



# Life & Leisure

## Submarine Sailors target new fitness concept

Story and photos by MC1 Steven Khor

Submarine Force Pacific Fleet Public Affairs

Rashidi Gibson, personal trainer, trains Sailors from Submarine Force, U.S. Pacific Fleet during command physical training Aug. 22 at the submarine base gym at Joint Base Pearl Harbor-Hickam.

Sailors from Commander, Submarine Force, U. S. Pacific Fleet (COMSUBPAC) were introduced Aug. 22 to a new physical fitness training (PT) concept at the submarine base gym at Joint Base Pearl Harbor-Hickam, mixing a variety of different exercises for a full body experience into one session.

Rashidi Gibson, a certified personal trainer from Florida who is a member of the National Federation of Professional Trainers, has extensive experience in the past in training military members including military special forces. Gibson is in Hawaii to help train Navy, Army and Air Force service members as a way to give back to the armed forces and introduce them to new ways of physical training.

"I just want to bring awareness to show people there are different ways to work out and that there is always a way to get better," said Gibson. "It is very advantageous for them and will motivate a lot of them to get involved again."

Intelligence Specialist 1st Class Cedric Green, assigned to COMSUBPAC, sought the help of his cousin Gibson in

the past when he was in need of physical therapy and weight management for a knee injury. Through Gibson's extensive knowledge of training and diet, Green was able to fully recuperate and pass the Navy physical readiness test as well as acquire a critical Navy enlisted classification in his rating. Immediately, Green saw the potential benefits in bringing Gibson to Hawaii to train with his fellow COMSUBPAC Sailors.

"It's just something he wanted to do to give back to the armed forces and raise awareness on health and how they can be physically fit just using body workouts," said Green about Gibson.

Green himself was able to attend the Army workout and said he enjoyed it very much.

"It was good," said Green. "I enjoyed it. He's always kicking my butt. I hope he comes back to train us again."

The training helped spread new ideas on the way the Navy could run physical fitness training in the future.

Sr. Chief Logistics Specialist Bryant Guzman, the command's fitness leader, said that this is an attempt to try to bring in new facets of up-to-date physical

fitness that may benefit Sailors and help shape the future of PT for the Navy.

"He might shed new light on physical fitness, and I want to take it on board to see if this is probably something that we should be doing," said Guzman.

During the fitness session, Gibson incorporated movements from various types of exercise including CrossFit, Pilates, boot camp and yoga. Gibson taught stretching and breathing techniques he devised from his experiences in training around the world.

"The workout gives Sailors more energy and will leave the body feeling refreshed," said Gibson. The training was well received by the Sailors.

"Today's workout was great," said Information Systems Technician 1st Class Bryana Eastman, the command's career counselor.

"It incorporated a lot of upper body exercises and a lot of what we have never done before. Bringing in different trainers is great, because we get to work out different parts of our body that we normally don't get to work out. My personal ambition is to run a lot, so it gives me something different on Fridays instead of

my usual cardio routine," Eastman said.

"The variety with the types of exercises just made it a very enjoyable workout," said Sr. Chief Logistics Specialist Thomas Daly.

With Gibson in Hawaii to train with other commands, including the Army and the Air Force, COMSUBPAC's fitness leaders knew this was an opportunity to include local submarine Sailors.

"It was great. He brought a new perspective to training that we have not considered before, right along with different types of exercises and ways to incorporate cardio," said and Intelligence Specialist 2nd Class Henry Wendelin.

"I really liked the cool down stretches. They were a lot harder than I thought," said Information Systems Technician (Submarines) 2nd Class Ronald Nimmo.

Gibson received praise for sharing his experiences and training. Following the event, Gibson thanked everyone for letting him be a part of their PT session.

"I'm thankful for the opportunity to bring a new experience to the Pacific Submarine Force and I appreciate the experience overall," said Gibson.



# Coast Guard sends Chung-Hoon to first defeat

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho'okele

Coast Guard United (CGU) scored three goals in the second half to overtake and beat USS Chung-Hoon (DDG 93), 3-1, on Aug. 30 in a Summer Soccer League game at Quick Field, Joint Base Pearl Harbor-Hickam.

With the win, the Coast Guard is now in fifth place with a record of 3-3-1 and 10 points, while Chung-Hoon fell from the ranks of the undefeated and are clinging to fourth place by a single point with a league mark of 3-1-2.

"We're pushing for the playoffs, so this was our do-or-die game," said Avionics Electrical Technician 2nd Class Preston Cox, CGU team captain. "These guys (Chung-Hoon) are the only people remaining that are above us on the table, so we needed that."

While CGU has been one of the most competitive squads in the summer league, the team has struggled with consistency due to lineup changes.

Starting off with yet another combination of players, CGU paid the price early when Chung-Hoon scored in the first 10 seconds of the game on a breakaway shot from Damage Controlman Fireman Nghi Pham.

"We were out of position because this isn't our starting lineup," Cox said. "We got six of our starters out today. It's ragtag. A lot of the guys are our subs."



Lt. j.g. Michael Carman celebrates after scoring the go-ahead goal for Coast Guard United (CGU).

Still, after giving up the first score, CGU stepped up their defense and managed to go into half-time only trailing by a score of 1-0.

In the second half, CGU's offense began to match the play of the defense and minutes after the break, the team got a game-tying shot from Avionics Electrical Technician 1st Class

Dennis Butierries.

Moments later, CGU went up by a score of 2-1 on a shot from Lt. j.g. Michael Carman, who stated that after being shut out in the first half, it was only a matter of time before the team went on a run.

"We had many chances in the first half," Carman said. "We just

had to keep on trying and eventually, they're going to go in."

For Carman, the goal was especially sweet as it marked a milestone in his life as a soccer player.

"That's the first goal of my whole life," he noted. "I just followed up and ran in on every play, got a good pass from Dennis, and was in the right

spot at the right time."

Then with time running out, CGU put the game away for good when the team got one final goal on a kick from Avionics Electrical Technician 2nd Class Dale Locker.

"We held strong on our defensive formation after that first play," Carman said. "We maintained possession for about 70 percent and just got a lot more chances on goal."

In order to overcome the team's shortfall of starting players, Cox said that strategy became the focus of the Coast Guard's attack.

Maintaining possession was the key to coming out on top and Cox said that the team had the perfect plan to do just that.

"Looks like a lot of these teams like to play their best players forward," Cox pointed out. "We try to play a different strategy. We play our best players in the back and when we play through the back, we play possession. We play the middle, close it up and then get wide when we're in our offense. It's just textbook soccer. We executed really well today."

Cox stated that the win over Chung-Hoon has put CGU on the verge of where they want to be.

With the playoffs right around the corner, Cox believes that CGU is primed to make a run for the title.

"I think we'll do pretty well," he said. "We were No. 3, but we went into a slump because we didn't even have nine players. We'll get right back up there."

## 8K on Saturday to remember fallen service members

### Tripler Fisher House

The Tripler Fisher House will hold the 2014 Tripler Fisher House 8K Hero & Remembrance Run from 6 to 9 a.m. Saturday on Ford Island.

This event honors every fallen service member since the Sept. 11, 2001 attacks and includes a boot with a photo identification tag for each of the more than 7,000 fallen service members.

The race starts on Ford Island and the boots will line the route. All participants are encouraged to be on island by 5 a.m. due to the high traffic volume. The official welcome

and military honors will be held from 6:30 to 7 a.m. Shortly after, the "Patriot Guard" and motorcycle riders will lead off the run, followed by Wounded Warriors (handbikes and wheelchairs), military units in formation, and the rest of the participants. This free event is open to the public and military and pays homage to those who have paid the ultimate price.

As this event is being held on a military installation, all non-military ID card holders are subject to search per base regulations. Any riders wishing to participate in a Patriot Guard style escort are wel-

come to join as long as they have proper personal protective equipment and register.

The Ford Island Bridge will be closed from 7 to 7:45 a.m. Saturday.

Once the event is over, the boots will be reassembled on Ford Island on the corner of Enterprise and O'Kane and will stay on display for approximately one week.

This will allow the community an opportunity to look through the boots to find the names and pictures of loved ones who paid the ultimate price. There will be a prayer service at the boot display for the fallen service members at

9 a.m. Sept. 11.

For non-military ID card holders wishing to see the display or attend the service, shuttles will run from the USS Arizona Memorial.

The Tripler Fisher House is the organizer of this race and is situated behind the Tripler Army Medical Center. A Fisher House is "a home away from home" for veterans and military families of patients receiving treatment at military medical centers.

For more information visit [www.eventbrite.com](http://www.eventbrite.com), email [anita.f.clingerman.naf@mail.mil](mailto:anita.f.clingerman.naf@mail.mil) or call 561-7423.



Photo courtesy of Tripler Fisher House

The 2014 Tripler Fisher House 8K Hero & Remembrance Run includes a boot with a photo identification tag for each of the more than 7,000 fallen service members.

# New-look Wahine Koa gets back on winning track

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

The Wahine Koa shook off the dust from their opening-season loss to defeat the Wardawgs, 13-7, in an Ohana Sports Alliance women's flag football game on Aug. 30 at Keehi Lagoon Park, Honolulu, Hawaii.

The Wahine Koa women's flag football team are a mixture of civilians and active-duty military or armed forces family members based at Joint Base Pearl Harbor-Hickam, while many of the Wardawgs personnel are affiliated with Marine Corps Base Hawaii from Kaneohe.

The win evened out the Wahine Koa's record at 1-1, but more significantly, may have signaled the beginning of resurgence to the team's glory days that accounted for three consecutive league championships before being overthrown by the Lady Paniolos last season.

"I told the girls this is our first stepping stone," said Wahine Koa head coach August Young. "So let's use this and keep stepping up and not miss a step and stumble back down."

In the first half, both teams had difficulties generating any offense and entered halftime with the score tied at 0-0.

While Koa quarterback Dana Hester was able to complete a couple of long passes to Hospital Corpsman 2nd Class Adriana Tirado-Young, Naval Operation Support Center, and Sam Andrews, the biggest play in the first half came on the defensive side of the ball



Hospital Corpsman 2nd Class Adriana Tirado-Young, Naval Operation Support Center, beats coverage to haul in a pass during an Ohana Sports Alliance women's flag football game.

when Navy spouse Kimberly Hoyt intercepted a pass from Wardawgs QB Johnelle DeJesus.

The Wahine Koa offense came out of the break a bit flat, but an interception by Sharda Ingano put the ball in good field position to start Koa's second series of the half.

"That was such a momen-

tum builder," said Young about the pick. "Once we did that, the momentum really shifted in our favor."

On the first play from the line of scrimmage at the 39, Hester dropped back into the pocket and put an over-the-top spiral into the hands of receiver Cryptologic Technician (Technical) 2nd Class Michelle Dannenberger,

Navy Information Operations Command (NIOC) Hawaii, who ran untouched into the end zone for six points.

"They had a weak side," Hester pointed out. "Their right side was their weak side, so I wanted to pick on that."

The added point-after-touchdown made it 7-0 in fa-

vor of the Wahine Koa.

Hester's hot hand was still on fire on the team's next offensive set as the QB needed only four plays to move Koa 40 yards and into the end zone for a 13-0 lead.

After misfiring on first down, Hester connected on back-to-back passes to Dee Hawkins, before placing a strike to Sgt. Danielle Little

for eight yards and the touchdown.

In trying to come back, the Wardawgs ran their two-minute offense to perfection in picking up 59 yards on two passing plays with the final toss covering 37 yards from DeJesus to Venessa Dempsey for the team's only touchdown. But the score was too little and too late.

"We started with a new quarterback and because this was her (DeJesus) first game, we took it slow," said Wardawgs head coach Hospital Corpsman 2nd Class Arthur Manning, 3rd Marine Regiment, about the team's sluggish start. "The whole point of this game was to get her in rhythm and show her what she could do."

Manning added that he was pleased with the progress of DeJesus and said that if the team can pick up a few more players, the Wardawgs should be back in contention.

Meanwhile, for Young, contention isn't enough for a Wahine Koa team that, up until last season, dominated the league.

In looking over the previous year, Young said that he knows where Wahine Koa went wrong and believes that all of the team's shortcomings will be corrected by the time this season's playoffs roll around.

"I'm really confident," he assured. "I believe that we're going to take our title back. It's sort of like we dropped our wallet and left it on the field. Pretty much we dropped our championship and the Paniolos picked it up, but we're going to get it back."

## Health fair raises awareness about prescription medications

Story and photo by David D. Underwood Jr.

Joint Base Pearl Harbor-Hickam Public Affairs

A mini health fair took place Aug. 27 at Club Pearl, Joint Base Pearl Harbor-Hickam, to bring awareness to Sailors, Marines and family members on the proper use and disposal of prescription medications.

The Coalition of Sailors Against Destructive Decisions (CSADD) and Navy Alcohol and Drug Abuse Prevention (NADAP) hosted the event to provide information and promote the new program titled "Prescription for Discharge: Zero Tolerance. Infinite Risk."

The Navy has a zero tolerance policy on drug and substance abuse and started testing for more drugs two years ago. With increased testing, there have been more Sailors testing positive for illegal prescription drugs, so the campaign was launched in April to curb the rising trend.

Misuse of prescription medica-



Kristina Cook, an associate with Booz Allen Hamilton, Inc. and in support with the Navy Alcohol and Drug Abuse Office, provides Sailors and Marines with information on the proper use and disposal of prescription medications during a mini health fair at Club Pearl, Joint Base Pearl Harbor-Hickam on Aug. 27.

tions can be harmful to one's health and also could be a career ender and lead to a dishonorable discharge, officials emphasized.

Culinary Specialist Chief (CSC) Edwin Ebreo, Navy Region

Hawaii alcohol and drug control officer, said it is important to keep Sailors informed. He serves as the liaison between NADAP and the enlisted force.

"I send out the message from

NADAP about what's going on with prescription drugs," said Ebreo. "It's not so much about abuse. It's just not knowing what they are supposed to do, and so they don't pop positive for a simple mistake."

Sailors sometimes may take medications not prescribed to them, or share prescribed medications with families, friends or shipmates and may not be aware that this is illegal. This campaign is designed to educate Sailors about misuse that includes taking a drug incorrectly, for a purpose other than what the prescription states, taking someone else's prescription, and wrongfully possessing or distributing prescribed drugs.

"We provide substance abuse prevention materials and Navy policy information," said Sara Sisung, marketing information specialist, Millington, Tenn. "We conduct focus groups and the feedback we get from Sailors is what makes material relevant."

The campaign also offers points on the proper disposal of unused or expired medications. The Na-

tional Take Back Day is hosted by the U.S. Drug Enforcement Administration (DEA) along with the Navy and is a twice a year event, April and October, where people can turn in unused and expired medications. The Navy Exchange is the local location for turn-ins on the designated days. The event is nationwide.

A safe way to dispose of drugs at home is to remove meds from the original container, place in a sealable bag to prevent leaking, mix with an undesirable substance like kitty litter or used coffee grounds, and throw the bag in the trash. Personal information should be scratched off from medicine labels before recycling the containers.

For more information visit [www.nadap.navy.mil](http://www.nadap.navy.mil). In case of an emergency, call 911. For Military OneSource confidential counseling, call 800-342-9647, and for the Military Crisis Line, call 800-273-TALK (8255). CSC Edwin Ebreo, Region ADCO can be reached at 474-1930, or email [edwin.ebreo@navy.mil](mailto:edwin.ebreo@navy.mil).

### Runners go full-out for half-marathon at joint base



(Above) A half-marathon runner catches her breath and a cup of water. (Below) Half-marathon runners wave at the camera during the eighth annual Joint Base Pearl Harbor-Hickam Half-Marathon held Aug. 30.

U.S. Air Force photos by SrA Christopher Stoltz

### Blue Angels to perform at JBPHH on Sept. 27, 28



Joint Base Pearl Harbor-Hickam Public Affairs

The "Wings Over the Pacific" airshow will feature the Blue Angels, the U.S. Navy's world-famous

flight demonstration squadron, from 10 a.m. to 5:30 p.m. Sept. 27 and 28 at Joint Base Pearl Harbor-Hickam.

The Leap Frogs, the Navy Parachute Team, and an F-22 demo team

will also perform.

The show is free and open to the public. Security restrictions will be in place.

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



# Live the Great Life



Hundreds of job seekers attend the JEMS Job Fair each year.

MWR Marketing photo

## JEMS Job Fair to be held Sept. 10

**Reid Tokeshi**

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

Job-seeking members of the military community will have an opportunity to meet potential employers at the annual Joint Employment Management System (JEMS) Job Fair from 9 a.m. to 1 p.m. Sept. 10 at Club Pearl Complex

at Joint Base Pearl Harbor-Hickam.

The event is free to attend. The fair will be presented by JEMS in cooperation with Military Family Support Services (MFSC).

More than 100 employers will be in attendance to fill positions in their organizations. Scheduled attendees include federal organizations, state and county departments, retail

and hospitality businesses and other companies. The job fair is primarily to provide job opportunities for those leaving active military service. However, all members of the military community are welcome to attend.

Due to the nature of the event, no children or strollers will be admitted. For more information, visit [www.JEMStjobs.com](http://www.JEMStjobs.com) or call MFSC at 474-1999.

## Aeration specials planned at MWR golf courses

**Helen Ko**

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

Twice a year the golf courses at Joint Base Pearl Harbor-Hickam and Barbers Point Golf Course in Kalaeloa have their greens aerated, typically in the spring and fall. During this time, the golf courses are not in their best shape so they offer a special to the patrons, which is a discounted rate while the course is going through improvements.

The practice of aeration helps alleviate compaction of the soil and overcrowding of the turf grass. "This practice is a vital role that needs to be implemented to ensure healthy greens, which in return will produce exceptional putting and playing golf

surfaces," explained Kekoa Willing, superintendent at Navy Marine Golf Course.

The process of removing thousands of cores out of the green and filling them with sand, soil conditioners and fertilizers takes about six weeks.

"All the courses have their share of regular players that help support us through the year, whether we are in good shape or not so good during the aeration time. So to give back is the right thing to do," said David Chin, head professional at Navy Marine Golf Course.

Chin said that many players who are new to the game of golf visit the courses during the aeration period because it is less intimidating and crowded.

For more information on the aeration specials at each course for September, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



Mamala Bay Golf Course (pictured), Navy Marine Golf Course, and Barbers Point Golf Course will run special discounted rates certain weeks in September.

MWR Marketing photo

## Your Weekly Fun with MWR

Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or subscribe to MWR's digital magazine.

**Junior Lifeguard/Ocean Safety Registration** period for youth ages 11 to 17 years old closes today. The fall session runs September to October. The fee is \$95. Registration is available at [www.greatlifehawaii.com](http://www.greatlifehawaii.com). FMI: 473-0789.

**Machine Quilting: T-shirt quilt class** will be held from 9 a.m. to noon every Saturday from Sept. 6 through 27 at the Hickam Arts & Crafts Center.

Students can learn how to cut fabric and assemble the pattern while learning quilting tips and how to complete a quilt from start to finish. Tuition is \$100. FMI: 448-9907.

**Library Know-How program** will begin at 2 p.m. Saturday at the Joint Base Pearl Harbor-Hickam Library. This free session will cover how to search the online catalog and use the Dewey Decimal system and will include

demonstrations of available online resources. FMI: 449-8299.

**"Hats Off To You" Teen Social** for youth ages 13 to 18 years old will be held from 4 to 8 p.m. Saturday at the Hickam Teen Center. Teens should wear a cool or funny hat and can play games, eat and socialize. The cost is \$5. FMI: 448-0418.

**Gridiron Breakfast** will be held from 7 to 11 a.m. Sunday at Brews & Cues. Patrons can watch NFL football games. The cost is \$5. FMI: 473-1743.

**Ford Island & Battleship Tour** will be held from 8 a.m. to noon Sept. 10. This tour focuses on the battleships docked on Ford Island. Round-trip transportation from the Information, Tickets and Travel (ITT)-Hickam office is included. FMI: 448-2295.

**Preschool Story Time** will be held from 9 to 10 a.m. Sept. 10 at the Joint Base Pearl Harbor-Hickam Library. The theme of this free program will be "Eat Your Veggies." FMI: 449-8299.

**Kids' Book Club** will begin at 2 p.m. Sept. 10 at the Joint Base Pearl Harbor-Hickam

Library for youth in fourth and fifth grades. FMI: 449-8299.

**Back to School 5K** will begin at 7 a.m. Sept. 11 at Wahiawa Annex Fitness Center. This free event is open to all eligible patrons. FMI: 653-5542.

**Hickam Historical Tour** will be held from 9:30 a.m. to 1:30 p.m. Sept. 12 with visits to the original World War II Hickam Field buildings. The tour departs from ITT-Hickam office and from Royal Alaka'i Lodge and includes lunch. Due to the nature of the tour, it is not recommended for children under 6 years old. FMI: 448-2295.

**Kayaking Haleiwa/North Shore excursion** will begin at 9 a.m. Sept. 13. MWR Outdoor Adventure Center staff will lead a paddling trip along Anahulu Stream in Haleiwa. Transportation, instruction and equipment will be provided. The cost is \$30. The sign-up deadline is Sept. 10. FMI: 473-1198.

**Bottom Fishing excursion** will depart at 8:30 a.m. Sept. 14 from Hickam Harbor. This trip is for both experts and beginners and includes gear, bait, guides and boat. The cost is \$30. The sign-up deadline is Sept. 11. FMI: 449-5215.

**SEPTEMBER****SHIP VISIT**

**TODAY, SATURDAY** — The Armada Republica Colombia (ARC) Nariño (FM 55) welcomes CAC holders and sponsored guests on a tour of their ship from 2 to 5 p.m. today and Saturday. The ship is located at Bravo Pier 26 across from Ward Field at Joint Base Pearl Harbor-Hickam. Visitors should be prepared to climb ladders/stairs and walk on gridded deckplates. Closed-toe shoes and long pants are recommended. ARC Narino arrived at JBPHH for a brief port visit while en route San Diego.

**NEW TRIPLER PARKING LOT**

**NOW** — Tripler Army Medical Center (TAMC) is constructing a new parking lot in the area between the ball field and the ocean-side lower D-wing parking lots. During construction, the makeshift parking area near the old TAMC driving range will be fenced off. Alternate parking space is available at the TAMC ball field parking lot and the Tripler Army Hotel. The Tripler Trolley will stop at these areas for pickup. FMI: <http://www.tamc.amedd.army.mil/> or <https://www.facebook.com/TriplerArmyMedicalCenter>.

**FREE MOVIES, POPCORN AT BELLOWS**

**8, 10** — Bellows Air Force Station will show the movie "Transcendence" (PG-13) on Sept. 8 and "Ride Along" (PG-13) on Sept. 10. Movies begin at 4 p.m. at Turtle Cove. The events are open to active duty military, military retirees, Reservists, National Guard, current/retired Department of Defense civilian employees with an authorized ID card, and their families. FMI: [www.bellowsafs.com](http://www.bellowsafs.com).

**BLOOD DRIVE SCHEDULE**

Tripler Army Medical Center Blood Donor Center drives include:

- Sept. 9, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.
- Sept. 10, 10 a.m. to 2 p.m., Schofield Barracks Tropics, Schofield Barracks.
- Sept. 12, 8:30 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 2, Joint Base Pearl Harbor-Hickam;
- Sept. 15, 9 a.m. to 1 p.m., Naval Submarine Support Command, 822 Clark St., suite 400, Joint Base Pearl Harbor-Hickam. FMI: 433-6699 or 433-6148 or email [michelle.lele@amedd.army.mil](mailto:michelle.lele@amedd.army.mil).

**9/11 REMEMBRANCE EVENTS**

**11** — Events remembering the 9/11 terrorist attacks on America will be held on Sept. 11. They include:

- Hickam Elementary School will hold a remembrance parade from 9 to 10 a.m. Approximately 700 students, parents and bands, including the Air Force, Royal Hawaiian Band and Radford High School marching band, will participate.
- Remembrance ceremony by the Honolulu Chamber of Commerce from 12:15 to 1 p.m. at Tamarind Park in Honolulu.
- The Battleship Missouri Memorial will conduct a joint re-enlistment ceremony under turret one at 9 a.m. Rear Adm. Alma Grocki, director for fleet maintenance, U.S. Pacific Fleet, is scheduled to preside over the event and offer remarks.
- USS Bowfin Submarine Museum Remembrance Ceremony at 6 p.m. The Gear Up Foundation is from New York City and will honor those who perished in the Sept. 11, 2001 attacks on the World Trade Center, the Pentagon and United Airlines Flight 93.

**AIR FORCE SPOUSE 101**

**12** — Air Force Spouse 101: Heart Link will be held from 7:45 a.m. to 1 p.m. at Military and Family Support Center (MFSC) Hickam. The program is designed to introduce participants to all aspects of Air Force life, provide them with an opportunity to establish a peer network with other Air Force spouses, and help them learn tools to adapt to the military way of life. Lunch will be included. FMI: call 474-1999 or register online at [www.greatlifehawaii.com](http://www.greatlifehawaii.com) under the Families/Military and Family Support Center tab.

**LEISURE AND TRAVEL SHOWCASE**

**13** — A Leisure and Travel Showcase will be held from 9 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange. The free event will include travel advice and information about activities and attractions on Oahu, the neighbor islands and the mainland. FMI: 473-0792.

**DOMESTIC VIOLENCE PREVENTION SPEAKER**

**16, 17** — In conjunction with Domestic Violence Awareness Month, Joint Base Pearl Harbor-Hickam Military and Family Support Center will sponsor Jackson Katz, American educator, filmmaker and author. He will speak from 9 to 10:30 a.m. Sept. 16 at the Hickam Theater and 1 to 2:30 p.m. at the Marine Corps Base Kaneohe Bay Chapel. He will also speak from 8 to 9:30 a.m. Sept. 17 at the Schofield Barracks Chapel and 10:30 a.m. to noon at Sharkey Theater. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

**MWR NEWCOMERS LUNCHEON**

**17** — A Morale, Welfare and Recreation Newcomers Luncheon will be held from 11 a.m. to 12:30 p.m. at the Tradewinds Club ballroom. The event will include a free buffet lunch, information booths, sponsor tables and giveaways. The event will include activities for children and is open to all military-affiliated personnel. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

**KARAOKE NIGHT**

**19** — A karaoke night will be held from 6 to 10 p.m. at Turtle Cove, Bellows Air Force Station. Snacks and pupus will be available while supplies last. FMI: 259-4112.

**BISHOP MUSEUM, PLANETARIUM WITH LIBERTY**

**20** — A free visit to the Bishop Museum and Planetarium with Liberty event is for single, active-duty Sailors and Airmen only. Transportation will leave from the following Liberty locations: Express at 9 a.m., Beeman at 9:30 a.m., Instant at 9:45 a.m. and Makai Recreation at 10 a.m. FMI: 473-2583, 422-7167 or 653-0220.

**CREATED EQUAL DOCUMENTARY**

**20** — A free Created Equal documentary film and discussion on "The Abolitionists" will begin at 1 p.m. at the Joint Base Pearl Harbor-Hickam Library. The abolitionists' cause towards freeing the slaves began in 1830, but it was not until two executive orders signed by President Lincoln 30 years later that the long road towards civil rights officially began. This is the final film in the Created Equal series sponsored by the Hawaii Council for the Humanities. Discussion after the screening will be led by Mitch Yamasaki of Chaminade University. FMI: 449-8299.

**THE HUNDRED-FOOT JOURNEY (R)**

"The Hundred-Foot Journey" is a story about how the hundred-foot distance between a new Indian restaurant and a traditional French one represents the gulf between different cultures and desires. It focuses on the rivalry and resolution of the two restaurants and is based in Lumière, France.

**SHARKEY THEATER****TODAY 9/5**

7:00 PM Teenage Mutant Ninja Turtles (3-D) (PG-13)

**SATURDAY 9/6**

3:00 PM Dolphin Tale 2 (PG): free advanced screening

5:40 PM Into the Storm (PG-13)

7:30 PM The Hundred-Foot Journey (R)

**SUNDAY 9/7**

2:30 PM Teenage Mutant Ninja Turtles (PG-13)

4:40 PM Guardians of the Galaxy (3-D) (PG-13)

7:00 PM Get On Up (PG-13)

**HICKAM MEMORIAL THEATER****TODAY 9/5**

6:00 PM Into the Storm (PG-13)

**SATURDAY 9/6**

2:00 PM Step Up: All In (PG-13)

6:00 PM Dolphin Tale 2 (PG): free advanced screening

**SUNDAY 9/7**

2:00 PM Into the Storm (PG-13)