

Life & Leisure

“... we are all big family, one big ohana. It's important that we not only work together, but we play together as well.”

— Capt. Stanley Keeve Jr.
 commander of Joint Base Pearl Harbor-Hickam



Joint Base celebrates

MAKAHIKI

Story and photos by

Anna Marie General, Joint Base Pearl Harbor-Hickam Public Affairs

Staff Sgt. Christopher Stoltz, 15th Wing Public Affairs



At left, Kapuaikaula Makahiki event-goers participate in hakamo'a, a one-legged wrestling competition.



Above, Members of the Nako'a 'O Palehua demonstrate an exhibition of the “kaka la'au” (stick fighting) at the annual makahiki festival at Joint Base Pearl Harbor-Hickam. Below, Capt. Mark Manfredi, chief of staff for Navy Region Hawaii, participates in the “makaihe,” known as the spear-throwing competition.



Service members, families and civilians participated in the annual Kapuaikaula Makahiki, held Nov. 7 at Hickam Harbor Beach at Joint Base Pearl Harbor-Hickam (JBPHH). The event provided an opportunity for military service members and their families to learn more about the culture and history of Hawaii.

The Oahu Council of Hawaiian Civic Clubs, Navy Region Hawaii and Joint Base Pearl Harbor-Hickam (JBPHH) collaborated to preserve the island's rich heritage by hosting the annual makahiki festival.

Makahiki (Hawaiian Thanksgiving) is an ancient Hawaiian celebration dedicated to Lono, the guardian of agriculture, rain, health and peace, to give thanks for nature's gifts received from land and sea.

“The makahiki is a very unique Hawaiian event that many have not experienced in the military, and it gives us the opportunity to work with a larger Hawaiian community that we call ohana (family). It allows us to not only educate ourselves about the Hawaiian culture but also to help keep relationships going with the local community,” said Capt. Stanley Keeve Jr., commander of Joint Base Pearl Harbor-Hickam.

“I would say we are all big family, one big ohana. It's important that we not only work together, but we play together as well,” Keeve said.

Traversing across the ocean from Iroquois Point to Hickam Harbor Beach, canoe paddlers and command leadership participated in a re-enactment of the arrival of Lono by canoe to the shoreline as Kahuna nui Kalamā Cabigan recited an ‘oli komo (welcoming chant).

“It was a lot of fun, and it was a great opportunity to learn a little bit more about the Hawaiian culture, and to actually participate was a great experience. I was really blessed to get to do the canoe ride across the channel,” said Capt. Mark Manfredi, chief of staff for Navy Region Hawaii.

“That was an awesome experience, so I'm looking forward to doing that again,” he said.

Col. Richard Smith, JBPHH deputy commander, said he also enjoyed participating in the canoe ride and expressed the importance of the Hawaiian culture.

“I was fortunate enough to paddle, which was definitely quite a treat. Building relationships is the important part for those here in the military that transition every two or three years,” Smith said.

“It is an education on the culture and history of the Hawaiian people. It is an educational process for us and that building of a relationship

carries over to the work we do every day,” he said.

Tavia Santiago, a paddler from Kamaaha'o Canoe Club, expressed the importance of teaching military families about the Hawaiian culture.

“We get to perpetuate our culture, bring back the traditions, and try to get the military families involved to become part of it. Being part of the canoe club, we do work with a lot of military families, and I think it's great that we get to teach them about our culture,” Santiago said.

Shad Kane, cultural practitioner and Oahu Council of Hawaiian Civic Clubs historic preservation chair, spoke about the importance of makahiki in ancient Hawaiian times.

“Makahiki is not just a celebration of games and eating. It was done in an effort by our chiefs to establish a relationship between the farmer, the fishermen and the gatherers of la'au (wood) and feathers,” Kane said.

“Often times we struggle to understand why ancient people struggle to do certain things. Hawaii is different; other cultures had a means to get around and communicate. Here in Hawaii, walking around the island was the only way to establish a relationship. Makahiki was then established and provided a relationship on all aspects. It's about getting together and getting to know you,” he said.

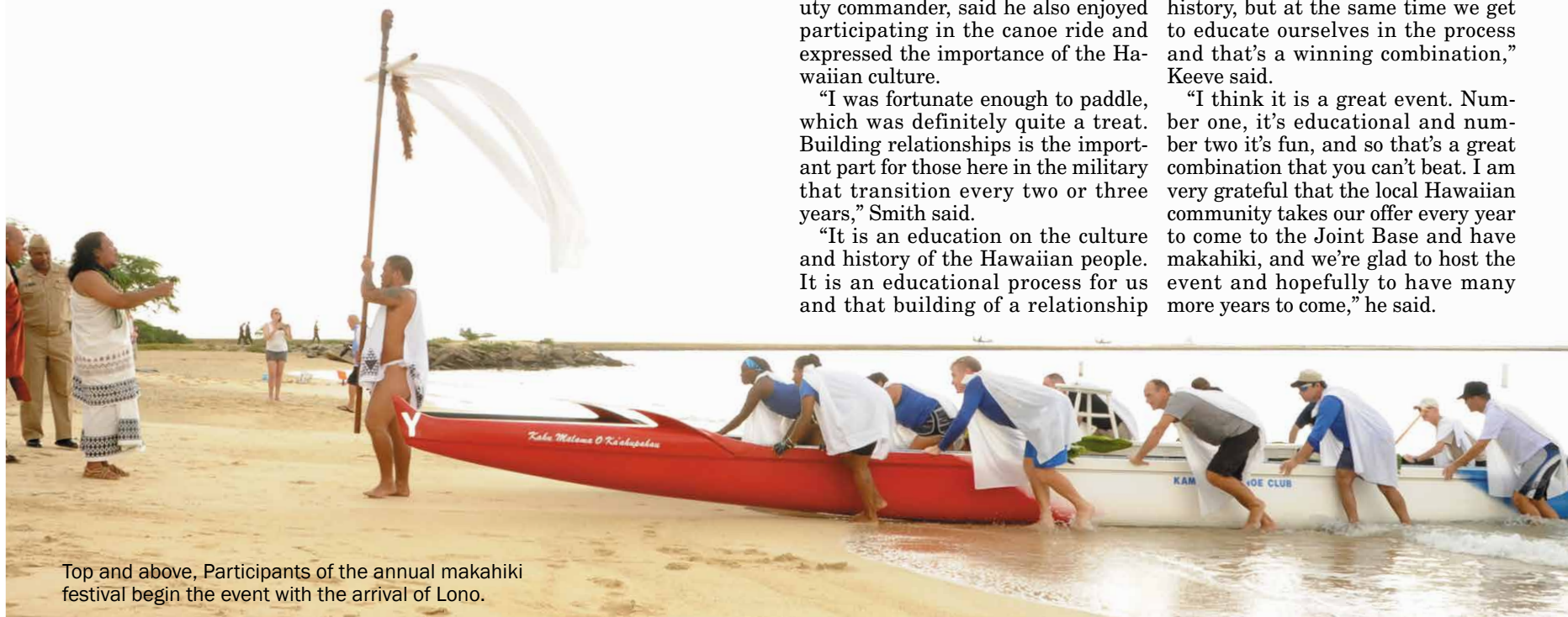
Military families participated in various games of skill and were able to step back in time to learn about the culture and traditions of ancient Hawaiians.

“These games symbolize warfare, but during makahiki time you couldn't do warfare. The games were more about practicing warfare without anyone getting hurt,” said Eric Wiliama Matanane, member of Nako'a o Palehua.

Although there were plenty of games played at the makahiki, Keeve said the event holds more importance than just enjoying activities on the beach during the weekend.

“Makahiki provides an opportunity to share the cultural heritage of the native Hawaiians. I consider it a win/win. We get to play a part in their history, but at the same time we get to educate ourselves in the process and that's a winning combination,” Keeve said.

“I think it is a great event. Number one, it's educational and number two it's fun, and so that's a great combination that you can't beat. I am very grateful that the local Hawaiian community takes our offer every year to come to the Joint Base and have makahiki, and we're glad to host the event and hopefully to have many more years to come,” he said.



Top and above, Participants of the annual makahiki festival begin the event with the arrival of Lono.



Wounded Warrior Project Soldier Ride kicks off in Hawaii

Story and photos by
Ensign Krystyna Nowakowski

Joint Base Pearl Harbor-Hickam
Public Affairs

The first Wounded Warrior Project (WWP) Soldier Ride in Hawaii kicked off with a practice ride Nov. 6 in the North Shore area and culminated with a ride through Joint Base Pearl Harbor-Hickam (JBPHH) on Nov. 7.

The Wounded Warrior Project provides both standard road bikes as well as various adaptive models free of charge to suit veterans with disabilities.

The on-base route consisted of two 10-mile loops that took riders from Earhart Field all the way to the mike piers, with views of ships and historic sites in between.

Also along for the ride were representatives from Soldier On, an Australian program with a similar mission to the Wounded Warrior Project. Darrin Lincoln, Soldier On coordinator, brought eight veterans and three staff members to Hawaii for the program's first ever bike ride.

"It's an awesome project to bring Soldiers, Sailors, Marines to bond and to get to know each other," said Army Sgt. 1st Class Marvin Fernandez, originally from Guam.

"Plus [the project] is a good way to give back," he said.

Members of WWP and Soldier On were also treated to a Nov. 6 harbor boat tour led by Cmdr. Thomas Gorey, Joint Base chief staff officer. The tour included a stop onboard the USS Arizona Memorial where members of the group were able to pay their respects to fellow warriors. Australian veteran Retired Warrant Officer 2nd Class Dennis Ramsay described the journey to sunny Hawaii as a "very emotional, very rewarding trip."

The Wounded Warrior Project Soldier Rides visit different cities across the nation.

(For more information, visit <http://www.woundedwarriorproject.org/programs/soldier-ride.aspx>.)

(For information on the Australian program, Soldier On, visit <https://www.soldieron.org/>.)



Above, The ride kicks off at Joint Base Pearl Harbor - Hickam near historic Earhart Field. Members are outfitted with bikes tailored to their needs.



At left, Warrant Officer 2nd Class Dennis Ramsay of Australia gets ready to ride the 20-mile course. At right, Participants enjoy a breezy day by the waterfront as they cycle past modern day warships.

Michael Murphy stays hot in big win over Olympia

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

The saying goes, "it's not how you start, but how you finish."

Right now, USS Michael Murphy (DDG 112) is proving that axiom to be true by winning their third game in a row with a dominating 25-2 performance over USS Olympia (SSN 717) on Nov. 7 in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

In the team's most complete game of the season, Michael Murphy all-purpose player Damage Controlman 3rd Class Terry Franklin said that the turnaround is a source of pride for him and his teammates after the ship opened the season on a five-game losing streak.

"It's a team attitude," said Franklin, who collected three interceptions for the game. "Losing five in a row will either make you or break you. We just got tired of losing. We had to buckle down and started identifying everybody's strengths and weaknesses, so we can make adjustments. All the losing really takes a shot on your pride. We got to step up or continue to get run over. So we stepped up."

On the first play from scrimmage, Michael Murphy set the stage for what was about to come, as quarterback Culinary Specialist 3rd Class Terrace Sample went deep with a pass that arched over the Olympia defense and dropped into the hands of Franklin for a 65-yard, catch-and-run touchdown and a 6-0 lead.

Then Electronics Technician 3rd Class Thaddeus McKinney got the first pick on defense to stop Olympia in the Michael Murphy red zone, but back on offense, Sample got sacked in the end



Damage Controlman 3rd Class Terry Franklin returns one of his three interceptions.

zone for a safety to reduce the lead down to four at 6-2.

Sample wasn't so easily stopped on his next set of downs as the QB used his legs and throwing arm to pick up the team's second touchdown of the game.

Starting at his own 30, Sample ran 19 yards to place the ball on the Olympia 31 and then on the very next play, he went over the top one more time to hit a streaking Quartermaster 3rd Class Kelub Dunbar down the left sideline and into

the end zone for a 12-2 lead.

While Michael Murphy didn't score again in the first half, the team's defense continued to nullify Olympia with interceptions by Sample and Franklin to preserve the 10-point lead going into halftime.

Olympia got the first possession coming out of the break, but while the halves changed from first to second, things stayed the same for Franklin and the Michael Murphy defense.

Franklin got his second pick of the day on Olympia's first drive of the second half to give Michael Murphy the ball at their own 27.

Three plays later, Sample went 19 yards in the air to Dunbar for the duo's second touchdown of the game and an 18-2 lead.

With two picks in his pocket, Franklin went after number three the next time the defense took the field.

Franklin got the hat trick deep inside Olympia territory and handed the

ball over to Sample who, on second down from the 22, took the ball all the way to the house for the final score.

"It's just being aware of your surroundings," said Franklin about his three interceptions. "I got beat the first time, and that's probably why they kept going to my side. I thought they (Olympia) would learn after the second one. I like being tried. I like the challenge."

Sample said that he was told if Michael Murphy wins out the rest of

their schedule, then the playoffs are a real possibility.

After winning three in a row, Sample said that the team feels energized and added that if Michael Murphy makes it to the postseason, teams had better look out.

"We're shooting for the postseason, so we're just going to keep this attitude and hope for the best," Sample said. "If we get there, it's over. We're going to most definitely take it. I don't see us taking any more losses."

Wahine Koa goal-line stand saves win over Wardawgs



Wahine Koa defensive back Spc. Tiera Barmore steals the ball away from Wardawgs receiver Aviation Electronics Technician 2nd Class Lachandra Owhochokwo for her second pick of the game.

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

A tough goal-line stand aided by a sack from Joi Kiel, a Department of Defense (DoD) civilian, with only seconds on the clock shut down an advancing Wardawgs squad and secured a 12-7 win for Wahine Koa on Nov. 7 in a Hawaii's Finest Flag Football (HF3) game at Mits Shito Park in Waikale, Hawaii.

The HF3 is owned and operated by Mike Todd, a military veteran and current DoD civilian at Joint Intelligence Operation Center, and is the only local flag football organization that intermixes civilian and armed forces personnel with divisions for men and women.

Wahine Koa, which started off as the Navy Sharks four years ago, are the defending women's HF3 champions and are currently in third place with a 3-3 record, while the hard-luck Wardawgs are 1-6.

"It was a good job," said Wardawgs head coach Marine Staff Sgt. Marques Nelson. "We actually came in and executed for the most part. A few plays, here and there, we gave up big plays and let them back in. But honestly, we dominated the majority of the plays."

While the Koa offense found the pickings tough throughout the game, the team's defense was ready to play from the opening whistle.

After the Wardawgs

picked up six yards on the first play from scrimmage on a pass from Cpl. Jordan Dunlap to Aviation Electronics Technician 2nd Class Lachandra Owhochokwo, Dunlap tried to go back to Owhochokwo, but instead was picked off by Koa defensive back Spc. Tiera Barmore.

Not able to generate anything on offense, Koa was forced to punt the ball away after only four downs.

Back behind center, Dunlap marched the Wardawgs into the Koa red zone at the 13 on only six plays.

However, on fourth down, Dunlap was forced to go for it all and made the mistake of throwing the ball in the vicinity of Barmore.

For the second time in the game, Barmore came up with a takeaway to kill the Wardawgs' threat.

With the defense coming up with the second steal, the Koa offense received a golden opportunity to grab the lead.

This time quarterback Aubrey Kiemnec was determined to make something happen.

Moving the ball into the red zone on only four plays, Kiemnec lobbed a pass to the right corner of the end zone and right into the arms of Rosie Yun for six points and a 6-0 advantage.

With time running out in the first half, the Wardawgs began the final series on offense before intermission.

Feeling a sense of urgency, the Wardawgs ran their hurry-up-offense to perfection and needed

only three plays to move the ball 12 yards and break into the red zone at the Koa 18.

On first down, Dunlap went back to her favorite receiver Owhochokwo, who got behind the defense and made the catch in the end zone.

The Wardawgs converted their point after touchdown attempt to take a 7-6 lead into halftime.

After the break, Koa got back the lead by moving the ball 40 yards on seven plays that ended with a two-yard plunge into the end zone by Shardae Ingano for a 12-7 lead.

Later, the Wardawgs had one final shot to come from behind with seconds on the clock, but after getting down inside the Koa 10, Kiel's sack of Dunlap back to the 13 all but killed the Wardawgs momentum and put the game away.

"It's real hard to swallow," said Wardawgs head coach Cpl. German Thompson. "At the same time, stuff like that happens. You just got to learn to execute in those situations."

For the Wahine Koa, while the win helps them get back on track, Nelson said that a lot needs to happen if the team hopes to successfully defend their title.

"The main thing is, we need consistency," Nelson admitted. "We have up and down games. Last week, we put up 27 points, this week we put up 12. If we're consistent and do the things that we're supposed to do, we can be successful."

Switchfoot scheduled to perform at JBPHH Beachfest



Photo courtesy Switchfoot

Rock band Switchfoot will headline the Nov. 22 Beachfest at Hickam Beach.

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

National recording artists Switchfoot will be performing at Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's (MWR) Beachfest on Nov. 22.

The free event is held at Hickam Beach and features a variety of activities, beginning with the pre-party at noon. As the live DJ spins music, customers can take part in cornhole, ladder ball and other outdoor games.

Switchfoot, known for hits such as "Dare You to Move," "Love Alone is Worth the Fight" and "Dark Horses" takes the stage at 3:30 p.m. This per-

formance is presented by Armed Forces Entertainment.

Other attractions include a giant mural for kids to paint, bubbles, water balloons and more. Nearby, Sam Choy's Island Style Seafood Grille and food trucks will be on hand to offer food and drinks for purchase.

Parking is available within walking distance. A special nearby parking area will be reserved for those who choose to "go green" and ride bicycles to the beach.

Beachfest is open to Department of Defense ID cardholders and their sponsored guests. No tickets are needed to attend. Certain items are restricted. (For more event information, go to www.greatlifehawaii.com.)

Ho-ho-hosting 'Snacks with Santa'

Hickam Officers' Spouses Club

The Hickam Officers' Spouses Club will hold Snacks with Santa, a special, annual activity that serves as the club's gift to the families of Joint Base Pearl Harbor-Hickam.

This free event will be hosted from 9 a.m. to 1:30 p.m. Dec. 5 at the Ka Makani Community Center on the Hickam side of Joint Base.

The event will include holiday crafts, games, prizes, snacks, donating toys for Toys for Tots, and a visit with Santa.

Previous attendees plan to participate again, as both children and parents said that they enjoyed the event last year.

"The kids had a blast making Christmas crafts with friends, and I thoroughly enjoyed taking pictures of the kids with Santa in such a gorgeous facility rich with history," said Carolyn McElhaney, spouse of Lt. Col. Richard McElhaney.

"I loved everything. The best part was getting a big cookie, and Santa was awesome because he



Photo courtesy of the Hickam Officers' Spouses Club

The Hickam Officers' Spouses Club will hold its Snacks with Santa event Dec. 5 at the Ka Makani Community Center, JBPHH.

gave out candy canes," said Hannelore Esslinger, age 6, daughter of Lt. Col. Mark Esslinger and his wife Jessica.

Registration is required, since the event is limited to only 300 military children. The recommended age for participating children is 12 years old and under. The online registration link goes live at 9 a.m. Nov. 21 via www.hickamosc.com/santa.

Participants need to present a proof of registration to gain entry at Ka Makani Community Center through either a printout or a copy on the mobile phone.

Participants also need to make sure they have base access.

(For more information, email santa@hickamosc.com.)

Upcoming blood drives



- Today, 9 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 2, Joint Base Pearl Harbor-Hickam.
 - Nov. 17, 9 a.m. to 1 p.m. 94th Army Air and Missile Defense Command, Fort Shafter Flats, building 1507, Fort Shafter.
 - Nov. 18, 10 a.m. to 1:30 p.m., Naval Submarine Support Command, 822 Clark St., suite 400, Joint Base Pearl Harbor-Hickam.
 - Nov. 24, 8 a.m. 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.)

Kids can learn CPR Nov. 21 at MCBH

A cardio-pulmonary resuscitation (CPR) training session for any child of a Department of Defense ID card holder through 12 will be held from 9 to 11 a.m. Nov. 21 at the Marine Corps Base Hawaii, Kaneohe, theater (building 219). No reservations are

being taken. Training is on a first come, first served basis.

The Hawaii HEART Foundation, founded by Pam Foster, has developed a program to teach school-aged children the vital skills needed to save a life in the time of need.

The goal is to teach 15,000 school-aged chil-

dren by the end of 2015 the hands-only CPR in case they witness a sudden cardiac arrest. There were dozens of children at September's CPR training session held at Joint Base Pearl Harbor-Hickam.

(For more information, call 473-1880, ext. 9-2310.)

NOVEMBER

HERITAGE MONTH OBSERVANCE

TODAY — A National American Indian Heritage Month observance will be held from 10 to 11 a.m. today at the 9th Mission Support Command (MSC) Assembly Hall, building 1544, Fort Shafter Flats. The 18th Medical Command (Deployment Support) is sponsoring this year's U.S. Army Hawaii (South) observance. FMI: 787-4737.

VEHICLE REGISTRATION OFFICE OPEN

NOW — The City & County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam has reopened. The office is located at 915 North Road, building 1314, in the Club Pearl Complex and is open for appointments from 8:30 a.m. to 4 p.m. Monday through Friday. The office will be closed on all state and federal holidays. Appointments can be made online. FMI: <http://ow.ly/UurnF> or visit the link at the JBPHH website, www.cnic.navy.mil/pearlharbor-hickam/.

PEARL HARBOR DAY VOLUNTEERS NEEDED

NOW — The Navy and National Park Service need more than 700 active duty military personnel from all services to volunteer in various events commemorating the 74th anniversary of the attack on Pearl Harbor. Volunteers should sign up by Nov. 24. FMI: Chief Ken Bohan at Kenneth.p.bohan@navy.mil, (904) 434-9485, or Lt. Cmdr. Michael Genta at Michael.genta@navy.mil, (808) 473-5752.

MEET THE SURFERS

SATURDAY — Authorized patrons can meet surfers Sunny Garcia and Mark Healey from 1 to 3 p.m. at the Pearl Harbor Navy Exchange mall camera department. There will be free giveaways and participants can enter for a chance to win a Go Pro camera. FMI: 423-3287 or Stephanie.Lau@nexweb.org.

MEET DOC MCSTUFFINS

SATURDAY — Children of authorized patrons can meet the character Doc McStuffins from 10 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange big white tent. Parents can enter their child for a chance to win giveaways. FMI: 423-3287 or Stephanie.Lau@nexweb.org.

HICKAM SHORELINE CLOSURE

17 — As part of the Navy's mission to restore and improve the natural habitats at Joint Base Pearl Harbor-Hickam, mangrove removal along the Hickam shoreline will occur daily beginning Nov. 17. The area includes the beach starting at the Navy's Fort Kamehameha Wastewater Treatment Plant to the Air National Guard parking lot (including Kamehameha Beach Park, commonly known as Dog Beach). All dogs, even those on

a leash, will not be permitted in the parking lot, on the shoreline, or in the waters from the area by the Navy treatment plant to the Air National Guard parking lot throughout the removal process. FMI: NAVFAC Hawaii environmental at 471-1171, ext. 243.

FRIENDS OF HICKAM BUS TOUR

18 — Air Force personnel and their families are invited to participate in a Friends of Hickam bus tour from 12:45 to 4 p.m. Participants can become familiar with their new duty station and Oahu. This is a free three-hour tour to Honolulu and Waikiki, Diamond Head beach and the Pali Lookout. Participants need to register to reserve their seat. FMI: Le'Etta Garbett at 474-0092 or leetta.garbett@navy.mil.

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. 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.



LOVE THE COOPERS

Love The Coopers follows the Cooper clan as four generations of extended family come together for their annual Christmas Eve celebration. As the evening unfolds, a series of unexpected visitors and unlikely events turn the night upside down, leading them all toward a surprising rediscovery of family bonds and the spirit of the holiday.

Movie Showtimes

SHARKEY THEATER

TODAY - 11/13
7:00 PM Love The Coopers (PG-13)

SATURDAY - 11/14
2:30 PM Pan (PG)
5:00 PM Goosebumps (3-D) (PG)
7:10 PM Bridge of Spies (PG-13)

SUNDAY - 11/15
2:30 PM Goosebumps (PG)
4:40 PM Pan (PG)
7:00 PM Love The Coopers (PG-13)

THURSDAY - 11/19
7:00 PM Crimson Peak (R)

HICKAM MEMORIAL THEATER

TODAY - 11/13
6:00 PM Pan (PG)

SATURDAY - 11/14
4:00 PM Kilo Two Bravo (R) *Studio appreciation advance screening, free admission.* FMI: 422-4425

SUNDAY - 11/15
2:00 PM Pan (PG)
6:00 PM Everest (PG-13)

THURSDAY - 11/19
7:00 PM The Intern (PG-13)





U.S. Navy photo

Patrons approach a booth at a previous Great American Smokeout on Ford Island.

Don't be the weakest link: It's time to quit tobacco

**HMCM (SW/FMF)
Patrick Modglin**

*United States Fleet Forces
Command, Fleet Medical
Master Chief*

As a former user of chewing tobacco, I understand both the perceived appeal of using tobacco products as well as the challenges associated with quitting. However, the bottom line is that using tobacco negatively impacts fleet force readiness, and it is your duty as a Sailor or Marine to be at your physical and mental best in order to carry out the mission at any given notice. This November, I urge you to make the commitment to quit using tobacco products for good.

In the 2011 Health Related Behaviors Survey of Active Duty Military Personnel, 24.4 percent of active duty Sailors and 30.8 percent of Marines indicated they were current smokers, while 9.3 percent of Sailors and 19.0 percent of Marines indicated they use smokeless tobacco at least one day/week.

The data also indicates that many of these smokers are also using smokeless tobacco products. Tobacco kills 4 million persons each year and in the U.S. 438,000 annual deaths are attributable to tobacco use.

To underscore the importance of a tobacco-free lifestyle and to support the Navy and Marine Corps' anti-tobacco efforts within the fleet, programs such as the Navy and Marine Corps Public Health Center's (NMCPHC) Health Promotion and Wellness Campaign are committed to providing Sailors and Marines with the tools they need to stop using tobacco. NMCPHC has an extensive list of online resources, including mobile apps, websites, Quit lines and texting services that are tailored towards quitting smoking, chewing, dipping and spitting.

All ships and submarines, as well as hospitals, base clinics, pharmacies and battalion aid station are required to carry tobacco cessation products, so items such as nicotine patches and nicotine gum are readily available, along with counseling, at no cost.

Myths and facts

Nobody wants to be the weakest link during sustained operations. Read the myths and facts below to learn more about how using tobacco can negatively impact your contribution to your unit and your family.

- Nicotine is a stress reliever. False. Using nicotine releases a chemical called dopamine in the brain, which results in an initial sense of calm.

However, this is a temporary and addictive solution and actually causes the body increased physical stress. Blood pressure and heart rate increase, muscles become tense, blood vessels constrict, and less oxygen is available to the brain and body to facilitate healthy coping during stressful situations.

- Tobacco use is the best predictor of military training failure. True. Smokers and users of tobacco are more likely to perform poorly on military fitness evaluations, sustain musculoskeletal injuries and have impaired respiratory function.

- Nicotine is a performance enhancer. False. The dopamine reaction that nicotine produces may make you feel more focused, but it actually decreases the amount of oxygen to your brain and body, which decreases physical performance.

- Tobacco use has an impact on military families. True. In addition to the harmful effects of second-hand smoke, tobacco can cost as much as 10 percent of an enlisted member's salary.

- Being tobacco-free is good for your shipmates. True. Tobacco has many short and long-term negative effects on the body that decrease physical and mental performance. Being as healthy as possible is not only good for you, but it directly impacts your contribution to your shipmates, your team and the fleet.

Remember that despite common misconceptions, tobacco use is not good for you, your shipmates, your friends or your family. Although it can be challenging to quit, you can do it. Don't hesitate to reach out for medical and peer support.

Additional resources

In addition to the tobacco cessation resources listed below, you can also visit your medical provider, dentist, or health promotion coordinator for face-to-face treatment and support.

- www.UCanQuit2.org/
- <http://betobaccofree.hhs.gov/>
- NMCPHC Health Promotion and Wellness Campaign's Tobacco Free Living – Ready to Quit resources
- State and national quit lines: call 1-800-QUIT-NOW

(Master Chief Modglin has been in the Navy for nearly 27 years, and has dedicated his career to the health of the fleet. He has been instrumental in crafting Navy policy around tobacco cessation and currently serves as the fleet medical master chief, United States Fleet Forces Command.)

DoD VOLED is offering Virtual Education

Ed Barker

Naval Education and Training Professional Development and Technology Center (NETPDTC) Public Affairs

As part of an effort to expand the reach of military voluntary education (VOLED) and help make higher education accessible for all service members, veterans and family members, the Department of Defense Voluntary Education Program will host its first online Virtual Education Fair, Nov. 19.

The online fair is designed to enable members' participation from anywhere in the world, helping them get a headstart on the information needed to reach their education goals.

Taheesha Quarells, the military evaluations program manager for the Defense Activity for Non-Traditional Education Support (DANTES), said this inaugural online education fair will serve as a pilot for future events and offers several advantages over local education fairs.

"We wanted the virtual education fair to act as a force multiplier, working in conjunction with the services' education centers to offer service members a greater variety of school options," said Quarells.

"Each of the 43 schools participating in this fair have both online and face-to-face programs and are currently members of the Servicemembers Opportunity College (SOC) Degree Network System (DNS). SOC DNS schools have simplified credit transfers and reduced residency requirements, making it easier for students to



U.S. Navy photo by Carla M. McCarthy

Information Systems Technician Seaman Austin Tresner from the Center for Information Dominance explores how to register online for the DoD Virtual Education Fair.

complete degree requirements," Quarells said.

Registration is required to participate but takes only a few minutes and is anonymous, asking for a unique username, location, e-mail, major interest, education level and how participants heard about the fair. Advance and day-of registration for the virtual education fair is available through: <https://dodeducationfair.com/signup.html>.

Representatives from participating schools will be available via live chat from 8 a.m. to 6 p.m. EST to accommodate different time zones. The fair is designed to offer an informative, pressure-free experience where members can learn about:

- Schools having a signed agreement with the Department of Defense to provide a quality education to service members and military spouses.
- Financial aid options to help defray the cost of your education.

- Degree and certificate program offerings.
- Cost of tuition and fees
- Post 9/11 GI Bill benefits.

During and after the fair, several prerecorded video information sessions will be available, including: top high-growth career fields and degrees, resources for choosing a school, and bridging education and credentialing. Information from schools participating in the fair will be accessible online after the event.

One unique aspect of the virtual education fair is participation of education counselors representing each branch of the armed forces, offering real-time counseling during the fair.

"All of the services have unique rules, requirements and policies regarding tuition assistance, education plans and credit transfer options," said Dr. Deborah Harris-Sims, manager of special projects for Navy VOLED.

"During the online fair,

service counselors will be able to explain and clarify any misconceptions that service members may have about education benefits and get answers that are accurate for their particular service branch."

Quarells added that rarely will service members and their families find so many resources in one place, and the virtual education fair is perfect for those who might not have an educational support office nearby.

"Depending on their location, it can be challenging for service members to find answers to their education questions quickly," she said.

"During the virtual education fair, not only will they be able to speak with someone from DANTES or a counselor from their service, but they will also be able to chat live and get real-time answers from federal student financial aid and post-9/11 GI Bill representatives."



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Port Royal holds on to capture fifth consecutive win

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Facing a tough, but depleted Pearl City Peninsula (PCP) Warriors squad, USS Port Royal (CG 73) broke a 6-6 tie at halftime with two scores in the second half to earn an 18-13 victory on Nov. 7 in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

After an opening-day loss, the win was the fifth in a row for Port Royal and raised the team's record to 5-1, while PCP dropped their third game against five victories.

"We don't worry about the competition," Port Royal receiver Seaman Apprentice Tariq Jackson said about the team's hot streak. "We just do what we got to do, make sure everybody is familiar with the plays, do our fundamentals and go out there and play our best."

In perhaps their stiffest challenge since opening day, Port Royal found themselves behind early in the game after PCP scored on their first possession.

Filling in for starting QB Navy Diver 2nd Class Andy Engelhardt, Navy Diver 1st Class Wayne Shearer led a methodical drive inside the 10-yard line of Port Royal.

On third down from the eight, Shearer lobbed a rainbow to the left side of the end zone where Navy Diver 3rd Class Kyle Roderick fought off the defense and made the grab for a 6-0 lead.

Down by a score, Port Royal, behind signal caller Information Sys-



Port Royal quarterback Information Systems Technician 3rd Class Angelo Messina scrambles away from a pass rush, while looking down field for a receiver.

tems Technician 3rd Class Angelo Messina immediately answered the challenge.

Starting from his own 15, Messina tracked down Jackson with a pass for 21 yards to the 36.

After completing another toss to the PCP 36, Messina went deep and connected with Gas Turbine System (Mechanical) 3rd Class Charles Mason to place the ball at the PCP five.

Then on the next play, Messina zipped a pass into the end zone only to have it tipped up into the air.

With the ball inches away from the turf,

Jackson, who was below the pile of bodies, made a heads-up play and snatched the ball before it hit the ground for a game-tying touchdown.

"Coming from a football background, it's just tip drills," Jackson said about his catch for six. "I always follow the ball, so once the ball goes up, I always try to get to the ball."

The deadlock stood up through halftime, but on Port Royal's first possession out of the break, Messina directed a 65-yard, 11-play drive to the end zone for a 12-6 advantage.

On the final play of the

drive, Messina scrambled for the last two yards before breaking the plane for the score.

PCP was forced to punt on their next possession, which gave Port Royal good field position from their own 35.

A false-start infraction pushed Port Royal back to their 30, but on second down, Messina hooked up with Jackson with a big play down the middle.

Jackson caught the pass at midfield, cut to the outside and then took it all the way to the house for a touchdown and 18-6 lead.

"They (PCP) were play-

ing me off-set football," Jackson explained. "They weren't manning me up, so I'm going to just shake them and get where I want to be."

With time running out, PCP managed to post one more touchdown on the board on a pass from Shearer to Boatswain's Mate 2nd Class Stephen Hunter, but it was too little and too late.

"A couple of our key players didn't show up because they had family time," said Shearer about the lack of manpower on PCP, which played with only one substitution. "We tried the best that we

could. That's all you can do."

While there are a couple of games remaining before the playoffs, Jackson said that he likes where Port Royal is sitting right now.

A member of Port Royal's Joint Base intramural championship basketball team, Jackson said that the football team has what it takes to go all the way.

"We come out and play like we got a chip on our shoulder," he stated. "We have a lot of weapons, skills and fundamentals. Everybody plays their part very well, so we're looking to be the champs."