



U.S. Navy photo by MC2 Jon Dasbach

Sailors, Coast Guardsmen selected for 2013 Warrior Games Team



U.S. Navy photo by MC2 Jon Dasbach



U.S. Navy photo by MC2 Jon Dasbach

Navy Wounded Warrior - Safe Harbor Public Affairs

Wounded Warrior athletes have been selected to be a part of Team Navy-Coast Guard for the 2013 Warrior Games.

The selectees were announced Nov. 16 during a ceremony aboard the Battleship Missouri Memorial at Joint Base Pearl Harbor-Hickam.

The team was chosen after a week of competition at the inaugural Wounded Warrior Pacific Trials in Honolulu. Forty-four accomplished athletes participated in archery, cycling, shooting, sitting volleyball, swimming, track and field, and wheelchair basketball events, battling for one of the 35 slots on Team Navy-Coast Guard.

"It's great to be here, and I am

really excited to compete," said retired Navy Lt. John Edmonston, who is among the selected athletes. "But, really, the chance to compete is secondary. My primary motivation is the opportunity to spend time with these guys, my fellow wounded warriors. I really enjoy the camaraderie. Even if I don't make future teams, I hope to always be involved somehow and to keep playing alongside these guys."

Edmonston suffered a traumatic brain injury after a motorcycle accident in 2009. He medically retired from the Navy in 2011 and now works as a mechanical engineer at Puget Sound Naval Shipyard in Bremerton, Wash.

The trials included wounded warrior athletes with upper-body, lower-body and spinal cord injuries, serious illnesses, trau-

matic brain injuries, visual impairment, and post-traumatic stress disorder.

"I feel very honored to have been asked to work with Team Navy-Coast Guard again and to serve these men and women," said track and field coach Teri Jordan, abilities athletics coach and the disability recreation director at Pennsylvania State University. "This has been a wonderful location for the trials. The weather was nice and warm, and the wind was in our favor at the track and field trials."

"I am more than pleased to have seen the improvement in our returning athletes and to see the potential of our new athletes. I think we'll have a great team at the Warrior Games next year," she added.

Warrior Games is an annual

competition among wounded warriors from all branches of military service. The games help participants discover new capabilities they can apply to everyday challenges and opportunities and encourage them to reach and achieve a productive future. The team is sponsored by Navy Wounded Warrior - Safe Harbor, the Navy's wounded warrior support program.

"It has been my great pleasure to host the Wounded Warrior Pacific Trials this week and to get to know these incredible competitors," said Adm. Cecil D. Haney, commander, U.S. Pacific Fleet.

"I hope this has been as rewarding and memorable an experience for them as it has been for me. Congratulations to all of the athletes who participated in the trials and good luck to the 35 Wounded

Warriors who were selected to represent Team Navy-Coast Guard at the 2013 Warrior Games."

November marks Warrior Care Month, a time to recognize wounded warriors - like those participating in the trials - and their caregivers for their service, sacrifices and achievements. This year's theme is "Success through Transition."

Navy Wounded Warrior - Safe Harbor provides non-medical support to seriously wounded, ill and injured Sailors and Coast Guardsmen, as well as their families. Currently more than 1,900 service members receive assistance from the program. For more information about the program or Warrior Care Month, call 855-NAVY WWP (628-9997), email navywoundedwarrior@navy.mil or visit <http://1.usa.gov/UEs6Rk>.



U.S. Navy photo by MC3 Sean Furey



U.S. Navy photo by MC2 David Kolmel

U.S. Navy photo by MC2 Jon Dasbach



U.S. Navy photo by MC2 Jon Dasbach

Lower Level Mafia wins USS Texas bragging rights

Story and photo by
Randy Dela Cruz

Sports Editor

The two intramural flag football teams from USS Texas (SSN 775) had to wait until the final game of the regular season for their most-awaited showdown, but once the smoke cleared, the Lower Level Mafia (LLM) emerged with the sub's bragging rights in a decisive 28-7 victory over the Texans in an Afloat Division matchup Nov. 17 at Ward Field, Joint Base Pearl Harbor-Hickam.

The LLM got three touchdown passes from quarterback Logistics Specialist 3rd Class Jesse Olstad and another one on a flea-flicker from Machinist's Mate 3rd Class Trent Tyykila, while the team's defense stepped up to shut down the Texans and secure the victory.

The win topped off LLM's solid season with a 6-3 record and the Texans ended the year at 3-4.

"Once we found out we were playing each other, the whole week we felt a little tension," Olstad said. "We got to this game and everyone was excited. It's kind of one of those bitter-sweet wins. You never want to see the other team lose, but at the same sense, it's nice to have those bragging rights."

From the start, the LLM defense made their presence known by forcing the Texans to give up the football on only four plays on the first series of the game.



Machinist's Mate 2nd Class Gordon Reichert, receiver for USS Texas (SSN 775) Lower Level Mafia, goes up to make a grab for a touchdown during the team's battle against the Texans in an Afloat Division game at Ward Field, Joint Base Pearl Harbor-Hickam.

Handing the ball over to Olstad at his own 32, the QB ran to the Texans' 23 on a keeper before connecting with Torpedoman's Mate 3rd Class Brendan Abernathy on a clutch fourth-down play that placed the ball on the four-yard line.

On the very next play, Olstad went back to Abernathy and completed a short pass for a touchdown and, with the added extra point, a 7-0 lead.

The Texans responded by moving from their own 15 to Lower Level Mafia's 36 on just three plays.

However, the drive came to a sudden halt when LLM defensive back Machinist's Mate Fireman Eloy Espinoza picked off a pass from Texans quarterback Fire Control Technician Seaman Tommy Fisch and returned it to the Texans 28.

Taking advantage of the pick, Olstad immediately looked downfield and hit receiver Machinist's Mate 3rd Class Nick Carino for a touchdown.

A pass to Torpedoman's Mate 3rd Class Mark Williams accounted for the point after touchdown and a 14-0 advantage.

"That (interception) was huge," Olstad stated. "It was a game-changer. He intercepted the ball and we punched it in. That really helped."

Down by two scores, Fisch fired back with a bomb into the hands of receiver Sonar Technician (Submarine) Seaman Brian Gough, who took the pass

all the way to the house for a touchdown.

The converted extra point pulled the Texans to within seven going into halftime.

Following intermission, LLM got momentum back by grinding out a 65-yard drive on 10 plays with the final eight yards covered by a pass into the end zone from Olstad to Carino to go back up by two scores.

Then on the next drive for the LLM, the team sealed the game on a flea-flicker that went from Olstad to Tyykila to Machinist's Mate 2nd Class Gordon Reichert, who made the grab for the final score.

"Their defense played well, and basically it comes down to execution and we didn't execute," said Fisch about the season-ending defeat. "We never got going. We never clicked on offense. It's alright. We play them almost every week and beat them almost every week, but when it was official, we didn't. It's all in good fun."

For the LLM, which hovered among the division leaders for the whole season, Olstad said that it was a great season.

"We had a few games where we should have won and didn't and couple of games where we won and probably shouldn't have," Olstad admitted. "The thing about this team that's awesome is that we bounce back. Season-wise, I think we've proven that the submarines can stick with the surface guys."

WHO'OKELE Online PEARL HARBOR - HICKAM NEWS <http://www.hookelenews.com/> or visit <https://www.cnic.navy.mil/Hawaii/index.htm> 

SNAFU White holds off HI 5-0 for eighth win

Story and photo by
Randy Dela Cruz

Sports Editor

For years, the talented SNAFU slow-pitch softball squad has slugged their way to become one of the select teams among clubs at Joint Base Pearl Harbor-Hickam and beyond.

This winter softball season, SNAFU solved a dilemma of their ever-growing lineup of talent by splitting their squad into two with SNAFU White taking residence in the American League and SNAFU Gold moving into the National Division.

Moments after the Gold squad captured the National Division pennant on Nov. 17, the White team duplicated the feat by beating HI 5-0, 16-12, to finish atop of the American Division with a perfect 8-0 record.

The game was played at Hickam Softball Complex, Joint Base Pearl Harbor-Hickam.

"SNAFU is a good team. We got a lot of camaraderie," said White team first baseman Chief Interior Communications Electrician James Pals. "There was no heartache when we split the team. We come out and battle, and we're hoping to battle them (SNAFU Gold) in the championship."

With only the tough HI 5-0 standing in their way of an undefeated regular season, SNAFU White picked up the pace in the top of the second inning, when Pals got the team going with a game-tying RBI single.

After getting another run on a sacrifice fly, the White went ahead by two on a run-scoring base hit by Senior Chief Sonar



Veteran Mike Brown of HI 5-0 tries to beat the ball to SNAFU White third baseman Senior Chief Master-at-Arms Chris Ray during matchup of the top two teams in the Winter Softball League's American Division at Hickam Softball Complex, Joint Base Pearl Harbor-Hickam.

Technician (Submarine) Chris Iterman.

The team kept the momentum going in the top of the third where Pals finished off a four-run inning with his second, RBI single of the game.

"Five-O is one of the better teams that we've faced, so it's definitely important to put the runs on the board when we can," Pals said. "Whenever we got runners in scoring position, we need to get them across. I'm going up there

to try and make sure I get a hit and put myself in scoring position."

The teams exchanged runs over the next two frames, with Navy veteran Johnny Arroyo driving in his second run of the game for HI 5-0 and Senior Chief Master-at-Arms Chris Ray stroking an RBI single to keep SNAFU ahead by a score of 8-2.

Then in the bottom of the fifth, HI 5-0, a team that is comprised mostly of retired veterans aged

50 and above, started stringing hits together, starting with an RBI single from veteran Mike Brown to make it 8-3.

Engineman 2nd Class Paul Salas followed with a double for another run, while Arroyo picked up his RBI with a single to spark a five-run rally and draw to within a run at 8-7.

"We just kept swinging at the ball," explained HI 5-0 leadoff hitter and Navy veteran Mike Hinkley about the team's sudden

explosion at the plate. "Slow-pitch softball is a hitter's game. Sometimes they find the hole and sometimes they don't."

Now faced with a battle, SNAFU answered back right away with five runs in the top of the sixth inning to go back out in front by a score of 13-7.

The big blast of the inning came off the bat of cleanup hitter Cryptologic Technician (Collection) 2nd Class Mario Lopez, who launched a shot to deep centerfield, where the ball tipped off of the outfielder's mitt and over the fence to drive in three runs.

The trio of Brown, Salas and Arroyo triggered another rally with five more runs for HI 5-0 in the bottom of the sixth, but another fielding blunder cost the team dearly when an error on a ball hit by Iterman helped SNAFU clear the bases for three runs.

Although it was HI 5-0's second defeat of the season, Hickey said that the late rally proved that the team matches up well against anyone going into the playoffs, which has been tentatively set for a single elimination tournament that will be held during the Dec. 1 weekend.

"We don't have the youth, but we have the ability," he said. "Slow-pitch softball is a funny game. It depends on how the ball bounces. All we can do is play our best and have fun."

Pals added that no matter who SNAFU White plays, the team will be ready, even if it means having to meet SNAFU Gold in a winner-take-all matchup.

"We've done it before and it's hard," he said. "This one has a little more at stake than it was before."

Analytics are your social media weekly report

Anna Marie General

Joint Base Pearl Harbor-Hickam Public Affairs

Track ... monitor ... listen are the three most important components of optimizing your command's Facebook strategy and ad campaigns. Ever wonder if your command Facebook reached your target audience? Is your social engagement a success? Did your content strategy work? Many questions come to mind as we post the latest photos, current news and announcements to get the word out.

But how can we track the progress of the page?

Facebook business pages provide a dynamic tool to monitor page posts and user interactions called Facebook Insights, which is basically the analytics of the page.

With the use of Facebook

Insights, in other words "analytics," you can track a wide range of data to help build the growth of your fan base by monitoring what your fans are talking about, demographics and location, page views, weekly total reach, engaged users and more.

As we constantly engage with our fans by providing timely information, the ability to interact and listen to their conversations can give a better understanding of their needs and interests. This helps to find topics and issues that matter most to them.

By tracking the percentage and measurements of the graph provided in Facebook Insights, this will show the most popular post of the week.

During the week of Nov. 5, the insights for Joint Base Pearl Harbor-Hickam Facebook showed a significant increase on several posts that involved Hawaii



Airmen, Sailors and Soldiers participating in the annual Kapolei Color Run, which gained a total of 4,073 views from three photos of the event. One of the photos gained 120 "likes" in minutes.

In addition to a photo post, one JBPHH social media administrator posted a status update stating:

"Having lunch after an interview with U.S. Air Force (Ret.) Ken G. Ford at Hale Koa's Koko Café in Waikiki. Sergeant Ford is a survivor of the attacks on Pearl Harbor, served in WWII and was held as a POW in North Africa for 14 months. He also served in the Korea War and finished his career after fight-

ing in Vietnam. He is a decorated war veteran with three Purple Hearts, two Silver Stars, Bronze Star, and the Legion of Merit for WWII; A living piece of history."

This post alone earned 94 "likes" and was viewed 2,652 times.

By monitoring and engaging in social media, it

also helps determine the most popular post of the week and also strategies that we need to improve in - communication is key.

This week's social media report is as follows:

Joint Base Pearl Harbor-Hickam Facebook:

Based on a weekly report ending on Nov. 16, the total number of "likes" (fans) continue to increase by .73 percent with a total of 6,336 fans composed of 58.9 percent female and 40 percent male. With 5,475 fans from the United States, other countries such as Japan, Philippines, Germany, Italy, Australia and the United Kingdom contribute to the growth of JBPHH fan base. The total number of weekly page views increased by 15.28 percent reaching an average of 13,097 Facebook users.

"Like" us on Facebook at <http://on.fb.me/JWjRV3>.

Avoid the flu with these top tips

Shari Lopatin

TriWest Healthcare Alliance

Did you know that nine out of 10 healthy people who get a flu shot, don't get the flu?

According to the Centers for Disease Control and Prevention, it's true. And because it takes two weeks for a flu shot's immunity to build completely, now is the best time to get vaccinated for flu season.

TRICARE covers flu shots

Military families ... you're in luck. TRICARE will cover flu shots or flu mists at no cost to you. Just make sure to receive the vaccination from your local military clinic, a TRICARE network provider, or a TRICARE network pharmacy. If you go to a pharmacy, make sure the actual pharmacist gives you the flu shot or mist, to avoid out-of-pocket costs.

If you choose to get your shot at the doctor's office, just be aware that some physicians may charge a small co-pay for the office visit. Additionally, it's a good idea to call your local military clinic first to find out when

flu shots are available.

Coaxing your kids for a flu shot

The CDC recommends everyone 6 months and older get vaccinated against the flu. But do your kids throw a fit or shut down when it's time for their shots? Making the "shot experience" smooth for your children can be a challenge.

Perhaps if they see mom or dad doing it, too, they may go more willingly. That's why we suggest leading by example. Here are some tips:

- Go for your flu shot when you take your kids for theirs.
- Ask if the clinic or pharmacy has flu mist available as an alternative to the shot. Just check with your child's health care provider first to see if it's a good fit.
- Offer to get your shot first. It will help to relax your kids.
- If fun or colorful bandages are available, ask to wear one alongside your children.
- Finish the flu shot appointment with a treat, such as a trip to the park or a healthy fruit smoothie.

Other ways to avoid the flu

Keeping active, getting enough

sleep and eating healthy foods can help you stand strong against the flu.

Besides getting a flu shot, taking these everyday steps from the CDC can help you avoid the flu in the first place:

- Wash your hands properly. By this, we mean scrub with soap and warm water for approximately 20 seconds or the time it takes to sing "Happy Birthday."
- Try to avoid touching your eyes, nose and mouth. Germs spread this way.
- Manage your stress.
- Drink plenty of fluids.
- Use a tissue to cover your nose and mouth when you sneeze. Then throw away the tissue. If a tissue is not available, cover your mouth with the crease from your elbow. Never use your hands. Again, this helps prevent the spread of germs.

For more information on flu prevention tips, visit www.triwest.com/flu.

To locate a TRICARE-covered pharmacy that offers flu vaccinations, visit the Express Scripts website at www.express-scripts.com or call 1-877-363-1303.

Bone marrow drive registration scheduled to be held Nov. 26-30

During the week of Nov. 26 - 30, units from across Joint Base Pearl Harbor-Hickam will be passing out and collecting swabbing kits to find potential bone marrow donor volunteers.

During the last week of November, swabbing kits at JBPHH will be used to put people in a database of potential bone marrow donors.

The kits are used to take swabs of the inside of your cheek. If you do swab your cheek, there is a less than two percent chance that you will be a match for someone, but if you are a match, you could save a life, bone marrow drive organizers explained.

To be eligible, you need to be between the ages of 18 to 60.

The upcoming drive on Oahu will include registration booths in front of the Pearl Harbor Navy Exchange (NEX) and commissary complex from 9 a.m. to 4 p.m. Nov. 28, 29 and 30. There will also be a registration table at the Fleet Store near Bravo Piers. You can also stop by the Hickam BX from 9 a.m. to 4 p.m. Nov. 29 and 30 to get swabbed.

For more information and to participate, call Senior Chief Quartermaster Anthony Bastidas at 780-7968 or email Anthony.bastidas@navy.mil, or call Master Sgt. Mike Vonahnen at 448-6239.

Tripler blood drives

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

- Dec. 7, 8 a.m. to 1 p.m., Pearl Harbor Naval Shipyard, building 2.
- Dec. 17 and 19, 7 a.m. to noon, 3rd Radio Battalion, Marine Corps Base Hawaii.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.



Pound Town puts hammer down on Maintenance Group

Story and photo by Randy Dela Cruz

Sports Editor

The 647th Security Forces Squadron Pound Town intramural flag football team scored 23 points in the second half to blast past the 15th Maintenance Group (15 MXG), 37-9, Nov. 19 in an American Division matchup at Ward Field, Joint Base Pearl Harbor-Hickam.

Clinging to a 7-0 lead midway through the first half, Pound Town, spurred by a pick-six from defensive back Airman 1st Class Cory Parter, scored the next two touchdowns to take a 20-0 advantage before closing out the game for their 10th victory of the season against only one loss.

The defeat for MXG may have devastating consequences, as the team entered the showdown with a record of 8-6 and was just outside of the sweet-six teams that will qualify for the upcoming playoffs.

For Pound Town, with only two games remaining on their schedule and already locked in to the postseason, quarterback Airman 1st Class Tweeter Riddle said that the team needs to keep on winning in order to main-



Senior Airman John Hunt, receiver for 647th Security Forces Squadron Pound Town, makes a leaping, two-handed catch for a touchdown in the team's 37-9 victory over 15th Maintenance Group (15 MXG) in an American Division intramural flag football game at Ward Field, Joint Base Pearl Harbor-Hickam.

tain momentum heading into the playoffs.

"Looking to the postseason, we just got to go out there and keep on beating everybody," he said. "Everybody is out there to get us because there still [are] spots remaining for the playoffs, so everybody is head hunting us."

In a tight game against the MXG, Parter doubled Pound Town's lead by picking off a pass and streaking down the left sideline for a touchdown.

"I watch the middle – that's my zone – and he threw it right to me," Parter said. "I knew I was going to take it to the house."

Although it only increased Pound Town's lead to 14-0, the play definitely put momentum squarely into the hands of the team's players.

"That was a huge turning point," Riddle acknowledged. "He (Parter) is good at picking the ball up. Our defense is our big weapon. Our offense is going to put points on the board, but our defense

gives us the ball back to get points on the board."

Picking up right where it left off in the first half, Pound Town emerged from intermission and marched 65 yards on only five plays to score their third touchdown of the game.

The final 38 yards came on a bomb from Riddle to Senior Airman John Hunt, who leaped up and outreached the MXG defender in the end zone for six and a 20-0 lead.

The MXG interrupted Pound Town's march by coming back on a 65-yard, catch-and-run touchdown from quarterback Staff Sgt. Jonathan Jenkins to Senior Airman John Barlow.

However, Pound Town wouldn't be denied as the team answered the score on an impressive 65-yard, three-play drive to pay dirt that ended on a bomb from Riddle to Airman 1st Class Charlton Burton, which was the receiver's second touchdown reception of the game.

In gaining the win, Riddle was excellent in reading the

field and spreading the ball around to a multitude of receivers that also included Airman 1st Class Jordan Arredondo.

Riddle explained that he entered the matchup with a simple game plan and, with the help of his teammates, ran it to perfection.

"What we like to do is throw a lot of short routes," he said. "It draws the defense in, and then we go for the long ball."

As the team finishes off the regular season, Riddle said that he likes the way the team is coming together just in time for the postseason.

"Right now, we're pretty solid," he noted. "We've pretty much got our offense and defense starting lineups set."

Riddle admits that defense will be the key to the team's playoff run and Parter said he is looking forward to the challenge.

"I don't think there is any pressure on us," he said. "We're confident. We know what to do and we're going to be there."

Marines announce free holiday concert

U.S. Marine Corps Forces Pacific and BAE Systems, in partnership with the Chamber of Commerce of Hawaii, are scheduled to hold the fifth annual *Na Mele o na Keiki* (Music for the Children) Holiday Concert at Hawaii Theatre at 2 p.m. Dec. 2.

The event will feature the U.S. Marine Corps Forces Pacific Band performing holiday favorites with a variety of guest artists, including Henry Kapono, jazz singer Ginai, ukulele player Aidan James,

jazz/blues guitarist Chris Vandercook, Hawaiian musicians The Abrigo Ohana, and latin/salsa musicians Son Caribe.

This concert is presented free of charge and is an opportunity to help support the Marine Corps Reserve's Toys for Tots Hawaii collection effort.

Marines will be on hand to accept donations of new, unwrapped toys or cash. Every toy and every dollar collected to purchase toys

stays in Hawaii to make the holidays brighter for Hawaii's less-fortunate children. The Salvation Army is once again working with more than 100 local charities to distribute the donated toys.

Free tickets are available on a first-come, first-served basis at the Hawaii Theatre box office, 1130 Bethel St. The box office is open from 9 a.m. to 5 p.m. Tuesday through Saturday. Doors will open at 1:30 p.m. the day of the show.

Tower Lighting celebration to include Tops in Blue

Air Force Entertainment and Joint Base Pearl Harbor-Hickam will present Tops in Blue at the Freedom Tower on Nov. 30 as part of the free 43rd annual Tower Lighting Celebration.

Festivities will include inflatables, crafts and a kids's clinic from 4:30 to 7 p.m., photos with Santa from 5 to 6:30

p.m., the tower lighting at 7 p.m. and a performance by Tops in Blue, the famed Air Force entertainment showcase.

Bring a blanket or lawn chairs. Hangar 35 will be used in case of rain for Tops in Blue.

For more information, visit www.greatlifehawaii.com.

PEARL HARBOR-HICKAM Manawa Nanea LEISURE

Morale Welfare & Recreation

HONOLULU CITY LIGHTS OPENING DAY
There will be a Honolulu City Lights opening day trolley tour from 4-9 p.m. Dec. 1. Departures are from Hickam Information, Tickets & Travel. There will be an electric parade, kiddie rides, craft and food booths, and more. Tickets go on sale today. The cost is \$22 per person. FMI: 473-0792 or 448-2295.

KAYAKING HALEIWA RIVER WITH LIBERTY
A kayaking trip to the North Shore with Liberty takes place Saturday. Departures are from Beeman Center at 8:15 a.m., Instant Liberty at 8:30 a.m., Makai Recreation Center at 8:45 a.m. and Liberty Express at 9:30 a.m. The cost is \$5 per person. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

CHINATOWN FOOD, HISTORIC TOUR
A tour of Honolulu's Chinatown, featuring a traditional dim sum lunch, will take place from 8:45 a.m. to 1 p.m. Saturday. The cost is \$25 for adults, \$20 for children ages 3-11 years old, and departs from Information, Tickets & Travel-Hickam. FMI: 448-2295.

TURN, BURN BIKE RIDE
There will be a free two-hour indoor cycling event from 9:30 to 11:30 a.m. Saturday at the Joint Base Pearl Harbor-Hickam Fitness Center. FMI: 471-2019.

LIBERTY PING PONG TOURNAMENT
A free Liberty Ping Pong Tournament takes place at 6 p.m. Monday at Beeman Center. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

MOONLIGHT PADDLE
There will be a moonlight paddle at 7 p.m. Nov. 28 at Outdoor Recreation-Hickam Harbor. All paddling abilities are welcome. The trip includes kayaks, gear and professional guides. Nov. 25 is the final day to register. The cost is \$20 per person. FMI: 449-5215.

FREE LADIES' GOLF CLINIC
There will be a free ladies' golf clinic from 4 to 4:45 p.m. Nov. 30 at the Mamala Bay Golf Course. FMI: 449-2300.

CPR/AED COURSE
There will be a CPR/AED course from 5 to 7 p.m. Dec. 4 and Dec. 6 at the Hickam Harbor Marina Training Room. This course will teach cardiopulmonary resuscitation (CPR), the use of an automated external defibrillator (AED), and relief of foreign body airway obstruction for adult, child and infant victims. Upon successful completion of the course, students will have an American Red Cross certification card mailed to them. There will be no course refund after instruction has been delivered. The cost is \$50 per person. Registration deadline is Nov. 28. FMI: 449-5215.

Community Calendar

November

Today - Pearl Harbor Navy Exchange (NEX) is scheduled to hold "Navy Blue Friday" from 6 a.m. to 10 p.m. at the NEX featuring all-day holiday specials. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

29 - A free event titled "Turning Mystery into History: Finding Lost Submarines" is scheduled to be held starting at 6:30 p.m. at USS Bowfin Submarine Museum and Park. The event celebrates 70 years of the USS Bowfin (SS-287). FMI: 423-1341.

30 - The Air Force entertainment showcase Tops in Blue will perform at 7:15 p.m. as part of the 43rd annual Tower Lighting Celebration at Freedom Tower. The celebration will include activities for children and families from 4:30 to 7 p.m. FMI: www.greatlifehawaii.com.

December

1 - The City & County of Honolulu will conduct the monthly statewide outdoor warning siren test at 11:45 a.m. The Joint Base Pearl Harbor-Hickam "Giant Voice" works in conjunction with Honolulu's outdoor warning sirens and will sound a steady tone for 45 seconds.

1 - The Hickam Officers' Spouses Club will hold a Snack with Santa event from 10 a.m. to noon at the Ka Makani Community Center on the Hickam side of Pearl Harbor-Hickam. Space is limited. There are tickets for 200 children and 150 family members/guardians. Base access cannot be provided by the club, so make sure you have access. FMI: info@hickamosc.com.

4 - Homemade cookies are needed to give to single and deployed Airmen so they can have a happier holiday this season. The 15th Wing Cookie Caper is being hosted by the 15th Operations Group. Cookie drop-off will be accepted from 6:30 a.m. to 12:30 p.m. Dec. 4 in front of the Wright Brothers Café at Joint Base Pearl Harbor-Hickam. FMI: Tonya Baldessari at TonyaCookieCaper@hotmail.com or 744-2548.

6 - The Pacific Aviation Museum will hold its sixth anniversary gala from 5:30 to 9 p.m. The event will include dinner, a silent auction and two special awards. Tickets are available for purchase through the museum. FMI: Carol Arnott at 441-1006 or visit PacificAviationMuseum.org.

For more information on events, visit www.greatlifehawaii.com.

Movie Showtimes



End of Watch (R)

This is a powerful story of family, friendship, love, honor and courage. Los Angeles police officers Taylor and Zavala patrol the city's meanest streets of south central Los Angeles. Giving the story a gripping, first-person immediacy, the action unfolds through footage from the handheld high definition cameras of the police officers, gang members, surveillance cameras, and citizens caught in the line of fire to create a riveting portrait of the city's most dangerous corners, the cops who risk their lives there every day and the price they and their families are forced to pay.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Pitch Perfect (PG-13)

SATURDAY
2:30 PM Frankenweenie (PG)
4:45 PM Dredd (R)
7:00 PM Argo (R)

SUNDAY
2:30 PM Hotel Transylvania* (3-D) (PG)
4:45 PM Here Comes the Boom (PG)
7:00 PM Sinister (R)

**\$1 for 3-D Glasses Rental

HICKAM MEMORIAL THEATER

TODAY
6:00 PM House at the End of the Street (PG13)
8:30 PM End of Watch (R)

SATURDAY
4:00 PM House at the End of the Street (PG13)
7:00 PM End of Watch (R)

SUNDAY
2:00 PM House at the End of the Street (PG13)



John Fisher and Larry Simon, retired U.S. Army veterans and volunteers, work on a Douglas (DC-3) Aircraft's gage panel, which is being reconstructed for the Pacific Aviation Museum on Ford Island, Joint Base Pearl Harbor-Hickam.

Volunteers bring the past to life at Pacific Aviation Museum

MCSN Diana N. Quinlan

Navy Public Affairs
Support Element, Det.
Hawaii

The Pacific Aviation Museum is located in the middle of Ford Island. Part of Joint Base Pearl Harbor-Hickam and one of the most historically significant sites in America.

The museum occupies World War II-era hangars that still bear the scars of the aviation battlefield.

Its mission is to develop and maintain an internationally recognized aviation museum that educates young and old alike, honors aviators and their support personnel who defended freedom in the Pacific region, and to preserve Pacific aviation history.

Members of the museum's aircraft restoration team assist with that mis-

sion by preparing new aircraft for display.

"I just volunteer here at the museum. We come in and do certain things on all the airplanes," said John Fisher, a member of the aircraft restoration team at the Pacific Aviation Museum.

"Just as work becomes available we do it. I came out here to work on the C-47 that was just a new airplane that had been given to the museum. And we're working on it now, getting it ready for the show or to put on display," Fisher said.

"I've always been interested in airplanes ever since a young kid, and when I got out of the military I wanted to go get my private license and go into aviation. You always run into some-body that either flew as a crew member or actually flew them or rode

in them," Fisher said.

The restoration shop in hangar 79 is in its original World War II maintenance configuration. Visitors today can see modern day restoration activities and participate in presentations of the maintenance crews' techniques and stories of their past.

"After working on older airplanes for 30 years, I just would enjoy being around them, and putting them on show for the public is really a good job to do," Fisher said. "The airplanes are hard to get in, especially like this P40 Warhawk Flying Tiger. They're getting to be very few of them left and to get them over here for the museum is very costly, so we're trying to get as many in as they can. They're working on them all the time trying to get different airplanes to come in," Fisher said.

Commentary

Window on Pearl Harbor-Hickam



Joint Base
Pearl Harbor-Hickam
karen.spangler@navy.mil

Ode to the Twinkie

Karen S. Spangler
Managing Editor

I confess—I am grieving.

One of America's oldest institutions – the 82-year-old baker of Twinkies, Sno Balls, CupCakes, Ding Dongs and Ho Ho's – is permanently closing its doors.

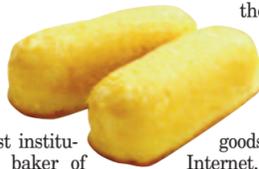
As a child, I was raised on those delectable little morsels of cake, crème filling and marshmallow, and it deeply saddened me to hear about their demise. My love affair with those yummy goodies has continued into adulthood.

The reality of it hit me when I stopped by the grocery store shortly after hearing the news to find that all vestiges of the little cakes were completely gone—there wasn't even a crumb.

Not a high maintenance kind of lady, I don't need diamonds and furs and Manolo Blahnik shoes to make me happy. But I did look forward to the extra large box of crème-filled chocolate cupcakes that my son would buy for me for Christmas, wrap in bright paper, and place lovingly under the Christmas tree. I carefully rationed them out to myself over the next several weeks.

My personal trainer probably wouldn't be pleased to hear this, but even when adhering to my healthy eating and exercise program, I still saved a spot in my diet for the chocolatey, cream-filled cupcakes.

We have seen many other companies from another era—and many mom and pop businesses—succumb to the economy and rising costs. I just never



thought that the sponge cake, cream-filled Twinkie and its sibling baked goods would be one of the victims.

Already the baked goods are popping up on the Internet, being sold for outlandish prices. I don't want to make money on the demise of a decades-old bakery. I only want a cache of the delicious baked goods to enjoy at my leisure.

Truly, not all Twinkies—or Twinkie "wannabees"—are created equal. I have tried some of the others and I don't know what is missing, but they just are not the same.

Sadly, it seems that it may be the end of an era for the Twinkie—that longstanding favorite of generations of children and adults which is as American as apple pie and baseball.

But perhaps there is a light at the end of the tunnel. There are rumors that there are other companies that may be interesting in buying out the 82-year-old company and its recipes.

Although it wouldn't be quite the same if it was resurrected, at least the beloved confections would still be populating the store shelves.

Maybe they would sport new names – like frosties and cup tups and sno mounds.

Even though they might be called something else, I hope that the delectable little delights still taste the same as the delicious little cakes that I have grown up with and enjoyed through the years.

As far as I'm concerned, a true Twinkie by any other name will still be ... a Twinkie.

Have a fine Navy-Air Force day at JBPHH!

Earth tip: Food is largest part of landfills

Guess what's the single largest material sent to our nation's landfills. Construction debris? Would you believe food?

On Nov. 15, the Environmental Protection Agency (EPA) celebrated America Recycles Day.

The agency reported that nationally, food is the single largest material sent to landfills, a reported 25 percent of all landfill waste. Living on islands, we understand that land space is a limited resource. Individually, we can each try to limit what we put in the garbage bin for sending to the landfill, thereby reducing the demand that additional lands be set aside for our waste.

In addition to taking our paper, catalogs, telephone directories, cardboard, plastic and glass to

our on-base recycling centers and taking our useable items to our base thrift shops, we can take one more step: reducing wasted food.

The EPA noted one study that indicated a household can save \$600 each year by reducing food purchases to no more than what can be consumed within that week. Each week, set a goal of disposing of no spoiled food. For more information, see EPA's website at <http://www.epa.gov/foodrecoverychallenge>.

If you would like to know more about donating useable items to the Hickam Thrift Shop, go to their link at <http://bit.ly/Te6LMx>.

(Submitted by Rebecca Hommon, Navy Region Hawaii environmental counsel.)

New WIC satellite clinic to open Dec. 4

The Honolulu Women, Infants and Children (WIC) program will open a new satellite clinic on Dec. 4 at Navy Region Hawaii Fleet and Family Readiness.

The clinic will be at building 3456, 620 Main St., Honolulu, near Nimitz Elementary School. All military and civilian families are welcome to apply.

For more information on receiving WIC benefits at this location, call the Honolulu WIC program at 586-4761.

WHO SAID IT?

"Imagination will often carry us to worlds that never were. But without it we go nowhere."

Last Week's

WHO SAID IT?

"We will always remember. We will always be proud. We will always be prepared, so we will always be free."

Ronald Reagan

This Week's Trivia

Which distinguished aviation pioneer died Nov. 5, 1934?

Last Issue's Question:

What is the meaning of the naval term "plank owner?"

Answer: A "plank owner" is an individual who was a member of the crew of a ship when that ship was placed in commission. Originally, this term applied only to crew members present at the ship's first commissioning. Today, however, it is often applied to members of a recommissioning crew as well.