

# Life & Leisure

Falcons quarterback Karson Roberts takes off for a long gain in the first quarter of the team's MWC showdown versus University of Hawaii.

## NO WINGS NECESSARY

### as Air Force grounds UH

Story and photos by **Randy Dela Cruz**

Sports Editor, Ho'okele

The annual Oceanic Time Warner Military Appreciation Night turned out to be anything but a nightmare for the visiting Air Force Academy and their supporters, as the Falcons made the most of their Halloween night appearance by commanding a 58-7 victory over the University of Hawaii at Aloha Stadium.

The game was the second big one in a row for the Falcons, which topped 40 points in a previous-week 42-14 win over Fresno St. and has kept the team in the running for the Mountain West title with a conference record of 4-1.

While local military fans got to see an armed-forces-affiliated school do them proud, there were also many activities on the sidelines and at center field that honored the many men and women whose main duty is to keep our country safe.

Prior to kickoff, the evening started off with ceremonies saluting spouses of the year in the Eighth Annual Key Spouse

Award presentation, where all branches of the military were recognized.

Representing the Air Force was Kristianne Swanson, who is the spouse of Master Sgt. Eric Swanson, 8th Intelligence Squadron, while the recipient for the Navy was Valerie Larocque, whose husband is Navy Counselor 1st Class Garrick Larocque, USS Paul Hamilton (DDG 60).

Swanson and Larocque each received a \$500 cash award, tickets to the game and recognition from the Navy League and the Honolulu City and County Mayor Kirk Caldwell.

At halftime, a color guard comprising members of the Air Force Academy and University of Hawaii ROTC, preceded a procession of Soldiers, Sailors and Airmen, marching in formation before the appreciative crowd at Aloha Stadium.

The Air Force marching unit included Airmen from various squadrons, while the Navy was represented by USS Preble (DDG 88).

On Nov. 7, Air Force will try and keep their winning streak going with a home game against the Black Knights of West Point.



Above, Falcons running back Jacobi Owens plunges through the UH defense to score the game's first touchdown.



Above, Air Force Academy breaks out with music to celebrate a Falcons touchdown. Below, An Air Force Academy cheerleader strikes an acrobatic pose after the Falcons picked up another six.



Above left, Key spouse recipient Valerie Larocque stands with her cash prize that was presented by the Navy League. Kristianne Swanson, above right, holds up her cash prize for her outstanding work.

# Chosin War Dragons wreak havoc on Jefferson City

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho'okele

Going into week seven, USS Chosin (CG 65) War Dragons had nothing to prove, having won five out of their six games this season.

Still, playing against USS Jefferson City (SSN 759), the War Dragons came out as if on a mission and dominated on both sides of the ball to score a decisively scary 36-0 victory on Halloween in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

"We was on deployment last year, so we came back and the boys have been hungry for over a year," said Damage Controlman Fireman 3rd Class Demetrius Terrell, who locked down the safety position with two picks, with one going all the way. "Our motto is we eat and we eat every game."

While the War Dragons offense couldn't quench the team's hearty appetite on its first drive from scrimmage, the defense took a huge bite out of Jefferson City when Boatswain's Mate Seaman Fred Pippens picked off a pass to give Chosin great field position at their opponent's eight-yard line.

On second down and goal from the eight, quarterback Seaman Andre White dropped back into the pocket and zipped a strike into the hands of Yeoman 2nd Class Will Chiles for a touchdown.

Chosin went for the two-point conversion and hit pay dirt to take an early 8-0 advantage.

Back on the field, the War Dragons defense continued to bring it and forced three incomplete



Chosin quarterback Seaman Andre White beats the rush with a quick pass to move the chains.

passes to compel Jefferson City to punt after only four downs.

The War Dragons took possession deep at their own 16, but the extended field did nothing to prevent them from picking up touchdown number two.

On second down from his own 32, White looked down field and found Fire Controlman 2nd Class Travis Holleman down the left sideline with a strike.

Holleman made the catch and, after applying a couple of nifty moves, broke away from the pack and crossed the goal line for a 48-yard, catch-and-run touchdown.

Again, Chosin elected

to go for two and made good on their attempt to take a 16-0 advantage.

With only minutes to go before halftime, the War Dragons weren't satisfied with the two-score advantage and set about to get on the board one more time.

The defense did its part in forcing another punt on just four downs and with 55 seconds left to go in the first half, Chosin got one more chance starting at the Jefferson City 28.

A completed pass put the ball on the 16 and on second down, White went back to Chiles, who made the grab and crossed over the goal line for a 22-0 lead.

The nightmare for Jefferson City wasn't over yet with only seconds remaining on the clock.

On first down from the 15, Jefferson City went for a long pass to try and get something going before the break.

However, the play was interrupted by Terrell's first pick of the game, as the veteran safety stole the pass and rambled 40 yards untouched into the end zone for the team's fourth touchdown of the half.

Another completed two-point attempt made it 30-0 going into halftime.

For the first half, the War Dragons defense completely shut down Jeffer-

son City's offense as the unit held the opposition to minus three yards in total offense, gave up no first downs and came away with two interceptions.

"We saw the quarterback didn't want to go deep," Terrell said about the defense's stifling performance. "We just kind of bottled up the quarterback and kept him in the box. We just made plays on balls being aggressive."

Midway in the second half, White got his fourth and final touchdown pass of the game on a 19-yard toss to Chief Electronics Technician Adam Rodrigues to complete the 36-0 rout.

"It's a lot of comfort knowing that I can trust anybody," said White who hit three different receivers for touchdowns. "Whether it's a deep pass over their defender or just checking down short, they can make a play."

Even in a lopsided win, Terrell said that Chosin still has a lot more to improve before the post-season comes around.

A member of several competitive teams with Chosin, Terrell said that the season is special and wants the team to finish with a bang.

"This better be," Terrell said. "It's my last year."

## Great American Smokeout to take place Nov. 19

Brandon Bosworth

Assistant Editor, Ho'okele

November's health topic at Naval Health Clinic Hawaii (NHCH) is tobacco-free living. This theme coincides with the Great American Smokeout taking place later this month.

"The Great American Smokeout is on Nov. 19," said Eleanor Bru, nurse educator, NHCH Health Promotion.

"This nationwide event encourages smokers to take a stand and to quit smoking. At the same time, it encourages non-smokers to show support to those who are making this life-altering decision."

"According to the Centers for Disease Control and Prevention, 16 million Americans are living

with a disease caused by smoking," she said. "That is a considerably large amount. The effort to quit smoking or dipping may be hard for some. However, if you take the first two steps, which is getting the support you need and committing to a plan, then you are already heading in the right direction."

For information about quitting tobacco use, contact NHCH Health Promotion at 471-2280.

Navy Medicine tobacco cessation programs are available to all Sailors, Marines, beneficiaries, family members and retirees.

On the Hickam side of Joint Base Pearl Harbor-Hickam, the Human Performance and Rehabilitation Center offers tobacco cessation programs for service members and family members. For more information, call 448-6170.



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Call 808-473-2890  
or email [editor@hookelenews.com](mailto:editor@hookelenews.com)

# Armed Forces Hawaii Futbol reaches national finals

Randy Dela Cruz

Sports Editor, Ho'okele

After moving up in divisions in the Major Islands Soccer Organization, the Armed Forces Hawaii Futbol Club (AFHFC), a combined squad of all military branches on Oahu, haven't missed a beat, winning all six of their games in the league's open Division III.

While AFHFC has only been in operation for the past two years, the team has made a huge splash in soccer locally and on the mainland.

During the Labor Day weekend, coach Information Systems Technician 1st Class Jay Reynard, Naval Computer and Telecommunications Area Master Station Pacific (NCTAMS PAC), brought his squad up to San Antonio, Texas to square off in the annual Defender's Cup Tournament, which welcomes military teams from around the globe to challenge for the military's version of the World Cup.

Last year, in their first appearance, AFHFC surprised everyone at the prestigious event by placing second to Fort Irwin, who beat team Hawaii 1-0.

Although the field of 42 teams were well aware of the talented Sailors, Soldiers and Airmen from Hawaii this time around, it made no difference as the determined players from 808 reached the finals once again to face their old nemesis Fort Irwin for the title.

In a heated back-and-forth exchange AFHFC scored first but fell behind when Fort Irwin booted in the next three goals to take a 3-1 lead.

Staging an outstanding comeback, AFHFC scored the next two goals to tie the game up at 3-3.

However, as time neared expiration, Fort Irwin kicked in their fourth and game-winning goal to be the first Army team to win back-to-back Defender's Cup championships. "We're evenly matched,"



Photo courtesy of AFHFC

Hawaii Armed Forces Futbol Club team captain Information Systems Technician 1st Class Jay Reynard (right) maneuvers the ball past a defender during the team's semifinal showdown at the Defender's Cup.

Reynard said about how close AFHFC is to Fort Irwin. "It's just the game of soccer. Somebody puts it in the back of the net and somebody misses a chance. That's how it came out. They are our toughest competition. No disrespect to the rest of the teams, but at the end of the day, they were the only team that we let get by us. We're going to change that next year."

Reynard, like the rest of his fellow teammates, was disappointed to lose the crown by only one goal for the second year in a row, but he said that considering how many new players are on the current squad, AFHFC did an out-

standing job of representing local military and the state of Hawaii.

"This was actually a completely different team," Reynard revealed. "We only brought five guys back from last year's team, so it was a completely new group of players that have never been through this before."

At first, Reynard said he had his doubts about the team when it started practicing together, but after the members recommitted themselves, things really started to shape up.

"After reaching out to the guys and letting them know what the expectation was, that's when practices starting picking up," he recalled. "Then

going up there four days before the start of the tournament, the guys got together again and we were able to jell. We were running two a day."

Cpl. Nixon Keago was one of the few returnees to make it back to San Antonio to play in his second Defender's Cup.

He said even after AFHFC lost their first game in the tournament, the players were confident that they would bounce back.

The title would have been theirs, he thought, if AFHFC were quick enough to make a few adjustments early against Fort Irwin.

"We definitely have a quality squad," Keago

said. "We're definitely a team they look out for. It was a little bit better, but it's good high-level soccer, so there is a lot to learn."

Although Reynard would like to go back next year with the same team intact, he said that he already knows that the team will have a different look once again.

"Due to being in the military, it will be another transition year," he admitted. "From this team, we'll be missing eight players. So we need new guys."

One player who said he would be back is Chief Warrant Officer 2 Raul Almandarez, who played in his first Defender's Cup. Almandarez said that

while he really enjoyed the experience, he has some unfinished business to take care of next year.

"I can't even put it into words," he said. "As a football player, it burns inside of me. So I think about it every day because we should have definitely come back with the trophy. Next year, we're bringing back that trophy."

AFHFC holds practices and tryouts every Wednesday and Friday at Earhart Field starting at 5:30 p.m.

(For more information, email Reynard at [armed-forceshawaiiifc@gmail.com](mailto:armed-forceshawaiiifc@gmail.com).)

# NSSC Kraken cools off streaking Maintenance Group

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Defense and great pocket passing from quarterback Lt. Derrick Olson helped Naval Sea Systems Command (NSSC) Kraken control the line of scrimmage and defeat Maintenance Group (MXG), 30-7, on Nov. 3 in a Red Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

Kraken, which raised their record to 5-1, surprised MXG with only their second loss of the season after winning six straight.

"We just played as a team," Olson said about his team's dominating performance against a legitimate contender. "We got a bunch of players that work well together and are just having fun."

Although NSSC stalled on their first drive of the game, the team's defense immediately stepped up to give the Kraken offense another try.

After the offense handed the ball to MXG by losing possession on downs, the Kraken defense came up with a turnover when Operations Specialist 3rd Class Dylan Brune picked off a pass at the MXG 21.

"That's big momentum," Brune said. "Anytime our defense steps up and gets a pick, it fires up the offense, it fires up the defense and it just gives us a bunch of momentum."



Machinist's Mate 2nd Class Jason Astorga tries to squirm away from a defender.

Olson took full advantage of the take-away and drove the team downfield to the MXG eighty-yard line.

Then facing fourth and goal-to-goal from the eight, Olson spied the field before burning in a pass to Information Systems Technician 3rd Class Brandon Finley in the back of the end zone for a touchdown and 6-0 lead.

"I just trust my athletes," Olson said about the clutch completion. "I just wanted to put the ball in play. I understand that we have a height advantage, so I put the ball up in the air and give my athletes a chance to make a play."

The lead stood up through halftime, but in the second half, NSSC came out on fire.

Like in the first half, Kraken had to punt the ball on their first possession, but also like in the first half, the defense took control once again.

With the ball on their own 12, MXG went to the air on second down, but quarterback Airman 1st Class Cody Vinavong got picked off for the third time in the game.

The steal placed the

ball in good field position for Olson and on second down, the QB took it in himself to give Kraken a 12-0 lead.

The MXG got right back into the game by tallying a touchdown and extra-point conversion to make it 12-7, but the momentum for the Maintenance Group was very short-lived.

Back with the ball near

midfield, Olson, on only the second play of the drive, went over the top and hit a bulls-eye to Airman 1st Class Anthony Lopez to put the Kraken back in full control.

"We just played the game," Olson stated about the team's cool-headed response after the MXG score. "Take care of the ball, get first downs and just go from there."

Another interception, this time by Chief Yeoman Markus Howard, led to Olson's third touchdown pass of the game with an over-the-top toss to Machinist's Mate 2nd Class Jason Astorga.

Then, fittingly, the defense put the game away for good on a pick six by Fireman Apprentice Deyln Gibson.

"They (MXG) had been running a bunch of little quick hitch routes," Gibson said. "Our defensive line was applying a lot of pressure on the quarterback, so he had to get rid of the ball really fast. I just sat on the route and broke on it."

With the month of November still remaining before the playoffs, Brune said that no one is looking past anyone.

However, if the team continues to produce and gets better, Brune said he sees no reason why the Kraken can't go all the way.

"I don't want to sound cocky," he said. "But we can play with the best teams out here. If we're clicking like that, we can give anybody a ball game."



GREAT Life HAWAII

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# JBPHH facilities offer Thanksgiving dinner options



MWR Marketing photo

**Reid Tokeshi**

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

Eateries at Joint Base Pearl Harbor-Hickam are offering patrons a variety of options for Thanksgiving.

Joint Base Catering at the Historic Hickam Officers' Club will offer their annual Thanksgiving Day lunch buffet featuring traditional Thanksgiving favorites. There are three seating times to choose from. Those who want to dine with the harbor as a backdrop can dine on the lanai at 11 a.m. or 2 p.m. Those who prefer air-conditioned comfort can choose the dining room with a noon seating time. Prices are \$32.95 for

adults, \$18.95 for kids 7-12 years, \$12.50 for kids 4-6 years and children 3 years and under free. Club members can get a \$2 discount on the adult price. Reservations are required and are being accepted now until Nov. 24. Call 448-4608 for more information.

At Hickam Harbor, Sam Choy's Island Style Seafood Grille will offer a Thanksgiving buffet featuring traditional favorites such as oven-roasted turkey and ham as well as salmon, pork loin and more.

The special buffet is open from 11 a.m. to 8 p.m., making it an available option for lunch or dinner. Prices are: \$29.95 for adults, \$14.95 for kids 6-12 years and free for children 5 and under. Res-

ervations are being taken now. Call 422-3002 for more information.

For those who want to spend Thanksgiving at home, Joint Base Catering provides Thanksgiving turkey to-go. For \$130, customers get a ready-made meal for 6-8 people.

The package includes a 10-12 pound turkey, stuffing, gravy, dinner rolls, cranberry sauce and pumpkin pie. Customers can pick up their meal at Wright Brothers Cafe & Grille Thanksgiving morning from 9:30 to 11 a.m.

Reservations for the to-go deal are required and are accepted now through Nov. 24. Customers can call the catering office at 448-4608 to order a to-go package.

## Post-Thanksgiving Black Friday camp

**Reid Tokeshi**

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

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's (MWR) will host a Black Friday camp on Nov. 27 from 9 a.m. to 4 p.m. The camp is open to children ages 7-15 years, with 7-9 year olds meeting at Hickam Harbor and 10-15 year olds meeting at Rainbow Bay Marina.

Both age groups can take part in various outdoor activities depending on location and the children's abilities. Possible options include swimming, fishing, kayaking, stand up paddle boarding, sailing and outrigger canoe paddling.

Cost of the camp is \$40 per person, and signups begin Nov. 7. For more information, call the outdoor recreation office at 449-5215.



Sailing, fishing, kayaking and other activities will be offered during the Black Friday camp on Nov. 28.

MWR Marketing photo

Community Calendar

**NOVEMBER**

**TOYS FOR TOTS DRIVE**

**NOW** — Pearl Harbor Navy Exchange (NEX) and the Marine Corps is holding a Toys for Tots drive for children in need from now through Dec. 15. Customers can drop new, unwrapped toys in collection boxes at the NEX aloha center concierge desk mall rotunda. FMI: 423-3287 or Stephanie.Lau@nexweb.org.

**KAPUAIKAULA MAKAHIKI**

**SATURDAY** — The annual makahiki (festival) at Kapuaikaula (Hickam) will begin at 9 a.m. at Hickam Harbor Beach. The event honors Hawaii's rich past and heritage with an annual celebration involving a procession of canoes from Iroquois Point, offering of ho'okupu (gifts) and popular games of skill for all guests. The Joint Base population is invited to participate. FMI: Patty Coleman at 473-0369.

**ADVANCED SCREENINGS**

**SATURDAY, 14** — A free advance screening of the movie "The 33" will be held Saturday at Hickam Memorial Theater. In addition, a free advance screening of "Kilo Two Bravo" will be held Nov. 14 at Hickam Memorial Theater. Doors open at 2 p.m. The movie starts at 4 p.m. for both films. Tickets will be available at the Hickam food court. FMI: 422-4425.

**TURKEY TROT**

**SATURDAY** — A turkey trot 10K race will begin at 7 a.m. at Dewey Square, Marine Corps Base Hawaii, Kaneohe Bay. The event is open to the public. Participants can register at the Semper Fit Center. FMI: mccshawaii.com/races.

**ITT VETERANS DAY SALUTE**

**10** — A free Veterans Day salute will be held from 4:30 to 6:30 p.m. at Foster Point Pavilion at Hickam Harbor. Entertainment will be provided by the Air Force Band of the Pacific. The event will feature light pupus, leisure and travel vendors and prize giveaways. The grand prize will be a trip for two to Maui. Registration is required. FMI: 448-2295 or visit the Information, Tickets and Travel Hickam office.

**WATER FOR THE WORLD REGISTRATION**

**14, 15** — Registration for a Water for the World event will be

held from 11 a.m. to 2 p.m. Nov. 14 and 15 at the Pearl Harbor Navy Exchange mall shoe department. The focus of the event will be supplying clean water across the globe. The Water for the World 5K walk/run will be held Dec. 26 starting at Waikiki Shell. FMI: 423-3287 or Stephanie.Lau@nexweb.org.

**PEARL HARBOR COLORS**

**19** — The monthly Pearl Harbor Colors honors and heritage ceremony will begin at 7:30 a.m. at Pearl Harbor Visitor Center. The theme will be Warrior Care Month and the U.S. Marine Corps Birthday. Pearl Harbor Colors is an opportunity for local residents and international visitors to witness a U.S. military ceremony and meet veterans, service members and their families. Attendees can learn about various aspects of military history. FMI: www.cnic.navy.mil/pearlharborcolors.

**SPECIAL OLYMPICS HAWAII**

**21-22** — Special Olympics Hawaii will host its Holiday Classic from 6:30 to 9:15 p.m. on Nov. 21 and from 8 a.m. to 1 p.m. Nov. 22 at Club Pearl, Joint Base Pearl Harbor-Hickam. The Holiday Classic is a multi-competition event where teams from neighboring islands and on Oahu gather to compete in sports. The event is open to spectators who have Joint Base access. Volunteers are also needed for the event. FMI: Cindy Ujimori at volunteers@specialolympicshawaii.org.

**MUSTDASH 5K TURKEY TROT**

**26** — The Surface Navy Association's (SNA) Pearl Harbor Chapter will hold the third annual MustDash 5K Turkey Trot on Thanksgiving. The run will begin at 8 a.m. at the intersection of O'Kane Boulevard and Wasp Boulevard on Ford Island. Prizes will be awarded in three categories: best real mustache, best fake mustache and worst in show (for those men that try their hardest to grow a mustache yet fail miserably). Registration is \$15 and covers a race T-shirt. Participants can register by contacting Ensign Christopher Zeleznik and provide their shirt size. Shirts are in men's sizes only. The last day for registration is Nov. 24. T-shirts are limited to the first 100 people registered. FMI: Ensign Christopher Zeleznik at wingmasterz870@aol.com.



**PAN**

Pan is the story of an orphan who is spirited away to the magical Neverland. There he finds both fun and dangers, and ultimately discovers his destiny — to become the hero who will be forever known as Peter Pan.

Movie Showtimes

**SHARKEY THEATER**

**TODAY 11/06**  
7:00 PM Pan (3-D)

**SATURDAY 11/07**  
2:30 PM Pan (PG)  
7:00 PM Sneak Preview, The 33 (PG-13)  
Free to the first 400 authorized patrons.

**SUNDAY 11/08**  
2:30 PM Hotel Transylvania 2 (PG)  
4:40 PM Pan (3-D) (PG)  
7:00 PM The Martian (PG)

**THURSDAY 11/12**  
7:00 PM Bridge of Spies (PG-13)

**HICKAM MEMORIAL THEATER**

**TODAY 11/06**  
6:00 PM Hotel Transylvania 2 (PG)

**SATURDAY 11/07**  
4:00 PM Studio appreciation advance screening (free admission) (PG-13).

**SUNDAY 11/08**  
2:00 PM Hotel Transylvania 2 (PG)  
6:00 PM The Intern (PG-13)

**THURSDAY 11/12**  
7:00 PM Sicario (R)



# Choose fresh food from farm to your table

**Karen Hawkins**

Where does the food we eat come from? This question is one part of the farm-to-table experience, which is taking place across the nation.

And the experience really begins with where the food is grown on the farm. Often we choose to create our own unique farm-to-table experience when purchasing local fruits and vegetables in season.

Preparing and eating food that you enjoy is also part of the farm-to-table experience.



Fresh fruits and vegetables are foods that have little to no processing done to them.

Photo courtesy of the Defense Commissary Agency

## Eat close to farm

To eat close to the farm, choose foods that have the least amount of processing done to them.

Fresh fruits and vegetables have little or no processing, so include a variety in your diet. To help manage your budget, buy the fruits and vegetables that are in season.

Choose foods with minimal processing, and try to limit foods in your diet that have more than five ingredients.

Planning meals ahead of time that include more whole foods is also useful. Here is a farm fresh recipe that is quick and easy to prepare:

### Butternut squash with black beans

#### Ingredients

- 2 3/4 cups butternut squash, cubed (1 small squash, about 1 pound)
- 1 teaspoon vegetable oil
- 1 onion (small, chopped)
- 1/4 teaspoon garlic powder

- 1/4 cup red wine vinegar
- 1/4 cup water
- 2 cans black beans (16 ounces each, rinsed and drained)
- 1/2 teaspoon oregano

#### Directions

- Heat the squash in the microwave on high heat for 1-2 minutes. This will soften the skin.
- Carefully peel the squash with a vegetable peeler or small knife.
- Cut the squash into one half inch cubes.

- Peel and chop the onion.
- In a large pan, heat the oil. Add the onion, garlic powder and squash.

- Cook for 5 minutes on medium heat.

- Add vinegar and water. Cook on low heat until the squash is tender, about 10 minutes.

- Add the beans and oregano. Cook until the beans are heated through.

Easy way to get the children involved

Another area that the farm-to-table experience is growing in is schools.

Children in school are now enjoying more fresh fruits and vegetables in school meals. This provides a great opportunity to talk with them about where their food comes from and how it was grown.

Children are more likely to eat something that they learn about, help purchase and prepare. To further spark their interest, questions to ask include:

Where were the carrots grown? How long does it take

for carrots to grow?

How much water does it take to grow carrots?

Here's an easy recipe for carrots that children can help make at home:

## Crunchy carrot salad

### Ingredients

1 pound raw fresh carrots (washed and scrubbed or peeled, shredded)

1/2 cup raisins

8 ounces low-fat vanilla or lemon yogurt

### Directions

- Mix all ingredients in a large mixing bowl.

- Cover with plastic wrap and refrigerate for at least one hour.

- Toss again before serving.

Recipe adapted from Kansas State University.

About the author: Karen Hawkins is a registered dietitian and works for the Office of the Secretary of Defense, Military Community and Family Policy.

For more information, visit [www.commissaries.com](http://www.commissaries.com).

## Upcoming blood drives

- Nov. 12, 9 a.m. to 1 p.m., Makalapa Clinic, Joint Base Pearl Harbor-Hickam.
- Nov. 13, 9 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 2, Joint Base Pearl Harbor-Hickam.
- Nov. 16, 10 a.m. to 1:30 p.m., Naval Submarine Support Command, 822 Clark St., suite 400, Joint Base Pearl Harbor-Hickam.
- Nov. 23 and 25, 1 to 3:30 p.m., room 2A207, Tripler Army Medical Center.
- Nov. 30, 9 a.m. to 1 p.m., Pollock Theatre, Camp Smith.



(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](mailto:Michelle.Lele.civ@mail.mil).)

## MY FAVORITE PHOTO



Brandon Bosworth, Ho'okele assistant editor, used a zoom lens to take this photo of a Hawaiian monk seal at Fort DeRussy Beach from a distance. The National Oceanic and Atmospheric Administration (NOAA) recommends viewing Hawaiian monk seals from a distance of 50 yards or more. It is against federal and state law to disturb or harass a Hawaiian monk seal.

How to submit: Send your (non-posed) photos to [editor@hookelenews.com](mailto:editor@hookelenews.com).