top spot

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

With the 613th Air and Space Operation Center (613 AOC) Aces sitting atop of the Gold Division and the 25th Air Support Operation Squadron (25 ASOS) Bushmasters languishing at the bottom, it appeared that onlookers in attendance were in for a short night at Joint Base Pearl Harbor-Hickam Fitness Center.

Although the 613 AOC did manage to pull out a straight-set win, each set was stretched wire-to-wire before the Bushmasters succumbed by scores of 25-23 and 25-20 on Sept. 2 in an intramural volleyball matchup.

The win kept the 613 AOC in first place with a 6-1 record, while Bushmasters dropped down to 1-7.

"I saw them (the 25 ASOS) play last year, so I was totally surprised that they were struggling," said Aukai Gonsalves, a Department of Defense civilian. "But when I saw them warming up, I knew that it was going to be a tough game."



Capt. Justin Rogue and teammate 1st Lt. Josh Gooch of the 613 AOC try to stuff a kill attempt by 25th Air Support Operation Squadron (25 ASOS) Bushmasters hitter Senior Airman Alex Niles.

From the first set, the game was touch and go, as each team fought to go ahead on almost every serve.

In just the first set alone, the game was tied a total of seven times, with the final deadlock coming late in the

set at 20-20.

While the 613 AOC used a more balanced attack with Capt. Justin Rogue, Staff Sgt. Heath Hall, 1st Lt. Josh Gooch, Gonsalves and his son Kai leading the way, the 25 ASOS battled back with the frontline play

of Staff Sgt. Torren Stoner and Senior Airman Alex Niles.

Late in the set, a kill and side-out by Gooch seemed to give the Aces enough of a lead at 19-15 to finish off the Bushmasters.

Instead, the Bushmasters

mounted a late comeback and tied the score at 20-20 on a kill by Stoner.

From that point on, Rogue took over service and led the 613 AOC on a run of four straight points that started off with three aces in a row before Gonsalves knocked down the final kill for the win.

"I just knew that the team counted on me," said Rogue about his clutch serving. "As the captain of the team, I have to set the example. It's like, 'hey, we've overcome the deficit and now we're just pushing for the last five.'"

The second set looked like a carbon copy of the first, as both teams resumed the back-and-forth battle once again.

It was tied six times, with the final one coming at 16-16. A kill by Heath broke the tie on a side-out before Gonsalves took over at service.

Clinging to a one-point lead, Gonsalves picked up where Rogue left off in the first set and helped the Aces build up a 22-16 lead.

Holding on to a four-point advantage at 24-20, Gooch got the final kill to put the tough Bushmasters

away for good.

Quietly, Gonsalves played a superb game as he consistently came up with some big points throughout both sets.

Gonsalves came up with three kills that broke ties, while adding the set-winner in the first set and serving up two aces.

"I think those plays played a key in at least stopping their (the Bushmasters) momentum," Gonsalves said. "And it brought our team together. It's not like one player is going to win the game."

In preparing for the playoffs, Gonsalves admitted that while the team is tempted to try out different things, the Aces would probably just stay the course and continue doing what has brought them success so far.

The biggest challenge facing the Aces, Rogue said, is keeping a full roster, which hasn't been an easy thing to do.

"As far as a deep run, I have my set six in mind," he stated. "But one of them is TDY, another one has obligations. I think it all depends if we can get our starting six to show."

690th COS keep pace with division's league leaders

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

The 690th Cyberspace Operations Squadron (690 COS) stayed within arms' reach of the Blue Division leaders by trouncing the 67th Cyberspace Wing (67 CW) in straight sets, 25-16 and 25-20, on Sept. 3 in an intramural volleyball game at Joint Base Pearl Harbor-Hickam Fitness Center.

The win raised the 690 COS to 8-2, which is good enough for third place in the Blue Division behind leader Hawaii Air National Guard and second-place Pearl City Peninsula Warriors.

Although the 67 CW fell to another defeat, the team, which is still searching for that elusive first win, has played much better of late and put up a good fight against the COS, but it wasn't enough.

"It's nice having people you can trust," said Jordan Davies, a military spouse, who specializes as a backcourt player for the COS. "Having teammates that you know have your back, that's all it is. It's nice."

In the first set, the match was tied at 6-6 before the COS started to bring the heat from the frontcourt.

After allowing four more points to the 67 CW, Senior Airman Tim Johnson picked



Capt. Alan Geason (right) tries to slam the ball past two blockers.

up a kill and two blocks in a short run to tie the score at 10-10.

Another kill by Johnson put the COS out in front at 11-10, which seemed to place momentum firmly in the hands of the 690.

A kill by Capt. Alan Geason made it 15-13, but it wasn't until 6-foot-6-inch Senior Airman Demetrius Harvey began putting them

down did the 690 pulled away.

A service ace by Johnson made it 17-14, and then Harvey slammed down three consecutive kills for a 20-14 advantage.

Geason added the final three points by serving up three aces in a row for a 25-16 win.

Harvey, who was used sparingly against the 67

CW, continues to be among the top newcomers in the league.

An established beast on the basketball court, Harvey is one of the league's most dominating spikers despite not having very much experience in volleyball.

"I think volleyball is fun," Harvey said. "Being in the frontcourt and being able to

jump high, basketball is a transition to that. My hops helps a lot. That's what makes it fun for me."

In trying to avoid being swept, the 67 CW came out in the second set and pushed the 690 COS to the brink.

The 67 CW led early in the second set and tied the 690 COS a total of five times with the last logjam

coming in at 18-18.

A kill by Staff Sgt. Steve Frost broke the tie and then Davies came up with back-to-back aces to give the 690 COS a 21-18 advantage.

The 690 COS closed out the win by scoring five of the last seven points, with kills by Johnson and Frost along the way and a game-ending ace by Tech. Sgt. Wayne Fiery.

Davies said that with the regular season coming to a close, she feels that the 690 COS is pretty close to where they want to be as the playoffs roll around.

"If we play like we know that we can, then I think we can do some damage," she stated. "I feel pretty confident. There are a few things that we need to work on. We need to work on covering the whole floor and we need to talk more. Other than that, I think we're a pretty solid team."

When the players take the court in the postseason, one member of the squad that will definitely see more playing time would be Harvey.

Even though he admits to not having a lot of experience, Harvey said he'd welcome the opportunity to be the team's primary weapon.

"I'd do my best and try to stay out there as much as possible," Harvey said. "Back row, not so much, but in the front row, definitely."

DPAA topples DISA-PAC in three sets

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

In a matchup where both teams were only one player away from a forfeit, Defense POW/MIA Accounting Agency (DPAA) got enough clutch kills to stretch out and then defeat Defense Information Systems Agency Pacific (DISA-PAC) in three sets, 25-24, 23-25 and 17-16, on Sept. 2 in a Gold Division intramural volleyball game at Joint Base Pearl Harbor-Hickam.

Both squads entered the contest with only five players in their lineup, which under Morale, Welfare and Recreation rules is the bare minimum to hold an official game.

DPAA desperately needed the win in order to continue holding down the eighth and final playoff spot from the division while DISA-PAC, despite the loss, maintained a grip on the seventh berth with a record of 5-4.

"Nobody wanted to quit,"

said retired military veteran Gary Stark, who is a Department of Defense civilian and captain of the team. "People would make mistakes, but then they'd step up, tried to improve, tried to correct, didn't get down and kept at it."

Every set was an exercise in fortitude as both teams went back and forth throughout the entire night.

The game was tied nine times in just the first set alone with no team holding a lead larger than six points at any given time.

DPAA fell behind at 11-5 in the first set, but Stark, from service, led a run of six straight points to tie the score up at 12-12.

The first set stayed tight all the way through the end, but came to an abrupt close for DISA-PAC.

Tied at 24-24, DISA-PAC appeared to have the upper hand by holding service for the final point.

Instead, Army Staff Sgt. Joseph Purswell came up with a huge kill for DPAA to gain a 25-24 win.

Although the second set was only tied three times,

in actuality the set was even closer than the first, as the lead never ventured beyond four points.

The final deadlock came at 23-23, but was broken on a kill from Spc. Jorge Pando before DISA-PAC sent the game to its third set by coming up with the winning point at 25-23.

By the final set, it seemed as if DPAA was ready to put the game away early, but each time they made a run, the team hit a roadblock by the clutch play of Tech. Sgt. Shamar Jones, whose timely kills kept DISA-PAC in contention.

Down by three points at 13-11, DISA-PAC got a spark on a kill by Pando before Jones picked up two kills with the final one tying the score at 14-14.

Jones tied it up one final time at 16-16, but a hitting error by DISA-PAC finally wrapped it up for DPAA.

"It was just minor errors," Jones said about the defeat. "Our usual team is not here today. So just by missing a few key players,

that hurt us a lot."

Jones, whose solid third set almost stole the game away from DPAA, said if everybody comes back in time for the playoffs he is sure that DISA-PAC would do well.

"We're definitely capable of winning the whole thing," Jones stated. "Communication is going to be job number one."

With the postseason just around the corner, DPAA just needs to win out to lock down the final playoff berth.

If the team is fortunate enough to make it, DPAA will have to do it without the services of their captain, who, due to job commitment, played his final game of the season.

Stark said that making the playoffs would be icing on the cake, but second to the fact that the team has come so far in such a very short time.

"It's been a lot of fun," he said. "We have a couple of people who never played volleyball before and they've come a long way. They're fun to watch."



Army Staff Sgt. Joseph Purswell meets Spc. Jorge Pando at the top of the net.



Fans can get their football fix at MWR facilities

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Football season has begun, with the first game of the NFL season kicking off yesterday. Fans looking for a fun place to root for their favorite teams have

two locations on Joint Base Pearl Harbor-Hickam to choose from.

On the Pearl Harbor side, Brews & Cues at the Club Pearl Complex will be opening early on Sundays with lots of seating and TVs so patrons can watch their NFL team on high-definition screens. Doors open at 7 a.m. and a \$5 continental

breakfast will be available starting at 7:30 a.m. Brews & Cues is open to 18 years and older people.

Brews & Cues will also show the Monday and Thursday night games live. Those games begin at approximately 2:30 p.m. Free pupus, while they last, will be offered beginning at 4:30 p.m.

On the Hickam side of

Joint Base, the 10th Puka Lounge at Ke'alohe Golf Course opens just before kickoff and stays open well into the evening. La Familia Mexican restaurant is next door and opens at 7 a.m. with a special breakfast menu.

Both Brews & Cues and the 10th Puka have the NFL Sunday Ticket, which

means every NFL game is available; not just what's on the network channels.

Other MWR locations may not have satellite or special packages, but might also be showing football during normal business hours. Some examples include the Hapa Bar at Sam Choy's Island Style Seafood Grille, Wright Brothers Café & Grille at the

Historic Hickam Officers' Club and, for single service members, the Liberty Centers at Club Pearl and Beeman Center.

(For more information on Brews & Cues, call the Club Pearl Complex at 473-1743. Call Kealohi Golf Course at 448-2318 for more information about the 10th Puka Lounge.)

Mongolian barbecue remains a staple at Historic Hickam Officers' Club

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

On Thursdays, Historic Hickam Officers' Club offers Mongolian barbecue on its lanai.

For those unfamiliar with the setup for Mongolian barbecue, here's how it works. A hostess greets customers as they arrive and shows them to their seats. Once seated, the customer goes up to a table filled with food choices. The customer has more than 20 different vegetables to choose from, five meat and seafood options and up to 10 sauces to personalize their meal.

The customer then goes to the register where their food is weighed, and the customer pays 85 cents per ounce. They are given a number after payment, and then can take their food to the grills where the chefs will cook it for them. When their number is called, the meal is ready. Rice, fortune cookie, chow mein, fried rice and soup are also included in the price.

"Mongolian barbecue is a



MWR Marketing photo by Reid Kagemoto

Chefs prepare meals at the Mongolian barbecue held on Thursdays at the Historic Hickam Officers' Club.

family-friendly event at a beautiful sunset hour," said Joint Base catering director Alexis Ybarra. "We have three chefs cooking your

food right in front of you,

and the lanai bar is open for cocktails."

As testament to the event's popularity, retired MWR director Frank Faria said Mongolian barbecue has

been a staple dining option on base since the mid-1960s.

There is lots of room for parties of 12 or more. Larger

groups of 25 or more can also reserve private spaces.

Mongolian barbecue happens every Thursday from 5:30 to 8 p.m. except when special/private functions

are scheduled.

(For more information, or to make reservations, call the Joint Base Catering office at 448-4608 ext. 16.)

SEPTEMBER**HAWAII NAVY BALL TICKETS**

NOW — Tickets for the 2015 Hawaii Navy Ball are now on sale. The event will be on Oct. 17 at the Sheraton Waikiki. Uniform for the ball will be dress whites. Options for the meals will be a chicken/beef plate and a vegetarian plate. The event is open to all military, DoD civilians and contractors. Prices for tickets are as follows: E1 to E4 is \$40, E5 to E6 is \$55, E7 to O4 (GS-13 and below) is \$80, and O5 (GS-14) and above is \$90. Payments need to be in cash or a check. If using a check, make it payable to Hawaii Navy Ball. FMI: BM1 Garrett Bowman at 223-2142 or email garrett.a.bowman@navy.mil or BMC George Glover at George.glover@navy.mil.

ARIZONA MEMORIAL RESTORATION

NOW — The National Park service began restoration work to the Arizona Memorial on Sept. 8 and work will continue until at least Nov. 3. The memorial will remain open during normal business hours from 8 a.m. to 4 p.m. and visitors will be impacted minimally while the flooring is restored in sections. The flooring in the shrine room will require extensive work and is closed from Sept. 10 to 21. Visitors will not be able to enter the room during this time, but will be able to view the ongoing construction from the doorway.

ZUMBA JAM

SATURDAY — A back-to-school Zumba Jam will be held from 9 to 11:30 a.m. at the Joint Base Pearl Harbor-Hickam Fitness Center. A Zumba step segment will be showcased, providing toning and strengthening for the legs and glutes. The cost is two group exercise coupons. FMI: 471-2019.

PET ADOPTION CLINIC

SATURDAY — A pet adoption clinic will be held from 10 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange mall tent and outdoor living center. This is a free event for authorized patrons only. The mall will host the Oahu SPCA and the outdoor living center will host the Hawaiian Humane Society. FMI: 423-3287 or email Stephanie.lau@nexweb.org.

RESIDENT ADVISORY PANEL

15 — A Hickam Communities Resident Advisory Panel meeting

will begin at 3 p.m. Residents of Hale Na Koa 1 and 2 will meet at Ka Makani Community Center; Earhart Village residents will meet at Earhart Community Center; and Officer Field and Onizuka Village residents will meet at Hickam Communities housing office. FMI: <https://www.hickamcommunities.com/CurrentResidents/Resident-Programs/Resident-Advisory-Panel>.

WORLDWIDE DAY OF PLAY

15 — A free family event for the Boys & Girls Clubs of America Worldwide Day of Play will be held from 5:30 to 7:30 p.m. at the Joint Base Pearl Harbor-Hickam Teen Center. Teens and their families are invited to meet the center's staff and have free food to celebrate. FMI: 448-0418.

PEARL HARBOR COLORS

17 — The monthly Pearl Harbor Colors honors and heritage ceremony will begin at 7:30 a.m. at the Pearl Harbor Visitor Center. The event will focus on national POW/MIA recognition day. Former Vietnam War POW retired Capt. Jerry Coffee will be the guest speaker.

OCTOBER**NATIONAL PUBLIC LANDS DAY**

3 — Naval Facilities Engineering Command (NAVFAC) Hawaii needs volunteers for National Public Lands Day from 9 a.m. to noon at the Loko Pa'aiau Fishpond at Joint Base Pearl Harbor-Hickam. Volunteers will clear the area of debris, remove invasive mangrove seedlings and put in native plant species. Those interested in participating should sign up by Sept. 30. FMI: Patty Coleman at patricia.colemon@navy.mil or 473-0369.

PINK RUN

7 — A free two-mile Pink Run celebrating Breast Cancer Awareness Month will be held at the Pearl Harbor Navy Exchange parking lot. Registration will begin at 6:15 a.m. and the run will begin at 7 a.m. Authorized patrons are invited to wear pink and spend the morning getting exercise, winning prizes and trying healthy food samples. The event is sponsored by NEX, the Defense Commissary Agency and Naval Health Clinic Hawaii. FMI: 423-3287 or email Stephanie.Lau@nexweb.org

**STRAIGHT OUTTA COMPTON**

In 1988, a groundbreaking new group revolutionizes music and pop culture, changing and influencing hip-hop forever. N.W.A's first studio album, "Straight Outta Compton," stirs controversy with its brutally honest depiction of life in southern Los Angeles. With guidance from veteran manager Jerry Heller, band members Ice Cube, Dr. Dre, Eazy-E, DJ Yella and MC Ren navigate their way through the industry, acquiring fame, fortune and a place in history.

Movie Showtimes**SHARKEY THEATER****TODAY 9/11**

7:00 PM Straight Outta Compton (R)

SATURDAY 9/12

2:30 PM Shaun The Sheep Movie (R)

4:40 PM Pixels (3-D) (PG-13)

7:00 PM Ricki and the Flash (PG)

SUNDAY 9/13

2:30 PM Pixels (3-D) (PG-13)

4:50 PM Fantastic Four (PG-13)

7:00 PM Straight Outta Compton (R)

THURSDAY 9/17

7:00 PM The Man from U.N.C.L.E. (PG-13)

HICKAM MEMORIAL THEATER**TODAY 9/11**

6:00 PM Mission Impossible: Rogue Nation (PG-13)

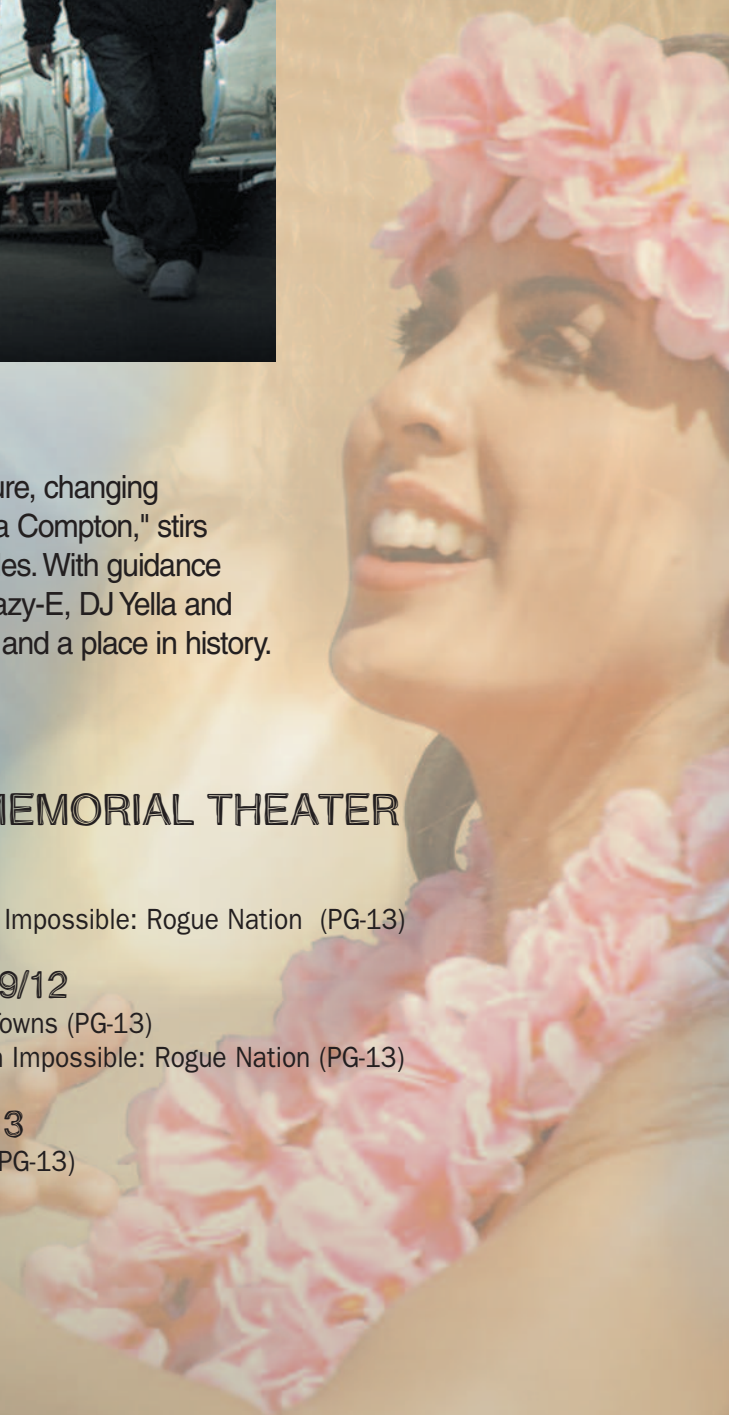
SATURDAY 9/12

4:00 PM Paper Towns (PG-13)

7:00 PM Mission Impossible: Rogue Nation (PG-13)

SUNDAY 9/13

2:00 PM Pixels (PG-13)



Donor center describes eligibility screening criteria

Tripler Blood Donor Center

The Tripler Blood Donor Center would like to simplify the first step to a successful blood donation. The following criteria can be used to determine the eligibility of a potential blood donor. This information may not answer all questions and is continually updated. Therefore, direct specific questions to qualified blood donor staff at 433-6148.

Travel issues

You can't donate if you have traveled or lived:

- From 1980 to 1996 in the United Kingdom for a cumulative period of three months or longer.
- A cumulative period of six months or longer from 1980 to 1990 in Belgium, Netherlands, or Germany; from 1980 to 1996 in Spain, Portugal, Turkey, Italy, or Greece; from 1980 to 1996 in Saudi Arabia.
- A cumulative period of five years or longer from 1980 to present in Europe including Saudi Arabia.
- In a malaria endemic area within the last 12 months.
- In a malaria endemic area for five consecutive years or longer (deferred for three years after departing the area).
- You have been deployed to Afghanistan, Iraq or Pakistan within the last 12 months.
- You have been stationed or traveled to north of Seoul, South Korea: in these areas Camp Bonifas (Boniface), Camp Casey, Camp Castle, Chunchon, Camp Dodge, Camp Edwards, Camp Essayons, DMZ, Camp Falling Water, Camp Garry Owen

(aka Pelham), Camp Giant, Camp Greaves, Camp Hovey, Camp Howze, Infiltration Tunnels, Camp Jackson, Joint Security Area (UN), Camp Kyle, KTC Airfield, Camp Laguardia, Camp Mobile, Multi Purpose Training Area, Munsan, Camp Nimble, Camp Page, Panmunjom, Camp Paju, Camp Red Cloud, Camp Rodriguez, Camp Sears, Camp Stanley, Camp Stanton, Tongduchon, Uijongbu and Warrior Base.

For five years or less you are deferred for two years after departing the area. For more than five years, you are deferred for three years after departing the area.

Other issues

- You can't donate if:
 - You are participating in airborne operations in the next 72 hours.
 - You have donated blood in the last 56 days (at 57 days you can).
 - You have a cold, flu, or flu like symptoms, or do not feel well within the last 72 hours.
 - You're currently taking antibiotics or had dental procedures (root canal, oral surgery, or tooth extraction) within the last 72 hours.

Further clarification

- You must be at least 17 years of age (with parental consent form) unless active duty Soldier, and weigh at least 110 lbs.
- Ear piercing done at a licensed facility is not deferred. Body piercing requires a one year deferral.
- If you have had a tattoo, for more information visit www.militaryblood.mil or call 433-6148.



A Sailor donates blood at a JBPHH blood drive.

U.S. Navy photo by Brandon Bosworth

Can I donate?

Tripler Blood Donor Center

Most healthy adults are eligible to give blood. However, there are some reasons a person may be deferred from donating — temporarily, indefinitely, or permanently. Deferral criteria have been established for the protection of those donating and those receiving transfusions in accordance with the Food and Drug Administration guidelines, AABB standards, and Department of Defense policies. A temporary deferral should not discourage donors from coming back.

In general, to donate blood you should:

- Weigh at least 110 pounds.
- Be at least 17 years of age.
- Have been feeling well for at least three days.
- Be well hydrated.
- Have eaten something prior to donating.

Upcoming blood drives

- Sept. 11, 9 a.m. to 1 p.m., Pearl Harbor Naval Shipyards, building 2, Joint Base Pearl Harbor-Hickam.
- Sept. 29 and Oct. 20, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.
- Oct. 21, National Oceanic and Atmospheric Administration (NOAA), 1845 Wasp Blvd., Ford Island, Joint Base Pearl Harbor-Hickam.

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

New pool hours effective after Labor Day

Pool hours effective Sept. 8 through Memorial Day 2016



U.S. Navy photo by Brandon Bosworth

Hickam Pool 1

Lap swim:

Mon - Fri: 5-7 a.m. (early bird lap swim),
11 a.m. - 1 p.m. (lunch lap swim)
Closed weekends and federal holidays

Hickam Pool 2

Open swim:

Mon - Tues : Closed
Wed - Fri: 1-5 p.m.
Sat, Sun & holidays: noon - 5 p.m.

Scott Pool (Pictured above)

Lap swim:

Mon - Fri: 5-7 a.m. (early bird),
11 - 11:30 a.m. (lunch lap swim)
Mon - Thurs: 5-7 p.m. (night lap swim)

Sat & Sun: 10 a.m. - noon
(weekend lap swim)

Open swim:

Mon - Fri: 1-5 p.m.
Sat, Sun & holidays: noon - 5 p.m.

Towers Pool

Lap swim:

Mon - Fri: 11 a.m. - 1 p.m.

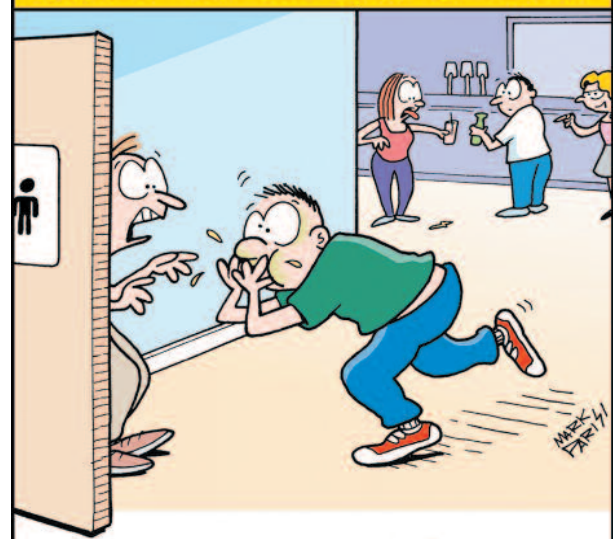
Open swim:

Friday: 1-5 p.m.
Sat & Sun: Noon - 5 p.m.
Closed all federal holidays

Arizona Pool

Closed Sept. 8 until Memorial Day 2016

REASON #312 NOT TO BE THAT GUY:



TASTING YOUR MEALS
ONCE IS ENOUGH

THATGUY.COM

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 deter-



mine if/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 interesting details. Also include the name of the photographer and contact information.

Please send your photos to editor@hookelenews.com and "cc" Karen Spangler, managing editor, at karen.spangler@navy.mil and Don Robbins, editor, at drobbins@hookelenews.com. Brush up on your photography skills. Ready, set, shoot!

HO'okele Online

<http://www.hookelenews.com> or <https://www.cnic.navy.mil/hawaii>