

Life & Leisure



SPECIAL DELIVERY

Illustration by Michelle Poppler

Military moms-to-be participated in the toilet paper game at the USO 'Special Delivery' Baby Shower on Sept. 18 at the Historic Hickam Officers Club.



Story and photos by Anna General

Joint Base Pearl Harbor-Hickam Public Affairs

More than 100 military moms-to-be, including military spouses and active duty service women, were treated to a one-of-a-kind baby shower celebration on Sept. 17 and 18 at the Historic Hickam Officers Club at Joint Base Pearl Harbor-Hickam (JBPHH).

Hosted by the United Services Organization (USO) Hawaii in collaboration with Heidi Murkoff, author of a best-selling pregnancy and parenting series, "What to Expect," the USO 'special delivery' program provides expectant mothers with an opportunity to celebrate their pregnancy and to have the opportunity to network with other military moms who share the same experience.

"As a military family and as a military member, often times you're far away from home and family, so this might be the only baby shower these ladies might get," said Kristin Tierney, USO Hawaii programs manager.

"We want to make them feel special and also have the opportunity to meet other moms to build new friendships and have that support system," said Tierney.

During the two-day event, each shower consisted of fun and games, lunch, question and answer portion, a raffle drawing, gift baskets, book signing and lots of hugs from Murkoff. "My favorite part of the event was the play dough game just because it was fun to see what everybody made and how crazy their imagination was," said Kaleena McMillan, an Air Force spouse.

"It was nice to get Heidi's take on everything from baby to toddler advice. There were a couple tips that would help me out," she said.

Laughter and excitement filled the room as each expectant mother participated in the festivities. "I really liked the toilet paper game because we think we are a lot bigger than what we are, so we pull the toilet paper about a whole foot off of our circumference. I guess we see ourselves as being big when we're really not. We're big because we're pregnant," said Tech Sgt. Alexis Cotton of 647th Force Support Squadron.

"I absolutely love the fact that the USO came to Joint Base Pearl Harbor-Hickam for the first time. This is great, especially for new moms," Cotton said.

"I thought it was really fantastic that Heidi could put all this together for all of us. I thought that it was a lot of fun, being this is my first pregnancy. With the Q&A portion of the event, it has helped us expectant mothers learn even more," said Information Systems Technician 3rd Class Alicia

McDonough of Naval Health Clinic Hawaii.

The USO 'Special Delivery' program made its first tour in Hawaii this year with hopes to come back in the future.

"We've been doing this 'special delivery' program with the USO for three years by visiting Okinawa, mainland Japan, Germany, Guam and other military bases across the United States. This is our first time here in Hawaii, and I have to say this place is one of my most favorite," said Murkoff.

The author's "What to Expect" series of books provides a pregnancy guide and advice that educates and empowers expectant moms, so they can expect healthier pregnancies, safer deliveries and healthier, happier babies. That is the "What to Expect" foundation's one mission.

"The 'What to Expect' series all started when I became pregnant with my daughter Emma, and I came across a couple books in the market to seek advice, but none of them really answered my questions or reassured or gave me that comfort I was craving. So I literally became a 'mom on a mission' and delivered the first edition proposal for 'What to Expect When You're Expecting' two hours before I delivered my daughter," said Murkoff.

With more than 17 million copies sold, Murkoff said she never expected that it would be a best-selling book or a series of books. She said she was just being a mom on a mission and basically it was a mother's invention.

"I never expected or have set out to publish a best-selling book or a series of books," she said. "I'm still on the mission, so the mission has grown and that's incredibly gratifying, but not at all what I've expected. It's grown into amazing things like this event."

A book signing, photo opportunities and more hugs with Murkoff concluded the event. "The important thing is to get connected with other moms, and that's part of the whole point of this 'special delivery' program. It's great to celebrate that you're having a baby, and a lot of moms who are not around family and friends might not get that kind of shower or support.

"But with motherhood being the ultimate sisterhood, you need to seek out your sisters — other expectant moms. Nobody gets it like another mom, who can support you through this experience. Pregnancy loves company, but it's also a way to get connected with other moms who know exactly what you're going through," said Murkoff.

"It's all about the hugs for me," she added.



"...with motherhood being the ultimate sisterhood, you need to seek out your sisters – other expectant moms. Nobody gets it like another mom..."

— Heidi Murkoff, author of "What to Expect When You're Expecting"



Top left, Heidi Murkoff, author of New York Times best-selling "What to Expect When You're Expecting" series of books, rubs a military expectant mothers stomach and chats with other women. Center left, a Sailor assigned to Joint Base Pearl Harbor-Hickam (JBPHH) receives a hug and a book signed by Murkoff.



Above, Baby shower decorations and gifts fill the banquet room.

PCP rebound to win first game of the season

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Pearl City Peninsula Warriors scored 18 unanswered points to beat USS Jefferson City (SSN 759), 18-6, on Sept. 19 in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

The game was the season opener for both teams and finished off a day of flag football that featured a total of five head-to-head clashes.

Tomorrow, Sept. 26, the season continues on Ward Field with Jefferson City starting off the day with a showdown against USS Hopper (DDG 70) at 9 a.m. and PCP squaring off versus SS Louisville (SSN 724) at 11 a.m.

Against Jefferson City, PCP quarterback Machinist's Mate 2nd Class Jordan Martin said that the Warriors started off slow, but once they picked up steam, the team just kept up the pressure.

"Basically what happened was that we were all on deployment," Martin pointed out. "I literally put the team together three days before the game. We're missing around five people, and they kind of make up our offense. It was fun. Obviously most of us are motivated, and we love sports so we don't like to lose," he added.

The rust hung on the Warriors throughout the first half as the team couldn't sustain a drive and trailed going into halftime by a score of 6-0.

The touchdown by Jefferson City came with time running out in the first half as quarterback Logistics Specialist 1st Class Tony Ortiz advanced the team from its own four-yard line into the



Lt. Alan Turvey steps up on defense to knock down a pass. Turvey also caught a pass for a touchdown to help PCP beat Jefferson City, 18-6.

Warriors red zone on only four plays.

On second down and goal from the 16, Ortiz lofted a

spiral into the hands of Electrician's Mate 3rd Class Brandon Britt for a touchdown and 6-0 lead

going into the break.

In the second half, PCP got the ball and picked up 36 yards on their first play

from scrimmage to place the ball at the Jefferson City 39.

After getting zero yards

on two plays, Martin took a gamble and, on third down, heaved a bomb down the left sideline toward Machinist's Mate 1st Class Jared Eichelberger, who waited for the pass just inside the end zone.

Although the pass was short, the ball was tipped up into the air and right into the arms of Eichelberger to tie the score.

"That was an ugly pass," Martin said. "I threw it side arm and it wobbled. Luckily the ball was tipped."

On their next possession, Martin called for a flea-flicker that ended up with a pass thrown over the top to a wide-open Lt. Alan Turvey, who made the over-the-shoulder catch and strolled into the end zone.

The play covered 67 yards and put the Warriors in front for the first time in the game at 12-6. Later, the Warriors added an insurance touchdown on a scoring pass to Navy Diver 1st Class Wayne Shearer that put the game away for good.

Shearer, who oversees the Warriors defense, said that after the team's defense gave up the game's first touchdown, he knew it was time to step up and protect the goal line for the rest of the contest.

"We had to maintain composure and lock it up," Shearer said. "After we were up, we just tried to sit back and make nice methodical plays."

While there is a lot of football to play this season, Shearer said that he believes the Warriors have a good chance to play some meaningful games late in the season.

"We're going to start practicing, but we all got backgrounds in football," he stated. "I can see us - especially on this side - having a shot. We just have to execute the basics to perfection."

Na Koa Kai near perfect in season-opener victory

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

After sitting on the sidelines last week due to a bye, Naval Health Clinic Hawaii Dental Na Koa Kai kicked off their season opener with a near-perfect performance in stopping the 535th Airlift Squadron (535 AS), 20-0, on Sept. 22, in a Red Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

Quarterback Hospitalman Jarvis Tavares-Somildam threw for three touchdown passes to three different receivers in leading Na Koa Kai to the mercy-rule win.

Tavares-Somildam said that the team was itching to take the field after watching the 2015 season kick off with games in four separate divisions last week.

Instead of just waiting it out though, Tavares-Somildam said that the team put the week off to good use in preparing for the team's first game.

"I'm very satisfied," said the Na Koa Kai signal caller. "Last week we had a bye so we were real hungry to get out tonight. We've been practicing for about two months now. We worked on everything."

While the offense was clicking all night long for Na Koa Kai, the team's defense did everything it could to keep pace on the other side of the ball.

After the defense forced the 535 AS to punt the ball in the first series of the game, Na Koa Kai, with the ball on their own 23, threw down a statement on their first snap from center.

Seeing an opening in the secondary, Tavares-Somildam dropped back into the pocket before rifling a shot to the numbers of Hospital Corpsman 2nd Class Romar Padaor, who made the grab on a slant and then took it all the way to the house for a catch-and-run that covered 67 yards and a 6-0 lead.



Hospital Corpsman 3rd Class Daniel Harper beats the defense and then makes the grab for six points. Harper also stood out on defense, where he recorded two interceptions.

"Right off the bat, it was going to be a run play," Tavares-Somildam revealed. "But I saw a mismatch, so I just threw it up to my receiver for a touchdown."

Following the touchdown, Na Koa Kai defense immediately came up with a big play of their own, when Hospital Corpsman 1st Class Erik Antonio picked off a pass on ball that was first tipped by Tavares-Somildam.

On only the team's second play from offense, Tavares-Somildam hit pay dirt once again. This time he found Hospital Corpsman 2nd Class Christopher Ferrell all alone on the left corner of the end zone for a touchdown.

Later, a conversion of the team's two-point attempt after touchdown raised the lead to 14-0.

Back on defense, Na Koa Kai continued to shut down the 535 AS attack.

This time, it was Hospital Corpsman 3rd Class Daniel Harper, who came up with the team's second interception of the game and put the Na Koa Kai offense in excellent field position.

Six plays later, Tavares-Somildam connected on his third touchdown toss of the night when he threw a 29-yard strike to Harper, who started the drive with a pick.

Harper closed out the

first half on another interception with Na Koa Kai in full command of the game at 20-0.

"I think anytime they kind of lay the passes up there, I think I can just get to it," Harper said. "We're not playing D-1 or anything, so even before the receiver turns, I'm already playing the ball."

While both Tavares-Somildam and Harper admit that they don't think Na Koa Kai will run past

everyone in the league, they do like the team's chances of staying close to the top.

In fact, Tavares-Somildam said that he expects even more reinforcement to join their team in the next couple of weeks.

"We're actually down a couple of players," he stated. "One of our key players is one of those on leave. Once he comes in, we'll have another dimension for our offense."

Intelligence Squadron pull out stops to surprise USS Hawaii

Story and photos by
Randy Dela Cruz

Sports Editor, Ho'okele

It's a been a tough season of soccer for the 8th Intelligence Squadron (8 IS), but in their showdown with top-5 USS Hawaii (SSN 776), things finally took a turn for the better, as the team surprised Hawaii, 3-2, on Sept. 19 in a Summer Soccer League game at Earhart Field, Joint Base Pearl Harbor-Hickam.

The win was only the second of the season for the 8 IS, as the team begins its climb out of the cellar with a record of 2-5-1.

Meanwhile, Hawaii, which entered the matchup in fifth place with four wins, dropped their fourth game of the season to even out their record at 4-4.

Tomorrow the 8 IS tries for their second win in a row with a game at Earhart Field against the Raptors at noon.

While Honolulu gets the day off, the team will be back in action one week from tomorrow with two games on Oct. 3.

"It's taken a little while for us to get going for the whole season," said 8 IS striker Staff Sgt. Lothar Reck. "Getting the same players to come out every week is kind of difficult with shift work, but we're starting to feel each other out and understand how we play."

Against Honolulu, the 8 IS needed every stop and break they could muster, as the play was tight throughout the entire game.

The 8 IS were fortunate enough to get a goal off of a ball that ricocheted in a scuffle near the goal.

To counter the shot,



Left, Players chase down a header in a Summer Soccer League game that featured the 8 IS against Hawaii.

Below, Two players battle for a loose ball.

Hawaii got two goals from Fire Control Technician 2nd Class James Reilly to put the game into a deadlock at 2.

The tie set up the game-winning goal by Reck, who was at the right place and right time to give the 8 IS the win.

"It came off of a bunch of

passes," Reck said. "We had one guy get double teamed, so we passed the ball back out. We split the defenders on the left side and I saw it."

Although Reck admitted that the season hasn't gone the way the players would have liked, he feels that once the team match-

es up in the postseason, the 8 IS would be more than ready to take on all challenges.

"We're going to show and play," Reck promised. "We're all new and most of us haven't played together. We'll try our best."

Against Hawaii, the 8 IS showed that the team just

may be peaking at the right time.

In closing out the win, the 8 IS displayed good quickness and did a solid job of winning their share of 50-50 balls.

Reck said that there are still a few technical things for the team to work out, but in order for the 8 IS to

make a run in the playoffs, everyone on the squad will have to do a better job of communicating.

"Our communication broke down a bit in the second half," Reck admitted. "We kept on missing our crosses and opportunities. We've got to call each other off. We're a solid team."

Your Weekly Fun with MWR

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



MWR makes it easy to photograph beauty of Hawaii

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Technology has made it easier for people to capture and share photos with families and friends around the world. Whether using a high-end DSLR camera, a simple point-and-shoot or just using a camera phone, Hawaii is a great place to capture scenic photos.

Hawaii's natural beauty provides opportunities to get photographs of sunsets, sunrises, the full moon, tropical plants and flowers, waterfalls, beaches, underwater shots and more. The east side of Oahu provides sunrise photo opportunities, and picturesque sunsets can be found on the north or west shores.

Different hikes often have scenic views and some even have waterfalls.

The urban or developed parts of Hawaii also offer opportunities to capture



MWR Marketing photo by Justin Hirai

Sunrise over the Pacific Ocean at Bellows Beach on the windward coast of Oahu.

interesting photographs. You can find a variety of landmarks on Oahu to photograph such as the USS Arizona Memorial in Pearl Harbor, the Duke Kahanamoku Statue in front of Honolulu's Aliolani Waikiki and the King Hale. Kamehameha Statue in Joint Base Pearl Harbor-

Hickam Morale, Welfare and Recreation (MWR) make it easy to discover various landmarks through their guided tours. MWR's Information, Tickets and Travel offices offer a variety of local tours which provide opportunities to take photos of many historic sites and landmarks, as well as interesting cultural attractions.

For those interested in learning more about photography, Joint Base Pearl Harbor Hickam MWR's Arts & Crafts Center offers classes such as basic digital photography and traditional film darkroom black and white printing. They also have photography workshops, which go to different locations around the island to take photos. Photography class schedules and ITT tours can be found at www.greatlifehawaii.com.

MWR activities are open to active duty and retired service members and their families as well as Department of Defense civilians.

Sunday brunch returns to Historic Hickam Officers' Club

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Beginning Oct. 4, Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's (MWR) Joint Base Catering will bring Sunday brunch back to the Historic Hickam Officers' Club with a new menu, live entertainment and other features

Menu highlights will include a roast beef carving

station, made to order omlette station and a waffle station. Other offerings include chef's selection of chicken and fish and breakfast favorites such as bacon, sausage, hash browns, biscuits and more.

A variety of salad options complement the lineup. A selection of beverages and desserts top off the list of included menu items. Snow crab legs are also available for an additional \$19.95 per pound.

The Sunday brunch will be held in the main dining

room, where performer Val Vasquez provides live musical entertainment.

Prices are \$26.95 for adults (club members get a \$2 discount), \$13.50 for youths ages 7 to 12 years, and \$8.25 for children 4 to 6 years. The catering office accepts reservations. The Historic Hickam Officers' Club is located on Worthington Avenue, building 901. Interested patrons can call 448-4608 Monday through Friday for reservations and more information.



MWR Marketing photos

The Historic Hickam Officers' Club is the home for Sunday brunch at Joint Base Pearl Harbor-Hickam.

Community Calendar

SEPTEMBER

USS ARIZONA MEMORIAL RESTORATION NOW — Restoration work to the USS Arizona Memorial 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.

MOONLIGHT PADDLE AT HICKAM HARBOR 28 — MWR Outdoor Recreation-Hickam Harbor will hold a moonlight paddle at Hickam Harbor from 7:30 to 9:30 p.m. The trip includes all required gear. Individuals of all paddling abilities are welcome. Participants are encouraged to bring water and dry clothes to change after the activity. The cost is \$25. The sign-up deadline is today. FMI: 449-5215.

BANNED BOOKS WEEK SEPT. 28-OCT. 3 — The Joint Base Pearl Harbor-Hickam Library will be observing Banned Books Week from Sept. 28 to Oct. 3. There will be different educational programs each day to educate the reading public on the library's role in promoting intellectual freedom, censorship and why some books are banned. This year's emphasis is on young adult (YA) books. This is a free event. FMI: 449-8299.

CYBERCOM TOWN HALL 30 — Lt. Gen. James "Kevin" McLaughlin, CYBERCOM deputy commander, will host a town hall discussion on cybersecurity in the Department of Defense (DoD) from 1 to 2 p.m. The discussion will take place at Hickam Memorial Theater. McLaughlin will address the CYBERCOM mission, DOD's cyberspace opportunities and challenges, and how you and the military can support DoD's cyber mission. A question and answer session will follow. The discussion is open to all military leadership, active duty personnel and DoD civilians. FMI: Joint Base Public Affairs at 473-1173 or paul.fylstra@navy.mil.

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. The workshop is designed to offer skills to better care for those with thoughts of suicides. It is open to all adult military, civilian and family members. Pre-registration is required. FMI: rebecca.miranda@navy.mil.

OCTOBER

MWR SUPER GARAGE SALE 3 — The next MWR Super Garage Sale will be held from 8 a.m. to noon Oct. 3 at Richardson Field. No pets are allowed at the event or the field. Parking is available at Rainbow Bay Marina with overflow parking at Aloha Stadium (for minimal cost). This event is open to the public and admission is free for shoppers. FMI: 473-0792.

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.

INTRAMURAL RACQUETBALL TOURNAMENT 5 — The tournament will be held from 8 a.m. to 4 p.m. at the JBPHH-Pearl Harbor Fitness Center. This is a double-elimination tournament (or single elimination, depending on number of entries) for men's and women's divisions. All matches will be best of three games (15-point game). Eye protection is mandatory. Participants must be JBPHH active-duty, Department of Defense civilians and family members over 18 years old. Entries must be received by Sept. 28 at the intramural office (Pearl Harbor, building 667). There is no charge for this event. FMI: 473-2494 or 473-2437.

PARENTING WITH ALOHA 6 — The Military and Family Support Center (MFSC) will host a parenting class from 10 a.m. to noon. The workshop will provide tools that parents can use to build and improve their relationship with their children. FMI: 474-1999 or register online at <http://ow.ly/SuTKH>.

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 the Pearl Harbor Navy Exchange, the Defense Commissary Agency and Naval Health Clinic Hawaii. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.



THE FANTASTIC FOUR

"The Fantastic Four", a contemporary re-imagining of Marvel's original and longest-running superhero team, centers on four young outsiders who teleport to an alternate and dangerous universe, which alters their physical form in shocking ways. Their lives irrevocably upended, the team must learn to harness their daunting new abilities and work together to save Earth from a former friend turned enemy.

Movie Showtimes

SHARKEY THEATER

TODAY 9/25
7:00 PM Hitman: Agent 47 (R)

SATURDAY 9/26
2:30 PM Fantastic Four (PG-13)
4:50 PM War Room (PG)
7:20 PM Mission: Impossible-Rogue Nation (PG-13)

SUNDAY 9/27
2:30 PM Fantastic Four (PG-13)
5:00 PM Ricki and the Flash (PG-13)
7:10 PM Hitman: Agent 47 (R)

THURSDAY 10/1
7:00 PM Fantastic Four (PG-13)

HICKAM MEMORIAL THEATER

TODAY 9/25
6:00 PM Shaun the Sheep (PG)

SATURDAY 9/26
4:00 PM Fantastic Four (PG-13)
7:00 PM Straight Outta Compton (R)

SUNDAY 9/27
2:00 PM Shaun the Sheep (PG)

THURSDAY 10/1
7:00 PM Mission: Impossible-Rogue Nation (PG-13)



SAPR office partners with Airmen for fall fest



U.S. Air Force photo by Tech. Sgt. Aaron Oelrich

Airmen play corn-hole during the Airmen's fall fest held Sept. 17 at Vossler Park, Joint Base Pearl Harbor-Hickam.

Story and photo by Tech. Sgt. Aaron Oelrich

15th Wing Public Affairs

Service members from the JBPHH Sexual Assault Prevention and Response (SAPR) office, the Airmen's council and the dorm council collaborated to establish the Airmen's fall fest held Sept. 17 at Vossler Park.

According to Tech Sgt. Christine Kearney Kurt, a planner of the fall fest and member of the SAPR office, the fall fest was a chance to work hand-in-hand with the Airmen's council and the dorm council to provide entertaining and targeted training to the junior enlisted force. The fest also provided a free lunch and some down time for Airmen.

"It was great working

with the Airmen's council and the dorm council.

They came up with some great ideas for the fall fest," said Kearney Kurt.

In its first year, the fall fest featured the Pacific Air Force Band, a variety of games, alcohol and drug abuse prevention and treatment-sponsored "drunk goggles," go-cart races, football toss, wheel of fortune, and the commanders' relay challenge.

"The idea behind the commanders' relay challenge was that Airmen are supported by their commanders and leaders during sporting events, so the Airmen wanted to support their commanders and leaders while they compete for the squadron," said Kearney Kurt.

Additionally, the fest provided a chance for Airmen to

meet other Airmen stationed at Hickam.

"The fall fest provides opportunity for Airmen to build morale and camaraderie within their squadrons," said Senior Airman Tony Moorner, a planner of the fall fest and president of the Airmen's council. "The fest also provided a great atmosphere for Airmen to communicate with other Airmen and build a network within the base."

The fall fest met its intentions, according to Airmen 1st Class Charles Cannon from the 324th Intelligence Squadron.

"This was a great way to get a free lunch, learn some new things, have some fun, and meet new people," said Cannon. "I definitely enjoyed it and would come back next year."

Upcoming blood drives



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

Free CPR training for children of DoD ID card holders

The Naval Health Clinic Hawaii is partnering with the Hawaii Heart Foundation to offer free cardiopulmonary resuscitation (CPR) training for children of Department of Defense ID card holders. Kids can learn what to do in a cardiac emergency and how to save lives. This training will take place tomorrow from 10 a.m. to noon at the Joint Base Pearl Harbor-Hickam

Fitness Center.

The Kids Teaching Kids to Save Lives program trains more than 15,000 kids each year in Hawaii. Children can receive hands-on training with mannequins and automated external defibrillators (AEDs).

There are, on average, 383,000 cardiac arrests annually in the United States. Less than 30 percent will receive CPR from a

bystander. The current cardiac arrest survival rate in Hawaii is less than 10 percent. With effective bystander chest compressions provided immediately after cardiac arrest, the survival rates can dramatically increase.

(For more information about tomorrow's training, visit <http://ow.ly/SxKPI>. Reservations are not required but are recommended.)

My Favorite Photo...



John Burns, administrative support assistant at Navy Region Hawaii, took this photo a few weeks ago of Makapuu Light house while he and his friend hiked to the top of the trail.

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 drobbs@hookelenews.com.

Tomorrow is National Prescription Drug Take-Back Day

Chief of Naval Personnel Public Affairs

Navy Alcohol and Drug Abuse Prevention (NADAP) office is partnering with the Drug Enforcement Administration (DEA) by participating in National Take-Back Day, Sept. 26.

The event offers Navy personnel and their families a safe venue to turn in expired, unused and unwanted prescription drugs to a local drop-off site anonymously and free of charge.

Take-Back Days serve as an opportunity for all Sailors and Airmen to take a proactive role in the effort to prevent the misuse and abuse of prescription drugs. In the previous nine take-back events from 2010-2014, 4,823,251 pounds, or 2,411 tons of drugs were collected nationwide.

"The National Prescription Drug Take-Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications," said LaNorfeia Parker, deputy director, Navy Drug and Alcohol Prevention Program.

Many Americans are not

aware that medicines that sit in home cabinets are highly susceptible to diversion, misuse and abuse. Rates of prescription drug abuse in the U.S. are at alarming rates, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that many abused prescription drugs are obtained from families and friends, including from the home medicine cabinet.

In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away—both potential safety and health hazards.

"Participation in this year's National Take-Back Day should be an all hands effort," said Parker. "This initiative helps protect our Sailors and their families by preventing leftover medications from falling into the wrong hands."

To prevent prescription misuse among Sailors, Navy's 21st Century Sailor Office and NADAP launched the "Prescription for Discharge" campaign to educate Sailors and their families on how to safely use prescription drugs and the health and

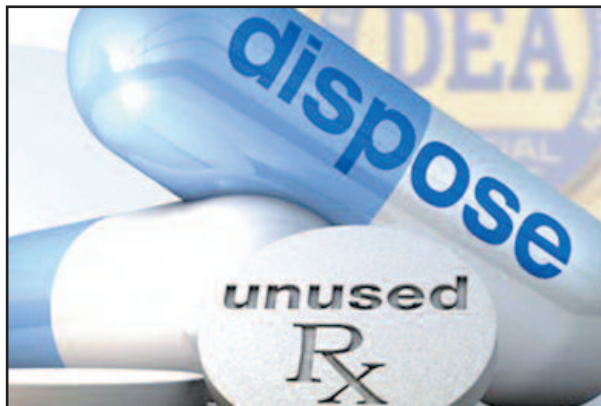
career risks of misuse.

"Prescription for Discharge" provides medical

staff and command program advisors with materials and messages to display

in medical facilities and command workspaces for interactions with patients,

family members and Sailors to assist with promoting take-back days.



In conjunction with a National Take-Back Initiative, unused or expired medication can be turned in for safe, anonymous disposal from 10 a.m. to 2 p.m. on Saturday at locations throughout the state, including Joint Base Pearl Harbor-Hickam. New or used needles or syringes and illegal substances such as marijuana and methamphetamine will not be accepted.

Military Locations

- Pearl Harbor Navy Exchange
- Marine Corps Exchange
Marine Corps Base Hawaii
- Post Exchange, Schofield Barracks

Other Locations

- Hawaii State Capitol
- Kahala Mall
- Pearl City Police Station
- Mililani High School
- Windward Mall