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“Navigator” WHO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

February 19, 2016

www.cnic.navy.mil/hawaii www.hookelenews.com

Volume 7 Issue 6

Civilian helicopter goes down in Pearl Harbor

Navy Region Hawaii Public Affairs

Five passengers were safely recovered after a civilian helicopter went down in the waters of Pearl Harbor at about 10:30 a.m. yesterday in the

area near the Ford Island bridge and the National Park Service Pearl Harbor Visitor Center.

Joint Base Pearl Harbor-Hickam (JBPHH) Navy boats and Federal Fire (FFD) were among the first re-

sponders to the scene. All five reported passengers were recovered at the scene and transported to local hospitals for further evaluation.

Operations at the Pearl Harbor Visitor Center, including visits to the USS Arizona Me-

morial have been suspended until further notice. FFD and security personnel have immediately secured the area to conduct their investigation.

The helicopter reportedly belongs to Genesis Aviation. The safety of base person-

nel, the public and the environment remain priorities as the investigation continues.

Updated information will be posted on JBPHH Facebook/Twitter and website, www.cnic.navy.mil/pearlharbor-hickam.

SEAC visits service members in Hawaii, shares joint vision

Story and photo by Staff Sgt. Christopher Hubenthal

Defense Media Activity Hawaii News Bureau

From physical training with Marines to touring an Arleigh Burke-class guided missile destroyer, Army Command Sgt. Maj. John W. Troxell, Senior Enlisted Advisor to the Chairman (SEAC), met with a wide cross section of enlisted members assigned in the U.S. Pacific Command (PACOM) region to get a ground level understanding of the region.

As the SEAC, Troxell is the senior non-commissioned enlisted member of the U.S. military. He serves as an advisor to the Chairman of the Joint Chiefs of Staff and the Secretary of Defense on all matters involving enlisted personnel development and force integration, utilization and health.

To help him in this role, Troxell spoke with military members from across the services on Hawaii including stops at Camp H.M. Smith,



U.S. Air Force Gen. Lori Robinson, U.S. Pacific Air Forces commander, thanks U.S. Army Command Sgt. Maj. John W. Troxell, senior enlisted advisor to the chairman of the Joint Chiefs of Staff (SEAC), for speaking with Airmen, Soldiers, Marines and Sailors about issues concerning the enlisted force during his visit to Hawaii Feb. 10 at Joint Base Pearl Harbor-Hickam. The talk was part of the SEAC's visit where he met with U.S. Pacific Command enlisted members and leadership.

Joint Base Pearl Harbor-Hickam, U.S. Pacific Fleet, USS John

Paul Jones (DDG 53), and the Hawaii Air National Guard. During

these talks, the SEAC explained why visiting the Indo-Asia-Pacific is so

important to his mission. "When you look at what's going on in the

world right now the PACOM AOR is a very busy one," Troxell said. "With the way we are building partnerships across the Pacific AOR to deter any kind of threats, it's important that I get out here and see what's going on at the ground level so that I fully understand the problem set out here and the challenges, fully understand the mission set and where PACOM as a whole is going to deter any kinds of threats."

Troxell also offered insight on his plan for shaping a joint force.

"The changes that I hope to incorporate is taking a really comprehensive look at our joint enlisted professional military education and trying to expose Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen earlier in their career to joint education, joint opportunities, and joint training," Troxell said. "In the end it's 'how do I develop a professional development model that prepares a Soldier, Sailor, Airman, Marine to one day be a

See SEAC page A-2

USS City of Corpus Christi returns from final deployment

Lt. j.g. Samuel Boyle

Commander, Submarine Force Pacific

The Los Angeles-class fast-attack submarine USS City of Corpus Christi (SSN 705) returned home to awaiting friends and family gathered at the Joint Base Pearl Harbor-Hickam submarine piers, following the completion of its final deployment, a five-month cruise in the Indo-Asia-Pacific region, Feb. 12.

Tracey Cepal, mother of Machinist's Mate 2nd Class Sam Cepal, traveled from Sacramento, California to surprise her son.

"It was great to hear the ship's whistles blaring when the boat was coming in and see the excited crowd. It was a lifetime memory," she said.

USS City of Corpus



U.S. Navy photo by MCI Jason Swink

Sailors and officers stand topside aboard the Los Angeles-class fast-attack submarine USS City of Corpus Christi (SSN 705) as it prepares to moor returning home to Pearl Harbor Feb. 26 after completing its final scheduled deployment to the western Pacific Ocean.

Christi's commanding officer, Cmdr. Travis Petzoldt, of Beaver Falls, New York, said he was exceptionally proud of the tenacity and grit of his

crew during the ship's last deployment.

"It is not easy keeping a ship as experienced as 'City of' out at sea and on tasking, but they did

it," said Petzoldt. "We traveled 30,000 nautical miles, enough to travel around the earth at the equator and then some."

Master Chief Machin-

ist's Mate Richard Magee, Chief of the Boat, said that the new Sailors were the energy that kept him moving.

"Our newly reported Sailors performed better than I could have hoped for," Magee said. "They were energized all of the time, eager to learn and willing to work as hard as we needed them to in order to keep this 33-year-old boat doing her job."

During the deployment, 27 Sailors and three officers earned their submarine qualifications and now wear the submarine warfare insignia. Additionally, 18 Sailors were advanced in rank including four who were advanced meritoriously.

"Being a junior Sailor aboard a submarine can be difficult," said Fire Control Technician Seaman Dakota Marshall. "You must acclimate to the submarine culture

and then become a master of your craft; however, the benefits and growth that I've experienced outweigh the costs substantially."

A number of milestones were achieved during the submarine's deployment, including participation in a combined joint exercise with India and Japan during Exercise Malabar 2015 and a visit to Yokosuka, Japan as its last foreign port call before returning home.

The USS City of Corpus Christi is at the end of its 33-year career, which included service in the Cold War and the Global War on Terror. The warship has been home-ported in Groton, Connecticut, Apra Harbor, Guam, and Pearl Harbor. More than 1,500 Sailors served aboard 15 deployments during which they were awarded eight battle efficiency awards.

Pedestrian safety is top priority at Joint Base

JBPHH Safety Department

Joint Base Pearl Harbor-Hickam (JBPHH) Safety Department conducted interviews and analysis reviews to determine trends that contributed to pedestrian incidents on base and how to prevent them from recurring.

During a recent incident interview, both pedestrians were not aware of blind spots when crossing intersections and/or crosswalks.

The mishap causal analysis

revealed that there is no single factor completely responsible for the pedestrian incident. Some of the factors that contributed to the incidents are distracted driving, unsafe pedestrian behavior, poor lighting and visibility conditions that affected stopping distances.

To keep the public informed, the JBPHH Safety Department will address pedestrian incidents through monthly newsletter articles.

Recently, there have been six pedestrian-crosswalk incidents on North Road, five at Nimitz Gate,



Photo by Brandon Bosworth

three at Paul Hamilton-Safeguard four-way intersection, and

two at Pearl Harbor Boulevard. Most pedestrian incidents oc-

curred between the hours of 5:30 to 6:30 a.m. in the morning and between the hours of 3 to 5 p.m. in the afternoon. During these hours, patterns correspond with vehicle traffic increase as drivers commute from their home and work.

Crosswalks located on the following traffic zones were identified as high hazard crosswalks at Joint Base Pearl Harbor-Hickam: North Road, Safeguard, Pearl Harbor Boulevard, Central Avenue, South Road, and Paul Hamilton.

USS Jefferson City holds change of command ceremony

**Commander,
Submarine Forces
Pacific**

The Los Angeles-class fast attack submarine USS Jefferson City (SSN 759) held a change of command ceremony aboard the Battleship Missouri Memorial at Joint Base Pearl Harbor-Hickam, Feb. 12.

Cmdr. John L. Croghan was relieved by Cmdr. Kevin O. Moller as the commanding officer of USS Jefferson City in a ceremony attended by distinguished visitors, guests and submarine crewmembers.

Retired Rear Adm. John B. Padgett III, president of the Naval Submarine League, was the guest speaker during the ceremony.

“Our submarine crews are well-led, well-trained and highly motivated,” Padgett said in his remarks to those assembled for the ceremony. “Jefferson City works hard, maintains high standards and has excelled.”

While in command, Croghan led Jefferson City through its ninth deployment in support of U.S. Seventh Fleet operations, conducted an extended port call in Guam and a homeport



U.S. Navy photo by MC2 Michael H. Lee

Cmdr. Kevin O. Moller salutes sideboys during the change of command ceremony for the Los Angeles-class fast attack submarine USS Jefferson City (SSN 759) Feb. 12 at the Battleship Missouri Memorial.

change from San Diego to Joint Base Pearl Harbor-Hickam.

Croghan thanked the Jefferson City crew for a successful tour and en-

couraged them to maintain their professional edge.

“Be men of honor, be men of character and continue to stand the

perfect watch,” Croghan said. “I am proud of each of you, and I am honored to have been called your captain.”

As Moller assumed command, he thanked Croghan for turning over a fantastic boat and addressed the crew.

“I am extremely honored to be your commanding officer. It should not be lost on us that we are standing on the deck of another mighty warship from our namesake state of Missouri,” Moller noted. “Jefferson City will go back into harm’s way again, just as this great battleship did before us.”

“Rest assured, I will lead this crew with the same passion and dedication as you and all of the previous Jefferson City commanding officers,” Moller said. “I am honored and humbled to join this elite fraternity as a commanding officer of a United States fast attack submarine.”

Commissioned Feb. 29, 1992, USS Jefferson City is the 48th ship of the Los Angeles-class and is the only ship in Navy history named for the capital of the Show Me State.

For more news from Commander, Submarine Force, U.S. Pacific Fleet, visit www.csp.navy.mil.

SEAC builds relationships in the Pacific Region

Continued from page A-1

combatant command senior enlisted leader or to be the SEAC?”

Air Force Master Sgt. Michelle Wickell, assigned to the Inspector General at Pacific Air Forces, attended a discussion with the SEAC and cheered his plans for a joint professional military education (PME) for enlisted members.

“I think that’s a fantastic

idea,” Wickell said. “I’ve enjoyed deployments and worked three years at SOCPAC, so working with my other sister services has been an incredible experience and very, very broadening.”

Troxell explained the impact he plans for the joint PME to have on military members.

“I have to have a comprehensive approach to it that gets after developing that joint leader earlier in their career, not to

take anything away from the services or what their trained to do as far as leader development, but as an assist to the services so that we’re developing a more holistically trained and developed leader who is primed and ready to go into a joint a multinational assignment.”

Although preparing future leaders for a joint force environment is a priority on his list, Troxell has plans to in-

crease effectiveness in other areas as well.

“I’m also going to make sure I have my pulse on where we’re going in terms of how we pay and compensate our service members, that we have adequate medical care for service members and their families, that our retirement program is one that is sound and provides opportunities for a seamless transition from service to the civilian sector as we move for-

ward, and that we are looking out for our veterans and those who are our civilian counterparts as well,” Troxell said. “That’s what I look to continue to build on during my tour as the SEAC.”

At the end of his visit Troxell reiterated his commitment to the joint force saying, “I will give 110 percent of my effort to that cause and I will be the example for getting after that across the joint force.”

Diverse VIEWS



Why are sports programs for disabled veterans important?



Staff Sgt. Zachary Gates
647th Civil Engineer Squadron

"It's just a small way we can continue to recognize their sacrifices while keeping their minds active."

LS3 Brodrick Foster
JBPHH 1st Lieutenant

"It lets them see that they still have hope. Just because you're disabled doesn't mean you can't do sports."



Maj. Andrea Hall
15th Wing Legal Office

"It's a great avenue for our disabled vets to continue to feel like they are part of a team and an excellent opportunity for everyone to show their respect, appreciation and support for their sacrifices."

ITSC Michael Grizzle
COMSUBRON 7

"It helps them get back into the community."



Tech. Sgt. Nikia Jones
15th Aircraft Maintenance Squadron

"It conveys to our vets that they are still a valuable part of our military family and that their sacrifice hasn't been overlooked."

MM2 Scott McKenna
MDSU 1

"It creates the camaraderie that they had when they were still serving. It's a brotherhood for them."



Master Sgt. Lori Lopez
HQ PACAF

"It gives them a sense of ability to continue to do things that they used to regardless of their disability. The sports programs are just one of the ways of thanking our vets as their sacrifice for our country did not go unnoticed."

MM2 Cory Schoenberger
USS Louisville (SSN 724)

"They are important because it is a way for them to be a part of something again and not feel isolated. It can be hard enough being a veteran, let alone disabled."



Master Sgt. Steven Phillips
Det. 5, 2nd Weather Squadron

"It lets them know we appreciate the sacrifices they made."

Provided by Ensign Krystyna Nowakowski and David D. Underwood Jr.

Want to see your command featured in Diverse Views? Got opinions to share?

Drop us a line at editor@hookelenews.com

Commentary

Hallowed Grounds: African American Memories

Rear Adm. John Fuller

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

(Editor's Note: Rear Admiral Fuller presented remarks to Afloat Training Group Middle Pacific and Pearl Harbor Naval Shipyard for African American History Month.)

Race is a common social cultural construct used throughout history.

According to Kareem Abdul Jabbar, Toni Morrison and Bill Nye "the Science Guy" there is no such thing as race. Societies and special interest groups use "race" as an artificial construct to try to explain superficial differences and keep people apart.

And despite your personal position on race, and even without "races," there can be racism.

Fortunately, history shows us we can overcome racism. We can achieve equality. We can realize the ideals on which our nation was founded.

Therefore, it's a pleasure to speak with you today about Black History Month and the Hallowed Grounds and the sites we share together as African Americans...

And, by the way, we are all African Americans.

Anthropologists and geneticists show through their analysis that the figurative "Garden of Eden"—the birthplace of all humans—is likely



Rear Adm. John Fuller

near what is now Kenya, Africa. Theories suggest that Humans migrated out of Africa to populate the world as one species.

So, with that perspective in mind, I'm going to talk about some Hallowed Grounds in our history and sites in our memories—especially for those whose forbears were brought to the United States from Africa.

I think we can all agree that slavery is a cardinal sin by our nation. Slavery is the root cause for many of the problems facing African Americans leading up to today. Slavery is a great moral affront to us all.

In the name of profit, plantation owners in the South enslaved men, women and children—people of darker skin—to work tobacco and cotton fields—starting more than a century before the Revolutionary War.

Slave traders brought millions of slaves aboard cramped wooden boats to the New World between 1525 and 1866. I was

able to see one of these slave processing stations last fall during my CAPSTONE training— you have no idea how moving I found that experience.

Our nation's founders—the framers of our Constitution—established a free nation where "all men are created equal."

Unfortunately, their reality did not live up to the ideals and values they espoused. In the case of our nation, it would take nearly 200 years and the Civil Rights Movement for us to achieve the promise of American liberty and equality.

Study history. You will see the milestones—the people and the places—Hallowed grounds—over the centuries.

In 1770 Crispus Attucks, a black Sailor, was killed at the Boston Massacre. Five years later Black Minutemen fought valiantly for General George Washington at the Battle of Bunker Hill.

During the War of 1812, African American men fought in the Battle of Lake Erie. One quarter of Captain Oliver Hazard Perry's 400 Sailors were black. At least 600 free black men helped General Andrew Jackson win the Battle of New Orleans in 1815.

As the abolitionist movement grew in the 1800s, leading to the War Between the States, Harriet Tubman orchestrated the Underground Railroad, helping to lead 100,000 fugitive slaves north to freedom in ad-

vance of the Civil War.

As we consider African American history and Hallowed Grounds, think about this: Our nation's military has always provided a platform and opportunity to African Americans—not perfect but, still, opportunity.

Black soldiers and Sailors fought in all of our nation's wars.

Ex-slaves enlisted in the Union Army and formed the 54th Massachusetts Regiment, founded in part by abolitionist... and former slave Frederick Douglass.

Black men served with distinction in all-black military units in the Indian War, the Spanish-American War, and the Philippine Insurrection.

Unfortunately, racism and prejudice prevented full integration well into the 20th century.

When President Woodrow Wilson entered the United States into World War I in 1917, African Americans responded with patriotic fervor.

At the time, there were only 5,000 blacks in the Navy—all waiters, kitchen attendants, or boiler stokers. The Marine Corps did not admit any blacks till World War II.

World War II was a watershed event that broke down many barriers for the so-called "races." Life in the military gave a new perspective to thousands of blacks who came from the South.

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Rear Adm. John Fuller, commander of U.S. Navy Region Hawaii, Naval Surface Group, Middle Pacific, delivers remarks on Black History Month Feb. 12 to Sailors assigned to Afloat Training Group Middle Pacific. During his address, Fuller highlighted the contributions of African Americans throughout the history of the U.S. and the Navy.

Brashear reached milestones in Navy



The late Senior Chief Boatswain's Mate Carl M. Brashear is shown here aboard USS Hunley (AS-31) while at sea, circa April 1971. He was later promoted to Master Chief Boatswain's Mate. After retrieving bombs on duty in 1966, Brashear suffered severe injuries and a portion of his leg was eventually amputated. He became recertified in 1968 as a diver, and was the first amputee to serve as a diver in the Navy. He also became the first African American master diver in the Navy. A portion of Brashear's early training where he qualified as a second-class diver took place during shore duty at Fleet Training Center, Pearl Harbor.

Naval History and Heritage Command photo

HO'okele

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PACFLT cybersecurity conference highlights cyber capabilities

Story and photo by
MC2 Tamara Vaughn

U.S. Pacific Fleet Public Affairs

More than 160 cyber security specialists met at Joint Base Pearl Harbor Hickam Feb. 9 to 11 to discuss cyber readiness within the Pacific Fleet (PACFLT).

The Cybersecurity Waterfront Training Symposium, hosted by PACFLT, provided Hawaii-based afloat and ashore leadership and civilian cybersecurity workforce personnel with training and a better understanding of cybersecurity initiatives. The theme of the event highlighted the importance of "Bringing Actionable Cyber Capabilities to the Fleet."

"We need the senior leaders to understand the importance of cybersecurity that cyber is part of their business, and that it's a warfare tool they have that they can use," said Capt. Danny Sadoski, PACFLT deputy communications and information systems officer.

Adm. Scott Swift, commander of U.S. Pacific Fleet, kicked off the Navy information warfare-led event.



Adm. Scott Swift, commander of U.S. Pacific Fleet, delivers opening remarks during the Fleet Cybersecurity Waterfront Training Symposium at Joint Base Pearl Harbor-Hickam. The purpose of the symposium is to provide Hawaii-based afloat and ashore leadership and cybersecurity workforce personnel with training and information for improving cybersecurity readiness.

challenges we face in the Pacific, I am focused on two key areas, one is defense and the other is offense," Swift said.

"From a cyber-perspective, offense is a national risk and that is why the authority is held at the national level. My focus is

also on defense to improve cybersecurity for the fleet."

The information shared during the event was geared

toward understanding and familiarization of increased volume and sophistication of cyber threats and to prepare to defend against these types of threats.

"I think it's important to have events like this to answer questions about cybersecurity," said Ensign Aaron Fleming, USS Chafee's (DDG 90) cybersecurity officer. "It has opened my eyes to a lot of things I didn't know in particular about the different cyber-attacks."

Swift also emphasized the strength of the Pacific Fleet and the importance of cybersecurity, stressing a cultural change is necessary to be successful long-term.

"There will always be risk. Computers are playing a major role in nearly every aspect of our lives," Swift said. "We have to attack and defend in the same way as our adversaries attack and defend."

The symposium provided an opportunity for subject matter experts to discuss state-of-the-art techniques and current processes to provide feedback aimed at improving cybersecurity practices around the fleet.

For more news from Navy Cyber Forces, visit www.navy.mil/local/ncf/.

SECNAV recognizes USS Preble CO among top naval innovators

Office of the Chief of Information

WASHINGTON (NNS) — Secretary of the Navy (SECNAV) Ray Mabus announced the winners and finalists of the SECNAV Innovation Awards for 2015, recognizing the top innovators within the Department of the Navy (DON), Feb. 9.

Cmdr. Jeffrey L. Heames, commanding officer of the USS Preble (DDG 88) at Joint Base Pearl Harbor-Hickam was among the winners to receive the Innovation Leadership Category award.

Winners of the Innovation Awards may receive an innovation fellowship, specialized training, choice of their next duty station or a cash award up to \$5,000.

The SECNAV Innovation Awards Program, administered by the DON Office of Strategy and Innovation, recognizes DON military and civilian individuals or teams who have made significant innovative achievements in 2015.

"Every day, across the Department of the Navy, our talented Sailors, Marines and civilians are creating innovative solu-

tions to our most complex challenges," said Mabus. "The accomplishments of those recognized through this year's innovation awards are truly remarkable and should serve as inspiration for the entire workforce to continue to think boldly to solve our most challenging problems."

"Receiving the SECNAV Innovation Award is a significant accomplishment and a testament to the outstanding ingenuity and professionalism of the DON personnel," added Mabus.

The DON recognized innovators in program categories such as Robotics/Autonomous Systems, Data Analytics, Additive Manufacturing, Innovation Leadership, Innovation Scholar, Enlisted Innovator, Innovation Catalyst and Outside the Box.

This year's award recipients included submissions on electronic warfare battle management software, web-based SONAR tactical decision aids, additive manufacturing for advanced liquid propulsion and other applications, underwater wireless en-

ergy transfer systems and real-time acoustic imaging.

"We received over 300 award submissions from innovators at all levels across the Navy and Marine Corps," said Scott Hargate, the awards coordinator. "The judging was extremely difficult and everyone was impressed by the amazing ideas and strong initiative in the Department of the Navy's workforce. The work of these individuals and teams represents a cultural change in the way we think through and solve challenges in our organization. Hopefully,

this recognition inspires the next generation of innovators."

The Innovation Awards Program is part of a larger effort to foster idea development and incentivize innovators across the DON to creatively develop solutions and catalyze future innovation by providing cash awards and professional development opportunities.

For more information on the SECNAV Innovation Awards winners and outstanding submissions, visit www.secnav.navy.mil/innovation/Pages/Home.aspx.

Pearl Harbor-Hickam *Highlights*



Chairman, Joint Chiefs of Staff, Gen. Joseph F. Dunford, center, hosted a trilateral meeting with chief of staff of the Japanese self-defense force, Adm. Katsutoshi Kawano, left, commander, U.S. Pacific Command (PACOM), Adm. Harry B. Harris and chairman of the Republic of Korea joint chiefs of staff, Gen. Sun-Jin Lee, via video teleconference at PACOM headquarters. During the meeting the senior leaders discussed trilateral information sharing and collaboration to enhance peace and stability in the Indo-Asia-Pacific region, Feb. 10.

U.S. Navy photo by MC1 Jay M. Chu

Naval Facilities Engineering Command Hawaii's Commanding Officer Capt. Dean Tufts discusses field preparations with Navy personnel and Cape Environmental Management Inc.'s project manager Feb. 17 while viewing the first day of sod placement on Radford High School's football field.

U.S. Navy photo by Denise Emsley



Navy's contractor, Cape Environmental Management Inc., began scraping vegetation and weeds and placing new topsoil on Radford High School's football field the week of Feb. 8. Approximately 800 tons of topsoil will be placed on the field prior to laying 80,000 sq. ft. of sod.

U.S. Navy photo by MC2 Tamara Vaughn

Staff Sgt. Chris Bankston, from the 535th Airlift Squadron, briefs the medical mission capabilities of the C-17 Globemaster III to 14 international reporters from 10 Association of Southeast Nations (ASEAN)-member countries during their visit to Joint Base Pearl Harbor-Hickam, Feb. 11.

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



U.S. military service members run in formation as part of the "Sounds of Freedom" team in the Great Aloha Run in Honolulu Feb. 15. The Great Aloha Run is 8.15 miles and is an annual charity event with more than 30,000 participants and 6,000 military service members. The Sounds of Freedom consists of service members from all branches of service.

U.S. Navy photo by MC2 Jeff Troutman

Navy Medicine issues Zika virus infection guidance

U.S. Navy Bureau of Medicine and Surgery Public Affairs

FALLS CHURCH, Va. —Navy Medicine released Zika virus infection guidance in NAVADMIN 032/16, Feb. 10, communicating force health protection measures and travel precautions to Navy and Marine Corps personnel.

“Our first priority is to ensure we offer the best possible care to any Navy Medicine patient in the safest way possible,” said Cmdr. Eric Deussing, head, U.S. Navy Bureau of Medicine and Surgery (BUMED) public health, emergency preparedness and response.

BUMED has instructed Navy Medicine providers to follow guidelines issued by the Centers for Disease Control and Prevention (CDC). In addition, Navy Marine Corps Public Health Center issued an information sheet and trifold pamphlet on their public website for Navy and Marine Corps personnel.



U.S. Army photo

Joint Base residents can take a number of preventative steps to help stem mosquito breeding and activity near their area.

“We are closely monitoring the situation and collaborating with our public health partners to protect our patients and our communities,” said Deussing.

Zika is a viral infection spread by mosquito bites. The virus is spread by a bite from an infected mosquito or possibly by a mother to her fetus during pregnancy. According to the CDC,

spread of the virus through blood transfusion and sexual contact has also been reported. Typical symptoms include fever, conjunctivitis, muscle pain, rash, headache, and joint pain.

Recently, Zika virus infections in pregnant women have been linked to infants born with birth defects. Zika virus transmission is predominantly occurring in

South and Central America, Mexico, and the Caribbean.

Navy and Marine Corps personnel are at risk when travelling to areas experiencing ongoing Zika virus transmission.

“Prevention amongst the Navy and Marine Corps personnel is paramount,” Deussing said. “The most effective way to prevent infection is avoiding unnecessary travel to Zika affected areas. If traveling to Zika affected areas, avoid mosquito bites.”

No vaccine or drug is currently available to prevent Zika virus infection, and there is currently no specific anti-viral treatment for the disease. The best way to prevent infection is to avoid mosquito bites while in areas of ongoing transmission. Mosquitoes that spread Zika virus bite mostly during the daytime, but bites should be avoided day and night.

Until more is known, and out of an abundance

of caution, the CDC recommends pregnant women consider postponing travel to any area where Zika virus transmission is occurring, currently in the western Hemisphere. Pregnant women, or women trying to become pregnant, who do travel to these areas should talk to their health care provider first, and they should take strict steps to avoid mosquito bites during the trip.

The following steps are recommended for those traveling to an area with ongoing Zika virus transmission:

- Choose a hotel or lodging with air conditioning or with screens on windows and doors.
- Sleep under a mosquito bed net if you are outside or in a room that is not well screened.
- Cover exposed skin by wearing long-sleeved shirts and long pants.
- Use EPA-registered insect repellents containing DEET, picaridin, or IR3535. These are safe for

pregnant women when used as directed.

• Use permethrin-treated clothing and equipment.

“If you or someone you know develops sudden fever, rash, joint aches, or red, irritated eyes within two weeks of travelling to an area of ongoing Zika virus transmission, see your Navy Medicine health care provider immediately, and report your symptoms and travel history,” Deussing said.

Navy Medicine is a global health care network of 63,000 personnel that provide health care support to the U.S. Navy, Marine Corps, their families and veterans in high operational tempo environments, at expeditionary medical facilities, medical treatment facilities, hospitals, clinics, hospital ships and research units around the world.

For more news from Navy Medicine, visit <http://www.navy.mil/local/med-news/>.

African American History Month observed at JBPHH

Continued from page A-3

President Franklin D. Roosevelt’s presidential order in June 1941 affirmed that there should be no discrimination in the employment of workers in the defense industry or government because of race, creed, color or national origin.

Experiences in the military helped raise questions about the nation’s racial system and the way society judged and mistreated people who were “different”: Blacks treated unequally, Irish immigrants shunned, Japanese American families taken to internment camps.

Here in Hawaii, we are rightly reminded about the heroism demonstrated by Americans with Japanese Ancestry— exemplified by the 442nd “Go For Broke” and Military Intelligence Service—and personified by “The Senator”—the late, great Daniel K. Inouye.

Senator Inouye witnessed the attack on Pearl Harbor as a young man of 17. During that same attack, another young man, 22-year-old Mess Attendant Doris “Dorie” Miller, showed extreme bravery under fire aboard USS West Virginia. Admiral Nimitz himself presented Miller with the Navy Cross for his heroism.

During World War II... Americans of African Ancestry, saw the formation of the 332nd Fighter Group and 477th Bombardment Group in the United States Army, Air Forces—the Tuskegee Airmen.

In January 1945 both the Army and Navy opened their Nurse Corps ranks to black women. Phyllis Darby became the first black woman to be inducted into the Navy’s Nurse Corps.

Still, the curse of racism—the legacy of slavery—lingered as segregation continued in the military.

In 1948, however, as the Cold War heated up with the Soviet Union, President Harry S. Truman issued an order to desegregate the Army. Truman’s order was fully implemented at the outbreak of the Korean War.

Our military became one of the first sectors of American Society to abandon segregation.

We are a “hallowed ground.” It’s a natural fit because we defend freedom and democracy. So, quite naturally, within our ranks we lead efforts that guarantee liberty for all.

And freedom once tasted quickly becomes sustenance. The Freedom Movement began in the mid-1950s and continued through 1965.

Two U.S. Navy veter-

ans – President John F. Kennedy and President Lyndon B. Johnson— fought for and achieved enacting the Civil Rights Act of 1964, creating the Equal Employment Opportunity Commission to ensure equal rights for all citizens.

Right here in Pearl Harbor in 1962, LCDR Samuel Gravely became the commanding officer of the destroyer escort USS FALGOUT. This was the first time an African American commanded a ship since Robert Smalls captured a Confederate frigate and sailed it to Union Navy control in Charleston Harbor during the Civil War nearly 100 years before.

Gravely was not only the first African American to command a U.S. Navy warship; he was also the first African American admiral; the first African American to rise to the rank of Vice Admiral; and the first African-American to command a U.S. Fleet, the Third Fleet—which at the time was based here in Pearl Harbor.

The Navy recognized great African Americans

in these namesakes:

- USS Oscar Austin (DDG-79)
- USS Jesse L. Brown (DE-1089)
- USS George Washington Carver (SSBN-656)
- USS Rodney M. Davis (FFG-60)
- USS Gravely (DDG-107)
- USS Harmon (DE-678)
- U S N S H e n s o n (T-AGS-63)
- USS Miller (DE-1091)
- U S N S W a t s o n (T-AKR-310)

The military has been a Hallowed Ground for success and equal rights.

Greater equal rights for African Americans directly translated into greater advancements for

our American culture.

In our own lifetimes we have seen greater equal rights in society for people who were previously marginalized. As a high watermark for change, the US citizens elected their first African American Commander in Chief.

At the beginning of these remarks I offered the proposition: That we are all African Americans, that what we have in common is far more important than our superficial differences, that according to scientists and philosophers there is no such thing as race. It’s good to acknowledge our differences and embrace diversity. We must respect and celebrate what

we all share in common.

So why have Black History or any cultural celebration? Because we have learned that the United States of America is great because we have evolved to the point that we can acknowledge, embrace, respect and celebrate what is both common and different in our unceasing journey to be better.

In the days ahead, let us reflect on how far we have come as a nation. Let’s commit to furthering Dr. Martin Luther King’s dream—of realizing “a day when people will not be judged by the color of their skin, but by the content of their character.”



Ellyn Dunford, wife of chairman of the Joint Chiefs of Staff Gen. Joseph F. Dunford, speaks to children during a visit to the Armed Services YMCA at Joint Base Pearl Harbor-Hickam.

Wife of SEAC visits ASYMCA

Story and photo by
MC2 Jerome D. Johnson

Defense Media Activity-Hawaii News
Bureau

Ellyn Dunford, spouse of Chairman of the Joint Chiefs of Staff Gen. Joseph F. Dunford, visited the Armed Services YMCA at Joint Base Pearl Harbor-Hickam, Feb. 10 to talk to children, spouses, and staff members.

During the tour of the facility, Dunford held a discussion with spouses and staff members to talk about some of the difficulties of operating in an overseas environment, and providing programs to the young men and women of the armed services who need them. Some of the key issues discussed were childcare waiting lists, background checks, the lack of volunteers, and funding.

“So there are two challenges that were raised here. One is that there is a waiting list, because there are so many people who desire these kinds of services in this area and recognize the value of starting early childhood education,” said Dunford. “The other is being able to get enough staff to serve them. There are people who want to do it, but the vetting process takes an unreasonable amount of time, and that interferes with the ability to expand services and maintain services.”

Dunford told the staff that she will take these concerns back with her to Washington and begin working on resolutions to help support the facility.

“Having her here really helps highlight the services we provide and the organization itself, because one of our biggest challenges is getting the word out about our programs,” said Laurie Moore, executive di-

rector of Armed Services YMCA. “We want to share what we do so that we can have more people participate and provide the services and programs to those that need it and want it.”

Dunford also took the opportunity to interact with the staff and children during a sing-a-long, dance, and display of arts and crafts.

“I love seeing the children. They are a tonic that makes you feel good and makes you feel like the world will be OK, because we have all these wonderful little faces,” said Dunford. “It was really nice to see so many people working together to make sure this next generation grows up with a good education, a love for learning, and knowing that their educators care about them. That’s really important.”

Staff members expressed their appreciation for the visit.

“It was so great for our staff because our staff really felt very encouraged by her visit. Also, the parents of some of the children at the school that had the opportunity to interact with her were delighted to be able to speak military spouse to military spouse and share common joys, frustrations, and she just related so beautifully to everyone she came in contact with,” said Moore. “I really think it was a very uplifting visit for our program participants and the staff, too.”

The Armed Services YMCA of Honolulu provides social, educational, and recreational programs to meet the needs of military service members and their families in the state of Hawaii. Last year the non-profit organization served more than 43,000 service members. After the ASYMCA visit, Dunford continued her tour advocating for military family support programs on Oahu.

AF culture, standards now sit in palm of your hand

George Woodward

82nd Training Wing
Public Affairs

SHEPPARD AIR FORCE BASE, Texas—A series of mobile applications developed by the 367th Training Support Squadron at Hill Air Force Base, Utah, is giving Airmen ready access to Air Force standards, culture and basic doctrine.

While the unit, part of the 82nd Training Wing’s 782nd Training Group at Sheppard AFB, Texas, typically focuses on computer-based training in support of aircraft maintenance, its unique skill set proved a perfect match when the Air Force was looking for a way to put the “little blue book” and other core Air Force documents literally into the hands of Airmen.

“Our focus is mainly on developing computer-based training or videos for maintainers on the flightline,” said Tech. Sgt. Kaimi Pacheco, the app designer. “So developing mobile apps is a little out of the norm for us, which is challenging. The other products we create are mostly linear, or step by step, in nature, but when you’re developing apps you have to include functionality that lets the user go in many different directions.”

Still, the team was confident it could not only get the job done, but get it done quickly and exceed expectations.

“The little blue book was the first project, which they completed on a tight timeline to coincide with the book’s release,” said Tech. Sgt. Zach Davis, the Android developer.

“It was definitely a challenge,” he continued. “But



Courtesy of U.S. Air Force

with our strong, cohesive teams and individual commitment to the project, we were confident we could satisfy all the requirements, and even exceed a few.”

One way they exceeded expectations was by adding audio narration for all the text included in the app.

“That’s not something we routinely incorporate into our products,” said Master Sgt. Kasey Lynch, the project manager, “and it did prove challenging. Once we started producing audio assets we realized how much work goes into producing a perfect vocal narration—varying vocal inflections, correct enunciation of words, consistent volume and even consistent pauses.”

The most critical audio decision was choosing the voice actor.

“We needed someone with a pleasing sound, but who had a neutral accent that would appeal to the widest audience,” Lynch said. “Now we jokingly refer to our voice actor—Staff Sgt. Scott Summers—as ‘The Voice of the Air Force.’”

The variety of devices and screen sizes was another issue the team had to consider.

“Developing mobile apps requires a lot more graphics support than a computer-based product, because we have to produce multiple versions of the same image to ensure the app looks good and works correctly for every potential device,” said Tech. Sgt. Rudy Gonzalez, a graphic designer.

Despite the challenges, the team completed the application on time and ensured it was available for Apple and Android devices when the book was released to the Air Force.

“The team truly came together to deliver an excellent product for our Air Force and Airmen,” said Chief Master Sgt. of the Air Force James A. Cody, who worked with the team to finalize the app. “Thanks to their hard work, our Airmen now have access to the little blue book in a format they often prefer.”

The success of the little blue book app led to three additional projects for the 367th TSS:

- Air Force Instruction 1-1, “Air Force Culture: Air Force Standards,” which is complete and available on Apple and Android markets (search for AFI 1-1)

- Air Force Instruction 1-2, “Air Force Culture: Commander’s Responsibilities,” also complete and available for Apple and Android (search for AFI 1-2)

- The Professional Airman’s Development Guide, which is given to new recruits in delayed enlistment status to help them prepare for basic military training, is 80 percent complete and in validation by Air Force Recruiting Service.

To download these apps, go to the Google Play store on Android devices or the App store on Apple iOS devices.

Life & Leisure

A batter keeps his eyes on the ball.

Sp. Caleb Conner, pitcher for Good Old Boys, reaches back to throw a strike.



Guzzlers finish off Presidents Day tourney with title



The Good Old Boys infielder follows through on a toss.

Story and photos by
Randy Dela Cruz
Sports Editor, Ho'okele

Stellar pitching, a solid defense and timely hitting ruled at the Presidents Day Softball Tournament, as the Guzzlers combined all three skills to capture the two-day series at Millican Field, Joint Base Pearl Harbor-Hickam, Feb. 12-13.

The tourney featured representatives from all military branches equally divided among eight teams.

The Guzzlers stuck with the basics to get the job done, as the team won three games in a row before wrapping up the tournament with a 15-11 win over the Good Old Boys in the championship showdown.

Guzzlers pitcher Senior Chief Machinist's Mate Charles Phelps said that in order to walk away with the title, every player had to do their part, and thankfully, they did.

"I told them, we've got to play fundamental ball," Phelps said. "We had a great bunch of guys, a great defensive team and if you look, we didn't hit one home run this entire tournament. So I told them, we just won this tournament without hitting a home run. Take that."

While the Guzzlers made it to the final showdown without a whole lot of drama, the same couldn't be said for the Good Old Boys, which started off by losing their first game in the double-elimination tournament and had to battle back from the loser's bracket.

Needing one victory over the Guzzlers to force a game five, the Good Old Boys appeared primed to make it hap-



A Guzzlers batter goes for the long ball.

pen, when the team finished off the first inning by crossing the plate six times.

Although the Guzzlers managed to pick up two runs in the top half of the second, the Good Old Boys kept the bats hot enough to drive in three more runs to take a 9-2 advantage going into the top of the third.

The Guzzlers picked up another two runs in the third and, after Phelps set down the Good Old Boys down in order, another rally in the top of the fourth by the Guzzlers brought the game even closer.

Master Sgt. Michael Cox got things started for the Guzzlers with a leadoff single before back-to-back walks by Good Old Boys pitcher Sp. Caleb Conner loaded the bases with no outs.

A fielding error on the next batter scored a run, which opened the door for three more tallies, with the fourth and final run being driven home with an RBI single from Intelligence Specialist 3rd Class Christian Hetzel to pull the Guzzlers to within a run at 9-8.

In the bottom of the fourth, Conner got things back on track with an

RBI triple before coming home on a sacrifice fly by Alex Moore, a military-family member, to raise the lead back up to three at 11-8.

After both teams exchanged goose eggs in the fifth and sixth, the Guzzlers found themselves only three outs away from losing their first game of the tournament and having to play a one-game, winner-take-all showdown for the title.

Conner, who had been struggling with his control late in the game, committed a cardinal sin by walking the first two Guzzlers batters he faced in the top of the seventh.

The Guzzlers went on to score six times, with the big hit coming off the bat of Hetzel, whose single drove in the final two runs of the inning and a 15-11 lead.

Phelps then locked up the game by setting down the Good Old Boys in order in the seventh and final inning to lock up the win.

"We felt it. The whole team felt it. I just walked too many people," said Conner about not holding on to a seven run lead. "I gave the other team the opportunities to score and they took advantage of it. That's how the game rolls. It swung our way for a little bit and then we fizzled out. We've been playing all day, but that's what happens when you lose your first game."

As for Phelps, he said that even with their backs up against the wall, he had a feeling that they were going to pull it out.

"We already kind of knew that the momentum had shifted," he said. "So we just went up there with the mindset that we could do it and we did."

Old Bulls beat D-Leaguers to make it three in a row

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

After dropping their first game of the season, the Old Bulls have regrouped and gone on a winning streak which has now grown to three games with their Feb. 16 win over the D-Leaguers, 55-39, in an over-30, White Division matchup at Joint Base Pearl Harbor-Hickam Fitness Center.

The win has moved the Old Bulls into sole possession of second place in the White Division with a record of 3-1, while the D-Leaguers dropped into a tie for third at 2-2.

The big star of the game was Staff Sgt. Labronze Paden, who chipped in with 31 points for the Old Bulls, with 14 in the first half and 17 in the second.

Still, while Paden scored more than half of the team's total points, he was quick to point out that contribution from everyone on the team led to the 16-point victory.

"We still play team ball," he stated. "I try to move the ball around. My opportunities to get inside are an opportunity to get a pass outside. So if they are knocking down shots, that's how we're going to win our games."

At first, the Old Bulls threatened to make it a runaway, as Paden pumped in the first three baskets and was followed by a trey from Master Sgt. John Redmond for an early 9-0 lead.

Instead of building upon their lead, the Old Bulls hit a cold streak for the next 10 minutes, which allowed the D-Leaguers to pull to within a point at 11-10 on a basket-and-one by Wendell Collymore, a military family member, with 10:40 left in the first half.

Four minutes later, Collymore picked up a dime on a pass to Master Sgt. Mark Wood to tie the score at 15-15.

Paden led one final surge before

halftime that helped the Old Bulls seize back control with a 25-19 lead at the break.

One player for the D-Leaguers who really helped the team stay in contention was the play of center Wood, who chipped in with 10 tough points in the paint to hold off the Old Bulls.

Wood used his height and size to control the action under the basket, but just prior to halftime, the D-Leaguers center suffered an injury to his right knee that severely limited his mobility.

Seeing that Wood had lost a step or two, the Old Bulls opened the second half in a full-court press with Paden forcing Wood to the hole at every opportunity.

In the end, the matchup was just too much for Wood to handle as the Old Bulls slowly pulled away for the win.

"In the second half, it hurt to run," Wood admitted. "My mobility was gone and the guy (Paden) knew it cause he was calling for the ball every time because he knew once he made a cut, I couldn't stay with him."

In the second half, Paden torched Wood and the D-Leaguers defense for seven baskets and three free throws.

He said that once he saw Wood was hurt, he knew he had the green light to take the ball to the hoop.

"If you got a wounded animal, you've got to take it down," Paden joked about going after Wood. "If you got a wounded animal, I'm going to the basket."

Paden said that the biggest factor in getting the win was that the Old Bulls were and have been motivated to win.

If he and his teammates continue to play up to their potential, Paden said that he sees no reason why the team can't win it all.

"I think we can get better," he said. "If we stay where we are and keep putting pressure on people, we can keep winning."



Staff Sgt. Labronze Paden scored 31 points to lead the Old Bulls over D-Leaguers.

Bottom fishing excursions offered at Hickam Harbor

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's (MWR) Outdoor Recreation at Hickam Harbor is offering bottom fishing trips throughout the year. A popular ocean activity in Hawaii, bottom fishing is done off of a boat using a sinker, hook and bait to try to catch fish near the ocean floor. The boating trip is suitable for people who have never fished, families and avid fishermen.

The trip goes out into the channel waters of Hickam Harbor, and if the weather conditions are right, the boat will head out into deeper water near the Pearl Harbor channel. During the excursion, patrons could potentially catch a variety of reef fish or even a shark.

The cost is \$30 per person, which includes fishing poles, bait, guide and the boat ride. Excursion times vary depending on the day of the trip. Some tours go in the morning from 8:30 to 11:30 a.m. while others may take place in the afternoon from 2:30 to 5:30 p.m. Upcoming trips are on Feb. 27, March 19 and 27 and April 9 and 24. Registration must be made in advance and in person at the Hickam Harbor office. The office is open Tuesday through Sunday from 9 a.m. to 5 p.m. For more information, call 449-5215.



MWR Outdoor Recreation photo

JBPHH Morale, Welfare and Recreation offers bottom fishing at Hickam Harbor throughout the year.

Security Forces Squadron holds off Dry Dock

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

The over-30-and-above White Division intramural basketball season was expected to be a nice complement to the MWR League's four traditional divisions featuring open competition from 38 teams around Joint Base Pearl Harbor-Hickam.

Instead, the older players have shown that, despite the wear and tear of years of life in the service, the teams have proven themselves to be just as competitive and determined.

Going into Feb. 16, the White has been so tough that four out of the six teams sported winning records with top dogs 647th Security Forces Squadron (647 SFS) leading the pack with a perfect 3-0 record and three other teams tied for second with marks of 2-1.

In the first big matchup of the season, the 647 SFS was pushed to the brink by a tough Dry Dock squad, but in the end managed to hold on to a 61-54 victory that was much closer than the score indicated.

The win gave the 647 SFS a record of 4-0, while Dry Dock fell into a two-way tie for third with two wins and two defeats.

"We played hard, but we had to pick up our defensive intensity," said 647 shooting guard Tech. Sgt. Dion Moore. "This was the first real test we've had all season. We picked up the intensity to put the game away, but it was never frustrating."

While Moore insisted that there was no frustration on the part of his team, he and his teammates must have been scratching their heads as the 647 opened up with a barrage of three-point bombs only to have Dry Dock breathing down their necks all through the first half.

Moore was especially on fire and he racked up 15 points in the first half on five three-point baskets.



He wasn't the only one on the team throwing it down from long distance, as shooting forward Staff Sgt. Corey Doss popped in two from beyond the arc to add to the team's grand total of nine treys in the first half.

With all of that firepower coming from the perimeter for the 647, the team could have easily gone into halftime with a huge lead.

However, due to the stellar post play of 40-year-old Electronics Technician 1st Class Richard Wheeler and guard Culinary Specialist 2nd Class James Bayliss, Dry Dock trailed by only three points, 31-28, at the break.

In the second half, Bayliss scored the first basket after intermission to pull his team to within a point at 31-30.

Doss picked up the next two hoops to take a five-point lead, but five minutes later, a basket by Dry Dock made it a three-point game at 42-39 with only 12:53 remaining in the game.

The 647 managed to stay ahead for the next few minutes and then with only four minutes remaining in the game, Moore drove through the lane for two points and a commanding 51-44 lead.

Moore led all scorers with 21 points with Doss contributing 17 and Staff Sgt. Mike Edwards adding 12 for the 647.

Dry Dock was led by Wheeler with 13 and Bayliss 15.

Wheeler said that if his team was able to convert their free throws, Dry Dock may have pulled out a win.

Still, Wheeler said it felt good to know that no matter who is in the division, he knows that Dry Dock can compete with any of them.

Moore said although the 647 got a huge challenge from Dry Dock, nothing has changed his mind about the team's ability to go all the way.

"We got a pretty confident bunch," Moore said. "Whether its defense or offense, we'll step up to win."

Tech. Sgt. Dion Moore goes up for two of his game-high 21 points to lead the 647th SFS over Dry Dock.

Pasta and tuna meal can be heart-healthy

Defense Commissary Agency

The Centers for Disease Control and Prevention estimates that nearly 1 in 3 adults have high blood pressure (hypertension), which greatly increases the risk for heart disease, heart attack and stroke if left uncontrolled. Although blood pressure is a modifiable risk factor, the number of Americans diagnosed with high blood pressure continues to rise while the average age of diagnosis is getting younger.

A healthy diet, being physically active and abstaining from tobacco are great defenses that greatly "modify" (lower) the risk of developing high blood pressure. A heart-healthy diet is not only recommended to manage blood pressure for those who have high blood pressure, it is a great lifestyle choice to help prevent high blood pressure, heart disease, stroke and other diseases. To promote optimal health, the American Heart Association recommends striving to achieve dietary goals.

Along with reading the Nutrition Facts Label, other great habits to adopt are cooking more meals at home, limiting processed foods, and building your grocery cart to be mostly filled with items that are closest to the farm. This means your cart, and ultimately foods in your home, should be mostly fresh and/or frozen produce and items that are the least processed and made of ingredients that you know and can pronounce.

This meal features heart-healthy fish, whole grain

pasta, and veggies that are flavored with just a touch of dressing to offer a bit of zing and served with a little something sweet to show that eating healthy doesn't have to be boring and tasteless.

Directions

Preheat oven to 350 degrees. *Serves: 4*

1. While the oven is preheating, prepare four separate tuna steak parcels by placing one frozen tuna steak on a piece of aluminum foil and seasoning each tuna steak with a little garlic powder and pepper, and then loosely wrap each steak.
2. Fill a pot with water and bring it to a boil for the pasta.
3. While the water is coming to a boil, place the tuna steak parcels in the middle of the oven directly on the shelf, and bake until the flesh of the steak flakes easily and looks opaque (about 18 minutes).
4. Cook 8 oz. of whole-wheat pasta according to package directions and drain when cooked.
5. While the pasta and fish parcels finish cooking, heat 2 tbsp. of fat-free Italian dressing in a frying pan, add one 14 oz. package classic coleslaw mix (shredded cabbage and carrots), and sauté over medium-high heat until the mix is soft-tender (about five minutes) being sure to stir constantly.
6. Add the cooked pasta to the coleslaw along with 1/4 cup of your favorite unsalted nuts, crushed, and 2 tbsp. of Italian dressing. Then toss to mix well and heat through.

7. Serve each plate with 1/4 of the pasta mixture topped with one piece of baked tuna.
8. For dessert, serve a pudding cup mixed with a handful of sliced strawberries and/or raspberries.

- For fresh or thawed steaks, cut down on the cooking time.
- If using bottled salad dressing isn't your thing, then make your own by mixing equal parts of olive oil and balsamic vinegar, then add some garlic powder and dried Italian seasoning.
- Try broccoli slaw mix instead of coleslaw mix, and salmon steaks instead of tuna.

For more meal solutions, visit www.commissaries.com/healthy-living/healthy-eats.cfm



Thinking outside the box

Aim to eat a diet that's rich in:

- Fish (eat at least twice a week); especially fatty fish that contains omega 3 fatty acids such as salmon, trout, herring and tuna
- Fruits, vegetables and legumes (beans)
- Whole-grain, high-fiber foods and fat-free and low-fat or 1 percent dairy products
- Skinless poultry and lean meats

Aim to keep a diet that's low in:

- Saturated, trans fats and sodium

Limit the intake of:

- Sugar

Pearl Harbor NEX celebrates Chinese New Year



Photos by Kenneth Chan

Lung Kong Physical Culture Club held their annual Chinese Lion Dance Feb. 15 at Pearl Harbor Navy Exchange (NEX). The dance is to ward off bad "spirits" and welcome the lunar new year of the monkey with blessings and prosperity. Customers were able to feed the lions "licee" (lee-see) for good luck and take pictures with the colorful animals.



Fleet and Family Readiness Marketing photo

The Ford Island Bridge Run is one of the largest 10K runs on Oahu, with approximately 3,000 taking part each year.

Registration open for 10K Ford Island Bridge Run

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Applications are now available for the 19th Annual Ford Island 10k Bridge Run taking place April 2 at 7 a.m.

Approximately 3,000 runners are expected to participate. The course will be

similar to last year. The race begins at Adm. Bernard "Chick" Clarey Bridge. Runners will cross the bridge, circle Ford Island, then cross back over the bridge and finish at Richardson Field.

The test for many of the runners will be crossing the bridge, with several uphill and downhill sections over the span of the bridge. Winds blowing off the water may add to the challenge.

Applications can be downloaded at www.greatlifeohawaii.com, or in-person at all Information, Tickets & Travel (ITT) locations on Joint Base Pearl Harbor-Hickam. Runners can also apply directly online at <http://www.active.com/pearl-harbor-hi/running/distance-running-races/19th-annual-ford-island-bridge-run-10k-2016>.

The early registration fee is \$20 for

active duty, military family members, retirees and Department of Defense civilians and \$25 for other civilians. The fee includes a T-shirt. The deadline for early entry is Mar.16. The entry for those registering after March 16 is \$35. Sign ups on the day of the event will be \$45, however no T-shirt will be given.

For more information, visit greatlifeohawaii.com or call 473-2494/2437.

MY FAVORITE PHOTO



Don Robbins, Ho'okele editor, took this photo of the cherry blossom trees in Wahiawa Heights that only bloom during this time of year.

Do you enjoy taking pictures and have a favorite photo? Would you like to see it featured in Ho'okele? Here is your opportunity. Along with your photo, please send a little bit of information about the photo, such as where it was taken or any interesting details. Also include the name of the photographer and contact information. Please send your non-posed photos to editor@hookelenews.com

Paperless program starts for TRICARE West Region beneficiaries

TRICARE

On Jan. 31 United-Healthcare Military & Veterans (UHCM&V) started its paperless program for TRICARE West Region beneficiaries.

All beneficiaries registered on uhcmilitarywest.com will receive email notifications for certain documents that are available online instead of receiving them in the mail.

In December 2015, an email notification was sent to all beneficiaries registered on uhcmilitarywest.com informing them they were automatically opted in to the program.

The beneficiary has the opportunity to change their preferences to documents delivered by U.S. mail at any time.

How the program works:

Automatic opt in

Beneficiaries who are registered on uhcmilitarywest.com will automatically be opted in to receive email alerts when import-

ant TRICARE documents are available to view online on uhcmilitarywest.com, and they will no longer receive certain documents and letters in the mail. These documents include:

- authorization and referral letters
- billing and enrollment letters
- case management and disease management letters.

Option to opt out

If a beneficiary prefers to opt out of email notifications and receive their documents in the mail, they may change their preferences at any time by logging into their uhcmilitarywest.com account using their DS Logon or uhcmilitarywest.com username and password.

Notification preferences can be managed under: "My Profile" then "Manage Preferences."

For more information, contact your respective vice president/director of market operations.

FEBRUARY

MILITARY SAVES WEEK FUN RUN

SATURDAY — A fun run to promote Military Saves Week will begin at 7:30 a.m. Feb. 20. Registration starts at 6:30 a.m. Water and fruit will be provided and prizes will be awarded to the top three male and female finishers. Runners will meet near Hickam Harbor across from the Hawaii Air National Guard.
FMI: www.greatlifehawaii.com or call 474-1999

PET ADOPTION EVENT

SATURDAY — Pearl Harbor Navy Exchange will have a special pet adoption event from 10 a.m. to 1 p.m. at the exchange mall tent. This is a one-day event for the military community to be able to adopt and get all their pet adoption needs met in one place. Patrons can learn about pet insurance and volunteers will be on-site to answer questions. FMI: 423-3287 or email stephanie.lau@nexweb.org.

WOUNDED WARRIOR PACIFIC TRIALS, FAMILY SYMPOSIUM

SATURDAY TO FEB. 26 — Wounded Warrior Pacific Trials and Family Symposium will be held Saturday to Feb. 26 at various locations around the island. Hosted jointly by Navy Region Hawaii and Navy Wounded Warrior - Safe Harbor, wounded warriors will showcase their athletic abilities and compete for a place on Warrior Games Team Navy 2016. Approximately 65 athletes are participating in the event. Participants will go head-to-head in archery, cycling, track and field, shooting, sitting volleyball, swimming and wheelchair basketball. The schedule of events and locations is available at www.greatlifehawaii.com. The latest event updates can also be viewed by downloading the Eventbase mobile application for free; search for "Navy Trials." FMI: 855-NAVY or navywoundedwarrior@navy.mil.

HAWAII HOME OWNERSHIP WORKSHOP

23 — A Hawaii home ownership workshop in conjunction with Military Saves Week will be held from 11:30 a.m. to 1 p.m. at Military and Family Support Center Pearl Harbor. The class will focus on the intricacies of veterans home loans, other mortgage options, what to do before investing in a home, and details of the purchase process. FMI: www.greatlifehawaii.com or 474-1999.

INVESTING FOR RETIREMENT WORKSHOP

24 — A workshop on investing for retirement as part of Military Saves Week will be held from 11 a.m. to 1 p.m. at Military and Family Support Center Pearl Harbor. Topics will include when to start investing for retirement, how much you will need, what dividends are and other questions. A certified financial planner will lead the workshop. FMI: www.greatlifehawaii.com or 474-1999.

GOSPEL FESTIVAL/TASTE OF SOUL

27 — The sixth annual Gospel Festival/Taste of Soul in honor of African American History Month will begin at 1 p.m. at Nelles Chapel, Joint Base. Email Gregory Anthony at happywith4sons@gmail.com or Deborah Hughley at Deborah.hughley@us.af.mil or call 449-6562 or 449-1754 to submit a dish in the food contest. FMI: Tech Sgt. ShaDonna McPhaul at 449-6562.

ACADEMY AWARDS NIGHT

28 — Academy Awards Oscars Night will begin at 7 p.m. at Sharkey Theater. Moviegoers will receive a free refill with a purchase of a large bag of popcorn. FMI: 473-0726.

MARCH

OPEN COCKPIT DAY

5 — An Open Cockpit Day will be held from 10 a.m. to 4 p.m. at the Pacific Aviation Museum Pearl Harbor hangar 79. Guests can climb into the cockpit of historic aircraft and talk-story with pilots. Flight suits and helmets will be provided.
FMI: www.pacificaviationmuseum.org or call 441-1007.

SPRING OPEN HOUSE

5 — Spring Open House will be held from 11 a.m. to 3 p.m. at the Hickam Arts and Crafts Center. Patrons can enjoy make-n-takes, demos, door prizes, sales store specials and free food. This is a free event in observance of National Craft Month. FMI: 448-9907.

HELLO KITTY EASTER EVENT

19 — Authorized patrons can hop in to the Pearl Harbor Navy Exchange mall children's department from 11 a.m. to 1:30 p.m. for an Easter celebration with Hello Kitty. There will be free balloons for authorized military children while supplies last.
FMI: 423-3287 or email stephanie.lau@nexweb.org.

KEIKI FISHING EVENT

19 — A keiki (children's) fishing event will be held from 1 to 2 p.m. at the Pearl Harbor Navy Exchange children's department. This is a free event for authorized patrons. There will be no live fish involved with this family-friendly game. FMI: 423-3287 or stephanie.lau@nexweb.org.

BREAKFAST WITH THE EASTER BUNNY

19 — Authorized patrons can enjoy food and games this year with the annual Breakfast with the Easter Bunny from 8 to 9 a.m. at the Pearl Harbor Navy Exchange Food Court lanai. The event will include glitter tattoos, balloon art, arts and crafts and prizes. In addition, the event will include a pancake and ham breakfast. The price is \$12 for children and \$8 for adults. Tickets will go on sale at the end of February.
FMI: 423-3287 or stephanie.lau@nexweb.org.



THE 5TH WAVE

Four waves of increasingly deadly attacks have left most of Earth decimated. Against a backdrop of fear and distrust, Cassie is on the run, desperately trying to save her younger brother. As she prepares for the inevitable and lethal 5th wave, Cassie teams up with a young man who may become her final hope — if she can only trust him.

Movie Showtimes

SHARKEY THEATER

FRIDAY - 2/19

7:00 PM The 5th Wave (PG-13)

SATURDAY - 2/20

2:30 PM Norm of the North (PG)

4:40 PM Ride Along 2 (PG-13)

7:00 PM 13 Hours: The Secret Soldiers of Benghazi (R)

SUNDAY - 2/21

2:30 PM The 5th Wave (PG-13)

5:00 PM The Forest (PG-13)

7:00 PM Dirty Grandpa (R)

HICKAM MEMORIAL THEATER

FRIDAY - 2/19

6:00 PM Ride Along 2 (PG-13)

SATURDAY - 2/20

3:00 PM Norm of the North (PG)

6:00 PM 13 Hours: The Secret Soldiers of Benghazi (R)

SUNDAY 2/21

3:00 PM Norm of the North (PG)

6:00 PM Ride Along 2 (PG-13)