



Life & Leisure



Gobble up fun at THANKSGIVING EVENTS

Don Robbins

Editor, Ho'okele

Let's talk turkey: a variety of events have been scheduled at Joint Base Pearl Harbor-Hickam in the upcoming week to celebrate the Thanksgiving holiday.

• First, a preschool story time for children will begin at 9 a.m. Nov. 25 at the Joint Base Pearl Harbor-Hickam Library. The theme is "Thanksgiving Feast." (For more information, call 449-8299.)

• The Surface Navy Association's 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. (For more information, email Ensign Christopher Zeleznik at wingmasterz870@aol.com.)

• Golfers will be able to get some exercise in before sitting down to their turkey dinner at three Joint Base Morale, Welfare and Recreation golf courses. Thanksgiving Day holiday golf will be held Nov. 26 from 6:30 a.m. to 2 p.m. at Barbers Point Golf Course, 7 a.m. to 3 p.m. at Ke'alohe Par 3 Golf Course and 6:30 a.m. to 2 p.m. at Navy-Marine Golf Course. Mamala Bay Golf Course will be closed. Fees vary by location. (For more information, call 682-1911, 448-2318 or 471-0142.)

• A special Thanksgiving meal will be served from 2 to 4 p.m. on Thanksgiving Day at the Silver Dolphin Bistro, Joint Base Pearl Harbor-Hickam.

The price of the meal is \$9.05. The meal is open to all active duty military, Department of Defense employees, retirees and their family members with a valid ID card. Please bring exact change to expedite time spent at the cashier stand.

Menu items will include roasted pepper and tomato soup, shrimp cocktail, oven-roasted turkey, spiral ham with brown sugar glaze, giblet and turkey gravy, cranberry sauce, cornbread dressing and mashed potatoes.

The meal will also include macaroni and cheese, rice pilaf, sweet potato casserole, green bean casserole, corn on the cob, eggnog, assorted hot rolls, a fresh salad bar with crab salad and potato salad. In addition, the meal will feature assorted baked pies, cobbler, cheesecake, an ice cream bar with assorted toppings, and a ceremonial cake. (For more information, call the Silver Dolphin Bistro at 473-2948.)

• Thanksgiving Turkey-To-Go will be offered for pickup between 9:30 and 11 a.m. Nov. 26 at the Wright Brothers Café and Grille. The meal costs \$130, which feeds six to eight people. Reservations are being accepted through Nov. 24. The meal includes a 10-to-12-pound turkey, giblet gravy, breadcrumb stuffing, a dozen dinner rolls and butter, cranberry sauce and pumpkin pie. There are no refunds or cancellations after Nov. 16. (For more information and to place an order, call 448-4608.)

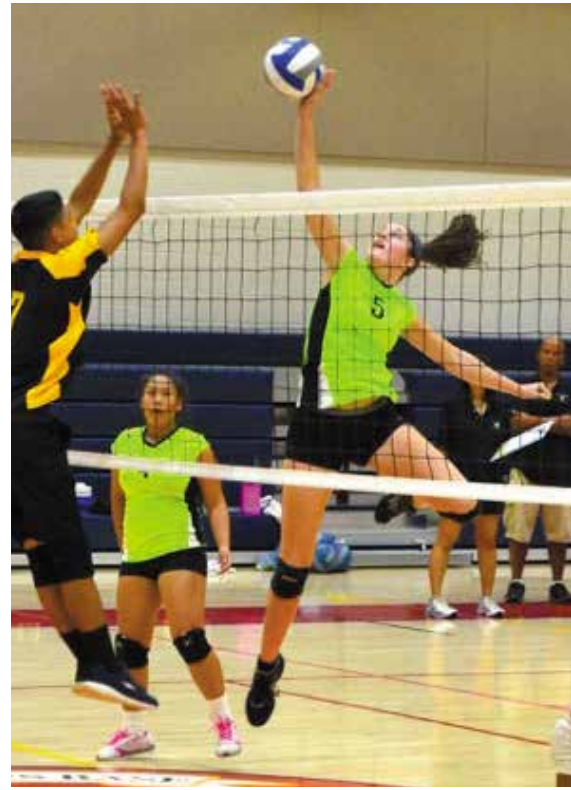
• A Thanksgiving Day buffet will be served on the lanai at 11 a.m. and 2 p.m. and in the dining room at noon Nov. 26 at the Historic Hickam Officers Club. Reservations will be accepted through Nov. 24.

The cost is \$32.95 for adults (\$30.95 for Air Force Club members), \$18.95 for children ages 7 to 12 years old, \$12.50 for children ages 4 to 6 years old, and admission is free to children ages 3 and under. All ranks are welcome, but reservations are required. (For more information, call Joint Base Catering at 448-4608.)

• A Thanksgiving buffet will also be served from 11 a.m. to 8 p.m. Nov. 26 at Sam Choy's Island Style Seafood Grille. The buffet will feature roasted turkey with all the trimmings. Reservations are recommended. (For more information and prices, call 422-3002.)

• Liberty's Thanksgiving Feast and Football will be held Nov. 26 at all Liberty Centers. The free event is for single, active duty military E1 to E6 only. A turkey dinner will be served at 11:30 a.m., which is when the football game between the Dallas Cowboys and the Carolina Panthers will be televised. (For more information, call 473-2583.)

• The free fourth annual turn and burn ride will be held from 9 to 11 a.m. Nov. 28 at Joint Base Pearl Harbor-Hickam Fitness Center, so all eligible patrons can burn off the calories from the turkey feast. The event is a two-hour stationary bike ride. (For more information, call 471-2019.)



Randy Dela Cruz & Lee Sisco photos

At left, Victoria Sisco signs her letter of intent to attend Belmont Abbey College on a four-year, athletic scholarship to play volleyball for the Crusaders. Master Sgt. Abner Ganigan, Sisco's first volleyball coach, sits beside her as she inks her commitment. At right, Victoria puts down a slam from her middle-hitter position.

Local student inks letter of intent for Belmont Abbey

Randy Dela Cruz

Sports Editor, Ho'okele

The old formula of hard work and dedication is still a potent concoction when it comes to making dreams come true.

Since she was a 9-year-old rookie in the Morale, Welfare and Recreation youth volleyball program here at Joint Base Pearl Harbor-Hickam, Victoria Sisco dreamed of playing before a packed house at a college campus here or abroad.

Even though having to resettle and reset her life each time she and her family moved to a different duty station, Sisco made sure that the fire, which ignited during her first stay in Hawaii, never died.

On Nov. 12, Victoria joined high school student athletes from around the country by signing a letter of intent to play volleyball and attend classes on a four-year ride to Belmont Abbey College, Charlotte, N.C., a Division II school that competes in the Conference Carolinas.

"I'm really proud for her," said Victoria's dad, Capt. Lee Sisco, of Submarine Force U.S. Pacific Fleet. "She's always been kind of shy and withdrawn, so volleyball was a great start for her to get a love for the game. Starting here really gave her that spark."

In total, Victoria received five offers from schools that included invites from three schools in Division II, one Division III and a junior college.

The offerings were even more impressive, considering that Victoria is home-schooled and received no additional press coverage beyond her matches with MWR and several club affiliations.

Without the press to chronicle her accomplishments and skills on the court, Victoria, with help from dad and mom Kacey, went to work and reached out to several schools on her wish list to notify them about her interest in attending their campus.

The campaign included writing letters and emails, while posting stats and game videos on her recruiting web page.

Obviously, coaches and athletic directors liked what they saw in the talented 17-year-old, which earned her an invite to

five different college volleyball camps in North Carolina during the summer.

"It was like three or four days long and seven to eight hours of volleyball per day," she said. "Over the course of summer, I was able to really perfect my serve."

Her dad stated that even before they arrived for the first day of camp, three coaches offered Victoria a place on their roster.

Besides her will to work and level of skills, Sisco said that Victoria also impressed coaches by her positive interaction with every player she came across — something that she learned during her playing years in MWR.

"Once we told the coaches that their school

wasn't her choice, a couple wrote her a letter saying that she was one of the best players they ever had the opportunity to coach because of your attitude and compassion," he said. "She (Victoria) has a big heart. She's a competitor, but she's not an aggressive, get-in-your-face, player. She cares about her teammates."

Master Sgt. Abner Ganigan, who was Victoria's first volleyball coach at MWR and is coaching her again this season on Joint Base, said that a will to win combined with excellent sportsmanship, makes her a pleasure for any person to coach.

"You've got to let them love the game," Ganigan said. "That's why we coach. MWR plays a big part of it. It's not just to

win. We're out there to play and enjoy it. Win or lose, to watch them grow, it says a lot."

While Victoria said that her past would always be a part of her, she is excited and ready to tackle the challenges ahead of her at Belmont Abbey College and Division II volleyball.

She said that the campus is beautiful and, much like her home on Joint Base, the school has a mixture of new and historic buildings.

"I'm ready for it," said Victoria, whose 14-year-old sister Maddie is waiting in the wings for chance at a scholarship. "Physically, I have to work on my vertical and stamina. And for academics, I can get better all the way around."

Columbus Moon Howlers upset Michael Murphy

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

For most of the season, USS Columbus (SSN 762) Moon Howlers haven't had much to holler about after losing seven out of their eight regular season games.

Squaring off against a surging USS Michael Murphy (DDG 112), winners of their last three games in a row, the Moon Howlers gave new meaning to the old phrase, "why we play the game," when the team came back and then held off Michael Murphy, 14-13, to win only their second game of the season in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

"We were just hungry for a win," said Columbus quarterback Fire Control Technician Seaman Drew Teixeira. "We've gone through five different quarterbacks, but we've been getting better and better. We really wanted that win."

In the first two possessions, both squads failed to move the ball, but Michael Murphy quickly changed that in their next series on offense.

Starting out at his own 15, Michael Murphy quarterback Culinary Specialist 3rd Class Terrance Sample gunned a shot into the arms of Damage Controlman 3rd Class Terray Franklin, who made the grab for 25 yards and a first down at the 40.

Another completion by Sample moved the chains to the Moon Howlers 11 and then on first and goal-to-goal, Sample motored into the end zone for a 6-0 lead.

Michael Murphy converted their point after touchdown (PAT) to take a 7-0 lead that stood up through halftime.

Columbus got the football to open up the second half, but much like in the first half, the team continued to struggle on offense.



USS Columbus (SSN 762) Moon Howlers quarterback Fire Control Technician Seaman Drew Teixeira gets away from a ferocious pass rush before throwing a completion.

Teixeira managed to move the ball into Michael Murphy territory at the 33, but on fourth down and long, the Moon Howlers QB got picked off at the 10 by Franklin.

Moving back the other way, Sample, on third and one to go at his own 19, decided to throw the ball to try and pick up the first down.

Instead, Moon Howlers line backer Fire Control Technician 1st Class James Steinbrunner snatched the ball out of the air to set up Colum-

bus with a first down on the Michael Murphy 14.

"The ball was low, but I was just trying to watch it cut across the middle," Steinbrunner said. "It bounced a few times and I ended up grabbing it."

Teixeira connected on a pass for four yards on the first play from scrimmage and then on the next down, swept around the left side and into the end zone for a touchdown.

The Moon Howlers went on to tie the score at 7-7 after converting their PAT.

Michael Murphy couldn't generate anything on their possession and was forced to punt the ball away with 1:50 remaining in the game.

Starting from his own 29, Teixeira moved the ball to the 37, and then on third down the QB went right over the middle and connected with Fire Control Technician 3rd Class Earl Arnold.

Taking the ball in stride, Arnold beat the defense and went all the way to the end zone for a 13-7 lead.

Another successful PAT put the Moon Howlers ahead at 14-7 with just 40 seconds on the clock.

With time running out, Sample rushed two times to get the ball to within striking distance.

Then on second down, from just inside midfield, Sample went over the top and hit Franklin with a rainbow for six points to pull to within a point a 14-13.

Going on a gamble to win the game in regulation, Michael Murphy decided to go for a

two-point attempt.

Sample went back to Franklin with a pass over the top, but the toss missed the mark and allowed the Moon Howlers to walk away with the win.

"We get to play with different players every week, depending on work schedule," Steinbrunner said after the game. "Sometimes you get the right pieces together and depending on the opponent, when things go our way we came out with a win today."

Asheville shuts down PCP to take victory No. 8

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

After watching USS Chosin (CG 65) War Dragons defeat USS Port Royal (CG 73) earlier in the day, USS Asheville (SSN 758) entered their showdown against Pearl City Peninsula Warriors knowing that they had to win in order to keep pace with the War Dragons.

Facing a tough PCP squad that entered the day with a 5-3 record, Asheville needed a solid performance from both sides of the ball in order to be victorious, and that's precisely what they got in an 18-0 victory over PCP on Nov. 14 in an Afloat Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

"There is no question about our guys," said Asheville quarterback Electrician's Mate 2nd Class Michael Fajardo. "Deep down, they want to win. There is no question that they're competitors. Their main goal is to win and that shows on the field."

The desire to win runs so deep for Asheville that minor setbacks seem to have absolutely no effect on the crew.

Early on, an interception by the Warriors Navy Diver 3rd Class Kyle Roderick stalled Asheville's first drive of the game.

While the pick may have discouraged many squads, Asheville seemed to be unfazed by the turn-



Asheville receiver Culinary Specialist 3rd Class Laguan Jones beats PCP defensive back Navy Diver 3rd Class Kyle Roderick to make a catch and then race to the end zone for a touchdown.

over and two plays later, got the ball back when Sonar Technician (Submarine) Seaman Aaron Murphy came up with an interception of his own to give Asheville great field position at the PCP 32.

On the first play from scrimmage, Fajardo picked up 28 yards on a pass completion to the PCP five-yard line.

Then, on the very next play, Fajardo swept around the right sideline and into the end zone for a 6-0 lead.

PCP was forced to punt the ball away on their next possession, and the first half came to an end on Roderick's second interception of the game.

The break did little to cool down the red hot Asheville defense, which opened up the second half by forcing PCP to punt after only six plays.

After starting with the ball at the PCP 36, Fajardo was sacked for a loss back to midfield at the 40-yard line.

On third down, Fajardo threw a touch pass into the seam in the vicinity of Roderick, who took a gamble and stretched out to try and make a play on the ball.

Instead, the toss sailed past his fingers and made it into the hands of Culinary Specialist 3rd Class Laguan Jones, who cradled the ball before taking it all the way to the house for a 12-0 advantage.

Back on the field, the Asheville defense, armed

with a two-score lead, marched to their position with only one thought in mind: stop PCP from scoring.

On PCP's next set of downs, they managed to pick up six yards on two plays, but on the third play from the line of scrimmage, a pick by Electronic Technician 2nd Class Abel Pajas handed the ball back to Asheville.

Asheville was forced to turn the ball over after

only four plays, but on first down, PCP had the ball taken away for the third time in the game on a pick from Culinary Specialist Seaman Recruit Knya Davis.

With the ball on the 25, Fajardo put the game away for good with an option back to Pajas, who crossed the goal line for the final score of the game.

While Fajardo was able to navigate the course for three touchdowns, the Asheville QB admitted that nothing would have been possible without the tough play of the team's defense.

"That's huge," Fajardo said about the Asheville defense. "It gives me peace of mind. If we do happen to go three and out, I know my defense is there to get the ball back as soon as possible."

Pajas, who accounted for one of the team's three picks, said that the key to the defense's success is for its players to just focus and play their game.

With only a couple of weeks to go in the regular season, Pajas said all attention is now aimed at keeping the momentum going in their favor as the playoffs come around.

"We know we have to finish out strong all the time," Pajas said. "We don't want to ease off and then get to the playoffs, where the intensity is a lot higher than league play. We're going to face some good opponents, so we just need to go all out every day."

Joint Base MWR honors, salutes veterans and families



Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's Information, Tickets & Travel (ITT) department held its Veterans Day Salute on Nov. 10 at Foster Point near Hickam Beach, JBPHH.

The free event featured complimentary food and drinks, live musical entertainment by the Air Force Band of the Pacific, a free gift for all veterans who attended and informational tables by ITT's vendor partners.

There were also many giveaways awarded throughout the afternoon. Free admission to attractions, complimentary hotel stays and more were among the prizes. The big prize was a trip for two to Maui, which was awarded at the conclusion of the event.

ITT's Mark Saruwatari said the Veterans Day Salute was created to honor and salute armed forces veterans, as well as their spouses and families.

"They are often overlooked in today's ever-changing global arena. But we should not forget that those that went before us paved the way. They leave a legacy that the next generation must carry on in honor of their sacrifices for our nation," he said.

Saruwatari said while attendees were happy with the free event, food and giveaways, they told him what they really appreciated was the effort to remember them.

Many of the attendees served in Iraq, Afghanistan or the Gulf War. Saruwatari added that there were also veterans of the Vietnam War, Korean War and World War II in the audience.



MWR Marketing photos

Above, Attendees at the ITT Veterans Day Salute relax at the event held Nov. 10 at Foster Point, JBPHH. Vendors were on hand to provide information on various recreational activities and attractions.

Bowlers can win free ham at JBPHH Bowling Center

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The Joint Base Pearl Harbor-Hickam Bowling Center is once again offering customers a chance to win a holiday dinner ham.

This year's ham roll will take place Dec. 7-18.

For each game a patron bowls during open bowling (Monday through Friday,

11 a.m. to 4 p.m.), they are entered to win a free ham. Four winners will be announced on Dec. 19, and the winners can pick up the uncooked ham from the JBPHH Bowling Center before noon on Dec. 22.

The ham roll is open to active duty, family members 10 years and older, retirees and Department of Defense civilians. *(For more information, visit greatlifehawaii.com or call 448-9959.)*



MWR Marketing photo

Patrons can win a free ham during the ham roll at the Joint Base Pearl Harbor-Hickam Bowling Center. All skill levels are welcome.

NOVEMBER

SPECIAL OLYMPICS HAWAII

SATURDAY, SUNDAY — Special Olympics Hawaii will host its holiday classic from 6:30 to 9:15 p.m. Saturday and from 8 a.m. to 1 p.m. Sunday 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.

FREE ADVANCE SCREENING

SATURDAY — A free advance screening of the movie "Creed" rated PG-13 will be held at Hickam Memorial Theater. Doors open at 2 p.m. and the movie starts at 4 p.m. Tickets are available at Hickam food court. FMI: 422-4425.

MEET AND GREET WITH OLAF

SUNDAY — A meet and greet event with the character Olaf from the movie "Frozen," will be held from 1 to 5 p.m. at the Hickam Exchange at Joint Base Pearl Harbor-Hickam. Prize drawings will be held every 20 minutes. The child must be present to win. FMI: 422-5395.

SURVIVING THE HOLIDAYS FINANCIALLY

24 — A class Surviving the Holidays Financially will be held from 9 to 10:30 a.m. at the Military and Family Support Center Pearl Harbor. The class will help participants develop a holiday spending plan and overall "survival" plan to assist them in enjoying a less stressful holiday season. Participants can register online. FMI: www.greatlifehawaii.com.

ANGER MANAGEMENT CLASS

24 — A class in Anger Management will be held from 8 to 11 a.m. at the Military and Family Support Center Pearl Harbor. The class is designed to help participants better understand, channel and control their anger. Participants can register online. FMI: www.greatlifehawaii.com.

LATIN JAZZ BAND

24 — The First Class Petty Officer Association will host the first ever Parranda Navidena event, starting at 10 a.m. at the

Sharkey Theater. The event will feature several Latin musical selections performed by the Joint Base Pearl Harbor-Hickam Latin Jazz Band, with Air Force and Navy members including Cmdr. Dennis Mojica. In the Latin community, "parrandas" means musical festivities held before the holiday season. All service members and their families are welcome. FMI: BM1 Leszek Romero at Leszek.romero@navy.mil.

DECEMBER

AIR FORCE SPOUSE 101: HEARTLINK

3 — A class called Air Force Spouse 101: Heartlink will be held from 7:30 a.m. to 2 p.m. at Military and Family Support Center Hickam. The program will introduce participants to all aspects of Air Force life, provide an opportunity to establish a peer network with other spouses, and offer tools to adapt to the military way of life. The event will include a complimentary lunch. Participants can register online. FMI: www.greatlifehawaii.com.

ONGOING

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.

HICKAM SHORELINE CLOSURE

NOW — 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 is occurring daily. 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. The whole area will be closed until Jan. 31, or until NAVFAC Hawaii staff determines that conditions are safe. FMI: NAVFAC Hawaii environmental at 471-1171, ext. 243.



PARANORMAL ACTIVITY: THE GHOST DIMENSION

Still reeling from the death of their young daughter, Ryan and Emily move their remaining daughter and their Uncle Mike from New York City to Palo Alto, Calif., where Ryan has a new job designing video games. As the family settles into their new home, they soon realize that something isn't quite right and that someone or something intends to use their grief for sinister purposes.

Movie Showtimes

SHARKEY THEATER

TODAY 11/20

7:00 PM Paranormal Activity: The Ghost Dimension (R)

SATURDAY 11/21

2:30 PM Goosebumps (3-D) (PG)
7:00 PM Creed, studio appreciation advance screening (free admission) (PG-13)

SUNDAY 11/22

2:30 PM Goosebumps (PG)
4:50 PM Love The Coopers (PG-13)
7:00 PM Paranormal Activity: The Ghost Dimension (R)

HICKAM MEMORIAL THEATER

TODAY 11/20

6:00 PM The Martian (PG-13)

SATURDAY 11/21

4:00 PM Creed, studio appreciation advance screening (free admission) (PG-13)

SUNDAY 11/22

2:00 PM Pan (PG)
6:00 PM The Martian (PG-13)



MFSC offers advice to prepare financially for the holidays

Military and Family Support Center

Financial Counselors

The holidays will be here before we realize it, and we are often asking, where did the year go?

Have you started planning for the upcoming holiday expenses? The ghost of Christmas past appears in your mailbox around mid-January, wrapped in credit card bills, representing your empty bank account. That can make the first few months of the year dreary with money worries and busted budgets. It's not bad enough you now have credit card bills, but the ghost of Christmas past demands finance charges.

Here are a few suggestions to make your holidays less financially stressful:

- Make a list (check it twice) of the people you will purchase gifts for. Don't forget the extra gifts such as grab bag for the office, holiday parties, neighbors, etc. Remember, you do not have to participate in gift exchanges or buy for people outside your immediate family. Don't forget to include any shipping costs/decorations you may have to pay for.

- List what you would like to purchase for that person.

- Set a price that you plan to spend for each gift.

- Decide how much you can afford to spend each payday on gifts.

Each payday, head out to see

what items on your list are possibly on sale.

Having that list prepared and marking off items as you purchase them will make the entire process painless.

- Make it a goal for this year to have a "cash only" Christmas. All gifts are to be purchased with cash, not using credit at all. What a great feeling that will be in January/February with no more credit card hangover from the holidays. Most people end up using their income tax return to pay off Christmas. It's a vicious cycle that would be nice to break.

- Consider joining up with parents/grandparents to split large gifts or pulling names for relatives.

- Save receipts, and staple

them in a small notebook. You can keep a running total of what you have spent, and if you need to make a return after Christmas, the receipt is easy to locate.

- In January, start planning for Christmas 2016. You will know how much you spent this year, and you can put money away each paycheck, avoiding all the stress of the holiday season and ensuring a debt-free Christmas.

If you would like some assistance, the financial counselors at the Military and Family Support Center are available for free, confidential appointments.

Call 474-1999 to schedule an appointment or visit the website for a list of financial classes that are offered at www.greatlifehawaii.com.



thinkstock.com



Tobacco-free holidays— Techniques to support tobacco cessation

Health Promotion and Wellness, Department of the Navy & Marine Corps Public Health Center

The holidays are often a time for families, friends and celebrations, which also means shopping, parties, and resolutions. So it's no surprise that the holiday season can also be a time of stress, making it difficult to quit tobacco or to stay tobacco-free.

Following are tips for navigating stress and staying tobacco-free during the holidays.

- Make a list of stress-relievers and keep it close by for when you're feeling overwhelmed by holiday activities. If you need to relax, try using one of your favorite stress busters, or try exercising, doing a puzzle or listening to music instead of taking a tobacco break.

- After eating may be a time you want to reach for a cigarette. Keep sugar-free gum or mints in your pocket to avoid reaching for tobacco, talk with someone or get up and go for a walk.

- If you find that drinking alcohol makes you want to smoke or use smokeless tobacco, consider switching to another adult beverage or cutting back on alcoholic beverages while

you're quitting. Instead, fill your glass with sparkling cider for the midnight toast.

- Let your family and friends know that you have quit or are in the process of quitting. If any of them use tobacco, ask them to do so outside or in a separate area, and request they refrain from inviting you to join.

- Keep a jar in your house, and fill it up with the money you aren't spending on tobacco.

Pretty soon you'll have enough to buy a holiday gift for a loved one (or yourself). Use a clear container so you can see your savings adding up.

During this hectic time of year, it can be hard to stay focused on your tobacco-free living goal.

Stay motivated by reminding yourself of your reasons why you want to quit. Whether it's for your health, a New Year's resolution or a way to increase your holiday gift budget, keeping your reasons in mind can help you stay on track.

(For more information and additional resources, visit http://www.nmcphc.med.navy.mil/Healthy_Living/Tobacco_Cessation/Tobacco_PersonalHealth.aspx or <http://www.smokefree.gov/>.)

'Salute to the Troops' set for Dec. 5

USO Hawaii will hold a Salute to the Troops from 10:30 a.m. to 5 p.m. Dec. 5 at Wet 'n Wild Hawaii.

The event will feature free admission to all active duty military, Reserves and retirees and their families with valid ID. The cost of onsite parking is \$8 per vehicle.

The park will be closed to the general public during the event. No advance tickets or RSVP is required. Non-military guests, accompanying those with valid military IDs, will be able to purchase a ticket at the gate for \$29.99.

Cabanas will be avail-

able to rent the day of the event on a first come, first-served basis. No advance sales will be held.

Tailgating, outside food, drinks or alcohol will not be allowed during the event. *(For more information, visit Facebook.com/HawaiiUSO or call 422-1213.)*

MY FAVORITE PHOTO



John Burns, administrative support assistant for Navy Region Hawaii, took this photo of Hanauma Bay right before sunset. *How to submit: send your non-posed photos to editor@hookelenews.com.*

Cooking safely helps prevent holiday fires

Angela Sanders

Fire Inspector, Federal Fire Department Hawaii

Did you know Thanksgiving Day is the number one day of the year for home fires involving cooking equipment? Safety in the kitchen is always important, especially on Thanksgiving Day when there is a lot of activity and people in the home.

"Turkey fryers cause over \$15 million in fire damages annually from improper use or turkeys that are not thawed correctly" said Jeffrey Fernaays, prevention chief for Federal Fire Department Hawaii.

Turkey fryers are not recommended in high hazard areas or areas not considered to be fire safe. Follow turkey fryers manufacturers' operational safety guidelines,

and make sure the turkey is properly thawed out prior to cooking. Never place frozen or wet turkeys in the fryer. This action will cause serious damage and is extremely dangerous.

Following these safety tips can help you have an enjoyable and fire safe Thanksgiving.

- Indoor cooking should only be done in areas that are designed for that purpose.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.

- Stay in the home when cooking your turkey and check on it frequently.

- Keep children away from the stove. The stove will be hot and kids should stay at least three feet away. Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or

coffee could cause serious burns.

- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.

- Keep knives out of the reach of children.

- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.

- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.

- Never leave children alone in a room with a lit candle.

- Make sure your smoke alarms are working. Test them by pushing the test button.

(For more information about Federal Fire Department Hawaii, call Angela Sanders, fire inspector, at 471-3303, ext. 617, or email angela.sanders1@navy.mil.)



Public domain photo

Never place frozen or wet turkeys in the fryer because it can cause serious damage and is extremely dangerous.

YIKES! Is this turkey done?



thinkstock.com

Defense Commissary Agency

Seeing pink as you're slicing into your beautifully browned holiday turkey is enough to strike fear into the heart of any cook, no matter how experienced they are. Following these few tips can help to avoid that scene this holiday season.

First, make sure your turkey is completely thawed before being prepped for the oven. Thaw in the refrigerator, on a tray, to catch any juices, and allow five hours per pound to complete the thawing process.

Depending on size, this can take from two to five days. To speed things up a bit, remove the giblet packet and neck from inside the turkey and thaw them separately. Be sure to check both the body cavity and the neck cavity for these — sometimes they are stored in two packets.

If time is short, leave the turkey in its original wrapper, place breast side down in a large container and cover completely with cold water. Change the water every 30 minutes, and allow an hour per pound total thawing time.

If you don't own an instant-read thermometer, put that at the top of your commissary shopping list. An oven-safe thermometer works, too, but it is not possible to judge doneness without one or the other.

While you're preparing the turkey for the oven,

take note of its anatomy so you'll be able to insert the thermometer properly.

Lift the leg and feel along the thigh to help visualize how deeply into the interior the thigh meets the body. Insert the thermometer into the thickest part of the thigh just beneath, but not touching the bone, reaching all the way down to the joint.

Take note that the breastbone runs through the center of the breast from the neck to the body cavity. To test the breast meat, insert the thermometer parallel to the breastbone deep into the neck end of the breast where the meat is thickest.

The temperature you will roast to is somewhat a matter of preference. The breast is perfectly cooked when the thermometer reaches between 160 and 165 degrees. But the leg is a different story. At 170 degrees, the leg meat is safe to eat but will be firm and have a ruddy glow, with the thigh meat slightly stiff and pinkish. Continuing to roast to a temperature of 175 degrees will take care of those issues, but the breast meat will suffer from the longer roasting time.

If you prefer not even a trace of pink, continue to roast to a temperature of 180. Just accept that the breast meat will be overdone, and be sure to offer plenty of good-tasting gravy.

(For more information, visit www.commissaries.com.)

Upcoming blood drives



- 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.)