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Life & Leisure

USS Missouri fires a salvo from forward turrets during bombardment operations off Korea in February 1951.

U.S. Navy photo

Mighty 'Mo' all decked out

MC1 Mark Logico

Defense Media Activity

Teak sounds descriptive of some nice furniture — perhaps a dining table — not a word associated with the survivability of a Navy warship.

However, when applied, the teak wood aboard a battleship had several duties to accomplish. It's not just merely decoration. It had purpose.

An active battleship had a large amount of gunpowder that had to be transported on and off of the ship. A steel floor could lead to metal-on-metal scraping, which could potentially create sparks, thus fires.

Teak served as insulation. A battleship had a vast area of deck, 1.2 acres in fact in the case of USS Missouri (BB-63), and the sun can beat on it constantly. The ship had no air-conditioning, so the spaces below would get extremely hot.

On Sept. 2, 1945, the teak wood served another purpose as it functioned as the platform for the formal end of WWII. The teak wood stood witness to history as representative of the Empire of Japan walked on it and formally signed the surrender documents.

Much of that wood is gone now, but the memory and the significance of its history still remain.

Luckily, David Hamilton, teak deck preservation supervisor aboard the Battleship Missouri Memorial, is there to preserve this memory from fading. Leading a team of volunteers, wood workers and builders, he said it was a dream come true.

"Every day I come here, I feel excited," Hamilton said. "It gives me a sense of satisfaction that I'm helping preserve a piece of history. A lot of our volunteers are motivated by the historic aspect of working aboard a ship of this pedigree of historic achievement," he added.

According to Hamilton, those who don't remember the past are condemned to repeat it.

"It's a Navy tradition. It's history. Teak decks have been put on battleships and cruisers for decades and it's part of the history of the Navy," Hamilton said. "You see in some of our displays of men holy stoning the deck to keep them looking nice."

Hamilton said the teak deck project is probably the most expensive project this ship has. "We've been doing it full speed for three years, and it's going to take another three years to finish the main deck."



Photos by MC1 Mark Logico and MC1 Timothy Godbee

Above, the crew work on Battleship Missouri Memorial new teak deck. At left, supervisor David Hamilton is in the workshop. At right, workers scrape paint off a section of the old deck.



This vintage 1950s photo shows Sailors using holy stones to buff the the deck or the USS Missouri.
 U.S. Navy Photo



BEFORE



AFTER

HIANG affirm grip on top spot in Blue Division

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

In the end, all of the stats will show that the Hawaii Air National Guard (HIANG) completed another two-set sweep to continue their amazing run of consecutive-set victories.

However, what the stat sheet won't reveal is that their matchup against the also previously undefeated Pearl City Peninsula (PCP) was no walk in the park.

Perhaps for the first time this season, the HIANG's perfect-set streak was in serious jeopardy, when PCP pushed the defending champions to the brink, but fell, 25-18 and 25-21, on Sept. 16 in a showdown of the final two undefeated teams in the Blue Division at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

"It feels good," said HIANG captain Tech. Sgt. Stephen Lorenzo. "We made plenty mistakes, but it feels like we put it together. I hit a lot of balls out, but it feels good when the other guys can pick up the slack."

At first, it seemed like the much anticipated game might turn out to be another ho-hum win for the HIANG as the team controlled the early portion of the first set to build up an 18-10 lead.

Later, a kill by Airman 1st Class Shane Hipo put the lead into double digits at 22-12, which suggested the beginnings of a quick end for PCP.

With only three more points separating the HIANG from taking the first set, the game slowly started to turn in favor of PCP.

A kill by Logistics Specialist 2nd Class Greg Shedlock for a side-out got the lead down to nine at 24-15.

Holding service, PCP strung together another three points in a row before Hipo put an end to the comeback with a kill at the net.

After the scare in the first set, HIANG, led by



HIANG hitter Airman 1st Class Shane Hipo bashes the ball for a kill in the first set against PCP.

Lorenzo with a kill and block, opened the second set on fire and got out to a 4-0 advantage.

This time, though, PCP wasn't about to let the set get away so fast.

Back-to-back kills by Navy Diver 1st Class Mark Larribas cut the lead into half at 4-2, and then a few serves later, a block by Navy Diver 2nd Class Andy Engelhardt and a hitting error by the HIANG tied the set up at 11-11.

After 10 more serves, the set remained tied at 16-16,

but as if awakening a sleeping giant, the HIANG rose to the occasion like they have done from many past seasons.

A tap from the backcourt by Tech. Sgt. Alike Kaahanui found open space on the PCP side of the net to take a 17-16 advantage.

Three forced hitting errors by PCP and a kill by Lorenzo followed the kill by Kaahanui and the HIANG was off winning their 11th game against no defeats.

Lorenzo said that

although the team had starters, such as Navy Lt. Chuck Wood and Senior Airman Braden Park, on the bench when the teams were tied at 16-16, he purposely kept them out in order to give a few backups some playing time under pressure.

"I had some comments that I should have made some changes," Lorenzo admitted. "But I wanted to make sure that the guys I was playing got needed playing time. That teaches them to fight through it. If

the strong are always in, that hurts the team in case somebody gets hurt."

While Larribas said that the HIANG was a great team, he felt that it was a few uncharacteristic errors by PCP that really cost them the game.

If the teams meet again in the playoffs, Larribas said that he feels good about PCP's ability to hang with the HIANG and may even pull off a couple surprises.

"I think we can definitely compete with this team," he

said. "If we just keep working on the basics and fundamentals, we can give them (HIANG) a run for their money."

Lorenzo said he welcomes the challenge and even though PCP put up a tough fight, it does nothing to change the ultimate goal of the HIANG.

"It did open our eyes, but it doesn't change our plan," said Lorenzo who wants to repeat as champs. "The less mistakes we make, the better chance for us to win."

Stay cool and prevent heat-related illness

Brandon Bosworth

Assistant Editor Ho'okele

According to the National Weather Service, the temperature in Honolulu hit 93 degrees three times last month, tying the record for the hottest daily temperature in August. Honolulu also tied the daily high temperature twice last month and has reached 90 degrees on 44 different days this year, the sixth most on record.

The unusually hot weather can put individuals at risk for heat-related illnesses, such as heat stroke. According to the Centers for Disease Control and Prevention (CDC), from 1979-2003, excessive heat exposure caused 8,015 deaths in the United States. During this period, more people in this country died from extreme heat than from hurricanes, lightning, tornadoes, floods and earthquakes combined.

People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating, but sometimes sweating doesn't cool the body sufficiently. In such cases, a person's body temperature rises rapidly, and very high body temperatures may damage the brain or other vital organs.

The CDC offers several tips on preventing heat-related illnesses:

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink.
- Don't drink liquids that contain alcohol or large amounts of sugar.
- These actually cause you to lose more body fluid. Also, avoid very cold drinks because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library
- Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- Never leave anyone in a closed, parked vehicle.
- Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others.

Check regularly on:

- Infants and young children.
- People aged 65 or older.
- People who have a mental illness.
- Those who are physically ill, especially with heart disease or high blood pressure.
- Visit adults at risk at least twice a day, and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children need much more frequent watching.

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. Warning: If you are on a low-salt diet, talk with your doctor before drinking a sports beverage.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).



U.S. Navy photo

Patrons enjoy Hickam Beach.

Bulls open with impressive win over Na Kai Koa

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Ready or not, when the whistle blares across the playing field to signal the start of a game, both teams better be prepared to bring their best.

In the season opener of the 2015 Joint Base intramural flag football season on Sept. 15, the 647th Civil Engineer Squadron (647 CES) Bulls showed the Maintenance Group (MXG) exactly what happens when one team is at full strength and the other isn't.

Missing a punter and a long-snapper, the MXG not only were on the losing end of field positioning, but also ended up getting trounced by a solid Bulls squad, 25-0, in a Red Division game at Ward Field, Joint Base Pearl Harbor-Hickam.

Working with a short field for most of the game, Bulls quarterback Staff Sgt. Chris Miranda was superb in avoiding the pass rush and connecting with three different receivers to score four touchdowns.

Miranda, who hadn't practiced with the team because of a tryout with the All-Air Force softball team, showed up in time for the Bulls season opener and wasted little time in picking up right he left off in 2015, when the QB led the team to the second round of the playoffs.

"We were sweating because he's (Miranda) been gone," said Bulls coach Senior Airman Jakhiry Pickett. "We thought he was going to get picked up with the Air Force softball team. He didn't make the cut, but fortunately, we got him for the season."

Having a QB like Miranda is dangerous enough, but when given the opportunity to work with a short field, he is absolutely deadly.

Early in the first half, the MXG were pinned deep in their own territory, but because the team was missing two key players on its kicking game, the MXG had no choice but to gamble on fourth down and six yards to go from their own 14.

After the Bulls defense



Staff Sgt. Chris Miranda, quarterback for 647th Civil Engineer Squadron (647 CES) Bulls, rolls to the ground to evade a defender before throwing a pass. Miranda threw for four touchdowns to lead the Bulls to victory.

stopped the MXG on downs, the 647 handed the ball over to Miranda, who needed only two plays to strike pay dirt.

On second down from the 14, Miranda rolled out to his right and then delivered a spiral to Staff Sgt. Joseph Torres, who made the catch and covered the final seven yards on his own for a 6-0 lead.

Then just before halftime, MXG gave up the ball on their own 17, and Miranda

made them pay for the short field one more time.

On the first play from scrimmage, Miranda ran an option to the right and delivered a perfect pitch to Senior Airman Ty Robinson for another six points before tacking on the point after touchdown (PAT) for a 13-0 lead at intermission.

In the second half, MXG got the ball moving, but saw their first drive of the game come to a halt at their own 39.

While the ball was near midfield, Miranda needed only five plays to cover the distance and led the Bulls to their third touchdown of the night.

This time, Miranda completed a short three-yard pass into the hands of Senior Airman Josh Smith for the score a 19-0 advantage.

Finally, with time running out, Miranda found Robinson again on a 10-yard scoring strike that ended the game at 25-0 due to the league's

two-minute mercy rule.

MXG quarterback Tech. Sgt. Kenneth Travis admitted that the team wasn't at its strongest but pointed out that the Bulls were a tough team to play against in the season opener.

Still, Travis felt confident that the team would get better, and he even has high hopes that the MXG will outdo its 6-4 record from last season.

"This team that we played against is one of the

best teams in the league," Travis noted. "But we got brand new Airman out here trying to learn. Give us two or three weeks and we'll make better news."

While it seems that the Bulls couldn't have asked for a better start, Pickett said that the team isn't even close to its potential.

"This was far from satisfactory," he stated. "We lost in the second round last year, we want the whole thing this year."

Man O Wars get late scores to defeat 690th COS

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

After a disappointing season last year, the players of Bellows Air Force Station's Man O Wars have dedicated themselves to turning things around.

Judging from the way they played in their 2015 season opener, a 14-12 win over the 690th Cyberspace Operations Squadron (690 COS) on Sept. 15 at Ward Field, Joint Base Pearl Harbor-Hickam, the players may have found the right formula for a winning season.

Led by quarterback Senior Airman Daniel Cohill, Man O Wars took the lead from the COS at the end of the first half and again near the end of the game to complete the come-from-behind victory in the Red Division.

"It was a big disappointment last year," Cohill admitted. "We only won two games. When I took the quarterback job this year, I basically told my teammates that I'm going to do everything in my power to make us win, but I'm going to need them because I can't run every play."

The promise and commitment by Cohill and his teammates allowed the team to keep strong and steady despite falling behind early in the game.

The 690 got the opening snaps and wasted little time in moving the ball, picking up three first downs



Man O Wars quarterback Senior Airman Daniel Cohill gets set before throwing for the game-winning touchdown.

in a row to position themselves in Man O Wars territory.

The fast start translated into six points when quarterback Senior Airman William Costa located Staff Sgt. Chris Terrell on a fly pattern down the left sideline and hit the wide receiver

in stride for the touchdown.

The 690 appeared to be all set to take a 6-0 lead into halftime, but Cohill got the ball on his own 29 and led Man O Wars on a nine-play drive that was punctuated by a four-yard scoring toss to Master Sgt. Shane

Sheppard to tie the score.

Man O Wars then converted on their point after touchdown (PAT) to go into halftime with a 7-6 lead.

Sheppard, who fought off a hoard of defenders to make the clutch grab for six, said that touchdown went along way towards

giving the team the confidence it needed to stay in the fight.

"It was crucial because we was down, and we needed some kind of momentum," he said. "That made it much better for us."

In the second half, the defensive tone set by both

squads started to take over as neither team seemed to be able to gain traction with time ticking away.

A clutch scoring pass by Costa put the COS back out in front at 12-7, but like they did in the first half, Man O Wars still had one final drive left in their tank.

Starting at their own 15, Man O Wars got in the red zone with under a minute remaining on the clock.

Then on second down at the COS eight, Cohill lofted a floater to the corner of the right end zone intended for Sheppard.

Sheppard, who already had one touchdown to his credit, dove for the ball and made an acrobatic catch in the end zone for the game-winning score.

"I told our quarterback that I'm going to go short, and then I was going to cut in and cut out," Sheppard said. "I told him just put it up there where I could get it and that's what he did."

Although the team has gotten off to a good start with a win on day one, Sheppard said that there is a lot more to be done before they can put the bad memory of last season behind them.

While Sheppard said that making the playoffs is the team's first priority, Cohill said it's never too early to start dreaming big.

"The big dream is to win the trophy and put it up at Bellows," Cohill said. "Bellows doesn't have any athletics trophy. I want to be the first one to put it there."



JBPHH celebrates Labor Day with Shinedown concert

Reid Tokeshi

*Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation*

Rock group Shinedown performed a Labor Day concert at Joint Base Pearl Harbor-Hickam on Sept. 7. more than 3,000 fans were in attendance, both in front of the stage and in the standing room only area.

Over the course of 90 minutes, the band performed songs such as "Second Chance", "If You Only Knew" and "Sound of Madness". Fans also had a taste from Shinedown's upcoming album "Threat to Survival" with the first release "Cut the Cord."

Lara Katine, of MWR Special Events, called the show "amazing."

"This show was extremely high energy from start to finish," she said.

Katine said the entire band connected with the crowd throughout the show. At one point lead singer Brent Smith even left the stage and ran through the crowd.

"They had the audience jumping and clapping," said Katine. "They put on an incredible show and the sound was top quality."

By Katine's estimates, approximately 3,500 people attended the concert. The numbers were encouraging, considering the threat of heavy rain in the week leading up to the event. Katine said the weather may have impacted attendance, but those who came appeared to thoroughly enjoy the show.

As the concert neared to a close, the audience started calling out for one of the band's biggest hits. Shinedown responded, ending the concert with "Simple Man," with Smith leading the crowd in singing the chorus together.

Before finally leaving the stage, the band showed their appreciation by tossing souvenir drum sticks and other items into the crowd. Katine said she wasn't surprised, noting that the band members were all "very gracious, humble and kind people."

"There are lots of military background in the families of the performers, so they truly wanted to give back," she said.



MWR Marketing photos

Top, Shinedown played and entertained for 90 high-energy minutes. Bottom, crowds gathered early for the Shinedown concert as the sun peeked through the clouds.

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, Department of Defense civilians and contractors. Prices for tickets are 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. FMI: BM1 Garrett Bowman at 223-2142 email garrett.a.bowman@navy.mil or BMC George Glover at George.glover@navy.mil.

USS ARIZONA MEMORIAL RESTORATION

NOW — The National Park Service has begun restoration work to the USS Arizona Memorial, 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 until Sept. 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.

RESILIENCY-BUILDING EVENT

TODAY — An outdoor resiliency-building fun event for Sailors and Airmen will be held from 1 to 2:30 p.m. at Earhart Field. The event will include a lifesaver relay, flag football, tug of war ability course and team drills. The event is designed to build camaraderie through activities that promote humor, trust, confidence and problem solving. FMI: Rebecca.miranda@navy.mil.

SPAGHETTI AND BILLIARDS

TODAY — A friends and fun spaghetti lunch and billiards, part of Free Food Fridays, will be held from 11 a.m. to 1 p.m. at the Beeman Liberty Center. The event is open to all single Sailors and Airmen. FMI: Rebecca.miranda@navy.mil.

BEACH CLEAN-UP

SATURDAY — Volunteers are requested for International Coastal Clean-up day scheduled for 9 a.m. at Nimitz Beach. Sailors, Airmen and their families are invited to volunteer in this environmental outreach event to help beautify the community. FMI: call Fawn at (503) 750-6103.

KARAOKE AND HAWAIIAN DINNER

25 — An express yourself karaoke event and Hawaiian dinner,

part of Free Food Fridays, will be held from 5 to 7 p.m. at the Beeman Liberty Center. The event is open to all single Sailors and Airmen. FMI: email Rebecca.miranda@navy.mil.

BUDDY RUN, RESILIENCY FAIR

26—A Joint Base Morale, Welfare and Recreation 5K buddy run and resiliency fair will begin at 8 a.m. Sept. 26 at Hickam Fitness Center. The event is open to all Department of Defense personnel, families and retirees. Pets are allowed. Awards will be provided to the first place winner in men's, women's, youth boys, youth girls, and men's and women's stroller categories. Community support resources will be on site to provide information about services available. FMI: www.greatlifehawaii.com or 448-2214.

ASIST TRAINING WORKSHOP

SEPT. 30-OCT. 1 — An ASIST (Applied Suicide Intervention Skills Training) workshop will be held from 8 a.m. to 4 p.m. at Pearl Harbor Memorial Chapel. Participants can learn suicide first aid skills to help pull someone out of the "river of suicide." The workshop is designed to offer skills to better care for those with thoughts of suicide. It is open to all adult military, civilian and family members. Pre-registration is required. FMI: rebecca.miranda@navy.mil.

OCTOBER

NATIONAL PUBLIC LANDS DAY

3 — Volunteers are needed 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: 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 Stephanie.Lau@nexweb.org.



SHAUN THE SHEEP

When Shaun decides to take the day off and have some fun, he gets a little more action than he bargained for. A mix up with the farmer, a caravan, and a very steep hill lead them all to the big city, and it's up to Shaun and the flock to return everyone safely to the green grass of home.

Movie Showtimes

SHARKEY THEATER

TODAY 9/18

7:00 PM The Gift (R)

SATURDAY 9/19

2:30 PM Shaun The Sheep Movie (PG)

4:40 PM Fantastic Four (PG)

7:00 PM Straight Outta Compton (R)

SUNDAY 9/20

2:30 PM Shaun the Sheep Movie (PG)

4:40 PM Ricki and the Flash (PG)

6:50 PM The Man from U.N.C.L.E. (PG-13)

THURSDAY 9/24

7:00 PM Fantastic Four (PG-13)

HICKAM MEMORIAL THEATER

TODAY 9/18

6:00 PM Fantastic Four (PG-13)

SATURDAY 9/19

4:00 PM Shaun the Sheep (PG)

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

SUNDAY 9/20

2:00 PM Fantastic Four (PG-13)

THURSDAY 9/24

7:00 PM Pixels (PG-13)



My Favorite Photo...



Photo by Blair Martin Gradel

Lucas Gradel, age 4, tries to stay dry during an early morning outing with family at the Army and Air Service (AAFES) Base Exchange at Joint Base Pearl Harbor-Hickam. Oahu has experienced heavy rainfall for the past few weeks during this current hurricane season.

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

Break the fast: consuming a healthy breakfast

Sally Vickers and
Leisha Ferguson

Navy and Marine Corps
Public Health Center

For many years, we've heard, "Eat your breakfast, because it's the most important meal of the day." Although this has been instilled in many of us, there are also those individuals who choose to skip breakfast for various reasons.

The benefits of eating breakfast for adults and children

Why eat breakfast? Eating breakfast gives your body calories to burn, jump starting your metabolism, and giving you energy to get your day started.

A good rule of thumb is to fuel up on breakfast soon after waking up each morning. You have rested and fasted throughout the night, and your blood sugar levels are naturally low when you first get up, so eating a healthy breakfast will raise those levels and keep them up until your mid-morning snack. Eating breakfast keeps you from having that early mid-morning energy crash.

Research shows breaking an overnight fast with a balanced meal can make a major difference in overall health and well-being, especially for children and teens. When comparing children who eat breakfast regularly with those who do not eat breakfast on a



Photo courtesy of Defense Commissary Agency

Breakfast cereal is an easy-to-prepare morning food.

regular basis, or skip breakfast altogether, eating breakfast regularly was shown to have a beneficial effect on attention span, memory and school achievement.

Eating breakfast also helps curb hunger and overeating later in the day. Skipping breakfast leads to eating more calories through the day and later at night. While not eating breakfast may lead to weight loss, it will also lead to lower energy levels and decreased physical and mental performance, which may then cause problems with job performance.

Barriers and solutions for not eating a healthy breakfast

Think of breakfast as a way to fuel your body first thing in the morning.

- "I'm not hungry." Start your day with a cup of 100 percent fruit juice and a piece of whole wheat toast. Later, eat a mid-morning snack, such as a hard-boiled egg or low-fat or fat-free yogurt.

- "I don't have enough time in the morning." Stock your kitchen with easy-to-prepare foods such as breakfast cereal, instant oatmeal, whole grain toaster waffles, yogurt and fresh fruit.

- "I'll gain weight." There is no evidence to support the belief that eating breakfast will make you gain weight. In fact, skipping meals has shown to lead to overeating at snack time or the next meal.

- "I don't like breakfast foods." Breakfast can be any food you enjoy. A slice of leftover veggie pizza, bowl of soup, or leftovers all make a good breakfast.

Try these tips for a healthy breakfast

Breakfast should include protein, a high fiber carbohydrate, and fruits and/or veggies.

Go lean with your protein choices. A few good choices are a tablespoon of peanut butter, scrambled or boiled egg, or lean deli meat and low-fat cheese on whole wheat toast.

Add whole grains. They

provide an extra nutrition punch because they contain fiber, which may reduce your risk of heart disease, certain types of cancer, diabetes and other health problems. They also tend to digest more slowly, providing a feeling of fullness for a longer period of time. This includes foods such as whole grain cereals like oatmeal, whole-grain breads, brown rice and hominy (grits).

Breakfast is the perfect time to enjoy produce, and it's easy to pack if you're on the go. You can top your cereal or yogurt with fruit, such as bananas, pears, apples, melon or grapefruit.

What about veggies? Try chopped veggies in an omelette or a refreshing glass of 100 percent vegetable juice. Make it a routine. Get organized the night before, keep breakfast simple, and you can also pack it to go.

(For more information, visit the Defense Commissary Agency website at www.commissaries.com.)

STORY IDEAS?

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

Phone: (808) 473-2890/2895

Email: editor@hookelenews.com



Program assists Gold Star Families

Gold Star Program

The Gold Star program assists Gold Star Families — those whose military members have died while on active duty.

Personnel eligible to participate in the program include the widow, parents and the next of kin. The term “widow” includes widower; the term “parents”

includes mother, father, stepmother, stepfather, mother through adoption, father through adoption, and foster parents who stood in loco parentis. The term “next of kin” only includes children, brothers, sisters, half-brothers and half-sisters, and the term “children” includes stepchildren and children through adoption.

The program provides

support for family members through a very difficult time, helping them build resilience and establish a new normal. Gold Star Families will be able to connect with support groups and grief counselors.

The Gold Star program will provide Gold Star Families a level of long-term assistance and support not previously avail-

able through the Navy. It is enhanced with the active participation of new Gold Star region and installation coordinators, which are the lead agents for actions within the long-term casualty supporting process.

(For more information, call the Joint Base Pearl Harbor-Hickam Military and Family Support Center Gold Star liaison at 474-1999.)

All Hawaii NEX locations ‘plastic bag ban ready’

Navy Exchange Pearl Harbor

The Navy Exchange Pearl Harbor is officially plastic bag ban ready. As a U.S. Department of Defense entity, NEX is not required to comply with the state of Hawaii ban. However, in order to contribute to Hawaii’s environmental objectives, the NEX has chosen to voluntarily comply with Chapter 9, Article 9 of the Revised Ordinances of Hawaii ban on plastic bags.

All of the compostable bags available at all NEX Hawaii locations have met the U.S. standards and specifications set by the American Society for Testing and Materials (ASTM) D6400.

In addition to offering biodegradable bags, NEX will also continue to encourage customers to use their own reusable bags as well as provide a wide range of styles for purchase.

(For more information on NEX, visit mynavyexchange.com.)



Photo by Stephanie Lau

A patron uses her own reusable bag while shopping at the Pearl Harbor NEX.

JBPHH to celebrate diversity with Hispanic Heritage Month events

This year’s theme for Hispanic Heritage Month is “Hispanic Americans: Energizing Our Nation’s Diversity.”

• A Joint Base Pearl Harbor-Hickam Hispanic Heritage Month observance will be held

from 10:30 to 11:30 a.m. Oct. 1 at the Hickam Chapel Center, multipurpose room, building 1750. Guest speakers will be Cmdr. Dennis Mojica and Master Chief Culinary Specialist Adeline Lopes. The event will feature

entertainment and historical information.

• A Hispanic-themed special meal will be served from 11 a.m. to 12:30 p.m. Oct. 7 at the Silver Dolphin Bistro.

• A free Zumba class will be held from 6:30 to

7:40 a.m. Oct. 9 at the Missing Man Formation Memorial in conjunction with Hispanic Heritage Month.

(For more information, contact Chief Fruji “Ken” Mills at 473-0405 or Anna General at 473-0405.)



Upcoming blood drives



• Sept. 23, 9 a.m. to 1 p.m., Pearl Harbor Memorial Chapel, Joint Base Pearl Harbor-Hickam.

• Sept. 29, 11 a.m. to 3 p.m., Pearl Harbor Navy Exchange main entrance.

The following are a few basic requirements that must be met in order to donate blood with the ASBP. In general, donors need to:

- Have not donated blood previously within the last eight weeks.
- Weigh at least 110 pounds.
- Be at least 17 years of age.
- Have been feeling well for at least three days prior to donating.
- Be well hydrated and have eaten something prior to donating.
- Have picture ID and know when/where you have traveled.
- Be able to list the types of medications currently being taken.

(For more info, contact Michelle Lele-Himalaya, Armed Services Blood Program, Tripler Army Medical Center, at 433-6699 or email Michelle.Lele.civ@mail.mil.)

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www.hookele.com or www.cnrc.navy.mil/hawaii