



Dr. Martin Luther King Jr. honored at chapel  
See page A-2



15th Wing welcomes PACAF command chief  
See page A-4



Gabby Douglas gives warm aloha to JBPHH  
See page B-1



Volunteers needed for Ahua Reef restoration  
See page B-5

# “Navigator” HO'OKELE

FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

January 19, 2018

[www.issuu.com/navyregionhawaii](http://www.issuu.com/navyregionhawaii) [www.hookelenews.com](http://www.hookelenews.com)

Volume 9 Issue 2

A U.S. Air Force F-22 Raptor fighter jet from Hawaii Air National Guard's 154th Wing takes off for the afternoon launch during Sentry Aloha 18-01 Jan. 12 at Joint Base Pearl Harbor-Hickam.

Photo by Senior Master Sgt. Chris Drudge



## Warming up during Sentry Aloha 18-1

**Airman 1st Class Eric M. Fisher**

*354th Fighter Wing Public Affairs*

Jan. 10 marked the beginning of Sentry Aloha 18-1, a large-scale fighter exercise hosted by the Hawaii Air National Guard (ANG).

Sentry Aloha exercises are held to provide the ANG, U.S. Air Force and other Department of Defense agencies an opportunity to execute current, realistic, integrated

training specifically designed to develop combat operations and skill sets.

The 354th Fighter Wing's 18th Aggressor Squadron pilots are experts in replicating adversarial aircraft capabilities, and will play the roles of "Red Air." Their job is to simulate the enemy during exercise scenarios allowing other units to practice their combat tactics and procedures.

With their support the Hawaii ANG's 154th Wing and California

ANG's 144th Fighter Wing will receive realistic air-to-air combat training enabling them to better perform defense and combat operations.

"We are providing training platforms for the Hawaii and California ANG's offensive counter-air and defensive counter-air missions," said Capt. Robert Glenn, an 18th Aggressor Squadron (AGRS) pilot. "They don't have dedicated adversary air so this exercise will improve each unit's capability to fight and increase overall

readiness in Pacific theater."

Due to their location, the F-22 Raptor pilots based in Hawaii don't have many opportunities to train with professional adversaries such as the 18th AGRS and also have limited opportunities to train with 4th generation aircraft.

"On a daily basis normal combat units have to split up their training to allow for adversary support within their own unit," said Maj. Brandon "Napalm" Nauta, the

18th AGRS assistant director of operations. "But when the aggressors are available, it allows their entire unit to train and provides their young wingmen multiple opportunities to train against what they can expect to see from a real enemy."

Throughout the exercise, which ends Jan. 24, the Airmen will gain experience with multi-generation fighter integration including the 4th generation F-16 Fighting Falcon and F-15 Eagle and the 5th generation F-22 Raptor.



## Missile alert, false alarm

**Anna General**

*Navy Region Hawaii Public Affairs*

Many Hawaii residents woke up early Saturday morning, Jan. 13 with an emergency alert received on their mobile phones of an incoming ballistic missile attack, which set off widespread panic and confusion, as acknowledged by state officials.

The emergency alert read: "Ballistic missile threat inbound to Hawaii. Seek immediate shelter. This is not a drill."

After nearly 40 minutes, a second emergency alert was sent out that read: "There is no missile threat or danger to the State of Hawaii. Repeat. False alarm."

According to a statement released by the Hawaii Emergency Management Agency (HI-EMA), they confirmed there was no ballistic missile threat and the false alarm was caused by human error. HI-EMA took measures to ensure the incident doesn't happen again.

"I know first-hand how the false alarm affected all of us here in Hawaii, and I am sorry for the pain and confusion it caused. I, too, am extremely upset about this and am doing everything I can do to immediately improve our emergency management systems, procedures and staffing," said Hawaii Gov. David Ige.

Navy Region Hawaii, Joint Base Pearl Harbor-Hickam (JBPHH) and Pacific Missile Range Facility (PMRF) posted "false alarm" notices on their command Facebook pages upon confirmation to inform the base community.

"The duty Public Affairs Officer (PAO) confirmed the false alert through the joint base command duty officer, then relayed the information to post on the PMRF, joint base and region's Facebook pages," said David Hodge, acting JBPHH PAO director.

In the event of a nuclear threat or other disaster, it's a good idea to educate yourself and your families on what types of disasters might

> See page A-3

## MCPON, Tim Tebow meet USS Chung-Hoon Sailors



Photos by MC3 Jessica O. Blackwell

Top left, Master Chief Petty Officer of the Navy (MCPON) Steven S. Giordano visits with Sailors during a tour of guided-missile destroyer USS Chung-Hoon (DDG 93), Jan. 11. Top right, Former National Football League (NFL) player Tim Tebow addresses the crew of Chung-Hoon over the ship's intercom system during his tour of the ship.

## USS Michael Murphy departs to western Pacific

**MC3 Jasen Moreno-Garcia**

*Carl Vinson Strike Group Public Affairs*

The guided-missile destroyer USS Michael Murphy (DDG 112) departed Joint Base Pearl Harbor-Hickam, Jan. 15, for a regularly scheduled deployment to the western Pacific with the Carl Vinson Strike Group.

Michael Murphy deployed with a crew of approximately 320 Sailors and a detachment of MH-60R helicopters from Helicopter Maritime Squadron (HSM) 37, the "Easyriders," based out of Kaneohe Bay. The ship joins the

strike group as it transits toward the western Pacific.

"The crew of USS Michael Murphy has trained extensively for this deployment and is ready to execute all missions as part of the Carl Vinson Strike Group and U.S. 3rd Fleet," said Cmdr. Kevin Louis, the ship's commanding officer.

The deployment marks the second time the Carl Vinson Strike Group will operate throughout the Indo-Pacific region under U.S. 3rd Fleet's command and control. The strike group became the first in recent history to demonstrate a command and control construct called Third Fleet Forward when units

completed a six-month deployment last year.

Michael Murphy is a multi-mission ship designed to operate independently or with a surface action group or strike group. The destroyer was commissioned in 2012 and is named after former U.S. Navy SEAL Lt. Michael P. Murphy.



Left, Capt. Boswyck Offord, commander of NSA/CSS Hawaii, speaks at the Dr. Martin Luther King Jr. Day observance at Pearl Harbor Memorial Chapel, Jan. 17. Center, Jarrard Galbreath, chief of organization and resources for Pacific Air Forces, addresses the audience at the observance. Right, Lt. Col. Sonya Ferreira, deputy chief staff officer for Joint Base Pearl Harbor-Hickam, delivers opening remarks.

# Dr. Martin Luther King Jr. honored at chapel

Story and photos by  
Don Robbins

*Ho’okele Editor*

Sailors, Airmen and civilians attended a special observance celebration in honor of Dr. Martin Luther King Jr. Day at Pearl Harbor Memorial Chapel, Joint Base Pearl Harbor-Hickam (JBPHH), Jan. 17.

The ceremony was organized by the Joint Base Diversity Committee and led by master of ceremonies Cryptologic Technician (Collection) 2nd Class Nkosi Gaddy.

The observance focused

on the theme, “Remember! Celebrate! Act! A Day On, Not a Day Off!,” to emphasize King’s role in civil rights and American history.

Featured guest speakers at the observance included Navy Capt. Boswyck Offord, commander of NSA/CSS Hawaii, and Jarrard Galbreath, chief of organization and resources for Pacific Air Forces.

Offord provided a personal vantage point, explaining that he was born in Birmingham, Alabama in 1963 at the heart of the civil rights movement during some of the most tumultuous periods of that

city. Although his family later relocated out of the area due to the civil unrest, Offord said he remembers the tense moments of the era whenever he visited relatives as a youth.

Offord said that in the face of racism and even death, Martin Luther King Jr. chose to rise above.

“His guidance and example helped to elevate the nation to be better and witness that we are better together,” he said.

Offord urged everyone to spend his or her time wisely in honoring King’s legacy.

“Spend it serving others and working together

to make the world a better place,” Offord said.

Galbreath said that King dedicated his life to the ideals of service and giving to others.

“The reason, 50 years later, that we are standing here honoring Dr. Martin Luther King is because he was truly a servant,” Galbreath said.

Galbreath urged others to use their unique gifts and talents in this world for good purposes.

“We can’t divorce ourselves from the needs that we come across,” he said.

Lt. Col. Sonya Ferreira, deputy chief staff officer for Joint Base, delivered open-

ing remarks at the observance.

Ferreira said that King had a fight in him, but it was not a violent fight.

“He fought with his intellect, and charisma, and courage, and even love. These were his weapons of choice and they were not the natural weapons to use at that time. But they were very effective,” Ferreira said.

“Dr. King’s words shook the foundation of our moral conscience as a nation,” Ferreira said.

She said that Dr. King’s example taught her some valuable lessons.

“Our past experiences

shape who we are but never define who we can be, not as a person, as a people or a nation. We have limitless dreams and potential inside us,” Ferreira said.

During the observance, Cryptologic Technician (Collection) 3rd Class Geanely Jones read from then-President Ronald Reagan’s remarks as he established the Dr. Martin Luther King Jr. Day holiday.

The day’s events also included a cake-cutting and special meal in honor of Martin Luther King Jr. Day at the Silver Dolphin Bistro.

## Families, friends welcome home USS Chafee



Above left, Lt. Brian Sims’ daughter awaits his return. Above right, Guided-missile destroyer USS Chafee (DDG 90) returns to Joint Base Pearl Harbor-Hickam from an independent deployment to the western Pacific and South America, Jan. 12. Below, Sims holds his child for the first time as USS Chafee returns to JBPHH.









Diverse

VIEWS



Submitted by MC1 Corwin Colbert  
and David D. Underwood Jr.

Name one tip to avoid getting the flu.

 <p><b>IT2 Joshua Barraza</b> <i>MIDPAC</i></p> <p>“Get your vaccine annually and stay away from sick people.”</p>	 <p><b>Tech. Sgt. Patrick Brush</b> <i>HQ PACAF</i></p> <p>“Wash hands throughout the day. It prevents the spread of germs.”</p>	 <p><b>GM3 Aqlimiyya Berry</b> <i>JBPHH</i></p> <p>“Always wash your hands. If someone sneezes near you, wash your hands additional times.”</p>	 <p><b>SrA Christian Decker</b> <i>392nd Intelligence Squadron</i></p> <p>“Limit time spent in places with a lot of people to reduce exposure to flu germs.”</p>	 <p><b>OS1 Caleb Branum</b> <i>MIDPAC</i></p> <p>“Eat healthy and stay away from people getting sick.”</p>	 <p><b>Tech. Sgt. Erica Macias</b> <i>Special Operations Command Pacific</i></p> <p>“Eat healthy and cover your mouth when sneezing and coughing to prevent spreading germs.”</p>
--	---	--	--	---	--

Want to see your command featured in Diverse Views? Got opinions to share? Drop us a line at [editor@hookelenews.com](mailto:editor@hookelenews.com)

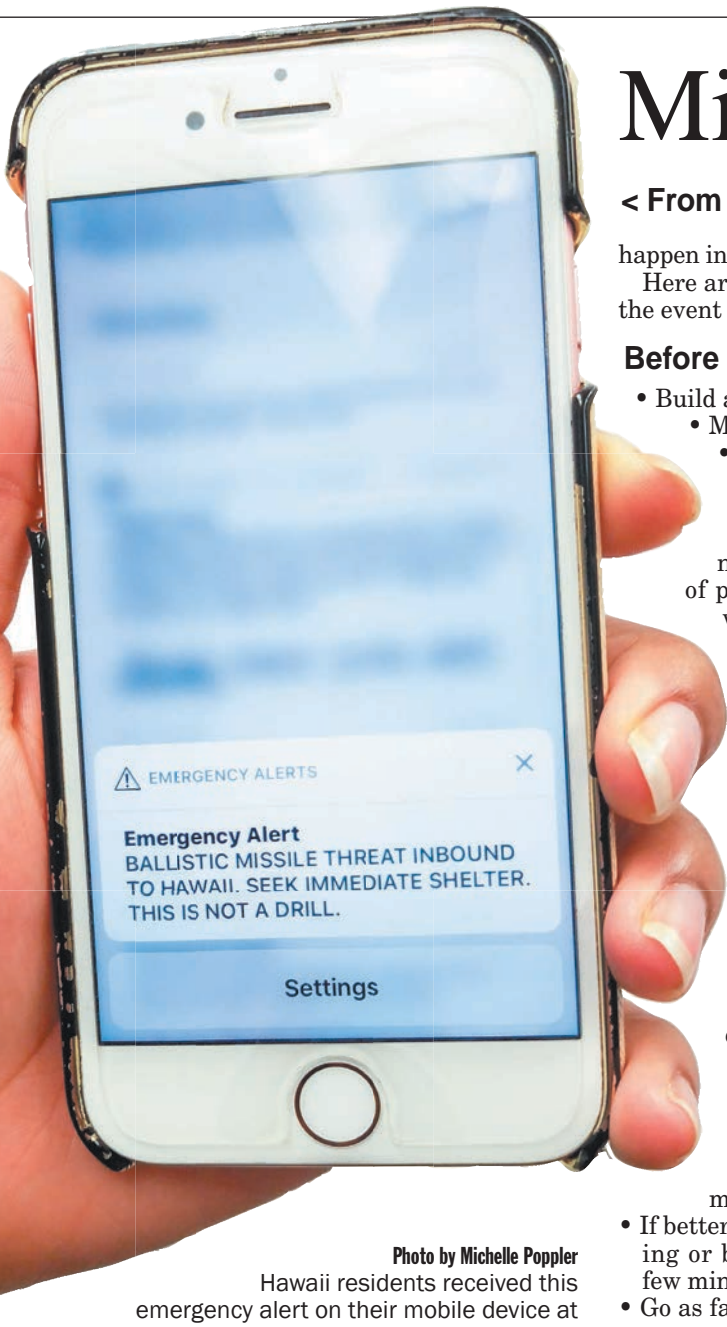


Photo by Michelle Poppler  
Hawaii residents received this emergency alert on their mobile device at approximately 8:05 a.m., Jan. 13. A second alert was sent notifying residents that it was a false alarm.

Helpful resources:

- **Ready.gov:** [www.ready.gov](http://www.ready.gov)
- **Hawaii Emergency Management Agency:** <http://dod.hawaii.gov/hiema/>
- **Centers for Disease Control and Prevention:** <https://emergency.cdc.gov/radiation/>
- **CNRH Facebook:** [www.facebook.com/NavyRegionHawaii](https://www.facebook.com/NavyRegionHawaii)
- **JBPHH Facebook:** [www.facebook.com/JBPHH](https://www.facebook.com/JBPHH)
- **PMRF Facebook:** [www.facebook.com/PacificMissileRangeFacility](https://www.facebook.com/PacificMissileRangeFacility)

Missile alert, false alarm

< From page A-1

happen in the community.  
Here are some tips provided by ready.gov in the event of an attack:

Before an attack

- Build an emergency supply kit.
  - Make a family emergency plan.
  - Find out from officials if any public buildings have been designated as fallout shelters.
  - If your community has no designated fallout shelters, make a list of potential shelters near your home, workplace and school, such as basements, subways, tunnels, or the windowless center area of middle floors in a high-rise building.
  - During periods of heightened threat, increase your disaster supplies to be adequate for up to two weeks.
- During an attack**
- Listen for official information and follow the instructions provided by emergency response personnel.
  - If an attack warning is issued, take cover as quickly as you can, below ground if possible, and stay there until instructed to do otherwise.
  - Find the nearest building, preferably built of brick or concrete, and go inside to avoid any radioactive material outside.
- If better shelter, such as a multi-story building or basement can be reached within a few minutes, go there immediately.
  - Go as far below ground as possible or in the center of a tall building.
  - During the time with the highest radiation levels it is safest to stay inside.
  - Radiation levels are extremely dangerous after a nuclear detonation.
  - Expect to stay inside for at least 24 hours unless told otherwise by authorities.
  - When evacuating is in your best interest, you will be instructed to do so. All available methods of communication will be used.

If you are caught outside and unable to get inside immediately:

- Do not look at the flash or fireball — it can blind you.
- Take cover behind anything that might offer protection.


- Lie flat on the ground and cover your head. If the explosion is some distance away, it could take 30 seconds or more for the blast wave to hit.
- Take shelter as soon as you can, even if you are many miles from ground zero where the attack occurred — radioactive fallout can be carried by the winds for hundreds of miles.
- If you were outside during or after the blast, get clean as soon as possible, to remove radioactive material that may have settled on your body.
- Remove your clothing to keep radioactive material from spreading. Removing the outer layer of clothing can remove up to 90 percent of radioactive material.
- If practical, place your contaminated clothing in a plastic bag and seal or tie the bag. Place the bag as far away as possible from humans and animals so that the radiation it gives off does not affect others.
- When possible, take a shower with lots of soap and water to help remove radioactive contamination. Do not scrub or scratch the skin.
- Wash your hair with shampoo or soap and water. Do not use conditioner in your hair because it will bind radioactive material to your hair, keeping it from rinsing out easily.
- Gently blow your nose and wipe your eyelids and eyelashes with a clean wet cloth. Gently wipe your ears.
- If you cannot shower, use a wipe or clean wet cloth to wipe your skin that was not covered by clothing.

After an attack

People in most of the areas that would be affected could be allowed to come out of shelter within a few days and, if necessary, evacuate to unaffected areas. The heaviest fallout would be limited to the area at or downwind from the explosion. It might be necessary for those in the areas with highest radiation levels to shelter for up to a month.

Returning to your home

- Keep listening to the radio and television for news about what to do, where to go and places to avoid.
- Stay away from damaged areas. Stay away from areas marked “radiation hazard” or “HAZMAT.”



FOR THE NAVY AND AIR FORCE TEAM IN HAWAII

Commander,  
Navy Region Hawaii  
**Rear Adm. Brian Fort**

Commander,  
Joint Base Pearl Harbor-Hickam  
**Capt. Jeff Bernard**

Director, Navy  
Region Hawaii Public Affairs  
**Agnes Tauyan**

Communication Strategist  
**Bill Doughty**

Acting Director, Joint Base Pearl  
Harbor-Hickam Public Affairs  
**Dave “Duna” Hodge**

Managing Editor  
**Anna General**

Editor  
**Don Robbins**

Sports Editor  
**Randy Dela Cruz**

Graphic Artist  
**Michelle Poppler**

Ho’okele is a free unofficial paper published every Friday by The Honolulu Star Advertiser 500 Ala Moana Boulevard Suite 7-500 Honolulu Hawaii 96813, a private firm in no way connected with DoD, the U. S. Navy, Air Force or Marine Corps, under exclusive contract with Commander, Navy Region Hawaii. All editorial content is prepared, edited, provided and approved by the staff of the Commander, Navy Region Hawaii Public Affairs Office: 850 Ticonderoga, Suite 110, JBPHH, Hawaii, 96860-4884. Telephone: (808) 473-2888; fax (808) 473-2876; e-mail address: [editor@hookelenews.com](mailto:editor@hookelenews.com) World Wide Web address: <https://www.cnmc.navy.mil/Hawaii/> or [www.hookelenews.com](http://www.hookelenews.com). This civilian enterprise newspaper is an authorized publication primarily for members of the Navy, Air Force and Marine Corps military services and their families in Hawaii. Its contents do not necessarily reflect the official views of the U. S. Government, the Department of Defense, the U.S. Navy, Air Force or Marine Corps and do not imply endorsement thereof. The civilian publisher, The Honolulu Star Advertiser, is responsible for commercial advertising, which may be purchased by calling (808) 521-9111.

The appearance of advertising in this newspaper, including inserts or supplements, does not constitute endorsement of the products and services advertised by the Department of Defense, the U.S. Navy, Air Force or Marine Corps, Commander, Navy Region Hawaii or The Honolulu Star Advertiser. Everything advertised in this paper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. A confirmed violation of this policy of equal opportunity by an advertiser will result in the refusal to print advertising from that source. Ho’okele is delivered weekly to Navy & Air Force housing units and Navy and Air Force installations throughout Oahu.

Shuttle Challenger remembered



Photo courtesy of NASA

The NASA family lost seven of its own on the morning of Jan. 28, 1986, when a booster engine failed, causing the Shuttle Challenger to break apart just 73 seconds after launch. The crew of STS-51-L were front row from left, Mike Smith, Dick Scobee and Ron McNair. Back row from left, Ellison Onizuka, Christa McAuliffe, Greg Jarvis and Judith Resnik. U.S. Air Force colonel Onizuka was born in Kona, Hawaii.

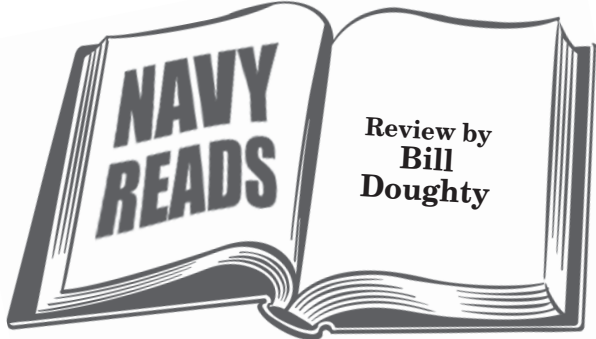
# 15th Wing welcomes PACAF command chief



Photos by Senior Airman Michael Reeves Jr. and Tech. Sgt. Heather Redman

Above, Chief Master Sgt. Anthony Johnson, Pacific Air Forces command chief, speaks with members of the 15th Wing during an all enlisted call at Joint Base Pearl Harbor-Hickam (JBPHH), Jan. 16. During his tour, Johnson spoke about the importance of readiness and Air Force policy changes. At left, Johnson visits the air traffic control tower during a tour of the units at JBPHH, Jan. 16.

## Facing future: CNO Richardson, former CHINFO Kirby

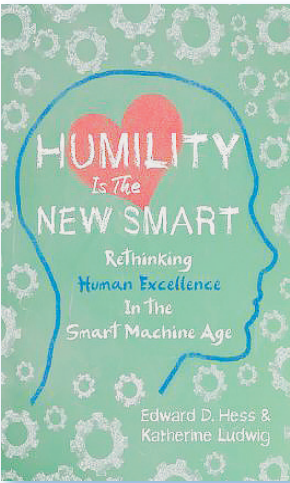
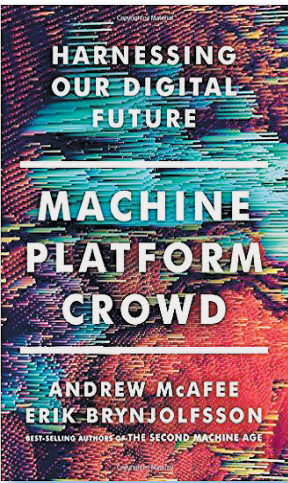


At last week’s Surface Navy Association (SNA) Symposium in Virginia, someone asked Chief of Naval Operations (CNO) Adm. John Richardson what he’s reading.

The CNO reminded the questioner, “Y’know, I actually have a reading list.”

After the crowd chuckled and applauded, the CNO answered that — in addition to the Navy Professional Reading Program (NPRP) list — he has been reading two books that are “future-looking” and not on NPRP. Richardson recommended books that reinforce each other’s subjects into a congruent theme.

He suggested “Machine, Platform, Crowd: Harnessing Our Digital Future” by Andrew McAfee and Erik Brynjolfsson (W. W. Norton & Company, 2017). The book is a follow



up to the authors’ “The Second Machine Age.” Anyone curious about technological singularity and artificial intelligence will be interested in informed theories about how the world — and the Navy — will change in the decades ahead.

Richardson also recommended “Humility Is the New Smart: Rethinking Human Excellence in the Smart Machine Age” by Edward D. Hess and Katherine Ludwig (Berkett-Kohler, 2017).

Barnes & Noble published a “Humility Is the New Smart” recommendation by former CNO Adm. (ret.) Gary Roughead: “The forces of the Smart Machine Age are already upon us, and like time and tide they cannot be held back. Hess and Ludwig are out front with this insightful, practical, and compelling guide to

navigating, transforming, and leading organizations for this new age in which the nature of work and the workforce will be dramatically different.”

Discussion at the SNA symposium included a focus on the future and on the importance of humble, confident leadership to counter insecurity and hubris.

CNO Richardson advised reading about history, especially World War II history.

“Read well-written history,” he said, “Hornfischer, Toll ... Pick up any book by those folks and start reading.”

On Thursday, Jan. 11 at the U.S. Pacific Fleet Public Affairs Sympo-

Department spokesperson — not only recommended two books but also read passages to make his points.

He also is interested in the future — and how the future has already arrived for communicators and the military.

Kirby recommended “War in 140 Characters: How Social Media Is Reshaping Conflict in the Twenty-First Century” by David Patrikarakos (Basic Books, 2017) and “Overload: Finding the Truth in Today’s Deluge of News” by Bob Schieffer with H. Andrew Schwartz (Rowman & Littlefield, 2017).

Kirby, who helped put together former CNO Adm. (ret.) Mike Mullen’s

Navy Professional Reading Program and shared his own reading list, which was featured on the unofficial Navy Reads blog several years ago, is now a commentator on CNN.

Kirby advises: “Read widely, read well.”

On his reading list Kirby recommended the best book for writers, the late William Zinsser’s “On Writing Well.” “Machine, Platform, Crowd: Harnessing Our Digital Future” by Andrew McAfee and Erik Brynjolfsson (W. W. Norton & Company, 2017). “Machine, Platform, Crowd: Harnessing Our Digital Future” by Andrew McAfee and Erik Brynjolfsson (W. W. Norton & Company, 2017).



**Photo by MC2 Gabrielle Joyner**  
Sailors, friends, family and guests congratulate Pacific Fleet Master Chief Susan Whitman during her change of office and retirement ceremony aboard the USS Battleship Missouri Memorial at Joint Base Pearl Harbor-Hickam, Jan. 12. Whitman retires as the 17th Fleet Master Chief of the U.S. Pacific Fleet after more than 32 years of naval service. Whitman turns over the position as the fleet’s senior enlisted leader to Fleet Master Chief James Honea.



**Photo by MC3 Morgan K. Nall**  
Gunner’s Mate 2nd Class Kyle A. Bonsiero changes the barrel on a .50-caliber machine gun during a weapons qualification shoot aboard the Arleigh Burke-class guided-missile destroyer USS Preble (DDG 88), Jan. 6. Preble is deployed with the Theodore Roosevelt Carrier Strike Group to the U.S. 5th Fleet area of operations in support of maritime security operations to reassure allies and partners and preserve the freedom of navigation and the free flow of commerce in the region.



**Photo by Senior Master Sgt. Chris Drudge**  
U.S. Air Force Tech. Sgt. Jason Crandall, 144th Aircraft Maintenance Squadron crew chief, discusses various safety points of the F-15C Eagle fighter jet with the Federal Fire Department during Sentry Aloha 18-01, Jan. 11 at Joint Base Pearl Harbor-Hickam.



**Photo by MC2 Justin R. Pacheco**  
Damage Controlman 1st Class Cory Webb, right, shares the first kiss with his wife, Deborah, as guided-missile destroyer USS Chafee (DDG 90) returns to Joint Base Pearl Harbor-Hickam from an independent deployment to the western Pacific and South America, Jan. 12.



**Photo by Staff Sgt. James Ro**  
Two crew chiefs with the 154th Maintenance Group, Hawaii Air National Guard (HIANG) prepare to launch a F-22 Raptor at Joint Base Pearl Harbor-Hickam, Jan. 16, as part of Sentry Aloha exercises. Sentry Aloha is an ongoing series of exercises, hosted by the HIANG’s 154th Wing, involving multiple types of aircraft and services.



Below, Members of the 8th Intelligence Squadron (8 IS) pose with Gabby Douglas. Clockwise, Senior Airman Mariah Whittaker, Douglas, Senior Airman Marissa Toppin and Senior Airman Tariq Armstrong.

# Life & Leisure



## Gabby Douglas gives warm aloha to JBPHH



Above left, Gabby Douglas takes questions from the audience at Bloch Arena. Above right, Jaida Morris, age 10, asks a question to her idol Gabby Douglas.

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

At more than 200 strong, members of the crowd welcoming Olympic gymnast Gabby Douglas to Joint Base Pearl Harbor-Hickam were treated like they were the stars. The athletic wunderkind personally greeted everyone during a meet-and-greet Jan. 12 at Bloch Arena, courtesy of Morale, Welfare and Recreation and United Service Organizations (USO).

Douglas at the age of 16 became the first African-American to win the gold medal in the gymnastics all-around individual event at the 2012 Summer Olympics. She answered questions during a question-and-answer session with the audience before embracing military families who lined up to meet the sports icon for autographs and selfies.

Douglas may have been the star at the event, but she said that it wasn't hard for her to put the military in the spotlight — especially since it's the armed forces that keep us safe.

"It's so funny because different moms and dads are like thank you so much for doing this. It's really amazing," Douglas said. "But for me, I can't wrap my head around it. I'm like, 'who am I?' I just won a couple of gold medals, but you guys are doing all the work. So I look at it that way."

Budding gymnast 10-year-old Jaida Morris, who was brought to meet Douglas by her mother Nicole, said that the opportunity to rub elbows with her hero was a dream come true.

Not only did Morris get to ask Douglas the first question during the question-and-answer session, she stood in awe as she shook hands and posed for a picture with her idol.

"I can't explain it, but it made me feel like it was a magical moment," she said. "I look up to her when I do gymnastics. Sometimes I feel like I can't do it, but then I think of her and she inspires me."

While the little ones were star-struck and mesmerized to be around Douglas, the two-

time Olympian also impressed the many moms and dads in attendance.

Douglas took her time with each child as she offered words of encouragement, a hug and a cheerful smile.

"Gabby has been her (Jaida's) idol since the beginning," Nicole said. "I'm glad that she (Douglas) came here to Hawaii, so that she (Jaida) had the opportunity to meet her, give her a hug. I know that's something that she's going to remember for the rest of her life."

Natalie Hawkins, Douglas' mom, accompanied her daughter on the USO trip. She has been a familiar face at many of the gymnast's visits around the world.

Hawkins said that her daughter's warm approach in engaging people is something that comes naturally to her and is part of her enthusiasm for life and others.

"Her personality has always been so lively and so energetic," Hawkins said. "She's always been a go-getter. So when she officially entered the sport of gymnastics, it was the perfect fit."

Like other celebrities who have appeared at JBPHH, Douglas said that coming to such a historic location as Pearl Harbor is both powerful and moving at the same time.

Knowing how much sacrifice it takes to defend our country, she said that spending a little time with military families is something that she is more than happy to do.

While she said that it can be a lot of pressure to live up to her role as an athlete in the center of public and media attention, it all comes down to being herself.

"It is a lot of pressure that so many kids, moms, dads look up to you," she said. "But for me, I don't stress myself out. I just go out there and just show the kids and moms my personality because I'm fun, bubbly and I keep it light and fun."

"I can't wrap my head around it. I'm like, 'who am I?' I just won a couple of gold medals, but you guys are doing all the work."

— Gabby Douglas, Olympic gymnast



Below, PiYo trainer Mary Jane Padilla-Nicholson.



# PiYo gets you back in shape with total-body workouts

Story and photos by  
Randy Dela Cruz

Sports Editor, Ho'okele

Combining things together don't always work to achieve maximum results. However, if you're looking to get in shape in 2018, then PiYo, a synergistic blend of Pilates and yoga, could be the answer you're looking for.

Offered at Joint Base Pearl Harbor-Hickam Fitness Center every Tuesday from 4:30 to 5:30 p.m. and Wednesday from 8:30 to 9:30 a.m., PiYo integrates the stretching and relaxing techniques of yoga with the core and muscle-lengthening workout of Pilates into one all-encompassing cardio- and strength-training system.

PiYo is one of many group exercise classes that are offered through Morale, Fitness and Welfare at JPBHH.

Certified instructor Mary Jane Padilla-Nicholson said while the workout is intense and challenging, classes are easily modified to welcome all levels of fitness.

There is a learning curve, however, but Padilla-Nicholson said if people stick with it, they'd definitely see results.

"Those who come for the first time, I always tell them, don't get discouraged because this is something that you have to progress yourself into," she said. "It's not something you're going to get into and all of sudden knock it out. I teach this because it's a challenge and I see the benefits of it."

Kenisha Tyler, a retired Army veteran, has been doing PiYo for about a couple months in

“Go at your own pace. Don’t overdo it and listen to your body. Pay attention to the cues that the instructor is giving you and you have to be aware of your body”

— Mary Jane Padilla-Nicholson, PiYo instructor



Trainer Mary Jane Padilla-Nicholson leads a stretch with Joohee Jerome and Kenisha Tyler.

conjunction with other forms of resistance and cardio training.

Although Tyler has been able to stay in excellent shape, she said that PiYo definitely is a challenge.

"This is more stretching, flexibility and muscle control," she said. "If you're not ready for it, it's going to get the best of you. You definitely learn your limitations in PiYo."

From the start, Padilla-Nicholson said that PiYo will challenge your entire body all the way until the end.

Using a system that includes phases, such as power sec-

tion, flow, core and stretch and strength, Padilla-Nicholson balances the entire one-hour workout in a style that alternates between active use and recovery, while engaging all parts of the body.

"Even if you're doing a lower-body section, you're still incorporating a lot, like your core," she said. "Basically, your core is the center of focus for this format. I'm a really big believer in that."

Among the attendees, Joohee Jerome seemed to be the most at ease with the program as she flowed from one movement to another.

Jerome, who has been a practitioner of PiYo for a year, said that her familiarity with the exercise didn't come overnight and she was able to jump into it a bit quicker due to her previous background.

"I used to do yoga," Jerome said. "There are a lot of yoga terms she (Padilla-Nicholson) uses during the class and that helps. Yoga is more relaxing and like meditation, but this is more like power moves."

PiYo is very low impact, but its dynamic stretching, movement and holds contract and lengthen muscles, while static poses promote balance and strength.

Padilla-Nicholson said that she loves PiYo because it's effective in shaping a person's body composition.

She encourages anyone to give it a try, but offers only one caution.

"Go at your own pace," she said. "Don't overdo it and listen to your body. Pay attention to the cues that the instructor is giving you and you have to be aware of your body."



Logistics Specialist 2nd Class Nikita Mayo swoops in for a basket.



Staff Sgt. Elvis Shaw finishes off a lay-up.



# Intramural basketball readies to tip-off for 2018

Story and photo by  
**Randy Dela Cruz**

*Sports Editor, Ho’okele*

With the NBA and NCAA basketball seasons already in full progress throughout the country, Joint Base Pearl Harbor-Hickam is about to join in all the hoopla when the 2018 Joint Base Intramural basketball season tips off Jan. 23. The league’s 30-and-over Division is up first with a full schedule of games every Tuesday at both JBPHH Fitness Center and Hickam Fitness

Center starting at 6 p.m. The open divisions take the court on Wednesdays and Thursdays with the Afloat Division occupying the hardwood floor every Saturday from 9 a.m. to noon. Last season, the above 30 division was won by the 647th Civil Engineer Squadron (647 CES) Bulls, which finished the season in spectacular fashion with an undefeated record. Led by the veteran play of Staff Sgt. Elvis Shaw and the leadership of point guard Staff Sgt. Brian Sanders, the Bulls wrapped up the championship

trophy with a 62-44 win over Defense POW/MIA Accounting Agency. Shaw, who was a source of steady firepower for the Bulls, took control in the title matchup and torched DPAA for 30 points after throwing down 34 in the team’s semifinal contest against Last Run. Meanwhile, the 690th Cyberspace Operations Squadron (690 COS) will look to become the first team to win back-to-back titles in the open division after securing the hardware in 2017. Navy Information Operations

Command (NIOC) won championships in 2012 and 2013 and was the last team to do it at Joint Base. Although the Bulls threatened to make a clean sweep of titles in the above 30 and open divisions, the 690 COS emerged from a fourth seed in the Blue Division to capture their first Joint Base basketball championship. Against all odds, the 690 COS took down Naval Health Clinic Hawaii in the first round of the playoffs and then went on to eliminate Naval Submarine Support Command (NSSC),

the No.1 seed from the Blue Division and Navy Information Operations Command (NIOC) Hawaii, the No. 2 seed from the Red Division, before wrapping it all up with the nail-biting victory over PACOM/JIOC. Other teams that are expected to be in the hunt this season include USS Chung-Hoon (DDG 93), Naval Submarine Support Command, Naval Computer Telecommunications Area Master Station Pacific West, Pacific Command/Joint Intelligence Operation Center, 647th Security Forces Squadron and NIOC.

## Tax Assistance Center to open Jan. 30, volunteers needed

### Region Legal Service Office Hawaii

The Tax Assistance Center will open on Jan. 30 at the Navy College Building, 1260 Pierce St., Building 679 at Joint Base Pearl Harbor-Hickam. The center will be in classroom 11 on the first floor. The Tax Assistance Center will be open Monday, Wednesday, and Friday from 8 a.m. to 1 p.m. Unlike previous years, the tax assistance center will only provide service-to-service members E1-E6 and their dependents with the ability to electronically file individual tax returns through internet-based software applications. Internal Revenue Service (IRS)-certified tax personnel assist with questions but do not prepare individual tax returns. Volunteers are critical to the success of the Tax Assistance Center. To participate, volunteers will complete a self-study program to obtain advanced and military IRS certifications. Service members or their family members interested in volunteering at the Tax Assistance center full-time or part-time should contact Lt. Rosemarie Lombardi at 473-1394 or email Rosemarie.Lombardi@navy.mil or Lt. Kevin Griffin at 473-1387 or email Kevin.Griffin@navy.mil. The Tax Assistance Center relies on local commands for supplies, including papers, pens and toner cartridges (NT-PE250 C toner for Lexmark E250D printer and E206 A11A toner for Lexmark E260D printer). Volunteer Income Tax Assistance (VITA)-certified tax volunteers at the Joint Base Pearl Harbor-Hickam Tax Assistance Center can assist with questions participants may have as they file their tax return electronically using this year’s self-service program. The tax center will close promptly at the scheduled closing time and accepts walk-ins only. Service members using the tax assistance center should bring a photo ID for the taxpayer and spouse, Social Security Cards for the taxpayer, spouse and all dependents, all tax forms, bank account and routing numbers, and their most recent tax return. Web tax resources include Military One Source at [www.militaryonesource.mil/](http://www.militaryonesource.mil/).

## DoD dietitians: Mission readiness and resilience

**Tammy J. Lindberg**

*Headquarters Air Force Medical Operations Agency*

As we begin the new year, many will start out with great goals of losing weight, becoming more active, quitting smoking and getting adequate rest or sleep to maintain optimal health. The internet and multimedia venues provide more than adequate information on what we need to do to get and stay healthy. Recommendations are forthcoming for improving our overall nutrition and this topic deserves greater discussion. Some are willing to eat just about anything and others will eliminate specific foods or nutrients if it gets them to weight goals as quickly as possible. Despite our best efforts, balancing all the demands of family, work and play can be difficult. Even best intentions with careful planning can be undermined in today’s fast pace. If you seek advice from a nutrition expert, a registered dietitian nutritionist (RDN), they will help educate you on what to eat, how much to eat and other behavior tips you can try to keep on track to optimal health. Registered dietitians, unlike others that claim



Photo courtesy of Defense Commissary Agency.

To help consumers make mindful, healthier choices, the Defense Commissary Agency has implemented a Nutrition Guide Program. the Air Force, RDNs work within a code of ethics and only make statements and provide guidance that has been tested by science to be true and has undergone substantial research scrutiny. Dietitians are medical professionals that hold a license to practice and as such, can be trusted to provide unbiased, sound information. The Defense Department has a large force of scientifically credible experts, registered dietitians, deployed throughout the branches to ensure the military community is guided with evidence-based information to promote optimal health and readiness. These experts are influencing DoD policy and providing care at the installations. For example, at larger clinics within

sugar, fat and sodium is what hooks us on the taste and, therefore, we continue to make absent-minded, unhealthy selections. To help consumers make mindful, healthier choices, the Defense Commissary Agency has implemented a Nutrition Guide Program that marks “Dietitian Approved” items, which focus on organic, whole grain, low fat, and good source of fiber. The DoD Nutrition Committee has approved the Go for Green 2.0 program, which labels menus within dining facilities on land and at sea (“Green,” “Yellow” and “Red”): Green signifying “eat often;” Yellow, “eat now and then;” and Red, “eat infrequently.” The labeling is intended help military members make choices that support a healthy lifestyle. In addition, the services have approved the military Nutrition Environment Assessment Tool (mNEAT) to measure the availability of healthy food selections at each military installation. If you have questions, seek advice from a nutrition expert or registered dietitian nutritionist. Registered dietitians (or RDNs) specialize in translating nutrition science into practical advice. For information, visit [www.commissaries.com](http://www.commissaries.com). Many times, the added

# CMSAF focuses on resiliency in 2018

**Tech. Sgt. Patrick Brown**  
*Maxwell Public Affairs*

Chief Master Sergeant of the Air Force Kaleth O. Wright said he feels the Air Force is headed in the right direction concerning education and enlisted-force structure, but Airman resilience is an area that needs more attention. He's starting the new year with that focus, he told the crowd during an all-call at Maxwell Air Force Base, Jan. 10. "What I'm most concerned about, and where my priority will be in 2018, is the area of resilience," he said. "I still feel like there's work to be done. I want to get out there and spend more time and energy this year getting after

what's causing our Airmen to be less resilient. What's causing us to have less of a wingman culture?" His desire to see the Air Force go back to more of a "wingman culture" stems from strong personal relationships that helped him get through difficult times. He said support from fellow Airmen and building a strong sense of resilience is key to what he predicts will be a tougher operations tempo in the future. "The reason I've decided to place this laser focus on resilience is because ... it gets tougher," he said. "It's tough now, but it gets tougher. With what's happening in the world with the level of global insecurity and instability, our jobs will only get tougher. I don't



Photo by Melanie Cox  
Chief Master Sergeant of the Air Force Kaleth O. Wright speaks to Airmen about resiliency.

look out a year or two or three from now and see less mission. I see more deployments to Europe. I see more deployments to Africa. I see continued deployments to the Middle East, and I also see, at some point, some deployments to the Pacific."

The chief pointed to not only the strain on those on the deployments, but also the strain on the families left behind and the Airmen who remain to continue the mission. "The mission here never stops, and the folks who are left behind are the ones who have to pick up the slack," he said. Finding the correct work-life balance, the chief said, is key to building better resilience. "A big goal of mine is to be able to give you as much time back as possible," he said. "I want you to be able to focus on the mission. I want you to be able to take care of each other and take care of yourselves. And I want you to be able spend time with your family. Family time is very important. To find that balance between focusing on the mission, one's self and personal relationships, Wright introduced what he called the "2-10-5-7 philosophy." The philosophy is a way to structure time: two hours of personal time in the morning, 10 hours for work, five to family and other personal relationships, and the remaining seven to sleep. He emphasized the five hours to family should be "unplugged," referring to smartphones and social media. He admitted the five hours unplugged was his greatest struggle in trying to follow the regiment. "I won't say I've been successful, but I've made a conscious effort to maintain more balance."


## Navy asks for feedback

**Chief of Naval Personnel Public Affairs**



The Navy announced that is it soliciting feedback from Sailors through the biennial Personal and Professional Choices Survey. This secretary of the Navy-directed survey collects data and comments from Sailors across the fleet to gauge the present-day impact of Navy policies on Sailors and their families. The survey touches on a wide variety of issues, including career development, work-life balance, adoption leave and family planning. The 2018 iteration of the survey began Jan. 17 and will close Feb. 23. The survey will be sent to 80,000 randomly selected active-duty Sailors. Notification emails will be sent to participants from the survey platform Max.gov, urging Sailors to use this opportunity to provide their feedback to the Navy. Although participation is anonymous and completely voluntary, Navy leadership strongly encourages the selected Sailors to participate. Results from previous surveys are available at [www.public.navy.mil/bupers-npc/support/inclusion/Pages/Resources.aspx](http://www.public.navy.mil/bupers-npc/support/inclusion/Pages/Resources.aspx). The 2018 survey results are expected to be released in August and will be posted on Navy's Inclusion and Diversity website. Questions on the survey may be addressed to the Office of Inclusion and Diversity (OPNAV N1D) at [ALTN\\_N1D@navy.mil](mailto:ALTN_N1D@navy.mil).



Michelle Poppler, Ho'okele graphic artist, took this photo of an octopus in its tank at the Waikiki Aquarium. How to submit: send photos and information to [editor@hookelenews.com](mailto:editor@hookelenews.com)



UPCOMING EVENTS



Joint Base Pearl Harbor-Hickam  
Morale, Welfare and Recreation

# Winter

## Focus on fitness at Joint Base

- **Registration for the new free Fit to Fight Class** will open Jan. 19 at the Hickam Memorial Fitness Center. This new six-week nutrition and fitness program will begin Feb. 12 and will be broken into four groups: Active Duty Warriors, Weight Loss Warriors, Strength Warriors and Silver Warriors (age 60 and over). Each class is 60 minutes. For more information, call 448-2214.
- **Free Fitness Challenge 2018** will be held from 9 to 11 a.m. Jan 20 at the Joint Base Pearl Harbor-Hickam Fitness Center. Participants can burn those holiday pounds with a workout where they can sample a variety of group exercise classes. For more information, call 471-2019.
- **Free golf clinic** will be on the green at 9:30 a.m. Jan. 20 and 25 at Barbers Point Golf Course. Pre-registration is encouraged. For more information, call 682-2098/1911.
- **Sunday brunch** will be held from 10 a.m. to 2 p.m. Jan. 21 and every Sunday at the Historic Hickam Officers' Club. It is open to all ranks and all hands. The cost is \$26.95 for adults, \$13.50 for ages 7 to 12 and \$8.25 for ages 4 to 6. For more information, call 448-4608.
- **Ford Island historical tour** will be held from 9:30 a.m. to noon Jan. 24 and every Wednesday. It departs from the Hickam Information, Tickets and Travel office. The cost of this tour is \$25 for adults and \$20 for ages 3 to 11. For more information, call 448-2295.
- **Paint and Sip** puts color to canvas from 5:30 to 8:30 p.m. Jan. 24 and every Wednesday at the Historic Hickam Officers' Club. This painting party is open to all ranks and all hands (21 and older.) Participants will be guided by an expert instructor in painting the subject of the evening. The cost is \$40 and includes all art supplies. Food and beverages are available for purchase from the Koa Lounge. For more information, call 448-9907.
- **Mongolian barbecue** will be held from 5 to 8 p.m. Jan. 25 and every Thursday at the Historic Hickam Officers' Club. It is open to all ranks and all hands. The cost is 95 cents per ounce. For more information, call 448-4608.
- **Hickam Historical Tour** will be held from 9:30 a.m. to 1:30 p.m. Jan. 26 and every Friday, departing from the Hickam Information, Tickets and Travel office. The cost is \$45 for adults and \$40 for ages 3 to 11 and includes lunch. For more information, call 448-2295.
- **Shuttle to "Eat the Street"** food truck rally will be provided from 6:30 to 9:30 p.m. Jan. 26, departing from Hickam Information, Tickets and Travel office. The cost is \$7 per person and customers should bring money to purchase food at the event. For more information, call 448-2295.
- **Free New Year, New You** is fitness kick-starter from 8 to 11 a.m. Jan. 27 at the Hickam Memorial Fitness Center. The event includes two hours of sampling fitness classes like Zumba and Turbo Kick with the last hour devoted to massage therapy, fitness and wellness information and refreshments. For more information, call 448-2214.
- **Free golf clinic** will be held at 2 p.m. Jan. 27 at Mamala Bay Golf Course. Pre-registration is encouraged. For more information, call 449-2304.



**NIMITZ CORRIDOR CLEANUP**  
**TODAY** — At 8 a.m. today, Friday, Jan. 19, Navy Region Hawaii will lead a cleanup and beautification event on the Nimitz corridor between Catlin Drive and Camp Catlin Drive. The muster point is the corner of Catlin Drive and Nimitz Highway. Volunteers are encouraged to wear organizational T-shirts and/or Navy pride gear.

**ANGER MANAGEMENT**  
**JAN. 22** — An anger management class will be held from 9 a.m. to noon at Military and Family Support Center Pearl Harbor. FMI: [www.greatlifehawaii.com/family-support/mfsc-class-schedule](http://www.greatlifehawaii.com/family-support/mfsc-class-schedule) or call 474-1999.

**CONFLICT RESOLUTION**  
**JAN. 22** — A conflict resolution workshop will be held from 5 to 7 p.m. at Military and Family Support Center Pearl Harbor. FMI: [www.greatlifehawaii.com/family-support/mfsc-class-schedule](http://www.greatlifehawaii.com/family-support/mfsc-class-schedule) or call 474-1999.

**VAIT COURSE**  
**JAN. 22-26** — Sexual Assault Prevention and Response (SAPR) Victim Advocate Initial Training (VAIT) course will be held from 7:30 a.m. to 4 p.m. each day at Military and Family Support Center Pearl Harbor. It is designed to prepare an individual for the role and responsibilities of a U.S. Navy SAPR Unit Victim Advocate. Interested personnel should contact their respective SAPR point of contact or command leadership to express their interest in attending the class and becoming a Unit Victim Advocate. The command will in turn coordinate course registration with the SAPR office. FMI: [www.greatlifehawaii.com/family-support/mfsc-class-schedule](http://www.greatlifehawaii.com/family-support/mfsc-class-schedule) or call 474-1999.

**ACING THE INTERVIEW**  
**JAN. 23** — A class on acing the job interview will be held from 1 to 3 p.m. at Military and Family Support Center Hickam. Participants can learn how to position themselves as the best candidate, explore different interview styles, practice interview questions

## AHUA REEF RESTORATION EVENT



**JAN. 27** — Volunteers are needed for an Ahua Reef wetland restoration event from 8 to 11 a.m. Activities will include removing invasive weeds, picking up trash and planting costal plants. This will take place at the wetland on the Hickam side of Joint Base, near Hickam Harbor and Hawaii Air National Guard. Volunteers need to wear-closed toed shoes. They should also bring sunblock, water, a hat and snacks. Expect to get wet and muddy, so boots, long sleeves and pants are recommended. Navy Natural Resources will provide tools, gloves and water to fill up bottles. RSVP to Aurelia Gonzalez or Corrina Carnes at 474-0125 or email [Aureliag@hawaii.edu](mailto:Aureliag@hawaii.edu) or [corrina.carnes.ctr@Navy.mil](mailto:corrina.carnes.ctr@Navy.mil).

and learn common pitfalls to avoid. FMI: [www.greatlifehawaii.com/family-support/mfsc-class-schedule](http://www.greatlifehawaii.com/family-support/mfsc-class-schedule) or call 474-1999.

**DEALING WITH DIFFICULT PEOPLE**  
**JAN. 23** — A workshop on dealing with difficult people will be held from 5 to 7 p.m. at Military and Family Support Center Pearl Harbor. FMI: [www.greatlifehawaii.com/family-support/mfsc-class-schedule](http://www.greatlifehawaii.com/family-support/mfsc-class-schedule) or call 474-1999.

**RESUME WRITING CLASSES**  
**JAN. 24** — A class on writing resumes for the private, civilian sector will be held from 2 to 4 p.m. at Military and Family Support Center Hickam. In addition, a class on the application process for federal jobs will be held from 11:30 a.m. to 3:30 p.m. FMI: [www.greatlifehawaii.com/family-support/mfsc-class-schedule](http://www.greatlifehawaii.com/family-support/mfsc-class-schedule) or call 474-1999.

**HIGH-TECH PARENTING**  
**JAN. 24** — A class on high-tech parenting will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. The class is designed to assist parents in helping their children understand the value of safety, modesty and care while posting on the internet. FMI: [www.greatlifehawaii.com/family-support/mfsc-class-schedule](http://www.greatlifehawaii.com/family-support/mfsc-class-schedule) or call 474-1999.

**STOP BULLYING**  
**JAN. 24** — The Stop Bullying workshop will be held from 10 a.m. to noon at Military and Family Support Center Pearl Harbor. This workshop looks at the dynamics of bullying and ways to defend against it. FMI: [www.greatlifehawaii.com/family-support/mfsc-class-schedule](http://www.greatlifehawaii.com/family-support/mfsc-class-schedule) or call 474-1999.

**HELPING KIDS COPE WITH DIVORCE**  
**JAN. 25** — A workshop on helping kids cope with divorced parents will be held

from 10 a.m. to noon at Military and Family Support Center Hickam. FMI: call 474-1999.

**FOCUS GROUP**  
**JAN. 25** — A focus group for single parents on active duty will be held from 11:30 a.m. to 1 p.m. at Military and Family Support Center Pearl Harbor. MFSC is interested in learning how to meet those needs and better respond to and address any possible gaps in service. The insight gained will assist in the development of programs and resources that are designed specifically for single parents on active duty. Lunch will be provided. Registration is required. FMI: [www.greatlifehawaii.com/family-support/mfsc-class-schedule](http://www.greatlifehawaii.com/family-support/mfsc-class-schedule) or call 474-1999.

**SOOTHING YOUR BABY**  
**JAN. 25** — A class on soothing your baby and loving touch will be held from 1 to 2 p.m. This class captures the behavioral characteristics of excessive crying during a normal developmental phase. The class aims to help parents find ways to soothe their baby and build resilience during this challenging period. FMI: [www.greatlifehawaii.com/family-support/mfsc-class-schedule](http://www.greatlifehawaii.com/family-support/mfsc-class-schedule) or call 474-1999.

**AFTER GPS**  
**JAN. 26** — An After GPS (Goals, Plans, Success) workshop will be held from 8 a.m. to 3 p.m. at Military and Family Support Center Hickam. This will include informational briefings and an employer panel to assist in understanding the civilian hiring process. FMI: [www.greatlifehawaii.com/family-support/mfsc-class-schedule](http://www.greatlifehawaii.com/family-support/mfsc-class-schedule) or call 474-1999.

**TRUE WEST**  
**JAN. 27** — A reading of “True West” by American actor, playwright, author, screenwriter and director Sam Shepard will be held at 7 p.m. at Bellows Air Force Station Turtle Cove lawn. The reading will be performed by TV and movie actors and is sponsored by Arts in the Armed Forces. The event is for those ages 18 and older only. Guests can bring their beach blanket and lawn chairs. Food will be available for purchase. FMI: 864-0144 or visit Bellows AFS on Facebook.



# MOVIE SHOWTIMES

**SHARKEY THEATER**  
**TODAY — JAN. 19**  
7:00 PM • Jumanji: Welcome To The Jungle (3-D) (PG-13)

**SATURDAY — JAN. 20**  
2:30 PM • Ferdinand (PG)  
4:50 PM • Star Wars: The Last Jedi (PG-13)  
7:50 PM • Jumanji: Welcome To The Jungle (PG-13)

**SUNDAY — JAN. 21**  
2:30 PM • Ferdinand (3-D) (PG)  
4:50 PM • Star Wars: The Last Jedi (PG-13)

**THURSDAY — JAN. 25**  
7:00 PM • Pitch Perfect 3 (PG-13)

**HICKAM MEMORIAL THEATER**  
**TODAY — JAN. 19**  
7:00 PM • Jumanji: Welcome To The Jungle (PG-13)

**SATURDAY — JAN. 20**  
3:00 PM • Jumanji: Welcome To The Jungle (PG-13)  
6:00 PM • The Greatest Showman (PG)

**SUNDAY — JAN. 21**  
1:30 PM • Ferdinand (PG)  
4:00 PM • Star Wars: The Last Jedi (PG-13)

**THURSDAY — JAN. 25**  
6:30 PM • Father Figures (R)

## Jumanji: Welcome to the Jungle

Four high school kids discover an old video game console and are drawn into the game's jungle setting, literally becoming the adult avatars they chose. What they discover is that you don't just play Jumanji — you must survive it. To beat the game and return to the real world, they'll have to go on the most dangerous adventure of their lives, discover what Alan Parrish left 20 years ago, and change the way they think about themselves — or they'll be stuck in the game forever.

*\*Movie schedules are subject to change without notice.*