

## Hawaii 'Port Dawgs' welcome new commander

Story and photo by Jerry Bynum

624th Regional Support Group

Members of the Air Force Reserve's 48th Aerial Port Squadron (APS) welcomed a new commander during an assumption of command ceremony at Joint Base Pearl Harbor-Hickam,

Maj. Kenneth Ruggles Jr., who has more than 25 years of Air Force experience, took command of the 48th APS.

"It's my vision to continue to provide sustained expeditionary support of aerial port operations

U.S. Air Force Col. Kenneth Lute, 624th Regional Support Group commander, gives Maj. Kenneth Ruggles Jr. command of the 48th Aerial Port Squadron during an assumption of command ceremony at Joint Base Pearl Harbor-Hickam, April 7.

globally, and to make cer- 624th Regional Support butions to the Air Force

Photos by MC1 Corwin M. Colbert

agile combat support," Lute said. "I have confidence that Maj. Ruggles will continue that tradition through effective leadership, and will lead by example."

Ruggles has served with the 48th APS since 2008. He was previously the operations officer where he built professional relationships, provided mentorship, and leveraged his experience to help the 48th APS suc-

"Maj. Ruggles is an excellent role model, mentor and leader," said Chief Master Sgt. George Silva III, 48th APS operations superintendent. "He brings a wide-range tain we're all well-trained and ready," Ruggles said.

Col. Kenneth Lute, on their continued contri
Control Commander, considered and production of being 'Pacific Warduring the ceremony.

Col. Kenneth Lute, on their continued contri
Reserve mission and protein to the outstanding tradirounded, knowledgeable and fair, both professionmanitarian relief or disaster of the outstanding tradiriors' providing global ally and personally."

Col. Kenneth Lute, on their continued contri-

When not in a Reserve status, Ruggles works at U.S. Pacific Command in the Programming and Capabilities Branch as a civilian.

"My experience both as a military member and as a civilian has led me to this point," Ruggles said. "I feel honored to lead these outstanding Reserve Citizen Airmen. I'm looking forward to motivating and providing support to our team as we continue to accomplish our goals."

The 48th APS, which is part of the 624th RSG, deploys qualified personnel to provide air terminal operations worldwide in support of contingency "The 48th continues of experience and is well- operations, exercises, unit





### Earth Month cleanups kick off with Pearl Harbor Bike Path



Culinary Specialist 1st Class Leomar Claveria, assigned to Joint Base Pearl Harbor-Hickam, picks up trash from the Pearl Harbor Bike Path during the cleanup event, April 7.

#### Story and photo by **Ensign Heather Hill**

Navy Region Hawaii EnvironmentalPublic Affairs

Military and civilian volunteers from Joint Base Pearl Harbor-Hickam (JBPHH), Afloat Training Group Middle Pacific (ATG MIDPAC) and other organizations partnered with the City and County of Honolulu for a Pearl Harbor Bike Path cleanup April 7.

This cleanup along Pearl Harbor's historic waterfront has been a 13-year long tradition of partnership between the City and County of Honolulu and the Navy, and occurs semiannually. The Saturday event kicked off Earth Month at JBPHH.

Last fall, military and civilian partners did a massive overhaul of the bike path. On Saturday, service members and civilians from Navy Region Hawaii, JBPHH and Lighthouse Outreach Center and campaign.

ATG MIDPAC cleaned to maintain what was accomplished last year.

Culinary Specialist 2nd Class Sheldon Alvarez of JBPHH trekked down the quarter-mile stretch that his volunteer group was responsible for.

"Being able to partake in this event is my way of giving back to the community. Since I use the bike path as a cyclist I should be held responsible for maintaining its appearance."

Many cyclists rode by that morning providing encouragement and expressing appreciation for the volunteers who were tidying their

The event also brought in volunteers from the USS Chafee (DDG 90), Honolulu First Platoon, U.S. Army Reserve Theatre Support Group Pacific, Honolulu Police Department District 3, The Mission Continues, Puuloa Boy Scouts of America Troop 135 "Blue Eagles", Waipahu Community Coalition,

Waipahu Weed and Seed.

The two hours of work accounted for 2.5 tons of trash along the path including tires, shopping carts and other miscellaneous materials.

Volunteer coordinator for ATG MIDPAC, Master-at-Arms First Class William Elliott felt he had to answer the call to duty as an environmental steward.

"Instead of just being disappointed by all the litter, we should come out, volunteer and clean up. I live within sight of this area and it breaks my heart every time when I see all the trash everywhere, so it is important to me to pick up all this trash for the local community.

The Region/JBPHH team is participating in a number of Earth Month events throughout April. The next related event will be a Base-Wide Clean Up April 11 from 8 to 11 a.m. This cleanup is in support of the Joint Base Commander's "Clean it up and Keep it up"

### PMRF wins CNO **Environmental Award**

**Pacific Missile Range Facility Public Affairs** 

Pacific Missile Range Facility (PMRF) won the 2017 Chief of Naval Operations (CNO) Environmental Award. Awardees were announced April 5 in Washington D.C.

PMRF won the Natural Resources Conservation (small installation) award.

For the 2017 competition, 61 nominations from commands around the world competed in nine award categories. The winners were selected by environmental subject matter experts for each of the categories.

"Our Navy Sailors and civilians work in diverse ecosystems worldwide while performing our national security mission," said Vice Adm. Dixon R. Smith, deputy chief of Naval Operations, Fleet Readiness and Logistics.

"I commend the winners of the CNO environmental awards program for maintaining mission excellence while protecting the natural environment in which we operate. Congratulations and Bravo Zulu!"

The annual CNO Environmental Awards Program recognizes commands and individuals for their outstanding performance in promoting environmental stewardship.

"Our Navy's Environmental Department here at Pacific Missile Range Facility (PMRF) has worked very hard with our partners on Kauai to provide the best conservation efforts to ensure the Navy's mission and our natural resources can both thrive," said Michelle Paduani, Installation Environmental Program Director.

This award is a great way for our team and in-

stallation to be recognized for our efforts, especially since although our team is small, we accomplish some pretty amazing things.

PMRF collaborated with stakeholders including federal and state agencies, schools, conservation organizations, the public and the community to achieve with our initiatives towards conservation, environmental protection and the protection of endangered species. Some of our key initiatives are our Laysan Albatross Conservation program and "Dark Skv."

The Laysan Albatross Conservation program succeeded in shifting new Albatross migration from Kauai to Oahu by transferring PMRF Albatross eggs to Campbell National Wildlife refuge on Oahu providing new shelter and reducing the risk of aircraft strikes.

The "Dark Sky" initiative succeeded in reducing the "fallout" of the Newell Shearwater, Hawaiian and Band-Rumped Storm Petrel by turning off all non-essential exterior lighting on PMRF during their migration season. These endangered birds are naturally attracted to light.

"I'm so proud of our team here at PMRF, where we take seriously the care of our natural resources as part of our mission," said Capt. Vincent Johnson, commanding officer of PMRF. "We are proving we can do both: provide testing and training to protect our nation, and provide stewardship and oversight to protect our environment."

"We share this award with the community who supports our environmental conservation efforts here on Kauai. Mahalo Nui Loa," Johnson said.



A mother albatross guarding her egg near Barking Sands.

Photo by Robert Purdy. Pacific Missile Range **Facility** 

### 'Best American Science' focuses on climate change



broken — all at the same time — just like the scientists who fashion it."

She brings us essays on emerging fields of study, changing areas of our world, and the "real life" of scientists, warts and all, who wonder, discover, contemplate and explain.

In her introduction, Jahren focuses on a theme that runs throughout this book and appeared in "Lab Girl": the effects of increasing carbon in our atmosphere and the resulting climate change and inevitable impacts: hotter summers, more severe storms and rising seas.

Author Sonia Smith, in her essay, "Unfriendly Climate," from Texas Monthly, writes: "The Department of Defense calls climate change a 'threat multiplier,' because it exacerbates exist-

ing problems." The writers who contributed to this volume take us from the mountains and jungle of Virunga to the icy edge of the Arctic, from Assateague Island on the

East Coast to Houston and Los Angeles,

from the Marshall Islands south to the

Chukchi Sea north, from our own DNA

to the Milky Way and beyond.

Hope Jahren

We explore a wide spectrum of topics: effects of overuse of antibiotics, study of rats in Vancouver, hot Santa Ana winds, evolution of altruism, wave piloting, use of public wilderness lands, darkness studies, gravity and quantum theory, space exploration, and down-to-earth investigations of sexual harassment in

the workplace. But the stifling threats to the world's

climate resurface time and again

throughout this book. Elizabeth Kol-

Lab Girl By Hope Jahren Houghton Miflin, Harcourt Publishing Company, 2017 bert's remarkable "A Song of Ice," pub-

Dr. Hope Jahren speaks to audience members during

a seminar at the NOAA facility at Ford Island last year.

U.S. Navy file photo by MC1 Jeff Troutman

lished in the New Yorker, explains calving and melting ice in Greenland, at the U.S. Army outpost Camp Century and beyond.

"I keep finding myself drawn back to the ice — to its beauty, to its otherworldliness, to its sheer, ungodly

Tim Folger is the series editor for

"The Best American Science and Nature

significance," Kolbert writes.

Writing," and he writes a passionate plea for freedom of research, respect for the truth, and the need to heed reality.

He compares attacks on science to events in Germany in the 1930s, when mobs of young men burned the works of scientists. Authoritarianism thrives when the free press, justice system and electoral process are threatened.

"One measure of the health of any modern society must be the degree to which it supports its scientists," Folger

He highlighted the March for Science last year on Earth Day.

"It was an event at once inspiring and worrisome: inspiring because so many took a stand for rationalism," he said, "worrisome because who would have thought that in the 21st century scientists and citizens would feel the need to gather in support of something so self-evidently valuable as unfettered scientific re-

As Folger's editor for this edition, Hope Jahren\* joins a roster of other great science writers who have helmed the series since it began in 2000, among them: Oliver Sacks, Steven Pinker, Edward O. Wilson, Richard Dawkins, and Mary Roach.

(Editor's Note: An extended version of this review appears on the unofficial blog Navy Reads in support of the Navy Professional Reading Program, related books and critical thinking.) \*Hope Jahren gave a joint Navy Reads talk to Navy Region Hawaii and National Oceanic and Atmospheric Administration attendees at Ford Island last April 20 during Earth Month: https:// www.dvidshub.net/news/230919/scientist-best-selling-author-visits-pearl-harbor-science-and-leadership-seminar)

# Diverse VIEWS



#### Submited by Ensign Heather Hill and David Dr. Underwood Jr.

### April is Math Month. What's your favorite number and why?



Maj. Josh Gulbranson HQ PACAF

"Three has been my favorite number since I was a kid. As I've grown older, it symbolizes many things; our Air Force core values, the trinity, and also the number of children I have!"



Staff Sgt. Amori Colbert 37th Intelligence Squadron

"Eleven. This is 'one' doubled, and this is a reminder of new beginnings with one symbolizing a new start. It also shows first place and I always strive to do my best.



Tech. Sgt. Tristtany Ko

169th Air Defense Squadron

"Two because everything is better in pairs.



Jayci Cruz Holomoku NEX

"Fifty-three is my favorite number, because it's just a great number. It has always been my favorite!"



**Larry Tate** Defense Logistics Agency

"My favorite number is 33 because it was my baseball jersey number in high school, college, and in my military baseball/softball leagues. My son did the same thing with his jersey number too!"

Capt. Jeff Bernard

Harbor-Hickam

Commander, Joint Base Pearl



STSSN Douglas Xion USS Greenville

"Twenty-one is my favorite number because it was my age when I went through sub school.

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

# COMMENTARY

## Traffic safety: Drive with aloha

when arriving at O'ahu is Aloha. We quickly understand that it translates to hello and goodbye and, for most of us, that is how we use this revered word. Soon, if you listen — if you learn find that the word is not quite a simple greeting. Here in the Âloha State we hear of the "Aloha Spirit," and the buzz phrase reminding us to "drive with Aloha." In time, we learn the deep meaning of Aloha as a message of love, peace, and compassion.

Everybody can find themselves in a hurry. Routine days suddenly have surprise changes. Unexpected complications including backed up traffic or road conditions can make us run late.

Behind the wheel, we may feel justified in pushing a little over the speed limit, running a yellow light or not coming to a full stop at an intersection. The dangers of distraction affect both motorists and pedestrians alike.

For two years in a row, pedestrian

The first Hawaiian word we learn deaths nationwide have risen, and now stand at nearly 6,000 victims. That number translates to a 16 percent share of the total fatalities on the roadways. This significant change is one we're tracking here at Joint Base Pearl Har-

> On the installation pedestrians have the right-of-way when in a marked crosswalk, but that right-of-way does not remove the responsibility of being seen. We have had three pedestrian-vehicle accidents since October: two bicyclists and one pedestrian. When driving on base or off, we have an opportunity to experience that aloha spirit.

So far this year, 14 pedestrians have been killed on roadways in Hawaii 18 since the Thanksgiving holiday. Last year, in all of 2017, 15 pedestrians died. The Honolulu Police Department (HPD) reports that five of the 18 were over the age of 65, and many of those accidents happened outside of marked crosswalks.

In a recent safety campaign, Honolulu Police Lt. Ben Moszkowicz pointed out that in this same time frame last year (January through June), there had been only one pedestrian traffic fatality.

The National Highway Traffic Safety Administration designated April as National Distracted Driving Awareness Month. Everybody knows that any non-driving activity can distract a driver from the primary task of driving and risks causing an accident.

Visual distractions can take your eyes off the road, and manual distractions take your hands off the wheel. Cognitive distractions, however, such as worrying about time or traffic, can take your mind off driving.

It may seem like common sense, but we can overlook these interferences as drive to and from work. Each day The Centers for Disease Control and Prevention report that distracted driving kills nine and injures more than 1,000 people in the United States.

Each of us has an instinctive obligation to be careful, and to look out for one another. We train that way as warriors, abiding to the code of conduct for our behavior as members of the Armed Forces: "...responsible for my actions." I challenge everyone to now take that responsibility one step further by including Aloha spirit in your credo.

Remember that the ancient respect held for each other through love, peace, and compassion not only brought communities together, but also strengthened them, just as it will at JBPHH. Be considerate for those around you. Be compassionate for those in need. Be responsible for your actions and be protective of those who cannot.

With your continued help I am convinced that JBPHH will become a safer installation for organizations and tenant commands, as well as our service members and their families, civilian workforce and visitors to our installation.

### USS Bremerton marks final deployment, returns home

Story and photo by **MC1 Daniel Hinton** 

COMSUBPACPublic Affairs

Friends and families of the crew gathered on the pier at Joint Base Pearl Harbor-Hickam (JBPHH) to welcome back the Los Angeles-class fast-attack submarine USS Bremerton (SSN 698) as it returned from deployment, April 6.

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

"The entire crew performed with excellence," said Master Chief Fire



A Sailor is welcomed home by his loved ones at JBPHH.

Control Technician (SS) multiple missions in some Wade Jacobson, Bremerton's chief of the boat. "In six months we took the nation's longest-serving submarine more than 42,000 nautical miles, executing

of the toughest and busiest environments in the world and conducted five foreign port visits.

During the deployment, 25 Sailors earned their

submarine warfare qualachieved advanced supervisory qualifications.

"I want the American public to know that they should be incredibly proud of every single person on this boat," Jacobson said. "Each one has sacrificed something to do the job, and it can sometimes be stressful, but through grit and determination, each one has come through successfully. "

The completion of her western Pacific deployment marks the end of the ship's active service in the Pacific and will soon head to Bremerton, Washington for deactivation.

engineering marvels in human history," said Jacobson. "It is truly incredoperational at such deep and strenuous depths for the boat.' nearly 40 years."

Rremerton made nort calls to Singapore and the Philippines, and some of the crew used the visits to volunteer and interact with host countries.

'The best part of deployment for me was getting the chance to play soccer with children we visited in the Philippines," said Electronics Technician 3rd Sailor assigned to Bremer-

"The Bremerton is one ton. "It was a great opporification, and 19 Sailors of the most impressive tunity to see and interact with the local community. Everybody had a good time out on the field, and ible for a warship to be I know the kids took pride in beating everyone from

> Jacobson praised the While deployed, crew for their flexibility during the challenging ployment.

"Every curveball thrown our way was hit out of the park," Jacobson said. "It took a lot of work to keep our classic submarine in fighting condition be we executed every assignment as requested with zero lost mission days.'

For more news from the Class (SS) Daniel Kim, a Pacific Submarine Force, visit www.csp.navy.mil.

### CNIC conducts Navy spouse engagement online survey

#### Navy Region Hawaii Public Affairs

Commander, Navy Installations Command (CNIC) is conducting a Navy Spouse survey via social media.

The purpose of this survey is to allow CNIC to help continue to support Navy families with relevant and easy to ac-

This anonymous 10-minute survey includes questions such as "Which of the Fleet and Family Support (FFSP) Programs have you or a family member used?" "Which of the following do you think would make FFSP programs and services more accessible to Navy families?" and "Which additional programs or service areas do you think should be included in the FFSP," to name a few.

This is an opportunity for Navy spouses to share their ideas, suggestions and to make the programs fit their needs. Take the survey and give CNIC your feedback on FFSP programs. Let your voice be heard.

To participate in the Navy Spouse online survey, visit https://www.surveymonkey.com/r/H55L7NQ.



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Capt. Jeff Bernard

Anna General Sports Editor Randy Dela Cruz

Managing Editor

Graphic Artist Michelle Poppler A-4 • April 13, 2018 **HO'OKELE** 

### USS Michael Murphy hosts Micronesian officials

**Ensign Emma Gray** 

USS Michael Murphy Public Affairs

Sailors from USS Michael Murphy (DDG 112) met with local officials while the ship was operating off the coast of Pohnpei, Federated States of Micronesia (FSM), April 7.

ship hosted officials from FSM for a tour and discussion with Michael Murphy's senior leadership. Guests included government officials from the FSM Department of Foreign Affairs and the Pohnpei State Department of Emergency Management. U.S. and Australian ambassa-

attendance.

Additionally, 35 Michael Murphy crew members went ashore for a community service event, where they played softball with the local residents.

Michael Murphy is conducting a regularly scheduled deployment to the Western Pacific with

During the event, the dors to FSM were also in the Carl Vinson Strike Group. The ship made port visits to Guam and the Philippines before beginning an Oceania Maritime Security Initiative (OMSI) patrol in March.

> The Arleigh Burke-class guide-missile destroyer was commissioned in 2012 and is named after former U.S. Navy SEAL Lt. Michael P. Murphy.

Murphy was posthu- since the Vietnam War. mously awarded the Medal of Honor for his heroic actions during Operation Red Wings in Afghanistan, June 28,

He was the first person to be awarded the medal for actions in Afghanistan and was the first member of the U.S. Navy to receive the award 108).

Michael Murphy operates under Destroyer Squadron 1. The squadron is deployed with Nimitz-class aircraft carrier USS Carl Vinson (CVN 70), Carrier Air Wing 2, guided-missile cruiser USS Lake Champlain (CG 57) and USS

Wayne E. Meyer (DDG



#### Veronika McKenney

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) held its 21st annual Ford Island 10K Bridge Run Saturday, April 7. As one of the largest runs in Hawaii, more than 1200 runners participated in this 10K race.

The race started at 7 a.m. at the

historic Ford Island and ended at Richardson Field. With a slight difference to the route from the previous year, participants had an opportunity to see some scenic and historical sights.

The event was well-organized and we were lucky with the weather," said Matt Lanoue, a Sailor assigned to Ford Island who ran with his wife, pushing their 8-month-old daughter in a stroller. "We will certainly participate next year," he said.

This was the first time Lanoue and

Island Bridge Run.

Following the run, Chief Master Sgt. Michael Andrews presented the trophies to the top three male and female winners in multiple age groups during an awards ceremony. All finishers received a medal and an event T-shirt.

Following the race, participants enjoyed refreshments.

This is the best post-race food I have ever seen on the island in my competitive running experience," said dier based at Schofield Barracks and

a regular runner.

The overall winner, Leslie Mc-Campbell, crossed the finish line at Richardson Field with a time of 34:04. The fastest female, Tammy Bautista, had a time of 40:47. In the overall military category, Paolo Cavenaghi won the male group with a time of 36:12; and Tiffany Tang won

the female group with a time of 45:14. A complete list of winners and times can be found at https://psere-



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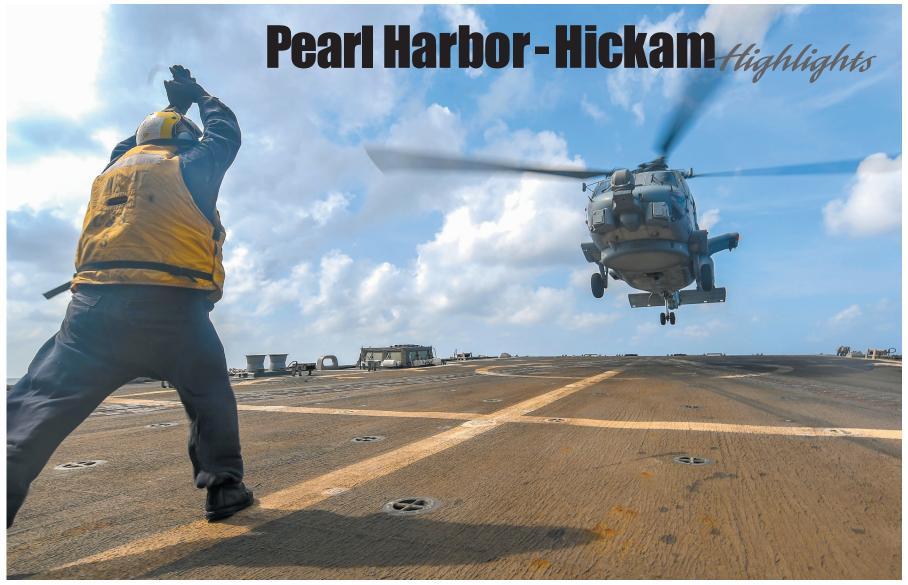


Photo by MC3 Nicholas Burgains

Boatswain's Mate 2nd Class John Domingo signals to an MH-60R Sea Hawk assigned to the Warlords of Helicopter Maritime Strike Squadron (HSM) 51 during flight quarters aboard the Arleigh Burke-class guided-missile destroyer USS Halsey (DDG 97). Halsey is currently underway with the Theodore Roosevelt Carrier Strike Group on a regularly scheduled deployment to the U.S. 7th Fleet area of operations in support of maritime security operations and theater security cooperation efforts.



Photo by MC3 Nicholas Burgains

The Los Angeles-class fast-attack submarine USS Bremerton (SSN 698) returns to Joint Base Pearl Harbor-Hickam following a six-month western Pacific deployment, April 6.



**Photo by MC2 Justin R. Pache** cers chant "Navy Chie

Chief Hospital Corpsman Huu Tran and fellow chief petty officers chant "Navy Chief, Navy Pride" prior to an observance of morning colors held aboard the Battleship Missouri Memorial to celebrate the 125th birthday of the chief petty officer. Chief petty officers across the globe are taking part in a number of pride and heritage events marking the 125th birthday of the chief petty officer. The Navy created the rank of chief petty officer 125 years ago on April 1, 1893. This year's theme is "Strength in the Mess; Forged by the Creed."



Photo by MC1 Corwin M. Colbert

Hawaii-area Sailors patrol the base for trash and debris as part of a base-wide cleanup to celebrate Earth Day. The event was held in support of Joint Base Pearl Harbor-Hickam's "Clean It Up and Keep It Up" campaign, April 11.



Photo by Shannon Haney

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Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Performing for the youngsters, the musical group Imagination Movers took the stage at this year's Month of the Military Child Celebration at the Freedom Tower at Joint Base Pearl Harbor-Hickam, April 4.

Pearl Harbor-Hickam, April 4.
Hosted by Morale, Welfare and Recreation (MWR) and presented by Navy Entertainment, the musical group was the highlight of the celebration.

The show began at 5 p.m. and the event started at 4 p.m. Families started gathering on the great lawn as early as 3:30 p.m. to ensure they had prime viewing of the stage. MWR got the young ones energized an hour before the show with a plethora of activities, including balls, hula hoops, parachutes and more.

An estimated crowd of 1,500 showed up on Monday afternoon with their blankets and folding chairs spread throughout the grass, waiting for a day of family-friendly entertainment. Once the Movers hit the stage they did not disappoint.

The 60-minute show was high energy from start to finish. The band got the kids — even their parents — moving throughout the show. The audience joined in with dancing, jumping and all sorts of other movement. The surprise flying toilet paper and confetti cannons

took the energy level higher.

After the show ended, all four members of Imagination Movers — Rich Collins, Scott Durbin, Dave Poche and Scott "Smitty" Smith — stuck around for photos and chatted with their fans. As hundreds of fans lined up, Cat Rost from MWR special events said the meet-and-greet was one of the highlights for the families.

"There were so many families that have seen the show before. They were overjoyed that they could see them here," Rost said. She and her staff assisted the crowd, taking photos with their customers' phones and cameras so the moment could be instantly shared.

Photos by FFR Marketing







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### The Young I's win the Above 30 hoops title



Tech. Sgt. Christopher Yarbrough puts up a hook shot over the defense of Sgt. 1st Class Charles Monroe. Yarbrough hit a clutch trey late in the game to seal the win.

#### Story and photo by Randy Dela Cruz

Sports Editor, Hoʻokele

The Above 30 White Division basketball championship playoffs came to a close on April 10 in a barn-burning showdown between The Young I's and the 545th Transportation Company

As expected, the game went down to the wire, but spurred by an intense defensive stand, The Young I's prevailed, 51-45, to win it all in a game that was played at Joint Base Pearl Harbor-Hickam Fitness Center.

Trailing by a score of 31-30 with 13:04 remaining in the game, The Young I's clamped down on the 545 TC and held the team without a basket for the next nine minutes of play.

While shutting down the 545 TC's attack, The Young I's scored the next seven points on a basket-and-one by Tech. Sgt. William Yeaman and two driving lay-ups by Tech. Sgt. Robert Ford to retake the control of the game at 37-31.

"We realized that we broke down at about the 13-minute mark and we just had to push it up," said Ford about the team's shutdown defense. "If we didn't push it up at that point, we probably wouldn't have won to-

In the first half, The Young I's seemed to have their way against the 545 TC, as the squad got out in front right away on a 7-0 run at the start of the game on two baskets by Tech. Sgt. Christopher Yarbrough and a trey from Staff Sgt. Clyde Sum-

scoreboard with about four minutes gone in the first half on a basket by Sgt. 1st Class Charles Monroe and then proceeded to pull to within a basket at 8-6 a couple of minutes later.

However, after going on a 7-0 run to start the game, The Young I's responded with an 11-0 run to up their lead to 13 points at 19-6 with only 2:59 remaining in the first half.

The 545 TC refused to quit and cut the lead down to six after Army Sgt. Brian Robinson, the team's leading scorer, finally broke through his first basket of the game on a bomb from long distance that made it 24-15 with 20 seconds on the clock.

Instead of letting the time run out, The Young I's pushed the ball to the frontcourt and got a clutch three-pointer from Ford, as time ran out with The Young I's leading by nine at 24-15.

"From the beginning of the game, we wanted to come out and play with intensity on defense," said Summers, who lead all scorers with 19 points. "We came out, knocked down an early two and then I hit an open three and from there on out we just wanted to make sure we're staying intense on defense."

While The Young I's defense took control in the first half, the 545 TC started off the second by attacking the zone and busting it wide open with a couple of long shots from the perimeter.

Robinson swished two free throws to make it a three-point game and came back down on the following trip to hit a trey that tied the score at 26-26.

After a lay-up by Ford, The Young I's went back in front by

The 545 TC finally got on the four points, but after cutting the lead down to two, Monroe's long bomb from beyond the arc gave the 545 TC its first lead of the game at 31-30.

Later, with The Young I's clinging to a three-point lead, Yarbrough, who hadn't scored a bucket after scoring two baskets early in the first half, stood beyond the 3-point arch in the left corner and sank a clutch shot that increased the lead back up to six points at 40-34 with 3:29 left on the clock.

When you're that wide open, I don't think you think," Yarbrough said about his shot that may have sealed the win. "You just do what you think is the best at that time and say, hey, I'm just going to throw this up and hopefully it will go in."

Yarbrough, who along with Master Sgt. Todd Deralis, held 545 TC 6-foot-8-inch big man Staff Sgt. Alfonso Grimes to eight points and only two in the second half.

"When it's about defense, you have to execute the communication," Yarbrough said. "For example, I'll talk to Todd and tell him someone's behind him and he does the same for me.'

Ford, who was the catalyst that drove the team during the entire season, said that winning the entire championship was something that he couldn't put into words – especially since he won't be back to defend it next

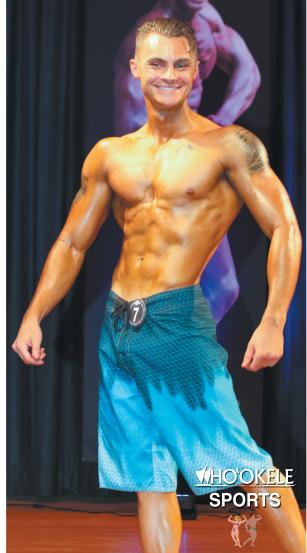
"Unfortunately, I will PCS next year," Ford revealed. "It will be tough, but I'm sure that they will be fine without me. It was a pleasure that I even got to play on this team. It feel's great.'



strikes the pose.



Army Sgt. Victor Espinoza fires up the audience en route to best overall bodybuilding trophy.



Staff Sgt. Charles Murray gives the crowd a look at his

## Hickam soldier reaches top at Muscle Mayhem

#### Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Posing in his first bodybuilding competition, Army Sgt. Victor Espinosa, who is stationed at Hickam with the 7th Dive Emergency Unit, captured not one, but two titles including best overall bodybuilder titles in the 2018 Polynesian Natural Muscle Mayhem Bodybuilding Contest, which was held on April 7 at the Hawaii Fit Expo at Neil Blaisdell Exhibition

"I came here with an open mind, anything could happen, I seriously had nothing to lose," Espinosa said after coming off stage with the overall title. "I stressed a couple of times, but at the end of day, I brought it home. It's what I wanted to do and I did it."

The husband and wife team of Bob Bell and Tina Smith of the World Natural Bodybuilding Federation promoted the show, which is one of the few federations that ensure a drugpolygraph testing.

'It's challenging," Bell admitted about the stringent testing. "We go through the whole process to make sure they are eligible."

Espinosa was one of many military competitors that also included Air Force Staff Sgt. Charles Murray of Headquarters Pacific Air Forces; Eassie Soares-Haae, a Department of Defense civilian at Joint Base Pearl Harbor-Hickam; Army Maj. James Kelly, Army Chief Warrant Officer 3 Sean Aikman and Officer in Training Tiffany Winters, U.S Coast Guard.

The judging panel even had a military member in Air Force Staff Sgt. Renee Murray, who was stationed here in Hawaii at Schofield Barracks from 2005-10, while she served in the Army, before switching to the

Air Force in 2013. Murray, who won her professional card in 2017, started competing in bodybuilding on stage at her home base on Luke

Air Force Base in Arizona, took

first place and hasn't looked

free competition via urine and back — garnering her pro card driving a motorcycle in Kunia. man, Open Men's Bodybuilding only three years later.

> She talked about the difficulties faced by military members, who try to juggle family, work and other commitments with the lifestyle of being a physique athlete.

"First of all, with me and other military members that are doing this, military comes first," said Murray, who will be competing in a professional show at the Cellucor WNBF Pro USA INBF Natural Muscle Mayhem in California on July

"You have training you have the field and we don't have the luxury of spacing out our meals and eating at certain times because our job just doesn't allow

that. We have to make a lot of sacrifices, but for us to stay on track, we have to get it done. It's a lot more difficult for somebody in the military. The show also commemorated Army Staff Sgt. Stuart

Jackson, who won last year's

overall bodybuilding champion

title, but died in a tragic traffic

accident last December, while

Jackson would have been 29 on April 7, the day of the show.

Jackson's surviving wife Stephanie Maynetto-Jackson, his sons 6-year-old Maliq and 2-year-old Dominic, other family members and supporters were in attendance to witness the tribute, which culminated with a group shot on stage.

"It's amazing," said Maynetto-Jackson, who is expected to deliver the couple's third child

'He was a great soldier, he was humble and he had such a bright spirit. He just loved life and would bring people out of the dark.'

Starting with prejudging at 10 a.m., the competitors returned for the final pose down at 2 p.m., with Eassie Soares-Haae winning the Master's Di-

vision for age 50 and above. Other winners were, David River, Master's age 40 and above; Brandon Vallejos, Master's Physique; Heather Rosa-

rio, Master's Bikini; Kelly and

Staff Sgt. Murray placed 1st and

2<sup>nd</sup> in the Novice Physique; Aik-

(light); Espinoza Open Men's Bodybuilding (heavy); Vallejos took the Open Men's Physique over Espinoza, Rosario and Winters got 1st and 2nd in the Open Bikini and finally, Espinoza closed the show by winning the overall Bodybuilding championship.

While many bodybuilders like to celebrate the end of a show by eating all those things that their diets didn't allow, Espinoza, who started working for the contest back in August and dropped over 30 pounds, said that he would have to wait to satisfy his hunger. The 27-year-old bodybuilder

is attempting to do back-to-back shows, a rare feat, by competing on April 20 at the Stingray Classic, which is one of the biggest bodybuilding shows in the state.

"Today, I have to eat healthy because I have a contest coming up," said Espinoza, who added that he couldn't have done it without the support of his command. "After (the Stingray), I'm going to mess some stuff up.

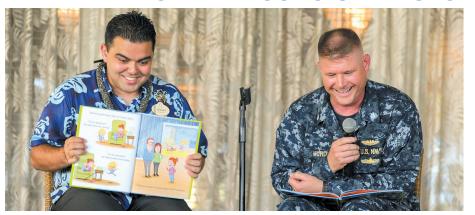
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### MONTH OF THE MILITARY CHILD 'BOOKS ON BASES'

TODAY -

The 15th Wing, in conjunction with the Blue Star Families program, will host "Books on Bases" at Ka Makani Community Center, 1215 Owens Street from 2 to 4:30 p.m. This program donates books to military children, base libraries, DoD schools, military-impacted public schools and libraries across the world. There will be 600 books to be given away. FMI: call 449-1525.



U.S. Navy file photo by Tech. Sgt. Heather Redman

Manko Tamaka, Disney Resort ambassador, and U.S. Navy Cmdr. Corey Hurd, Joint Base Pearl Harbor-Hickam chief staff officer, reads "Tommy Can't Stop" by Tim Federle.

#### **ACTIVE DUTY NMCRS FUND DRIVE**

**NOW** - Commander, Navy Region Hawaii (CNRH) extended the Navy-Marine Corps Relief Society (NMCRS) Fund Drive campaign through April 27. CNRH requests continued support to support the duration of this year's fund drive. To view the status of the NMCRS Fund Drive, visit http:// nmcrsfunddrive.org/pearlharbor. FMI: email stephen.gubbins1@navy.mil.

#### **EARTH MONTH EVENTS**

**APRIL 13. 14. 18. 21** – Joint Base Pearl Harbor-Hickam will host a **Phase 2 Nimitz Corridor cleanup** and beautification project at the Catlin Park fenceline running along Nimitz Highway from 7:30 a.m. to 3 p.m. April 13. Joint Base Morale, Welfare and Recreation will host a free Family Fun Day from 11 a.m. to 2 p.m. April 14 at Hickam Harbor. The event will include storm water and energy displays, bounce houses and more. Patrons can watch the trash boat regatta early in the day from 8:30 to 10:30 a.m. Camping in the Park at Hickam Harbor will be held from April 13 to 14 for fees ranging from \$30-35. A special meal will be held from 11 a.m. to 12:30 p.m. April 18 at the Silver Dolphin Bistro. The meal is open to active duty personnel and escorted family members, retirees and DoD employees with a valid ID card. The cost is \$5.60 per person. Cash (exact change) and credit card accepted. A Loko Pa'aiau Fishpond cleanup will be held from 9 a.m. to noon April 21. FMI: call 449-5215.

#### **HICKAM EXCHANGE HOSTS MONTH** OF THE MILITARY CHILD

**APRIL 14** — The JBPHH Hickam Exchange is helping military children get hands-on with their creativity

during in-store events to celebrate Month of the Military Child. A buildit-up and make-n-take events will be held at the main store's toy department from 11 a.m. to 2 p.m. FMI: email Carmelita Patu at patuct@aafes.com

#### **CONFLICT RESOLUTION**

**APRIL 16** — A workshop on managing conflict will be held from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor. Learn how to prevent conflict from escalating and how to work with others to solve problems. FMI: www.greatlifehawaii. com/family-support/mfsc-classschedule or call 474-1999.

#### **BOOTS TO BUSINESS**

**APRIL 17**, **18** – A two-day seminar will be held from 8 a.m. to 4 p.m. at Military and Family Support Center Pearl Harbor to assist participants in understanding the steps, stages, and activities related to launching and growing a business as a post-military career. FMI: www.greatlifehawaii.com/family-support/ mfsc-class-schedule or call 474-1999.

#### **STOP BULLYING**

**APRIL 17** — Has your child been a victim of bullying? This workshop will be held from 10 a.m. to noon at the Military and Family Support Center Pearl Harbor. In this workshop, it looks at the dynamics of bullying and ways to defend against it. FMI: www. greatlifehawaii.com/family-support/ mfsc-class-schedule or call 474-1999.

#### **NEW MOMS AND DADS**

**APRIL 18** — This class will be held from 5 to 8 p.m. at Military and Family Support Center Hickam. New and soonto-be parents will learn about the roles, responsibilities, demands and joys of being parents. This session will include early childhood social, emotional and physical development, and what to expect the first year. FMI: www.greatlifehawaii.

com/family-support/mfsc-class-schedule or call 474-1999.

#### **AIR FORCE SPOUSE 101: HEART LINK**

**APRIL 19** — Are you a new Air Force spouse but have questions about the way of life? The Heart Link program will be held from 7:45 a.m. to 2 p.m. at Military and Family Support Center Hickam. This program will introduce you to all aspects of Air Force life, an opportunity to establish a peer network with other spouses, and help you learn tools to adapt to military life. A complimentary lunch will be provided. FMI: www.greatlifehawaii. com/family-support/mfsc-class-schedule or call 474-1999.

#### **TEAL RIBBON CAMPAIGN**

APRIL 19, 26 — April is Sexual Assault Awareness and Prevention Month (SAAPM). Every Thursday of the month, stop by the SAAPM table at the Hickam BX and commissary from 10 a.m. to 1 p.m. to get a teal ribbon and other awareness items when answering a question about sexual assault facts. FMI: call 448-3192/3193.

#### NATIONAL TAKE-BACK INITIATIVE

APRIL 28 - Turn in your unused or expired medication for safe, anonymous disposal at the Pearl Harbor Navy Exchange main lobby from 10 a.m. to 2 p.m. April 28. Other military locations include Marine Corps Exchange and the Schofield Barracks Exchange. New or used needles and syringes will not be accepted. FMI: www.dea.gov or call 541-1930.

#### **BLOOD DRIVE**

APRIL 30 - In support of the Armed Services Blood Program, Tripler Army Medical Center's Donor Center will host a blood drive at the Pearl Harbor Memorial Chapel April 30 from 10 a.m. to 1 p.m. If you are interested in donating blood, please call to schedule an appointment at 433-6148.

**Amy SCHUMER** 



#### OMING EV

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

#### Kernel Popcorn magic is coming April 15

- 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 Arts & 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.
- Trash Boat Regatta race will begin at 8:30 a.m. April 14 at Hickam Harbor. Teams will race in boats they constructed from items that would normally end up in a landfill. Spectators can come out and watch the boats race or sink. For more information, call 449-
- Earth Day celebration will begin from 11 a.m. to 2 p.m. April 14 at Hickam Harbor. Participants can learn about the relationship we have with our planet and how we can appreciate and take better care of it. There will be fun, informative exhibits and activities at the event. For more information, call 449-5215.
- Free Golf Clinic will begin at 1 p.m. April 14 at Mamala Bay Golf Course and at 9:15 a.m. April 21 at Barbers Point Golf Course. This clinic is an introduction to playing golf. To register for Mamala Bay, call 449-2304 and to register for Barbers Point, call 682-1911.
- A Month of the Military Child bowling **special** will be offered from 11 a.m. to 2 p.m. April 15 at Naval Station Bowling Center and Wahiawa Annex's The Escape Bowling Center. With each paying adult, kids ages 4 to 17 can bowl for free. For more information, call 473-2574.
- Free Kernel Popcorn magic show will begin at 12:30 p.m. April 15 at Sharkey Theater. Kernel Popcorn is a professional magician and family entertainer that will keep your kids laughing from beginning to end. No tickets needed. For more information, visit https://jbphh.greatlifehawaii.com.
- Golfing with Heroes will be held from 3 to 6 p.m. April 11 at Mamala Bay Golf Course. Kids get to play golf with our active duty heroes. This event is open to ages 8 and older. This is a free event. If you want to be a hero and play golf with the kids, call the youth sports office at 473-0789.
- Earth Day special meal will be held from 11 a.m. to 12:30 p.m. April 18 at the Silver Dolphin Bistro. This special meal is open to active duty personnel and their family members, Retirees, and Department of Defense civilians with a valid ID card. The cost of the meal is \$5.60 per person. For more information, call 473-2519.
- An annual JBPHH volunteer recognition ceremony will be held from 1 to 2 p.m. April 18 aboard the USS Battleship Missouri. This ceremony will recognize community volunteers who helped assist veterans, support the homeless, mentor youth and many other areas. For more information, call 474-1999.
- A 3-Point Shootout Competition will be held beginning 2 p.m. April 20 at the Hickam Memorial Fitness Center. Awards will be given to the top three male and female participants. This is a free event and is open to ages 18 and older. Fore more information, call 448-2214.

## **MOVIE SHOWTIMES**

#### **SHARKEY THEATER**

TODAY - APRIL 13 7:00 PM • Tomb Raider (3-D) (PG-13)

#### SATURDAY - APRIL 14

2:30 PM • I can only imagine (PG) 7:00 PM • Free advance screening of I Feel Pretty (PG-13)

#### SUNDAY - APRIL 15

12:30 PM • The Kernel Popcorn Show 3:00 PM • Tomb Raider (PG-13) 6:00 PM • Gringo (R)

THURSDAY - APRIL 19

7:00 PM • Red Sparrow (R)

#### HICKAM MEMORIAL THEATER

TODAY - APRIL 13 7:00 PM • Tomb Raider (PG-13)

#### SATURDAY - APRIL 14

3:00 PM • Free Advance Screening (PG-13) Tickets available at Hickam Exchange Food Court, seating open to non-ticket holders 30 minutes prior to showtime.

6:00 PM • Tomb Raider (PG-13)

SUNDAY - APRIL 15 2:00 PM • Peter Rabbit (PG)

THURSDAY - APRIL 19

6:30 PM • Love, Simon (PG-13)



#### FREE ADVANCE SCREENING of

the movie "I Feel Pretty" rated PG-13 will be held at 7 p.m. April 14 at Sharkey Theater. Tickets for the first 400 customers will be given out beginning at 5:30 p.m. Active duty may receive up to four tickets. All others may get up to two tickets. For more information, call 473-0726.

\*Movie schedules are subject to change without notice.