

EXI

March 9, 2018

HART announces 24/7 lane closure See page A-2



March is Women's **History Month** See pages A-3, B-5, B-6



Navy Reservists offer a hand to homeless shelter See page B-1

PHNSY, PMRF welcome CNIC commander

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Pacific Missile Range Facility's (PMRF) commanding officer, Capt. Vincent R. Johnson, (right) briefs Vice Adm. Mary Jackson, commander, Navy Installations Command, during a facilities familiarization flight, March 6. Jackson visited Pearl Harbor Naval Shipyard (PHNSY) March 5. She visited Joint Base Pearl Harbor-Hickam last fall.

Photo by MC2 Omar-Kareem Powell

Volume 9 Issue 9



Welcome home USS Tucson

Story and photo by MC2 Shaun Griffin

COMSUBPAC Public Affairs

The Los Angeles-class fast-attack submarine USS Tucson (SSN 770) returned from deployment to Joint Base Pearl Harbor-Hickam, March 7.

Tucson successfully completed a six-month western Pacific deployment while conducting operations in support of national security.

This deployment was the first for more than 40 percent of Tucson's crew.

"I've learned that staying calm and organizing what you are going to do is a very important part of being a submariner," said Electronics Technician (Nuclear) 3rd Class Jack ful port call to Chinhae," Sheldon, who is from Tuc- said Lt. Garret Allen, son, Arizona. 'If you are calm, you can walk through what needs outstanding liberty and it Force, U.S. Pacific Fleet, to happen and keep others gave us the opportunity to visit www.csp.navy.mil.

calm in the process."

During the deployment, 28 officers and Sailors earned their submarine warfare qualification "dolphins" and 21 Sailors advanced in rank.

"I am extremely proud of the crew and their commitment to our mission and our nation," said Cmdr. Chad Hardt, commanding officer of Tucson and a native of Aiken, South Carolina.

"They demonstrated absolute professionalism, dedication and resolve while executing the full spectrum of forward deployed submarine operations."

While deployed, Tucson conducted port calls in Tokyo, Japan as well as Chinhae, South Korea. We had a very successfrom Wimberley, Texas. "The crew enjoyed some

strengthen the relationship between the U.S. and the Republic of Korea."

Upon returning to Pearl Harbor, Master Chief **Electronics** Technician (Navigation) Juan Gonzalez, from Houston, Texas, and Tucson's Chief of the Boat, commended the crew for their hard work and dedication to completing a successful deployment.

"In my 26 years in the Navy, it never ceases to amaze me how young Sailors can band together and thrive as a whole to complete difficult missions and tasks," Gonzalez said. This has been a demanding deployment, and to see the hard work of this great crew culminate in a successful deployment

At left, Cmdr. Chad Hardt, commanding officer of the Los Angeles-class fast attack submarine USS Tucson (SSN 770), is greeted by his daughter on the pier at Joint Base Pearl Harbor-Hickam after returning from a six-month western Pacific deployment, March 7.

515th AMOW contributes to DoD's lethality, mission success

Master Sgt. Kristine Dreyer

Air Mobility Command Public Affairs

In today's environment, America's Air Force continues to focus on assuring the delivery of a combination of mission critical capabilities across the globe. Through Air Mobility Command's en route system, joint forces are able to maintain their competitive edge over potential adversaries no matter when or where they are called.

The Airmen of the 515th Air Mobility Operations Wing (AMOW) provide reach in the Department of Defense's (DoD) largest area of responsibility, the Indo-Asia-Pacific region.

"Our military forces worldwide depend on mobility Airmen to provide en route capability, and the 515th AMOW always delivers," Gen. Carlton D. Everhart II, Air Mobility

said after an operations overview visit earlier this month. "Global mobility operations ensure America's Air Force is always there guaranteeing the DoD's lethality, versatility, range, and mission success."

The 515th AMOW, headquartered at Joint Base Pearl Harbor-Hickam, operates two groups one at Joint Base Elmendorf-Richardson, Alaska, and one at Yokota Air Base, Japan, providing fixed and deployed maintenance, aerial port, and command and control support to AMC forces.

The en route system is the backbone enabling AMC's global reach, said Col. Scott Zippwald, 515th AMOW com-mander. "The innovative Airmen postured at our 26 locations across the Pacific guarantee mission execution and readiness across 52 percent of the Earth's surface.'

During his visit, Everhart met with the mobil-Command commander, ity Airmen at six 515th



Air Force file photo by Tech. Sgt. Heather Redman

Maintainers from the 735th Air Mobility Squadron (AMS) move a stand to a C-5 Galaxy for maintenance at Joint Base Pearl Harbor-Hickam, June 22, 2017. The 735th AMS is part of the 515th AMOW which oversees Air Mobility Command's en route support structure at 26 locations and provides the global reach capability in the Pacific area of responsibility and across the globe.

AMOW squadrons. He cargo, and the ability to cess in times of peace, gained insight into the units' commitment to readiness, ability to support the movement of

ensure logistics throughout the area of responsibility.

"Logistics enables suc-

need, and wins our nation's wars," Everhart said. "The Airmen I visited embody the innova-

makes me proud to be part of such an outstanding team."

For more news from Commander, Submarine

tion, determination, and expertise to deliver uninterrupted and unrivaled mission capability to our joint force and mission partners."

Every unit in the AMOW is a tenant unit of a larger host wing at their installation. This requires strong relationships with their host in order to ensure mission success. Everhart met with host wing, numbered Air Force and Pacific Air Forces leaders to discuss operations.

"Mission success relies on strong partnerships and teamwork," Everhart said. "The 515th AMOW mission is critically important and is fundamental to ensure delivery of the right effects at the right time. I am convinced we have a mission ready and fully committed total force team across the Pacific that understands the importance of what they bring. Our mobility professionals deliver for our nation."

NAVFAC Pacific educates command, community

Krista Cummins

NAVFAC Pacific Public Affairs

Naval Facilities Engineering Command (NAVFAC) Pacific celebrated National Engineers' Week Feb. 23 with numerous events to educate its command employees and the local community.

"NAVFAC Pacific went above and beyond for this year's National Engineers' Week events," said NAVFAC Pacific Chief Engineer and Capital Improvements Business Line Manager Ralph Luca. "To showcase all aspects of Engineering and our Science, Technology, Engineering and Mathematics (S.T.E.M.) Subject Matter Experts (SME), NAVFAC Pacific attended three community outreach events and hosted two internal events for our command employees. The contribution that each Engineer, S.T.E.M. SME, and all those who support the NAV-FAC Ohana are vital to the Department of the Navy and to be given the opportunity to educate the community on the great work our folks continue to do is priceless."

National Engineers' Week was held Feb. 18-24 and this year's theme is "Inspiring Wonder."

NAVFAC Pacific kicked off National Engineers' Week with a local outreach event



NAVFAC Pacific employees participate in the Sacred Hearts Academy outreach event Feb. 23.

career fair included booths, educational pamphlets and interactive displays held for ninth graders who are interested in S.T.E.M. The second community outreach event NAVFAC Pacific participated in was the University of Hawaii's College of Engineering Career Fair held at its campus. It was a combined educational booth featuring both NAVFAC Pacific and NAV-FAC Hawaii representatives at Kaimuki High School. The informing students on current

job openings within the NAV-FAC organization.

"As a new employee, it was an honor to represent NAV-FAC Pacific at the various community outreach events," said NAVFAC Pacific Capital Improvements Fire Protection Engineer Cherie Inouye. "I was able to give back to the community by attending the University of Hawaii's Career Fair and educating them on what NAVFAC Pacific is about. Being able to offer insight and advice to students and students, and interactive in pursuit of a job, a position that I was not long ago in and also being able to spark interests in a career as a fire protection engineer was a highlight of mine."

The final community outreach event was at Sacred Hearts Academy. The theme was Introduce a Girl to Engineering Day and the event included NAVFAC Pacific introductions, a trivia competition between the engineers to more energy and excite-

booth displays that included hands-on activities from vari-

ous engineering departments. "This was my second year participating in the Sacred Hearts Academy outreach event," said NAVFAC Pacific Capital Improvements Architect Adam Ching. "We had a larger group of volunteers this year who came from a wider range of experience and years, and it added up

ment. We had fun activities from marshmallow noodle architecture, catapults, race cars, electrical experiments, straw structures, to cool environmental science exhibits. In addition to the great oneon-one conversations, giving advice and inspiring them to pursue a Science, Technology, Engineering, Arts and Mathematics (S.T.E.A.M.) career, we may have defied the stereotype and made engineering and design fun!"

NAVFAC Pacific also celebrated with two internal events for its command employees. Teams were formed to compete in a trivia challenge to win materials for an egg drop contest and took part in a live competition to display the best contraption for the egg drop challenge. NAVFAC Pacific also organized a free movie showing of the "Dream Big" engineering movie at Sharkey Theater.

"This year's events targeted a wide-range of audiences from NAVFAC employees, DoD/military communities, high school students, and many others," said NAVFAC Pacific Program Analyst and National Engineers Week Coordinator Helen Chou. "Personally, the highlight was doing outreaches to the local schools where we encouraged the youths to think critically and dream of creating a better tomorrow, which perfectly ties in with this year's theme to Inspire Wonder."

PACAF Airmen implement CMSAF resiliency priority

Story and photo by 1st Lt. Avery Larkin

15th Wing Public Affairs

Airman Leadership School (ALS) students at the Binnicker Professional Military Education Center are expanding their knowledge of helping agencies to increase their effectiveness as supervisors.

As Chief Master Sergeant of the Air Force Kaleth O. Wright briefed earlier this year at Maxwell Air Force Base, Alabama, the job of an Airman will only get tougher and the requirement to be more resilient will be even more important than in previous years.

"I don't look out a year or two or three from now and see less missions," Wright said. "I see more



Ida Wallace, 15th Wing victim advocate, educates Airman Leadership School students on Sexual Assault Prevention and Response services available to Airmen and their families, Feb. 26 at Joint Base Pearl Harbor-Hickam.

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.'

Units throughout Pacific Air Forces (PACAF) are incorporating helping agency visits into ALS to equip leaders across the

necessary to support fellow Airmen.

ALS curriculum now includes a walking tour of all helping agencies, allowing students to learn about the services each agency offers and meet the professionals taking care of Airmen and their families.

"Last year, PACAF lost

Anthony Johnson, PACAF command chief. "In my book, one Airman is too many and although we cannot change what happened to them, we can expose our Airmen to these agencies early. This will allow them to be more resilient in the face of chal-

Chief Master Sergeant

to the rest of our Airmen." On the tour, professionals at each helping agency will give short presentations on how they take care of Airmen and families. Helping agencies provide a wide range of support throughout base communities, including medical services, legal

abuse intervention.

According to Master Sgt. Tonya Poole, 17th **Operational Weather** Squadron first sergeant, a significant detail about the ALS helping agency tour is that the event is open to Airmen and their spouses.

"This is good for our supervisors, but it's also helpful for spouses because issues with Airmen and families don't always show up in the workplace," Poole said. "Spouses may see things outside of work which they can address now that they're more familiar with helping agencies."

Service members at Joint Base Pearl Harbor-Hickam (JBPHH) can inquire about helping agency services by contacting the JBPHH Military and Family Support

deployments to Europe. command with the tools a total of six Airmen," said lenge and minimize harm counsel and substance Center at 474-1999.

HART announces 24/7 lane closure from Main to Nimitz

Honolulu Authority for Rapid Transportation way and Valkenburgh business and commu-**Rapid Transportation**

Beginning March 12, the right turn from Main Street onto Nimitz Highway East will be closed 24/7 for one week to facilitate project construction from Monday to Friday between 8:30 a.m. to 3 p.m. and 8 p.m. to 5 a.m.

Drivers will be detoured to Valkenburgh Street to access Nimitz Highway.

Additional lane clo-

Street may also be necessary for construction activity.

Pedestrians will be detoured around project area and bus stops along Nimitz Highway will be relocated for project construction. For up-to-date information, visit www. TheBus.org or call 848-

nity meeting will be held March 14 from 6 to 7 p.m. at the Fleet Reserve **Reservation Branch 46** building, 891 Valkenburgh Street.

For more information about the HART project, contact the 24-hour hotline at 566-2299 or visit the project website www. 5555. The next Airport honolulutransit.org.



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HO'OKELE



Submitted by Ensign Makeedra Hayes and David D. Underwood Jr.

March is National Nutrition Month. What's the best salad topping?



Want to see your command featured in Diverse Views? Got opinions to share? Drop us a line at editor@hookelenews.com

also doesn't make you feel like you're dieting hard!"

COMMENTARY

eating a salad.'

Under Secretary of Defense for Personnel and Readiness

Robert L. Wilkie

Women's History Month: Recognizing military, civilian women for their service

Robert L. Wilkie

Under Secretary of Defense for Personnel and Readiness

The Department of Defense (DoD) is proud to announce the observance of Women's History Month, March 1–31. Together we recognize all military and civilian women who have served and sacrificed to protect our nation.

Women have served our military since before the formation of the United States, supporting American troops as early as the Revolutionary War. Dr. Mary Walker was a surgeon who provided medical care to wounded soldiers during the Civil War, and later became the first and only woman to receive the Medal of Honor. While it was not until the last two years of World War I that women were officially accepted into military service, they have risked life and limb and supported operations throughout every major military conflict-some enduring the hardships of prisoners of war captured by enemy forces.

Both in uniform and through the civilian sector, American mothers, daughters, sisters, and wives have selflessly served to defend and protect the land of the free and home of the brave. Even in grim situations and under austere conditions, these women have persevered—standing tall and strong as defenders of freedom, liberty, and justice. Women remain integral to our national defense and military operations—promoting troop readiness; providing humanitarian relief; helping to deter war, resolve conflict, and promote peace; and supporting civil authorities and missions around the world. Traveling far and wide, withstanding time apart from family, and forfeiting the comforts of home to serve their country and protect their fellow Americans and citizens of the world, women of the department continue to exemplify the discipline, resolve, and



Photo courtesy of Naval History and Heritage Command Members of the first class of WAVES to graduate from the Aviation Metalsmith School, at the Naval Air Technical Training Center, Norman, Oklahoma, July 30, 1943.

WOMEN'S HISTORY MONTH

unwavering allegiance to the flag of the most devoted of public servants.

The department salutes all the patriotic women who have answered the call of duty throughout our nation's history and those who continue to stand the watch. All DoD personnel are encouraged to join the department as we celebrate military and civilian women for their service to our country and many contributions to the fortitude of the Total Force.



D'OKEL Commander. Commander. Joint Base Pearl Harbor-Hickam Navy Region Hawaii Capt. Jeff Bernard Rear Adm. Brian Fort Director, Navy Managing Editor Region Hawaii Public Affairs **Anna General Agnes Tauyan** Editor **Don Robbins Communication Strategist Bill Doughty** Sports Editor **Randy Dela Cruz** Acting Director, Joint Base Pearl Graphic Artist Harbor-Hickam Public Affairs **Michelle Poppler** Dave "Duna" Hodge Ho'okele is a free unofficial paper published every Friday by The Honolulu Star Advertiser 500

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U.S. Air Force photo

A/2C Frances E. Courtney furnishes the bugle calls of taps and reveille for the 3452nd Student Squadron Women in the Air Force (WAF) at Francis E. Warren Air Force Base in 1953. March is Women's History Month.

15th Wing bids 'Aloha to the 96 ARS' last operations officer

Lt. Col. Reese Evers, 15th Operations Support Squadron KC-135 Stratotanker pilot, flies during a C-17 Globemaster III refueling mission over JBPHH, Feb. 14.

Story and photo by Tech. Sgt. Heather Redman

15th Wing Public Affairs

After 21 years of flying, Lt. Col. Reese Evers, 15th Operations Support Squadron KC-135 Stratotanker pilot, retired as the 15th Wing's (15 WG) last KC-135 pilot and one of the last members of the 96th Air Refueling Squadron (96 ARS), Feb. 15. "Throughout his career,

Evers has truly lived up to the values we hold," said Col. Cavan Craddock, 15 WG vice com- He also has flown more than

mander. "In his career. Evers has served as an exuberant Airman, wingman, leader and warrior. Who, over the past 21 years, has never left an Airman behind, never faltered, and never failed."

Veterans Talk Story: Lt. Col. Reese Evers

Evers retired as a command pilot with more than 4,100 total flying hours in tactical airlift, airdrop, air assault, night vision, formation, aero-medical evacuation, VIP airlift, and strategic tanker operation in the T-37 Tweet, T-1 Jayhawk, C-130 Hercules, and KC-135.

1.000 combat and combat support hours.

"As I look back on my career all I can say is, thank you," Evers said. "To the 96 ARS and the 15 WG for helping to mold me into who I am right now. Raising my right hand was the best decision I have ever made."

The Screamin' Eagles of the 96 ARS trace their heritage to the Army Air Corps' 6th Reconnaissance Squadron at March Field, California. Originally constituted on November 20, 1940, the unit conducted anti-submarine patrols at the beginning of World War II.

On April 22, 1942, the unit was redesignated as the 39th Bombardment Squadron and conducted air offensive operations until the end of the war, operating from Hickam Field, Tarawa Atoll, the Philippines and Okinawa, Japan.

Since its inception, the 96th ARS flew multiple aircraft including PT-17, B-18, B-25, KC-97 and most recently the KC-135. The unit earned numerous awards including a Distinguished Unit Citation, five Outstanding Unit Awards, and a Meritorious Unit Award.

The 96th Air Refueling Squadron was reactivated on July 23, 2010, at Joint Base Pearl Harbor-Hickam, in response to an increased demand for in-flight air refueling support throughout the Pacific theater. The Screamin' Eagles were an active associate of the 203rd Air Refueling Squadron, a Hawaii Air National Guard unit, and together formed a Total Force Enterprise organization.

The 96 ARS officially deactivated Sept. 3, 2015 at JBPHH.

Surface warfare: Obtaining a fix on fleet NSS skill sets

Commander, Naval Surface Force, U.S. **Pacific Fleet Public** Affairs

Commander, Naval Surface Force (CNSF) and Surface Warfare Officer Schools (SWOS) Command continue to conduct improve training. officer of the deck (OOD)

The competency checks help SWOS assess the proficiency levels of the junior OODs and provide critical information on how they handle stressful situations. The data gathered will help identify areas where SWOS can

These assessments are

we are doing and where training gaps may lie in our officers of the deck. By conducting the checks across all ship platforms and from different commissioning sources, the data will help us understand the proficiency level of our OODs."

The intent of the competency checkpoints is not to take punitive action against these officers, but rather to build an understanding in what skill sets OODs are proficient and which skillsets they are deficient. Leadership wants to ensure each OOD has the foundational training and relevant skills to safely navigate the world's waters, and this is one of the many steps underway in the Surface Force. "I do not believe any-

thing like this has been done in the Surface Warfare Community before," Robertson said. "The time is right to really see what the trends are and then more importantly, take action to shore up holes."

The OOD competency initiatives designed by strengths and weaknesses. Additionally, the information gathered will help entities in the training community tailor instruction and scenarios to address gaps that may exist.

Other initiatives include: increased shiphanchecks are one of several dling simulator training necessary to support our during the Basic and Ad-

naval power to fight and win at sea and to project that power ashore," Brown said. "This is one step in assessing the professional growth of our officers and one step in ensuring our ships have the manning, training and equipment Fleet Commanders.

competency checks across fleet concentration areas.

Conducted by SWOS, the competency checkpoints provide Vice Adm. Rich Brown, CNSF, data on how first-tour, qualified OODs perform in navigation, seamanship, and ship-handling, via written test and simulated atsea scenarios. The checks began in San Diego and have been conducted in Norfolk, Virginia and Yokosuka, Japan. They are occurring this week in Sasebo, Japan.

Future SWOS-led competency checkpoints are planned in the fleet concentration areas of Mayport, Everett, Pearl Harbor and Rota.

This is an opportunity to take a running fix to make sure that the training we are providing our junior Officers is the right training, and if it isn't, we will look to make adjustments," Brown said.

conducted on qualified OODs who are randomly selected from various ships in the fleet concentration area where the checks are taking place.

They take an examination which includes questions from navigation rules of the road and applicable navigation and seamanship concepts, and then their ability to handle at-sea scenarios is evaluated in navigation, seamanship and ship-handling trainers (NSSTs). These state-ofthe-art bridge simulators are used to train ship crews in navigation and ship handling using virtual reality technology.

"Our main focus is to gather data to inform how we can better train future Surface Warfare Officers," said Capt. Scott Robertson, commanding officer of SWOS. "These competency checkpoints are designed to see how

CNSF to improve the proficiency of Surface Warfare Officers and address issues identified in the "Comprehensive Review (CR) of Recent Surface Force Incidents in 2017."

The initiatives were established from feedback received during all-hands calls and leadership meetings following the mishaps. The competency checks are meant to provide SWOS and the fleet an objective assessment of the Surface Forces junior OOD's

vanced Division Officer Courses, mariner assessments during the Prospective Commanding Officer Course, a Junior Officer of the Deck Course, Bridge **Resource Management** Workshop, and additional OOD classroom and simulator training.

"The success of the Surface Force is measured by properly manned, tactically trained, and effectively equipped ships ready to provide Fleet Commanders with combat

In conjunction with the Readiness and Restoration Oversight Council (led by the Undersecretary of the Navy Thomas Modly and the Vice Chief of Naval Operations Adm. Bill Moran), and complimenting the CR recommendations, CNSF is focused on using these initiatives to improve Surface Forces at the unit and individual levels. These initiatives will help to improve the safety and readiness of Surface Navy's ships.

HO'OKELE



Photo by MC2 Katarzyna Kobiljak

Above, The Military Sealift Command hospital ship USNS Mercy arrives at Joint Base Pearl Harbor-Hickam, during its transit in support of Pacific Partnership 2018 (PP18), March 3. PP18's mission is to work collectively with host and partner nations to enhance regional interoperability and disaster response capabilities, increase stability and security in the region, and foster new and enduring friendships across the Indo-Asia-Pacific Region. Pacific Partnership, now in its 13th iteration, is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Asia-Pacific.

At right, Boatswain's 2nd Class John Domingo signals to an MH-60R Sea Hawk assigned to the Battle Cats of Helicopter Maritime Strike Squadron (HSM) 73 during a vertical replenishment aboard the Arleigh Burke-class guided-missile destroyer USS Halsey (DDG 97) in the Indian Ocean, Feb. 25. Halsey 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 MC3 Nicholas Burgains

Below, Hawaii Air National Guard Airmen fire M-4 carbines during weapons qualification Feb. 14, at Joint Base Pearl Harbor-Hickam. The 132d Security Forces CATM team oversaw the weapons training and qualification for deploying Hawaii Airmen.

Photo by Staff Sgt. Michael J. Kelly









Photo by MC3 Devin M. Monroe

Senior leaders from Vietnam greet leaders from U.S. 7th Fleet, the U.S. Embassy in Hanoi, and the Carl Vinson Strike Group, during a welcome ceremony in Da Nang, Vietnam, March 5. The Carl Vinson Strike Group is in the western Pacific as part of a regularly scheduled deployment. Rear Adm. John Fuller, second from right, is a former Navy Region Hawaii commander. He is currently the Carl Vinson strike group commander.

HO'OKELE

Navy Reserve Sailors ned to variou

Hickam sweep the surrounding area during

a community relations project at The Institution for Human Service (IHS) at Sand Island

Navy Reservists offer a hand to support homeless shelter

Story and photos by **MC1** Nardel Gervacio

Navy Public Affairs Support Element Detachment Hawaii

Navy Reservists attached to various commands on Oahu conducted a community outreach project during a monthly weekend drill at the Institute for Human Services (IHS), Hale Mauliola, a homeless shelter at Sand Island, March 3.

Service members started the day with landscaping and cleaning up of the shelter facility and its surrounding areas.

As part of the volunteer project, the group picked up litter and conducted landscape maintenance as well as applied stain finishes on a deck of a gazebo.

"Our whole unit came here to show our support for the NOSC [Navy Oper-ational Support Center]," said Logistic Specialist 1st Class Simisi Fakatava, assigned to The Naval Supply Systems Command Fleet Logistic Center.

"When I found out it was for the homeless, it was my chance to do something good for the community, as I try my very best to help those that are less fortunate than me whenever I can.³

The shelter consists of 25 modular containers that convert into double or single units and offers residents showers and restrooms, potable water, a central communal area, daily meals and transportation services.

"IHS is one of the largest organizations on Oahu working to end homelessness on the island," said Information Systems Technician 1st Class help exhibited by everyone who at-Matthew Walkerfolks, assigned to Defense Information Systems Agency IHS staff, and the clients we serve. For Pacific Command (DISA-PAC), and coordinator of the event. "The organization supports an interim housing program for individuals who are transitioning out of homelessness and have found employment, and are seeking affordable permanent housing.' Hale Mauliola is one of eight facilities on the island that are designed to accommodate a subpopulation of home-

less people.

"There are homeless seniors, homeless people from the mainland, chronic homeless people with mental illness and addiction, homeless veterans, there are people who are working but are homeless and homeless youth, who are underage and runaways," said Kimo Carvalho, spokesperson for IHS.

Carvalho added, "Hale Mauliola is a fast transitional shelter type of settings. These are for people who have higher acuity. These people are mostly pet owners. They are working homeless, they have cars, a lot of them have IDs so they can get into housing pretty quick.'

While the project was expected to last all day, Sailors completed the maintenance in half the time.

"I enjoy working with my hands, building stuff, I like the outdoors and when I get an opportunity to do stuff like this, I'll do it especially if it's for a good cause," said Electrician's Mate 1st Class Kourtney Fausett, assigned to Surgemain at Pearl Harbor Naval Shipyard.

"I think it's important as a unit (and for the Navy) to interact with the community and put a good face on things because we are not just faceless drones fighting wars in far away countries."

The event ended with Angel Bryant, a development manager at IHS, thanking the Sailors for their hard work and support.

We are so grateful to the NOSC Pearl Harbor group for coming out to volunteer at Hale Mauliola, and supporting our mission to end and prevent homelessness in Hawaii," Bryant said.

"The hard work and enthusiasm to tended is a great inspiration to both the individuals who are working to end their homelessness, seeing people who are willing to get involved and invest their time to assist our efforts provides them with a greater sense of support from the community at large, and hope for their own future.'



Sailors apply wood stain on the deck at IHS.



According to the Hale Mauliola website, the facility was opened in November 2015 in partnership between IHS and the Honolulu city administration.

Sailors pick up debris at IHS.



Sailors fill in soil in a planter box.



Information Systems Technician 3rd Class Anthony Averett heads up the invisible ladder for a twohanded stuff in the first half.

Strong defense leads Hopper to 16-point win

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

USS Hooper (DDG 70) used a suffocating zone defense to smother USS Jefferson City (SSN 759)/USS Chicago (SSN 771) into submission and gain a 39-23 victory on March 3 in an Afloat Division intramural basketball game at Joint Base Pearl Harbor-Hickam.

The matchup was the Hopper's first game of the season after returning from deployment, but the time away did nothing to diminish the team's competitive spirit.

Hopper gets its season off to a great start at 1-0, while Jefferson City/Chicago is still searching for their first win of the year at 0-4.

"I think we've got stuff that we need to work on, but we do have a better team than what (we showed)," said Hopper head coach Lt. David Wight. "We're going to get better from game to game."

While Hopper did struggle on offense at times, defensively the team was a wreaking ball as it held Jefferson City/Chicago without a basket for the first nine minutes of the game, until Yeoman 2nd Class Jusuf Jenkins hit a jumper inside the lane to break the drought.

Jenkins hit another basket in the first half, but that was all that the Hopper defense would allow for the entire half.

Jefferson City/Chicago scored a total of 11 points in the first half, with seven of the points coming from the charity stripe.

Hopper did have some problems on offense, but not from stretch forward Information Systems Technician 3rd Class Anthony Averett, who finished with a game-high 17 points.

Averett started to take control of the game midway through the first half, as he poured in seven of the team's first 11 points on two baskets and a trey. In total, Averett scored nine of the team's 22 first-half points and finished off the game with two more treys and a hoop in the second half.

Five of Averett's eight second-half points came in the opening minutes after the break. He zeroed in on a long bomb from beyond the arc and then finished off a fast break with a slam dunk, which was his second of the game.

Then with 10:32 left on the clock, Averett put an exclamation point on his game by locking up the win a three-ball from the top of the key that gave Hopper a 32-13 lead.

"He's (Averett) one of our key players," Wright said. "He's one of the new guys that just got here and he's making a big difference."

Besides Averett, Hopper got strong contributions from Boatswain's Mate Seaman Recruit Jason Haddix, seven points, and Boatswain's Mate 3rd Class Melvin Bergado, who added nine points.

While Hopper's offense picked up the pace on offense, the team's defense never let up throughout the entire game.

After giving only two baskets in the first half, Hopper allowed only four more baskets in the second half for a total of 12 points from the field.

"We just stopped their two big guys and stayed in there," Wright said. "We had four people that could stay in there."

With 10 players on the court, Hopper is well-stocked with enough Sailors to keep the pressure on any team it faces.

Already pointing out that he wants to better the team's rotation of the basket, Wright's biggest responsibility is to get every player on the same page.

If the coach is able to get that done, then Hopper could be a factor as the playoffs approach.

"We've just got to keep on practicing and keep on getting better," Wright said.

8th IS keeps 15th MXG off the scoreboard to win

Story and photo by Randy Dela Cruz

Sports Editor, Hoʻokele

The 8th Intelligence Squadron (8 IS) got one goal in the first half and picked up another after halftime to overcome a tough 15th Maintenance Group (15 MXG) by a score of 2-0 on March 3 in a Red Division intramural soccer matchup at Ward Field, Joint Base Pearl Harbor-Hickam.

The win is the second in a row for the 8 IS, who remains in a tie for first place in the Red Division with a record of 2-0, while the 15 MXG dropped its opening game for a 0-1 mark.

"It was a little luck on our side, plus our keeper played pretty well too," said team captain Sgt. Jorge Nunez. "He shut them down, but our defense is pretty solid too."

With only minutes remaining in the first half, the 8 IS got on a run and managed to break up the scoreless game with a shot for goal that made it 1-0.

The goal started with Nunez, who picked up his head and spotted teammate Staff Sgt. Brook Bradford running toward an open lane down the middle of the field.

Nunez instinctively shot a perfect pass to Bradford, who just got enough of the ball to boot it into the goal.

"Our attacking center (Nunez) received the goal at the top of the 18 and went 25 yards out," Bradford said. "I saw the left side was wide open, so I let him know as I ran in. I looked for the lane right behind the defender and we were synced up. He knew exactly what I was thinking and he just played a perfect ball right in there. I waited for the right time and just kicked it into the corner of the goal. The defender got a foot on it, but still it went to the corner of goal and it just worked out.

Although the play happened so quickly, Nunez said that af-



ter years of playing soccer he just knew where to look and what to do

"There is like four or five defenders in the box. They're going to make moves. I anticipate that and I passed it to an open space," Nunez said about his assist. "Luckily, Brad is one of those guys who can run easily into a diagonal slot, where I can just pass it and slide it to him."

The single goal held up through halftime, but later in the second half the 8 IS got its second goal of the game to take a 2-0 advantage. Once again, Nunez was front and center on the score, only this time he was the player booting in the goal.

For much of the second half, both teams were keeping the ball in the middle of the field and away from the goal.

On one occasion, Nunez penetrated beyond the halfway mark and advanced it near the top of the box.

After keeping the ball away from a couple of defenders, Nunez turned toward the goal and launched a beautiful kick that placed the ball just under the top of the crossbar and just beyond the reach of the goalkeeper.

"I wasn't even thinking," Nunez said. "I was like, shield the ball from the defender and lose him. It was a blur to me. I saw the keeper off his line and I went for it."

Although the season is only into its second week, Nunez said that the team has played well because the players have been getting together twice each week to practice.

He said the sessions help the players learn the game and get a

feel for one another in game situations.

Nunez said one of the major keys to the team's success this season would be its ability to stay healthy and keep their players on the field.

If they do that, Nunez said he expects that the 8 IS would be able to put up a challenge against anyone in the Red Division.

"There are some good teams, but we're definitely going to put up a pretty good fight," he said. "We're not going to be beaten easily."



The Young I's get back on track with big win

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

In need of a win after facing two back-to-back tough defeats, The Young I's (8th Intelligence Squadron) rode the back of star guard Tech. Sgt. Robert Ford and pulled away early to gain an easy 74-27 victory over Pit of Misery on March 6 in an Over 30 White Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

added eight more points on four ers for their matchup against the drives to the hoop. ers for their matchup against the 647 CES. With the team back to a

The outburst by Ford, coupled with another strong outing from teammate Tech. Sgt. William Yeaman, who tossed down 11 points in the first half, raised The Young I's into a dominating 41-9 lead at halftime.

"Generally, I'm not a three-point shooter by any means, but I take what the defense gives me. If they leave me open, I'm going to shoot it and if it feels good, I'm just going to keep shooting it if the defense lets me. If they don't, I'll keep driving ers for their matchup against the 647 CES. With the team back to a full squad, Ford feels ready for the final push of the season.

"Tonight, this really helped boost our confidence," Ford said. "It helps us establish the same continuity that we had before. Now that we have our full squad back, I feel like we'll have the same continuity throughout the season."

While Ford has been the top scorer for The Young I's for the entire season, he said that the team plays at its best when more teammates get in the box score as he dis-

Tech. Sgt. Robert Ford goes up for one of his trademark hook shots near the basket.

The Young I's notched their fourth win to go against two defeats and are only a half game out of first place in the White Division, while the struggling Pit of Misery dropped their sixth game of the season.

Ford, clearly one of the top guards in the league, put on a show with some hot shooting from the perimeter and a dazzling array of sweeping hook shots off the glass to score a season-high 29 points, with 20 coming in the first half.

Right from the start, Ford opened up in a sprint and let it fly from beyond the arc for his first basket of the game.

Ford stayed hot for the rest of the first half as he proceeded to splash down his first four shots from beyond the three-point arc and then and doing what I do."

Ford closed out the first half on a basket from a dime by Yeaman and then attacked the hoop at the buzzer to score one more time.

Overall, The Young I's got balanced distribution of the ball with a total of six players getting in the box score with three players scoring in double figures.

Ford led the way with 29 points and was followed by Yeaman with 15, military family member Kendal Giles with 10 and Tech. Sgt. Christopher Yarbrough with nine.

Coming off an 18-point loss at the hands of defending champs 647th Civil Engineer Squadron from the previous week, Ford said that the game against Pit of Misery was a huge boost for The Young I's.

The Young I's had only six play-

tributes the ball.

"It's crucial that we get people like Yeaman and Yarbrough more involved with our offense," Ford said. "I definitely don't want to be the only guy who is a factor or the only guy to depend on. The game that I like to play is run the ball and if I only score five points per game, I'm happy as long as I can share the ball and get everyone involved in the offense."

As The Young I's prepare for the final push of the year, Ford said that as long as the team keeps focused, it should be ready to play its best ball of the season.

"Just like we did before, we just need to work as a team," he said. "The keys are going to be sharing the ball, get good rotations and our defense has played really well."

USO Hawaii's Tribute to the Troops

More than 4,500 service members, including Sailors, Airmen, Marines and Soldiers, and their family members, attend the USO Hawaii's Tribute to the Troops, held at the Polynesian Cultural Center Center, March 3. Military members and their family could visit the famous Hawaii attraction for free on that day. The USO strengthens America's military service members by keeping them connected to family, home and country, throughout their service to the nation. USO Hawaii is always in need of volunteers to help in its mission. For more information, call 422-1213 or visit hawaii.uso.org. <image>

Photo courtesy of USO Hawaii

Joint Base chapels

Holiday services for the Joint Base Pearl Harbor-Hickam chapels have been announced.

Protestant Christian services

- March 25, 8:30 a.m.: Contemporary Palm Sunday service at Hickam Chapel Center
- March 25, 10 a.m.: Traditional Palm Sunday service at Submarine Memorial Chapel
- March 25, 10:45 a.m.: Gospel Palm Sunday service at Nelles Chapel
- March 25, 11 a.m.: Contemporary Palm Sunday Service at Pearl Harbor Memorial Chapel
- March 30, 5 p.m.: Good Friday Service at Pearl Harbor Memorial Chapel
- April 1, 6:30 a.m.: Easter sunrise service at Battleship Missouri Memorial
- April 1, 8:30 a.m.: Contemporary Eas-

ter worship service at Hickam Chapel Center

- April 1, 10 a.m.: Traditional Easter worship service at Submarine Memorial Chapel
- April 1, 10:45 a.m.: Gospel Easter worship service at Nelles Chapel
- April 1, 11 a.m.: Contemporary Easter worship service at Pearl Harbor Memorial Chapel

Roman Catholic services

- March 20, 6 p.m.: Lenten Penance service at Pearl Harbor Memorial Chapel
- March 9, 16, 23, 5:30 p.m.: Stations of the Cross and soup supper at Hickam Chapel Center
- March 24, 5 p.m.: Palm Sunday Vigil Mass at Hickam Chapel Center
- March 25, 8:15 a.m. Palm Sunday Mass at Pearl Harbor Memorial Chapel
- March 25, 11:15 a.m.: Palm Sunday Mass

at Hickam Chapel Center

- March 29, 6 p.n.: Holy Thursday Mass at Hickam Chapel Center
- March 30, 6 p.m.: Good Friday service at Hickam Chapel Center
- March 31, 7 p.m.: Holy Saturday Easter Vigil Mass at Hickam Chapel Center • April 1, 8:15 a.m.: Easter Sunday Mass at
- Pearl Harbor Memorial Chapel • April 1, 11:15 a.m.: Easter Sunday Mass at Hickam Chapel Center

Jewish services

• March 30, 6 p.m.: Aloha Jewish Chapel Passover Seder at the Hale Koa Hotel in Honolulu

For more information on other services and ministries, call the Pearl Harbor Memorial Chapel, building 1600 at 473-3971 or the Hickam Chapel Center, building 1750 at 449-1754.

> 2 p.m. March 10 at the Joint Base Pearl Harbor-Hickam Arts and Crafts Center. This family-friendly event will feature demos, make-n-takes, giveaways, and free hot dogs and sodas. For more information, call 448-9907.

Free golf clinic will be held at 1 p.m. March 10 at Mamala Bay Golf Course. For more information, call 449-2304.

Youth-adult no tap bowling league will begin at 1 p.m. March 11 at Naval Station Bowling Center. Teams will consist of one youth and one adult from the same family. Teams will bowl three games each session. League lasts nine weeks. The cost to participate is \$15 per week. For more information, call 473-2651.

Submissions for the creative writing contest will be accepted from March 14 to April 7 at the Joint Base Pearl Harbor-Hickam Library. Patrons can send in entries in the poetry and short story divisions. It is free to enter and categories are child (6-10), young adult (11-18) and adult (19 and older). For more information, call 449-8299.

Barracks Bash will be held from 5 to 7 p.m. March 15 at Makai Liberty Center. Single, active duty Navy and Air Force stationed at Joint Base Pearl Harbor-Hickam can eat free barbecue and learn about other activities offered by MWR's Liberty program. For more information, call 473-2583.

Reservations accepted for Easter brunch buffet

Reservations are being accepted now for the Easter brunch buffet, which will be held 10 a.m. to 2 p.m. April 1 at the Historic Hickam Officers' Club. The buffet will include stuffed leg of lamb, roast beef, carved ham and more. The cost is \$43 for adults and lower price points for children 12 and under. Reservations are required. Seating times are every half hour beginning at 10 a.m. For more information, call 448-4608.

Vendor registration is open for the 43rd annual Spring Craft Fair, which will be held from 9 a.m. to 3 p.m. May 5 at the Joint Base Pearl Harbor-Hickam Arts and Crafts Center. All items sold at the craft fair need

to be handmade. Applicants will need to bring items (or photos of items) for screening at the time of registration. The cost is \$75 for a 15-foot-by-15-foot space or \$105 for two vendors to share a space. For more information, call 448-9907.

Single Sailors and Airmen bowling night will be held from 5 to 9 p.m. March 9 at the bowling center on the Pearl Harbor side of the base. Single, active duty Navy and Air Force stationed at Joint Base Pearl Harbor-Hickam can get free bowling, pizza and soft drinks. For more information, call 473-2583.

Free Spring open house will be held from 11 a.m. to



HO'OKELE

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HAWAIIAN MONK SEAL ILIO HOLO I KA UAUA (Dog that runs through water) Illustration by Elise Takaesu

HOOKELE MARCH PEARL HARBOR - HICKAM CONNUNCTION OF THE CONNUNCTION OF THE CONNUNCTION OF THE OF THE

SPECIAL OLYMPICS VOLUNTEERS

MARCH 12 — Volunteers are needed to assist with the Hawaii Special Olympics Department of Education Fitness Day from 7:30 a.m. to 12:30 p.m. at Kaimuki High School. There are 25 volunteers needed for the event. Volunteers will assist in fitness testing of fifth-grade students at the school. T-shirts and certificates of appreciation will be available to all volunteers. FMI: YN1 (AW) Dena M. Sinclair at dena.sinclair@navy.mil or call (808) 257-0176.

BLOOD DRIVES

MARCH 12, 13, 26 — Armed Services Blood Program (ASBP) officials are asking for blood donors to stop by Tripler Army Medical Center's second floor oceanside blood center in March or anytime they are at the hospital to make a life-saving donation. Blood drives will be held March 12-13 from 9:30 a.m. to 1:30 p.m. at Fort Shafter 205 MI Battalion building 520. In addition, a blood drive will be held March 26 from 9 a.m. to 1 p.m. at Marine Corps Base Hawaii Kaneohe Bay chapel. FMI: www.militaryblood.dod.mil or call 433-6148 to make a blood donation appointment.

STRESS MANAGEMENT

MARCH 12 — A stress management class will be held from 9 a.m. to noon at Military and Family Support Center Pearl Harbor. The class will include techniques to interrupt the stress cycle and use relaxation techniques. FMI: www.greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

RESUME WRITING CLASSES

MARCH 13 - A class on federal employment will be held from 8 to 10 a.m. at Military and Family Support Center Wahiawa. The class is designed to help participants navigate the USAJobs website and understand the application process from start to finish. Federal resumes are different than private sector resumes. The class will also cover topics such as hiring preferences and programs for veterans and military spouses. In addition, a separate class on writing resumes for private sector civilian jobs will be held from 12:30 to 2:30 p.m. at Military and Family Support Center Wahiawa. Participants can learn how to write powerful accomplishments that help them stand out from the competition, proper formatting and common mistakes to avoid. FMI: www. greatlifehawaii.com/family-support/mfsc-classschedule or call 474-1999.

WOMEN'S HISTORY MONTH OBSERVANCE, MEAL

MARCH 21 - The Joint Force Diversity Committee will hold a celebration of Women's History Month event March 21 from 10 to 11 a.m. at Sharkey Theater. This month's theme is "Honoring Women Who Fight All Forms of Discrimination." A special meal will follow at the Silver Dolphin Bistro at Joint Base Pearl Harbor-Hickam from 11 a.m. to 12:30 p.m. The \$5.60 meal is open to active duty personnel (they may escort guests), escorted family members of active duty personnel, retirees (they may not escort guests), and Department of Defense employees with a valid ID card (they may not escort guests). Please bring exact change for cash transactions. Silver Dolphin Bistro is now accepting Visa, MasterCard, American Express and Discover credit cards.

> Photo courtesy of Naval History and Heritage Command

is open to all service members, their families, command coordinators, ombudsmen, key spouses and command support teams to learn about the deployment process and the organizations that support it and to meet with other families. FMI: www.greatlifehawaii. com/family-support/mfsc-class-schedule or call 474-1999.

STOP BULLYING

MARCH 15 — A workshop on the dynamics of bullying and ways to defend against it will be held from 1 to 3 p.m. at Military and Family Support Center Hickam. The goal is to build up children today to help end bullying now and in the future. FMI: www. greatlifehawaii.com/family-support/mfsc-class-schedule or call 474-1999.

ST. PADDY'S DAY 5K

MARCH 16 — The 118th Submarine Officers' Birthday Ball Committee will hold the 10th annual St. Paddy's Day 5K race at the Navy Lodge on Ford Island. Registration begins at 6:30 a.m. and the race starts at 7 a.m. The event is open to all active duty military, retirees, Department of Defense civilians and family members. Registration is required for those ages 12 and older. ID is required for access onto Ford Island. Awards will be provided for the top overall man and woman finishers, best costume and the largest boat participation. Registration can also be done online. FMI: www. cspbirthdayball.wixsite.com/2018.

CAREER EXPO 2018 AT THE BLAISDELL CENTER

MARCH 28 – A Career Expo 2018 will be held from 9 a.m. to 3 p.m. at the Neal Blaisdell Center. The event will include free admission for military service members in uniform. General admission to the event is \$3. The admission fee for military and students is \$1.

EASTER SUNRISE SERVICE Volunteers needed

MARCH 31, APRIL 1 – The Pearl Harbor Memorial Chapel needs volunteers to assist with setup for the Easter Sunrise Service aboard the Battleship Missouri Memorial. Volunteers are needed March 31 from noon to 3 p.m. to set up chairs under the fantail tent and from 4 to 5 p.m. to set up chairs under gun turret three. In addition, April 1 from 4:30 to 8 a.m., volunteers are needed as parking attendants, ushers, security and moving chairs after the service. The Easter Sunrise Service will start at 6:30 a.m. April 1. FMI: RP2 Dominic Tinoco at dominic.tinoco@ navy.mil or 473-3971.

Pearl Harbor. Participants can evaluate ways to build self-care into their daily routine, be mindful through activities and reach their fullest potential. FMI: www.greatlifehawaii. com/family-support/mfsc-class-schedule or call 474-1999.

FITNESS DAYS VOLUNTEERS

MARCH 13, APRIL 2 – Volunteers are needed for a Leeward Fitness Day. A Kapolei Complex fitness/field day will be held March 13 at Kapolei High school gym or field. FMI: Lisa Hockenberger at Lisa_ Hockenberger/LEEDO/HIDOE@notes.k12. hi.us or 221-7957. In addition, volunteers are also needed for a Fitness Day at Radford High School on April 2. FMI: Yvette Ikari at yikari@cendo.k12.hi.us or Yvette_Ikari/ CENDO/HIDOE@notes.k12.hi.us. The course is designed to guide participants through the complicated decisions involved in choosing a degree program, college institution, and funding, as well as completing the admissions process. Academics and connection to veteran student organizations is also integrated into this course. FMI: www. greatlifehawaii.com/family-support/mfsc-classschedule or call 474-1999.

UNSTOPPABLE ME!

MARCH 14 — Patrons can bring their kids to the Military and Family Support Center Pearl Harbor from 3 to 5 p.m. for story time with the book "Unstoppable Me!" This book focuses on the amazing people kids are, and how they persevere and shine. Following the end of the reading, kids can participate in an activity designed to empower them. FMI: www.greatlifehawaii.com/family-support/ mfsc-class-schedule or call 474-1999.

STRESS AND SELF-CARE

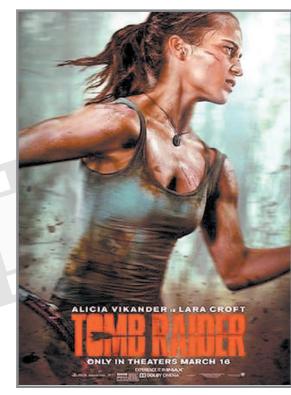
MARCH 13 — A class on managing stress and self-care will be held from 10 a.m. to noon at Military and Family Support Center

ACCESSING HIGHER EDUCATION

MARCH 13–14 — A course called "Transition GPS (Goals, Plans, Success): Accessing Higher Education Track will be held from 8 a.m. to 3 p.m. each day at Military and Family Support Center Pearl Harbor.

DEPLOYMENT RESOURCE FAIR

MARCH 15 – A deployment resource fair will be held from 9 to 11 a.m. at Military and Family Support Center Pearl Harbor. The fair



Tomb Raider

MOVIE SHOWTIMES

SHARKEY THEATER

TODAY - MARCH 9 7:00 PM • The 15:17 to Paris (PG-13)

SATURDAY - MARCH 10

2:30 PM • Peter Rabbit (PG)
7:00 PM • Free advance screening of Tomb Raider (PG-13)

SUNDAY - MARCH 11

2:30 PM • Peter Rabbit (PG) 4:40 PM • The 15:17 to Paris (PG-13) 6:50 PM • The Shape of Water (R)

THURSDAY - MARCH 15 7:00 PM • Den of Thieves (R)

HICKAM MEMORIAL THEATER

TODAY – MARCH 9 7:00 PM • Peter Rabbit (PG)

SATURDAY - MARCH 10

Free advance screening (movie information and time to be announced) 6:00 PM • Fifty Shades Freed (R)

SUNDAY – MARCH 11 1:30 PM • Peter Rabbit (PG) 4:00 PM • Fifty Shades Freed (R)

THURSDAY - MARCH 15 6:30 PM • The 15:17 to Paris (PG-13)

Lara Croft, the fiercely independent daughter of a missing adventurer, must push herself beyond her limits when she finds herself on the island where her father disappeared.

Free advance screening of Tomb Raider (PG-13) at Sharkey Theater Sat. March 10 at 7 p.m. Tickets will be distributed at the Sharkey Theater ticket booth at 5:30 pm. Active duty military card holders may receive up to four tickets per ID card. Military family members, military retirees, and Department of Defense card holders may receive two tickets per ID card. Doors to the theater will open at 5:30 p.m.

*Movie schedules are subject to change without notice.

Navy celebrates Women's History Month

Navy Office of Information

The Navy joins the nation in celebrating Women's History Month throughout the month of March

ALNAV 007/18 encourages participation in all the heritage celebrations and special observances throughout the year. This year, Navy commands are encouraged to celebrate and reflect on the theme "Honoring Women Who Fight All Forms of Discrimination.'

Women have served in the Navy as nurses dating back to the 1800s, most notably during the Civil War when the Sisters of the Holy Cross served aboard USS Red Rover, the Navy's first hospital ship. In 1948, women gained permanent status in the Navy with the passage of the Women's Armed Services Integration Act.

"Women's History Month is a time to reflect on and express gratitude to the trailblazers who demonstrated unparalleled courage, tenacity and vision, sometimes in the face of systemic headwinds, to chart a course for today's women who proudly and honorably serve in the U.S. Navy," said Vice Adm. Jan Tighe, deputy chief of naval operations for information warfare/ director of naval intelligence.

Over the last century, women have served aboard auxiliary ships beginning in 1978 and on combatant ships beginning in 1994. In 2016, the Department of Defense opened all military occupations and positions to women.

Women Sailors and civilians play an integral role in the success of the Navy as part of the One Navy Team. Women

serve in every rank from seamen to admiral and hold nearly every job from naval aviator to deep-sea diver. Of the Navy's enlisted force, 20 percent is women, including 8 percent of all senior and master chiefs. Of the officer force, 19 percent are women and 10

percent of all admirals are women. In the Navy's civilian workforce, 27 percent are women and 26 percent are senior executive service members.

According to the September 2016 "One Navy Team" memo from Chief of Naval Operations Adm. John M. Richardson, actively being inclusive and open to diverse perspectives will produce leaders and teams who learn and adapt to achieve maximum possible performance, who achieve and maintain high standards, and are ready for decisive operations and combat.

Diversity also influences various thoughts, ideas, skill sets and experiences which ultimately helps increase the effectiveness of the Navy. Integrating Sailors and civilians from diverse backgrounds enables the Navy to recruit and retain the nation's top talent from a wide pool of skilled personnel.

A complete educational presentation, including a downloadable educational poster on Women's History Month, can be requested from the Defense Equal Opportunity Management Institute (DEOMI) by email at deomipa@us.af.mil. For more information, visit www.navy.mil, www. facebook.com/usnavy or www.twitter.com/usnavy.

Yeomen at U.S. Naval Hospital, Mare Island, Calif., 1918. Photo courtesy of Naval History and Heritage Command

March marks National Nutrition Month

Cheryl Masters

Registered Dietitian and Health Promotion Specialist Naval Hospital Jacksonville

Each March, the Academy of Nutrition and Dietetics celebrates National Nutrition Month. The theme for 2018 is "Go Further with Food," a reminder that each one of us holds the tool to make healthier food choices.

Making small changes during National Nutrition Month, and over time, will help improve your health now and into the future.

Going further with food is important for many reasons. Whether it's

starting the day off with a healthy breakfast or eating right for an athletic event, the foods you choose can make a big difference. Preparing foods at home, rather than eating out, can be healthier and save you money in the long run.

Some ways in which we can make better choices are:

- Include a variety of healthful foods, from all of the food groups, on a regular basis.
- Consider the foods you have on hand before buying more.
- Buy only the amount that can be eaten or frozen within a few days. Plan ways to use leftovers later in the week.

and drink the amount that's right for you, as ChooseMyPlate. gov encourages us to do.

- Continue to use good food safety practices.
- Find activities that you enjoy, and be physically active most days of the week.
- Realize the benefits of healthy eating, by consulting with a health care professional.

Find out more, including your personal daily calorie limit, at www.ChooseMyPlate.gov.

For more information, visit www. navy.mil, www.facebook.com/us-• Be mindful of portion sizes. Eat navy, or www.twitter.com/usnavy.



Photo by Jacob Sippel

Hospital Corpsman 2nd Class Erica Pinkney reaches for an apple at Naval Hospital Jacksonville's galley.