





# Army colonel raises suicide awareness for military

MC2 Johans Chavarro

Navy Public Affairs  
Support Element West, Det. Hawaii

Service members stationed throughout Pearl Harbor joined Army Lt. Col. George Corbari, strategic plans and policy officer at U.S. Army Pacific (USARPAC), for a suicide awareness presentation Jan. 14 at the Pearl Harbor Memorial Chapel.

During the presentation, “Piercing the Darkness: Redefining Perceptions about Suicide,” Corbari shared his own personal story against the struggles of suicidal thoughts and discussed modest, employable strategies service members and senior leadership can employ in the workplace to aid against suicidal ideations.

According to Capt. William Kennedy, command chaplain for commander, Navy Region Hawaii, raising suicide awareness is vital to accomplishing the Navy’s mission as each Sailor and their family plays an integral part toward the Navy’s success.

“The Navy’s position is that each one of you, each one of your family members, each one of your shipmates, is invaluable,” said Kennedy.

In the case of Corbari, life seemed to spiral out of control in 2009 when his son attempted to take his life, he and his wife’s year-long adoption process almost unraveled, and finally when his son-in-law was severely injured by an improvised explosive device during his deploy-



U.S. Navy photo by MC2 Diana Quinlan

U.S. Army Lt. Col. George Corbari, assigned to U.S. Army Pacific Command (USARPAC), leads a suicide awareness and prevention presentation for service members stationed at Joint Base Pearl Harbor-Hickam. Corbari, who fought his own battle with suicide, provides guidance for service members and leaders on dealing with and overcoming adversity.

ment to Afghanistan.

Hiding his emotions from his wife and feeling as though he had no one to turn to, Corbari began to internalize his feelings and blame himself for the events that had unfolded.

“When you get to a point that those things become so crushing to you, your mind starts to play some tricks on you and that’s when you start to get into the darkness,” said Corbari.

It wasn’t until friends he met during intermediate level education (ILE) noticed him “checking out” and confronted him that he was able to navigate through his feelings and pull himself out of the darkness he found himself in.

“They attacked what was important to me, what

they knew I really valued and that’s how they were able to break through the darkness,” said Corbari. “So, it was what they did for me that helped me start to process things the right way and saved me from doing something harmful to myself.”

According to Corbari, trustworthy relationships between service members and shipmates can go a long way toward opening avenues of communications for someone who may be having suicidal ideations.

“If you don’t know me, you also don’t know the things to drill in me that are important to me,” said Corbari. “And you can ask me the questions, but I may deflect them, I may lie to you. It doesn’t require huge amounts of training. Just me building relation-

ships with my shipmates can help someone from doing harm to themselves or me from doing harm to myself.”

Chaplain Lt. Cdr. Tom Bingol, assigned to Navy Information and Operation Center (NIOC) Hawaii, echoed Corbari’s sentiments and expressed the importance trustworthy relationships play in raising suicide awareness throughout the ranks and preventing suicide.

“Corbari really has ‘his hand on a pulse’ that relationships and the connectedness of the relationship makes all the difference in being successful in preventing suicide and creating a network of support,” said Bingol.

“It reminded me of an old saying, ‘People don’t care how much you know until they know how much

you care,’ and, in a nutshell, by knowing how much you care for people enables us to actually go into the dark spaces of their life and walk with them toward better alternatives and recovery.”

For Logistics Specialist 1st Class Lisa Mendez, assigned to U.S. Navy Supply Systems Command (NAVSUP) Fleet Logistics Center, Corbari’s story reinforced the notion that a person’s career will not end because they may be struggling with suicidal ideations.

“When a person speaks out about their struggle with suicide and is that much higher ranking, it really sets the tone that it’s not going to end your career,” said Mendez. “And at the end of the day, a lot of people are worried about that.”

For more information about suicide prevention, visit [www.chaplain.navy.mil](http://www.chaplain.navy.mil). Navy chaplains have 100 percent confidentiality and cannot break this without the person’s consent. If someone isn’t sure where to start, chaplains can also help someone figure out where they need to go for help.

Service members can also visit [www.militaryonesource.mil](http://www.militaryonesource.mil). Referrals are made to local community providers. Services are not connected to service record.

Other resources are [www.suicide.navy.mil](http://www.suicide.navy.mil) and [www.suicideoutreach.org](http://www.suicideoutreach.org)

In addition, service members can call the Military Crisis Line at 800-273-TALK (option 1) or [www.veteranscrisisline.net/activeduty.aspx](http://www.veteranscrisisline.net/activeduty.aspx) for confidential support 24/7.

## Pacific Submarine Force announces 2014 Battle ‘E’ awards

MC1 Jason Swink

Pacific Submarine Force Public Affairs

Rear Adm. Phil Sawyer, commander of Submarine Force Pacific Fleet (COMSUBPAC) at Joint Base Pearl Harbor-Hickam, has announced the awards of the 2014 Battle Efficiency (Battle “E”) competition.

“The competition for Battle Efficiency awards was extremely tough,” said Sawyer. “These awards recognize commands which were evaluated during the past year to have attained the highest overall or departmental readiness to carry out their wartime tasks.”

“Each crew member of an award winner can be justifiably proud of their contribution to improve Pacific Submarine Force readiness,” Sawyer continued in his message to the force. “I am extremely proud of your outstanding performance. Well done and congratulations.”

The Battle E competition is conducted annually to strengthen individual command performance, improve overall force readiness, and recognize outstanding performance. The award is a symbol of overall readiness of commands throughout the Pacific Submarine Force and their ability to carry out



U.S. Navy photo by MC1 Steven Khor

The Los Angeles-class fast attack submarine USS Greenville (SSN 772) departs Feb. 15 from Joint Base Pearl Harbor-Hickam, for a regularly scheduled deployment.

assigned wartime tasks.

Based on criteria compiled over a year-long competition, units from each submarine squadron in the Pacific Fleet are recognized, in addition to submarine tenders and special category assets. The awards are presented by the leadership of each squadron or command to the unit under their charge which has demonstrated the highest level of battle readiness during the evaluation year.

The 2014 COMSUBPAC Battle “E” winners, their homeports, and commanding officers are:

- Commander, Submarine Squadron (SUBRON) 1, based at Joint Base Pearl Harbor-Hickam — the Los Angeles-class attack submarine USS Greenville (SSN

772), commanded during the competition by Cmdr. Martin Muckian and Cmdr. Gabriel Anseeuw.

- SUBRON 7, based at Joint Base Pearl Harbor-Hickam — the Los Angeles-class fast attack submarine USS Columbia (SSN 771), commanded by Cmdr. J. Patrick Friedman.

- Commander, Submarine Development Squadron (SUBDEVRON) 5, based in Bangor, Wash. — the lead ship of its class, attack submarine USS Seawolf (SSN 21), commanded during the competition by Cmdr. Broderick Berkhout and Cmdr. Jeff Bierley.

- SUBRON 11, based in San Diego — the Los Angeles-class attack submarine USS San Francisco (SSN 711), commanded by



U.S. Navy photo by MC1 Jason Swink

The Los Angeles-class fast attack submarine USS Columbia (SSN 771) moors pier-side as it returns to JBPHH Nov. 21 following a six-month scheduled deployment.

Cmdr. Jeffery Juergens.

- SUBRON 15, based in Guam — the Los Angeles-class attack submarine USS Chicago (SSN 721), commanded by Cmdr. Lance Thompson.

- SUBRON 17, based in Bangor, Wash. — the Ohio-class ballistic missile submarine USS Maine (SSBN 741), whose Blue Crew was commanded by Cmdr. William Johnson, and Gold Crew was commanded by Cmdr. Dale Klein.

- SUBRON 19, based in Bangor, Wash. — the Ohio-class ballistic missile submarine USS Michigan (SSGN 727) Gold Crew, commanded by Capt. Benjamin Pearson.

- The submarine tender cate-

gory — USS Frank Cable (AS 40), homeported in Guam, commanded during the competition by Capt. Pete Hildreth and Capt. Mark Benjamin.

In the special category, three units are recognized, including:

- The auxiliary repair floating dry dock ARCO (ARDM 5), based in San Diego, Calif, commanded during the competition by Lt. Cmdr. Mike Thompson and Lt. Michael Sims.

- The torpedo weapons retriever Devil Ray (TWR 6) based in San Diego, piloted by craftmaster Chief Machinist’s Mate Sam O’Connor.
- Undersea Rescue Command (URC), based in San Diego, commanded by Cmdr. Andrew Kimsey.



# Dr. King teaches enduring history of freedom

Review by Bill Doughty

*“For students of freedom and teachers of history”*

That’s the dedication for Taylor Branch’s 2013 “The King Years: Historic Moments in the Civil Rights Movement,” a book of high-lights of his MLK trilogy: “Parting the Waters,” “Pillars of Fire” and “At Canaan’s Edge.”

Those three books by Pulitzer Prize-winning Branch present the definitive history of America’s civil rights movement in the 1950s and ’60s through the life of its chief architect, Dr. Martin Luther King Jr.

Branch recognizes the limitations due to brevity in his 18 historical turning points from the 1954-1968 era represented in “The King Years.” The book is essential to anyone who wants to understand King’s influence but who doesn’t have time to read 2,306 pages in the original trilogy that took Branch 24 years to write.

“Our goal in this edition is to convey both the spirit and sweep of an extraordinary movement. Newer generations will find here the gist of a patriotic struggle in which the civil rights pioneers, like modern founders, moved an inherited world of hierarchy and subjugation toward com-

mon citizenship. Others can recall vivid triumph and tragedy at the heart of national purpose for the United States, whose enduring story is freedom.

The unvarnished history should resist fearful tides to diminish that story.

Above all, the King years should serve as a bracing reminder that citizens and leaders can work miracles together despite every hardship, against all odds.”

King’s story begins in 1954, the same year as the Supreme Court’s landmark decision in Brown vs. Board of Education against school segregation.

From Montgomery to Nashville, Selma to Birmingham, with a requiem in Chicago, Memphis, “The King Years” focuses on crossroads in the south as blacks demonstrated for equality and voting rights and were often met with clubs, cattle prods or worse.

Throughout his life King preached and lived nonviolence, meeting fear with hope and hate with love.

From across the south, Branch also makes stops in Chicago, Cow Palace, Atlantic City, Oslo and Vietnam.

The book explores the Dr. King’s relationships with close advisors, religious leaders, politicians including LBJ, and government officials, notably J. Edgar

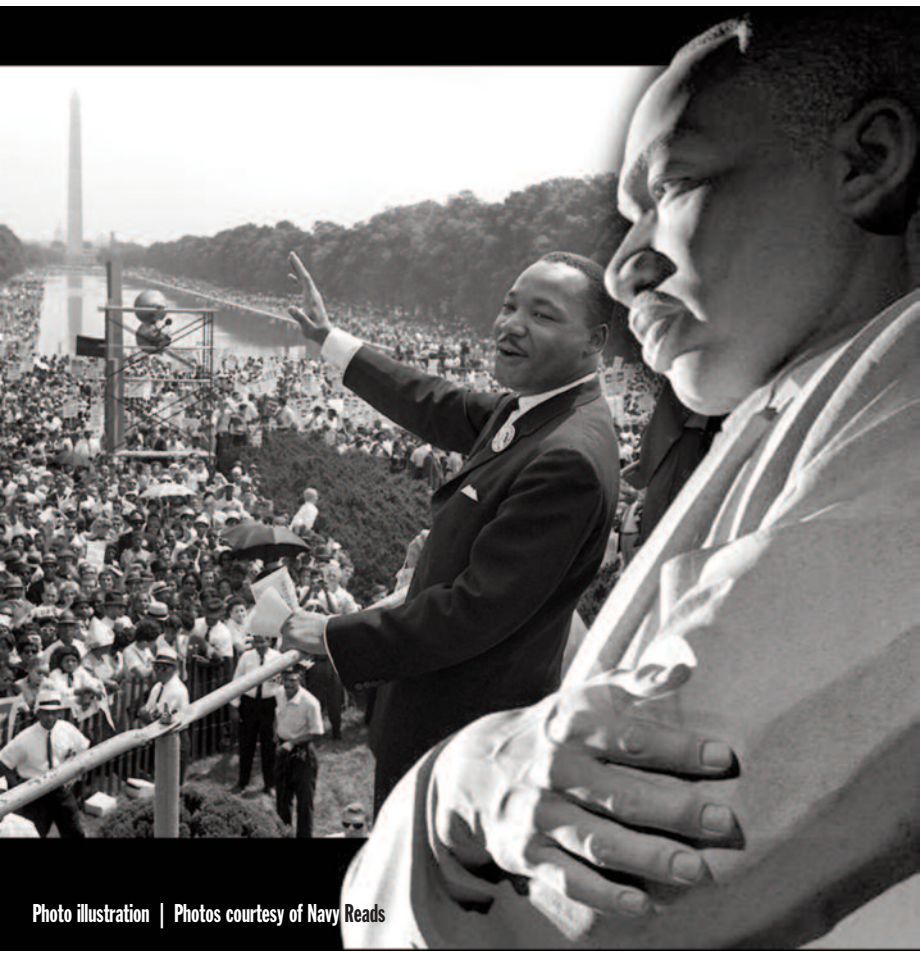


Photo illustration | Photos courtesy of Navy Reads

Hoover who investigated King as a suspected communist. Branch shows how FBI wiretapping contributed to “twisting every motive and circumstance ... spreading false information” in order to breed confusion, resentment and mistrust.

More detail and context are described in the long historical narrative of Branch’s trilogy. For example—from “Parting the Waters: America in the King Years 1954-1963”:

“There was more to Hoover’s reaction than either his hostility to communism or his prejudice against Negroes, both of which were strong ... Twenty years earlier, the FBI had mushroomed in

size to guard against Nazi espionage. From a mid-Depression force of fewer than five hundred agents, the Bureau had more than tripled by Pearl Harbor, then tripled again by D-Day. Hoover never needed further education on the advantages of an intelligence agency over a law enforcement department. An intelligence agency enjoyed greater prestige, less danger of public failure, greater freedom and power through the mystique of secrecy, and an enhanced role for shaping national values and symbols.”

Branch presents themes—invasion of privacy, universal human flaws, the power of mutual respect, the importance of the right

to vote, and the positive legacy of nonviolence. This is from the third book in his trilogy, “At Canaan’s Edge.”

“A paradox remains. Statecraft is still preoccupied with the levers of spies and force, even though two centuries of increasingly lethal ‘total war’ since Napoleon suggest a diminishing power of violence to sustain governance in the modern world. Military leaders themselves often stress the political limits of warfare, but politics is slow to recognize the glaring impact of nonviolent power.

In 1987, students spilling into the streets of South Korea compelled a dictator to respect a permanent structure for elections. In

1989, the Soviet empire suddenly dissolved in a velvet revolution of dockworkers’ strikes and choruses of ‘We Shall Overcome’ at the dismantled Berlin Wall. There was no warning from experts, nor any hint of the nuclear cataclysm long prepared for and dreaded. That same year, Chinese students inspired the world from Tiananmen Square with nonviolent demonstrations modeled on the sit-ins, planting seeds of democracy in the authoritarian shell of Communist control.

In 1990, Nelson Mandela emerged from twenty-seven years in prison to a Cape Town balcony, where he destroyed the iron rule of apartheid not with Armageddon’s revenge but a plea for hopeful consent: ‘Universal suffrage on a common voters’ roll in a united, democratic, and non-racial South Africa is the only way to peace and racial harmony.’

Branch’s dedication at the beginning of “The King Years”—“For students of freedom and teachers of history”—explicitly highlights the importance of education in promoting freedom and democracy. These are principles the U.S. military defends around the world and which continue to be under attack, including in recent months even in Paris, Ottawa and Sydney.

*(A version of this review appeared on Navy Reads, a blog in support of the CNO’s Professional Reading Program and related books. Recent posts include “Innovators,” “Climate Change the Serial Killer” and “U.S. Navy Frees Cuba.” Read more <http://navyreads.blogspot.com/>.)*

## Diverse Views



**There are shortages at some Defense Commissary Agency (DeCA) commissaries due to shipping. What would you miss if you couldn’t get it at your commissary?**



**STE1 Richard Gilliam**  
USS Jacksonville (SSN 699)

“Fresh produce.”

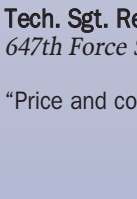
**Airman 1st Class Jayaries McKinney**  
392nd Intelligence Squadron

“I would miss food that is not locally available, especially around the holidays.”



**HM3 Taylor Hoil**  
Naval Health Clinic Hawaii

“Well, *poke* is local, so I can’t say that. Protein.”



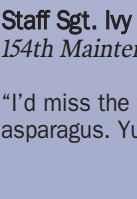
**Tech. Sgt. Rebekah Morris**  
647th Force Support Squadron

“Price and convenience!”



**QMSA Jessica Lee**  
USS Chosin (CG 65)

“Probably Red Bull.”



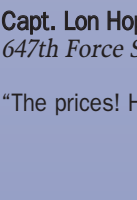
**Staff Sgt. Ivy Cadiz**  
154th Maintenance Squadron

“I’d miss the fresh produce, especially asparagus. Yummy!”



**Lt. Cmdr. Robert Young**  
SOCPAC

“The meat selection.”



**Capt. Lon Hopkins**  
647th Force Support Squadron

“The prices! Hawaii is expensive!”



*Provided by Lt. j.g. Eric Galassi and David D. Underwood Jr.*

*Want to see your command featured in Diverse Views? Got opinions to share?*

**Drop us a line at [editor@hookelenews.com](mailto:editor@hookelenews.com) or [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil)**

## First airplane landing on warship

Aviator Eugene B. Ely sits in his Curtiss pusher biplane, just before taking off from USS Pennsylvania (Armored Cruiser No. 4) to return to land, Jan. 18, 1911, 104 years ago this month. Earlier in the day he landed on the ship’s deck, the first time an airplane had landed on a warship. Note Ely’s flying attire, including a leather helmet and rubber inner tubes worn around his shoulders as a life preserver.

U.S. Naval Historical Center photograph



## HO'OKELE

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# 624th CES firefighters hold live-fire training exercise

Story and photo by  
Tech. Sgt.  
Phyllis E. Keith

624th Regional Support  
Group Public Affairs

Firefighters assigned to the 624th Civil Engineering Squadron donned silver fire proximity suits and formed up in teams of two to practice their structural live fire skills Jan. 10 at the Hickam Fire Department's training area.

"Live-fire exercises bring us closer together and allow us to work as a team," said Chief Master Sgt. Desmond Yogi, assistant fire chief with the 624th CES.

After Tech. Sgt. Kaohilii Romualdo, the 624th CES's assistant chief of training, gave the safety briefing, the firefighters drove to the live-fire facility where they laid out the fire hoses and suited up. Their mission was to enter a structure to put out a simulated kitchen fire that was fueled by propane gas.

The exercise began with the first team approaching a closed door. Senior Airman Warren Duke and Staff Sgt. Michael Fong-Aiu

stayed low as they waited for the safety officer, Tech. Sgt. Kaweo Andreas-Feeney, to test the heat level of the door with his hand. Andreas-Feeney then opened the door and signaled the team to enter.

"It's always two in and two out so we know everyone's accounted for and our safety's good," Duke said.

Duke and Fong-Aiu used a clockwise pattern at a 30 degree angle to douse the fire that had engulfed the entire room. Once the fire was extinguished, they sprayed a fog of water on the ceiling to cool the air.

Duke, one of the newest firefighters to the unit, is a college student who is still looking for his first civilian firefighter job.

"We have a mix of everybody coming together today," said Yogi. Yogi said 97 percent of the 624th CES' Reservists are civilian firefighters with federal, state, county and airport fire departments in Hawaii.

Five more teams of two received hands-on training with the more experienced firefighters there to guide them.

Duke said that his fellow



Tech. Sgt. Kaweo Andreas-Feeney, left, safety officer and Tech. Sgt. Kaohilii Romualdo, right, the assistant chief of training, both Reservists with the 624th Civil Engineering Squadron, wait at the entrance to a live-fire burn room for the next team of two to put out a simulated kitchen fire fueled by propane gas.

Air Force Reserve firefighters were like a brotherhood and he benefited from their experience.

"All I can do is absorb their wisdom and be as

good as them one day," he said.

The commander of the 624th CES, Lt. Col. Reid Matsuda, said the exercise helped the unit fulfill an

annual requirement for the status of resources and training system (SORTS) that measures the health of their day-to-day preparedness and ability to execute

in a major theater of war.

The 624th CES is manned with approximately 30 firefighters who can be ready to deploy with 72 hours' notice.

## Rear Adm. Snyder will speak to Sailors Jan. 23 at Bloch Arena

Navy Region Hawaii  
Public Affairs

Rear Adm. Rick Snyder, director, 21st Century Sailor Office, will speak to Sailors and take their questions at 10:30 a.m. Jan. 23 at Bloch Arena, Joint Base Pearl Harbor-Hickam.

Topics discussed will cover sexual assault prevention and response, suicide prevention, fitness and nutrition, family programs, hazing prevention and drug and alcohol

abuse prevention.

Snyder graduated with honors from Tulane University in May 1983, earning a bachelor's degree in management. He was commissioned in the Navy having completed the Navy ROTC program. In November 1984, Snyder was designated a naval aviator.

Following initial training in the SH-60B Seahawk helicopter, Snyder served at Helicopter Anti-Submarine Squadron Light (HSL) 43, based in North Island, Calif. Subsequent flying tours in-

cluded duties as an instructor pilot at HSL-40 and as a department head at HSL-46 in Mayport, Fla.

Shore tours included attendance at the Naval Postgraduate School in Monterey, Calif., where he earned a master of science degree in operations research and a follow-on tour as the Navy analyst for the Republic of Korea/U.S. Combined Forces Command in Seoul, Korea.

In Washington, D.C., Snyder served the secretary of defense as

the aviation liaison for public affairs and he served as a senior fellow at the Atlantic Council of the United States. Snyder also served as a senior fellow in the Chief of Naval Operations Strategic Studies Group. On the joint staff, Snyder served in the directorate for strategy and policy (J5) as deputy director for joint strategic planning, deputy director for partnership strategy, and as executive assistant to the J5 director.

Snyder has served at sea on USS Carl Vinson (CVN 70) as

navigator and on USS Bataan (LHD 5) as executive officer.

In command, Snyder led the Sailors and Marines of HSL-46, HSL-40, Bataan and, most recently, Expeditionary Strike Group 2.

Personal awards earned by Snyder include the Defense Superior Service Medal, Legion of Merit (two awards), Defense Meritorious Service Medal, Meritorious Service Medal (four awards) and the Navy/Marine Corps Commendation Medal (three awards).

## USS Sampson and USS Fort Worth detach from AirAsia Search

U.S. 7th Fleet Public Affairs

YOKOSUKA, Japan — After contributing more than 650 search hours to the Indonesian-led search effort for AirAsia flight QZ8501, USS Sampson (DDG 102) and USS Fort Worth (LCS 3) concluded their assistance efforts Jan. 15, receiving praise from Indonesian authorities.

The effort included assistance from Mobile Diving and Salvage Unit (MDSU) 1, which is based at Joint Base Pearl Harbor-Hickam.

Working in coordination with the government of Indonesia, the U.S. 7th Fleet tasked Littoral Combat Ship USS Fort Worth to join in the search effort. After loading supplies and embarking an eight-member team from MDSU 1, Fort Worth departed Singapore Jan. 2 and arrived on station Jan. 3.

MDSU 1 divers aboard Fort Worth operated three towfish side scan sonar systems to search for wreckage on the ocean floor and provided highly accurate imagery of significant objects for further analysis. Over the course of the operation, the MDSU 1 team conducted 78 hours of side scan sonar operations over 12 square nautical miles.

The MDSU divers also used the AN/PQS-2A passive sonar system for 17 hours of search time over 24



U.S. Navy photo by MC2 Antonio P. Turreto Ramos  
USS Fort Worth (LCS 3), USS Sampson (DDG 102), and an MH-60R Seahawk from Helicopter Maritime Strike Squadron (HSM) 35 operate together in the Java Sea Jan. 14 while supporting the Indonesian-led search effort for AirAsia flight QZ8501.

square nautical miles in an attempt to listen for the black box pings.

The MDSU 1 team also employed a remotely operated vehicle with an underwater video camera to investigate objects detected by the towfish system.

U.S. Ambassador to Indonesia

Robert O. Blake said hat "the U.S. was extremely proud to assist in the international search effort coordinated by the Indonesian Search and Rescue Agency with the U.S. Navy ships USS Sampson and USS Fort Worth, helicopters, and sonar equipment. I commend the professionalism and dedication to the

mission the sailors of the United States Navy exhibited while working in close coordination with their Indonesian counterparts. We are all pleased with the recovery of the black boxes and location of portions of the plane that we hope will shed some light on the cause of this tragedy. The United States offers

condolences to the families and loved ones of those who perished on Indonesia Air Asia Flight 8501. Our thoughts and prayers are with those who await news on the passengers and crew who remain missing."

"Throughout both ships' time on station, the crews and divers performed as consummate professionals and superb ambassadors, both at-sea and ashore at Iskander Air Field. Our ability to respond quickly to this event highlights the importance of operating forward and maintaining a naval presence in Southeast Asia," said Capt. Fred Kacher, commodore of Destroyer Squadron 7 and in tactical command of Fort Worth and Sampson during the search efforts.

"It was an honor to be part of this search effort," said Cmdr. Steven Foley, USS Sampson commanding officer. "Indonesia did a tremendous job in organizing this multinational search effort, and our Sailors are proud to have been able to assist."

"The crew worked around the clock to help support this search effort," said Cmdr. Kendall Bridgewater, commanding officer of USS Fort Worth. "The Littoral Combat Ship provided some unique capabilities to aid in the search, and I'm glad we've been able to assist."



# Pearl Harbor-Hickam Highlights



Chief Musician Ryan Ringnald conducts the Pacific Fleet Band during the first Pearl Harbor Colors ceremony held Jan. 15 at the Pearl Harbor Visitor Center.

U.S. Navy photo by MC2 Laurie Dexter



U.S. Navy photo by MC2 Laurie Dexter

(Above) Audience members take photos of the Pacific Fleet Band during the first Pearl Harbor Colors ceremony held Jan. 15 at the Pearl Harbor Visitor Center.



U.S. Navy photo by MC2 Laurie Dexter

Amanda Carona, regional coordinator for military engagement of World War II Valor in the Pacific National Monument, left, speaks with Edwin Hamilton, a WWII veteran, during the first Pearl Harbor Colors ceremony at the Pearl Harbor Visitor Center Jan. 15.



(Right) Sailors, stationed aboard the Ticonderoga-class guided-missile cruiser USS Cape St. George (CG 71), observe port operations as the ship arrives at JBPHH.

U.S. Navy photo by MC2 Diana Quinlan



(Right) Sailors, stationed aboard the Ticonderoga-class guided-missile cruiser USS Cape St. George (CG 71), handle mooring lines upon ship's arrival at Joint Base Pearl Harbor-Hickam for a scheduled port visit.

U.S. Navy photo by MC2 Diana Quinlan



(Left) Senior Airman Michael Morgan, left, a firefighter with the 624th Civil Engineering Squadron, buckles his air pack while Staff Sgt. Michael Fong-Aiu, right, does a buddy check to make sure his gear is secure and he's good-to-go at JBPHH.

U.S. Air Force photo by Tech Sgt. Phyllis E. Keith



# Houston Texans Pro Bowler visits USS Texas Sailors

Story and photo by  
MC1 Steven Khor

COMSUBPAC Public  
Affairs

Sailors of the Virginia-class fast attack submarine USS Texas (SSN 775) were showing smiles of excitement when they were visited Jan. 30 by NFL Pro Bowler of the Houston Texans, No. 99, J.J. Watt, at Joint Base Pearl Harbor-Hickam.

“It’s super exciting for the crew to engage with an NFL football player like J.J. Watt,” said Cmdr. Andrew Hertel, Texas’ commanding officer. “Ninety-five percent of our Sailors are big fans of the NFL, and Watt is one of the superstars.

“It is very exciting to meet him and an honor for him to come down and thank the Sailors for their service.”

Watt said he was glad to have the great opportunity to come and meet the guys and learn about the ship.

“It is crazy to see how tight the quarters are and how effective they use their space,” Watt said. “How ev-



Two-time National Football League Pro Bowler of the Houston Texans, J.J. Watt, autographs a football for Electrician’s Mate 1st Class Keith Ober of the Virginia-class fast attack submarine USS Texas (SSN 775) at Joint Base Pearl Harbor-Hickam, Jan. 30.

ery single nook and cranny of the ship is used for something. How small the beds and ceilings are, it is very cool to see. Any chance that I get to come out and thank

our military for what they do is a great opportunity. I play a game. I’m very fortunate to play a game. But it would not be possible without the men and women who serve

and protect our freedom. It’s great for me to come see them and show them that we support them.”

Watt got a kick out of the “Come and take it,” and

“Don’t mess with Texas,” mottoes used frequently aboard the sub as well as the Texans’ boots in their mess hall, the Texans’ flags and Texans’ memorabilia. He said the Texans spirit on the boat put a big smile on his face and he was glad the Sailors supported Texans’ football just as much as he supported them.

Off the field, Watt continues to be an inspiration to others. His charity, the Justin J. Watt Foundation, provides after-school athletic opportunities to middle school kids and will give back more than \$500,000 to others. Watt said his charity continues to provide 40 tickets to military members and their families during every home game.

Watt said he tries to be a good role model for Texas because they have treated him so well.

“I realize how fortunate I am, and it is because of the men and women of the military that helps me give back,” said Watt.

For Machinist’s Mate 1st Class Ryan Caroffino, a

visit from J.J. Watt reaffirmed his “biggest fan” claim for Texans Football.

“I am the biggest Houston Texans fan,” said Caroffino. “When I heard that J.J. Watt was going to be around, I was stoked. To be able to hang out and eat lunch with him was really cool. He showed a lot of support by asking about our daily lives, like a day in the life of what we do, and took a lot of interest in our intramural football team and training. He is a very down to earth guy.”

Commissioned Sept. 9, 2006, Texas was the second Virginia-class fast attack submarine constructed and the first submarine to be named after the Lone Star State. The state-of-the-art submarine is capable of supporting a multitude of missions, including anti-submarine warfare, anti-surface ship warfare, strike, naval special warfare involving special operations forces, and intelligence, surveillance, and reconnaissance.

## Blood drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP). Dates and locations are updated regularly online as new drives are scheduled. Donors are encouraged to schedule an appointment online, call to make an appointment, and check [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil) for the latest information.

Currently scheduled drives include:

- Jan. 21, 8:30 a.m. to 1 p.m., Pearl Harbor Memorial Chapel, Joint Base Pearl Harbor-Hickam
- Jan. 26, 9:30 a.m. to 1:30 p.m., oceanside lobby entrance, Tripler Army Medical Center
- Jan. 27, 9 a.m. to 1 p.m., NEX, Tripler Army Medical Center
- Jan. 28, 8 a.m. to 3:30 p.m., blood donor center, Tripler Army Medical Center
- Jan. 29, 8 a.m. to 1 p.m., Makalapa Clinic, Joint Base Pearl Harbor-Hickam

For more information, call 433-6699 or 433-6148 or email [michelle.lele@amedd.army.mil](mailto:michelle.lele@amedd.army.mil).

## Team tackles toppled tree



U.S. Navy photo by Brandon B. Bosworth

A military and civilian team has nearly completed clearing the debris after a *kiawe* tree fell over at the Bloch Arena parking lot at Joint Base Pearl Harbor-Hickam last week. The tree was toppled by high winds shortly after New Year’s Day. Crews plan to complete their work by Monday.





U.S. Navy photo by MC2 Laurie dexter  
Chief Musician Ryan Ringnalda conducts the Pacific Fleet Band during the first Pearl Harbor Colors ceremony held Jan. 15 at the Pearl Harbor Visitor Center.

## Colors ceremony pays tribute

**Continued from A-1**

to understand—it's not just when the day starts and the day ends."

The ceremony featured musical selections provided by the U.S. Pacific Fleet Band ceremonial band. Joint Base Pearl Harbor-Hickam Honors and Ceremonial Guard presented the colors.

The event coordinator, Lt. j.g. Blake Vaughn, special projects officer for Navy Region Hawaii Public Affairs, described the purpose and need for such ceremonies.

"We've been planning this event for a long time. This is

the first one and it's only going to get bigger from here," he said.

"We saw early on that there was a gap between the almost 2 million people who come through the visitor center every year, and we thought the best way to build relationships was to create a new ceremony here at the Pearl Harbor Visitor Center that will take place on a monthly basis and is going to create that interaction and develop that relationship with the *kamaaina* of the islands of Hawaii."

The future events aim to present an opportunity for local residents and interna-

tional visitors to witness U.S. military colors ceremony and meet veterans, service members and their families.

Pearl Harbor Colors is also intended to build on the relationships the Navy maintains with the National Park Service and historical and community partners.

"And finally, there's nothing more beautiful than Pearl Harbor in the morning," added Vaughn. "So you've got sunrise, you've got beautiful colors all over the harbor and throughout Hawaii. So we tie all of those three things together in this ceremony."

## Commissaries announce hours for Martin Luther King Jr. Day

The Pearl Harbor Commissary will reduce its operational hours for the Martin Luther King Jr. holiday on Jan. 19. It will open at 9 a.m. and close at 5 p.m.

Hours for the Hickam Commissary on the holiday are 10 a.m. to 6 p.m.

For more information, call the Pearl Harbor Commissary at 471-8402, ext. 101 and the Hickam Commissary at 449-1363.

## Traffic lanes to be closed this weekend

**Hickam Communities**

H-1 viaduct road repair work is being done by Goodfellow Bros. Inc. and the state Department of Transportation-Highways. Work will be switching over to the eastbound direction this weekend.

The three left lanes on the viaduct as well as the three right lanes on Nimitz Highway, within the vicinity of Elliott

Street and Aolele Street, will be closed beginning at 9 p.m. today. During a portion of the weekend, all cones will be picked up (both viaduct and Nimitz).

The three right lanes will then be closed on the viaduct through 3 p.m. Jan. 18. No lane closure will be done on Nimitz Highway during this latter portion of the weekend.

In addition, the onramp from Joint Base Pearl Har-

bor Hickam heading east will be closed throughout the weekend. Drivers will be asked to take Nimitz Highway to the airport and use the onramp originating from the airport to access the viaduct, eastbound.

Motorists are asked to follow all posted speed limits in the construction area and be aware of the changing traffic patterns and drive carefully.

## Roadwork includes closures

**Continued from A-1**

center lane by Honolulu Police Department officers.

HART began roadwork on the Airport Section Utilities Project along Kamehameha Highway on Jan. 5. Work near Radford Drive includes staggered single lane closures in the westbound direction for potholing and utility probing. Con-

struction work takes place from 8:30 a.m. to 2:30 p.m. Motorists should follow posted speed limits and other signs in the construction areas.

Contractor Nan Inc. is working closely with HART to provide weekly traffic updates.

For more information and traffic updates for all impacted areas relating to rail, visit HART's website, [www.honolulutrainsit.org](http://www.honolulutrainsit.org).

## Stroller Warriors hold workouts

**Continued from A-1**

land of Oahu and is growing. Stroller Warriors accepts members with all running abilities, from someone just starting out to marathoners.

Not only do participants run, but they also provide community outreach and fundraising in support of the military community. Since launching, the club has raised more than \$1,000 for Tripler Fisher House and donated several hundred pounds of canned goods to the Armed Services YMCA for their annual Thanksgiving baskets.

Couch to 5K (C25K) is a part of the club's Couch 2 Crazy series. Runners who are new to the activity, coming off a break, returning after an injury or recovering from pregnancy may participate in C25K.

C25K consists of a nine-week walking and jogging program. It features 20- to 30-minute sessions, three times weekly with the end goal of completing a 5K (3.1-mile) race.

Following the C25K graduation 5K, the

club will do 10K training for six weeks with a 10K race and half marathon training. The series will be completed at the Hickam Half Marathon in August.

Besides the organized workouts, Stroller Warriors encourages friendship among the spouses.

C25K takes someone from not running at all to running a 5K, said Laing. "Our program is open to anyone. Most common participants are new runners, postpartum moms and those recovering from injuries," she said.

Christine Salak, Adrienne Luter, Darcy Holcombe and Payge Brandt (also a chapter coordinator) C25K coordinators, oversee everything from the workouts to the medal orders to the race itself.

"The main reason we offer this is to give encouragement, support, mentorship, resources and leadership for new or returning runners to help achieve a goal they might not do on their own," Laing said.

For more information, email [strollerwarriorspearlharbor@gmail.com](mailto:strollerwarriorspearlharbor@gmail.com) or visit the websites [www.facebook.com/StrollerWarriors](http://www.facebook.com/StrollerWarriors) or [www.strollerwarriors.com](http://www.strollerwarriors.com).



<http://www.hookelenews.com> or <https://www.cnlc.navy.mil/hawaii>



## Housing website to aid homefinding

### From Navy Installations Command Housing Program

WASHINGTON (NNS) — The Navy, along with the other military branches, has announced a new website, HOMES.mil, that is dedicated to helping service members, Department of Defense (DoD) civilians and their families with home finding services.

The new DoD website provides a vehicle for community housing landlords and property managers to create and update their profiles and listings.

HOMES.mil is a secure website that allows property managers, landlords and service members a means to market their properties. Those using the website are able to control their listings and upload photos and floors plans to the website.

“The Navy has worked alongside the other services to offer the best housing options to service members around the world,” said Greg Wright, Navy Housing program director. “HOMES.mil modernizes the way Navy Housing provides information on local rental properties and improves the housing service centers’ customer service to Sailors and their families while helping to alleviate some of the burden and stress of PCS.”

Landlords and property managers, who have worked with the Housing Service Centers (HSCs) in the past, can create a login for HOMES.mil and are able to ac-

cess their previously listed properties. Once a landlord or property manager creates a login, they can manage their property listing. These listings can include a list of amenities, photos and additional information to assist service members in making informed housing decisions.

“The Navy is focused on assisting Sailors and their families in finding safe, suitable and affordable housing wherever they choose to live. HOMES.mil, in conjunction with the HSC's professional housing staff, will provide an improved experience for our customers,” said Wright.

HOMES.mil offers a secure site for landlords and property managers wishing to list their properties for DoD service members and government civilians stationed near military installations. HOMES.mil is integrated with the HSC's management software, allowing a streamlined experience for service members looking for community housing.

HOMES.mil is now available for landlords and property managers to begin uploading information on properties they want to list. Begining Dec. 29, the HOMES.mil website was available to all service members and their families to find housing. The HOMES.mil website address is <https://www.homes.mil>.

For questions about HOMES.mil and other housing information, visit the Navy Housing website [www.cnic.navy.mil/housing](http://www.cnic.navy.mil/housing).

## SAPR summit tackles tough issues

### Secretary of the Air Force Public Affairs Command Information

WASHINGTON (AFNS) —Top Air Force leaders kicked off a sexual assault prevention and response summit Jan. 12, at Joint Base Andrews, Maryland, to tackle tough issues and get honest and open dialogue from Airmen.

The five-day summit focused on better ways to combat sexual assault and take care of victims. About 150 Airmen from all ranks and demographics across the Air Force were in attendance. Secretary of the Air Force Deborah Lee James has high hopes for what tools and ideas will come from the summit.

“I think the conference is an important step as we look to permanently shift the Air Force culture to one which embraces and emphasizes persistent focus at all times on dignity, respect and inclusiveness for all of our Airmen,” she said.

“By the end of the week, we will all have a better understanding of sexual assault prevention and with your help, we can look at ways to operationalize prevention policy and tactics.”

Gen. Larry O. Spencer, Air Force vice chief of staff, encouraged Airmen to be candid in their discussions and breakout sessions.

“If we don’t talk about



U.S. Air Force photo by Scott M. Ash

Secretary of the Air Force Deborah Lee James provides opening comments at the Air Force Sexual Assault Prevention and Response summit held Jan. 12 at Joint Base Andrews, Maryland.

this, we can’t fix it,” Spencer said. “It’s not an easy subject to talk about, but we need to get over that. We can’t fix this without each of you.”

To foster a climate of frank and honest discussion, all attendees wore civilian attire and addressed each other by first and last name. No ranks were used.

“Overall I think wearing civilian clothes is a great idea. It helps you feel more free to speak up and give your opinion,” said Tech. Sgt. Jason Jones, the U.S. Air Force Academy noncommissioned officer in charge of basic cadet training.

Jones took the challenge from the secretary and vice chief seriously and said he is looking forward to the different viewpoints and col-

laborations that can come out of the conference.

“I’m excited about this conference,” Jones said. “We’ll be able to take the information we learn and disperse it back to all of our units and squadrons across the globe.”

With a strong participation by the Airmen in attendance, and solid backing from other senior leaders in the Air Force, James’ goal is to accelerate progress toward driving the number of sexual assaults to zero.

The linchpin to the conference is open and honest communication as well as respect and trust for one another, Spencer explained.

“We go to war together,” he said. “We have to trust each other to be a successful organization.”

## Tax assistance office to open Jan. 30

### Navy Region Hawaii Plan of the Week

The Navy Tax Assistance Center will open on Jan. 30 at the start of the tax season.

The center will be located at the Navy College building, 1260 Pierce St., building 679, Joint Base Pearl Harbor-Hickam in classroom 11 on the first floor.

The tax center will be open daily from 8:30 a.m. to

3 p.m. Flex schedule hours may be implemented on Wednesdays.

The tax assistance center is a self-service model. With the self-service program, service members will still be able to electronically file their returns and receive assistance from IRS-certified tax personnel.

Volunteers are being sought for the assistance center. Volunteers will need

to complete a self-study program to obtain advanced and military IRS certifications. A limited number of volunteers may obtain basic IRS certification.

Receptionists are also requested. For more information on how to volunteer preparing taxes for other military members, contact Lt. Ursula Smith at [Ursula.m.smith1@navy.mil](mailto:Ursula.m.smith1@navy.mil) or call 473-0443.

## Special observance, meal to honor Martin Luther King Jr.

A Martin Luther King Jr. special observance will be held from 10 to 11 a.m. Jan. 20 at Sharkey Theater. The guest speakers will be Capt. Stan Keeve, JBPHH commander and Deloris Guttman, president and historian of the African American Diversity Cultural Center of Hawaii.

The Silver Dolphin Bistro will offer a Martin Luther King Jr. celebration luncheon from 11 a.m. to 12:30 p.m. Jan. 20. The price of the meal is \$5.55.

The menu will include cream of broccoli soup, grilled tenderloin steak, boiled king crab legs, herb baked chicken, baked potatoes, rice pilaf, sautéed mushrooms and onions, buttered corn on the cob and south-

ern style green beans.

The meal will also include homemade dinner rolls, garden fresh salad and fresh fruit bar.

In addition, the meal will include assorted desserts, an ice cream bar and celebration cake. A “speed line” will also be available with hamburgers, hot dogs and French fries. The meal is open to all active duty service members, Department of Defense employees, retirees and their families with a valid ID card. Exact change is encouraged to expedite time spent at the cashier stand.

For more information, call 473-2948 or email [Robert.Pare@navy.mil](mailto:Robert.Pare@navy.mil).

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Chris Farley, National Memorial Cemetery of the Pacific caretaker and U.S. Navy veteran, moves flowers away from a gravesite prior to trimming the grass around it.

# Veteran caretakers continue service at National Memorial Cemetery of the Pacific

Story and photos by  
Staff Sgt. Christopher Hubenthal

Defense Media Activity Hawaii

The National Memorial Cemetery of the Pacific (Punchbowl) is the final resting place for many military veterans who served across the globe. The gravesites and memories of these men and women are maintained every day with dignity, compassion and respect by military veteran caretakers to ensure they are honored.

Seventeen veteran caretakers are responsible for the upkeep of 112.5 acres of land that serves as the resting place for 55,000 individuals interred. They also ensure the preservation of the memorials at the Honolulu Memorial's Courts of the Missing. The memorials honor 18,096 veterans who served in World War II, 8,200 who served in the Korean War, and 2,504 who served in the Vietnam War.

Charles Winder, National Memorial of the Pacific (NMCP) caretaker and U.S. Navy and U.S. Army veteran, works meticulously to ensure the work he does at the cemetery is the best he can deliver.

"What we do is very detail-oriented," Winder said. "To us, the small things matter and keeping a nice neat appearance, a professional appearance, is very important because the veterans that made the ultimate sacrifice for us deserve nothing less. We take our mission statement very seriously."

Caretaker responsibilities at the cemetery are diverse, with tasks to provide maintenance, turf management, irrigation and aiding in conducting burials and interments. Winder said the work he does is more than just a job for him.

"It's a very emotional feeling that fills me with pride that I have the privilege to take care of our nation's vets," Winder said. "I get heartfelt 'thanks' on a daily basis so it's a very rewarding job and being a veteran myself, one day I plan to be interred here. What a great feeling to know I will lie next to our nation's heroes and I will be taken care of just as well."

Working with veterans at the NMCP reminds some caretakers of when they served years earlier and acts as a way to be a part of something greater.

"I thought it would be great to work with veterans," said Misty Dods, NMCP caretaker and U.S. Army veteran. "I remember getting issued my uniform and standing in formation in the brigade. It was an awakening for me to know I was going to be a part of something great. It was a proud moment, a tear eyed moment for me, and continues on today."

Chris Farley, NMCP caretaker and U.S. Navy veteran, attributes much of his success to his parents. His father served as a fighter pilot in the U.S. Marines and his mother worked as a registered nurse. Both of Farley's parents are now buried at the NMCP.

"It's nice to be here and to take care of the grounds with this memory right here," Farley said. "My father was a big influence on my life. He was a Marine aviator so I had been around Marine and Navy bases up until then. Of course he motivated me in a few other ways so I joined the Navy. He made me proud being in the service."

Farley said that his daily work reminds him of the impact he and his coworkers have at the cemetery.

"I find myself reading the markers a lot when were doing maintenance," Farley said. "There's a picture in the office that shows a service and the honor guard is handing the flag to a little boy. Obviously he lost his dad, so I try to keep that in mind when I work here every day."

Veterans like Winder, Dods and Farley continue to ensure the memory of the deceased and those who have fallen remain honored. Their work helps ensure that the nation's heroes are respected by 5 million visitors a year that their story lives on.



Misty Dods, National Memorial Cemetery of the Pacific caretaker and U.S. Army veteran, cuts and clears grass while maintaining the cemetery's grounds.



Chris Farley visits the gravesite of his parents at the National Memorial Cemetery of the Pacific.



Chris Farley (left), National Memorial Cemetery of the Pacific (Punchbowl), caretaker and U.S. Navy veteran, and Francis Alger (right), NMCP caretaker and U.S. Army veteran, replace gravesite head stones on Jan. 2.



Chris Farley maintains the cemetery grounds.



# Banner year ahead for MWR youth sports at JBPHH

**Story and photos by  
Randy Dela Cruz**

*Sports Editor, Ho'okele*

If your child is interested in sports but isn't quite sure what he or she wants to get into, then Joint Base Pearl Harbor-Hickam (JBPHH) is the place to be.

Throughout the years, Joint Base Morale, Welfare and Recreation Youth Sports has catered a smorgasbord of activities to encourage children at JBPHH to get active, and this year is no different.

Besides seasonal sports such as baseball, basketball, flag football, volleyball, junior team tennis, track and field and soccer, MWR Youth Sports offers year-round activities that includes First Tee (golf) and gymnastics to go along with camps and clinics.

"It's very exciting," said Jim Cosper, MWR Youth Sports director. "Our numbers are growing, and as new members come on base it's great that we have all of these opportunities for them."

While youth sports already covers the interest of most children on base, Cosper said that he is continually on the lookout for ways to reach more families.

Currently, MWR Youth Sports is holding signups for fastpitch softball for ages 9-12, and Cosper is already thinking of additional offerings for 2016.

"We're trying to get softball started and right now we have an interest list," he said. "We'd also like to get cheer started. Cheer would be great if we could get that off the ground and running. I know other bases have it and we do have a high demand for it also, so we're looking to start that in the fall of next season."

With so many programs available, Cosper said that he couldn't think of a better way to help support troops and their families.

Not only do these programs provide family time for the base's Airmen and Sailors, but it also offers them a chance to give back to their comrades.

"It's very rewarding, but it's not the staff that works here, it's the volunteers that make the program," he said. "With volunteers, parents, the children themselves, it really does help to make it a great program here on joint base. We are very fortunate to have volunteers step up and make this the program that it is."

The amount of volunteers has helped MWR Youth Sports break ground into other ventures to keep meeting the needs of military families.

Recently, youth sports has reached out to kids as young as 3 years old with their Peeewe Sports program.

"Peeewe has four components," Cosper said. "We have soccer, baseball, basketball and flag football. Peeewe would be for motor-skill development and once you hit five, you can progress into team sports."

"It seems every season there is more demand for that age group to get the children more actively involved in athletics. We hope that parents choose to put them on that path. They get to be with children their age and get to have formal instruction on the sport that they would be possibly playing in the future."

As Cosper looks beyond 2015, he said that he wishes that the Army would join the Hawaii Military Youth Athletic Association, where joint base and Marine Corps Base Hawaii have been members for past few years.

An alliance with all of Oahu's military bases, he said, would offer kids more interaction and experience within their sport of choice.

If parents are wondering about enrolling their children, Cosper said stop by the office or call MWR Youth Sports at 473-0789.

"We're not out there looking for the all-stars," he stated. "We want those that have never played the activity and we want to develop those children. If I were to introduce parents and their child to the program, I would say take the leap. We're affordable. Speak to your neighbors. I guarantee they are involved in one way or another. Please join us."

For more information, visit the web at [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com).





# Simple system can give you a total-body workout

Story and photo by  
Randy Dela Cruz

Sports Editor, Ho'okele

It is another fresh new year and as in so many previous other times, people are looking for ways to shed the holiday weight with healthy eating and exercise.

While standard ho-hum workouts can be tedious and time intensive, new trends toward total fitness can have you in and out of the gym quickly without sacrificing quality.

Instead of dividing cardio days from resistance training days, systems such as Total Resistance eXercise (TRX) allow you to combine both into one fast and efficient workout.

TRX is held twice weekly, among a plethora of other fitness classes offered, at both Joint Base Pearl Harbor-Hickam Fitness Center and Hickam Fitness Center.

Tina Iha, who leads the class at Hickam every Tuesday from 11:30 a.m. to 12:30 p.m., said that in her many years of being a certified fitness specialist, TRX is among her favorites because of its productivity and versatility.

"Being in the fitness field for 28 years, I find any time you work with your bodyweight, it's more safe," she said. "You get to tone quicker and lose faster than just working out in the gym."

For those who are unfamiliar with TRX, the system is suspension training that uses your own bodyweight for resistance.

Although the workout is much more gentle on your body than using free weights, Iha said that the system can be tweaked to push elite athletes.

"The nice thing about TRX is that there are always modifications," she pointed out. "You can be a grandma and still do it. There are different levels to TRX."

During each session, Iha eases her class into TRX with a five-minute warmup that leads into the more intense phase of the workout before finishing off the one-hour session with a cooldown.

Since the exercises are dependent upon resistance generated by the angle of your body, each trainee can adjust

each movement according to their own level of fitness.

"The further you lean down, the harder it is," said Pat Goding, a Department of Defense civilian, who was at her first class with Iha but has been training with it for awhile. "If you stand up more, it's going to be a lot easier, so it's really for anybody."

While the resistance may not be enough to build massive muscles, Iha said that the benefits of TRX go beyond weight training alone because of its cardio effect.

And by comparison, TRX can burn more calories than doing traditional cardio movements.

"The difference between getting on the treadmill and coming to TRX is that you're toning your whole body," Iha explained. "You're building muscle mass and cardio at the same time, so your heart rate is higher. During a five-minute warmup, you can burn double the amount (than a treadmill)."

As proof that TRX works, Senior Airman Josh Mann, 647th Force Support Squadron (647 FSS), has been attending the class for about a week and said that he has noticed a big difference in his body.

"I don't even do half the exercises, but I feel like I've got a workout," he said. "I feel like I've lost a lot of weight and some inches off my waist. I haven't done the actual measurements yet, but these pants used to be tight. Now I have to pull them up every couple of minutes."

Another plus of TRX is that because it is so compact, you can take it anywhere you go.



Pat Goding shows good form in her TRX workout with instructor Tina Iha and Senior Airman Josh Mann during a session at Hickam Fitness Center.

"You can travel with it," said Judy Kosaka, DoD civilian. "It doesn't take much room and the range of exercises are endless. You are just limited to your creativity."

Goding said that she takes hers to the beach. "You can do it anywhere," she said. "You can throw it in your suitcase, you can take it outside, attach it to a tree branch or a fence."

If you haven't tried it or are thinking about just getting back into fitness, then Iha said give TRX a try. It could be just the thing to put you back on the road to a better you.

"It a great idea," she said. "I definitely recommend it for all ages."

For more information on this and other fitness classes, visit the web at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



Runners participating in the Joint Base Pearl Harbor-Hickam Resolution 5K Run take off from the starting line. Prizes were awarded to the top racers in their respective divisions.

## Runners start the year ‘on the right foot’ at Resolution 5K Run

Story and photos by  
SrA Christopher Stoltz

Joint Base Pearl Harbor-Hickam  
Public Affairs

Nearly 190 men, women and children participated in the Hickam Fitness Center Resolution 5K Run, held Jan. 10 at Joint Base Pearl Harbor-Hickam (JBPHH).

Sponsored by JBPHH and the Hickam Fitness Center, the Resolution 5K Run allowed participants to travel approximately 3.1 miles and begin 2015 on a healthier note, as one participant stated.

The race, which began at the Hickam Fitness Center, had runners racing to the Porter Gate, curving near the Historic Hickam Officer's Club, and returning down Signer Boulevard. as they raced toward the finish line, back to the fitness center.

At the end of the race, winners in their respective classes were treated to prizes, including drink containers and backpacks, among other items. Prizes were given to winners in the men's, women's, children's and even stroller divisions.

"We (the fitness center staff) believe the event was an absolute success," said Master Sgt. Steven Brettler, fitness section chief, 647th Force Support Squadron. "We

had a showing of approximately 190 people and the numbers have continually grown in the last few months."

The next opportunity people will have to lace up their running sneakers will be during next month's Valentine's Day 5K, slated for Feb. 14. Brettler said he wishes to see even more participants as the year progresses.

"We feel it is important to have these runs because they help foster esprit de corps amongst the participants," he said. "It is always refreshing to see their faces and expressions as they are crossing the finish line."

For more information, call the Hickam Fitness Center at 448-2214, or visit them at 1120 Vickers Road.



Race participants pass the halfway point Jan. 10 during the Joint Base Pearl Harbor-Hickam Resolution 5K Run.



Jonathan Napier, first place overall, strolls into the finish line.



Individual runners weren't the only participants found at the Joint Base Pearl Harbor-Hickam Resolution 5K Run held Jan. 10. Parents with strollers were able to compete against other stroller-pushing parents to compete for prizes.





# Live the Great Life



Photo Courtesy Ko Olina Ocean Adventures

Tours offered through ITT give customers a chance to get closer to the humpback whales in their natural environment.

## MWR offers whale watching in Hawaii

Justin Hirai

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

The humpback whales, or *kohola* whales in Hawaiian, have arrived to the warm waters of Hawaii. Their migration to the islands usually spans from November through May, and peak whale watching season is usually January through March.

The humpback is a protected endangered animal, and it is believed that only 30 percent of their original population still remains. Visitors and *kamaaina* alike go on boat tours for a chance to see these gentle giants while they visit the islands.

The Joint Base Morale, Welfare and Recreation (MWR) Information, Tickets and Travel (ITT) office will offer scheduled whale watching tours every Saturday, beginning Jan. 31 through April 4.

Tours include round-trip transportation from the Hickam ITT office to the Ko Olina Marina, located on the west side of Oahu, and the cruise.

The cost of the tour is \$45 for adults and \$40 for children 0-11 years old. For more information on the whale watching tours, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or call any ITT office.

Those who can't attend any of the ITT whale watching tour dates can check with ITT for discounted tickets and specials for other cruises. There are a variety of whale watching cruises throughout the island, and ITT offers specials for some of the top vendors in the state.

MWR ITT Offices phone numbers are:

- Fleet Store: 473-0792
- Hickam: 448-2295
- NEX mall: 422-2757
- Barbers Point: 682-2019
- Wahiawa Annex: 564-4445



MWR Marketing photo

Patrons can hear live music while dining at the deck at Sam Choy's Hapa Bar.

## Live music returns to beachside lounge

Reid Tokeshi

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

Returning after a break for the holidays, Sam Choy's Island Seafood and Grille has brought back live music every Thursday and Friday in the Hapa Bar from 5 to 7 p.m. Local artist Tavana

recently took to the stage on the deck and other musicians are scheduled to fill the calendar.

The venue is tucked back in the base near Hickam Harbor. The addition of live music is the restaurant's way of offering more to the customer. For more information about the current musical lineup, call Sam Choy's at 422-3002.

## Your Weekly Fun with MWR

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



**"On Location" Photography Workshop** conducted by Hickam Arts & Crafts Center staff will be held from 9 a.m. to noon Saturday at Lili'uokalani Botanical Garden, 123 N. Kuakini St. Students should consider bringing rain gear, sunscreen, insect repellent and a tripod and should pack a lunch. Tuition is \$25. FMI: 448-9907.

**Wood Shop Safety** class will be held from 4:30 to 7:30 p.m. Saturday at the Hickam Arts & Crafts Center. Upon completion, participants will be issued a safety certification card enabling them to use the shop tools and equipment and to go on to more advanced woodworking classes. The cost is \$20. FMI: 448-9907.

**Youth Spring NFL Flag Football Registration** period for youth ages 5 to 15 years old opens Jan. 19 and closes Feb. 20. The season runs March through June. The fee is

\$70. Registration is available online at [www.greatlifehawaii.com](http://www.greatlifehawaii.com). FMI: 473-0789.

**Youth USATF Track & Field Registration** period for youth ages 9 to 18 years old opens Jan. 19 and closes Feb. 20. The season runs March through August. The fee is \$40, which does not include USATF membership. Registration is available online at [www.greatlifehawaii.com](http://www.greatlifehawaii.com). FMI: 473-0789.

**Monday Night Kid's Night** will be held from 5 to 9 p.m. Jan. 19 at Sam Choy's Island Style Seafood Grille. Children ages 12 years and younger can get a free kid's meal with the purchase of an adult entrée. A bounce house will be available for children to play in from 5 to 7 p.m. FMI: 422-3002.

**Ford Island Historical Tour** will be held from 9:30 a.m. to noon Jan. 21. Points of interest on this guided tour include the USS Utah and

USS Oklahoma Memorials, the Navy Club Memorial honoring the USS Arizona, historic Nob Hill officer homes, and bombing and bullet strafing reminders. Round-trip transportation from the Information, Tickets & Travel (ITT)-Hickam office is included. Tickets are \$25 for adults and \$20 for children ages 3 to 11 years old. FMI: 448-2295.

**Kids' Book Club** will begin at 2 p.m. Jan. 21 at the Joint Base Pearl Harbor-Hickam Library for youth in fourth and fifth grades. The "Third Wednesday" group will discuss "The Westing Game." FMI: 449-8299.

**Paint 'n' Sip** will be held from 5:30 to 8:30 p.m. Jan. 21 at the Historic Hickam Officers' Club. An instructor will lead patrons step-by-step through the featured painting for the session. No experience is necessary. All art supplies are included for \$40. Beverages and food are available for purchase. Advance

registration and a \$20 deposit are required with the balance payable in cash at the door on event night. FMI: 448 9907.

**Liberty's Barracks Bash** will be held from 5 to 7 p.m. Jan. 22 at Gabrunas Hall. This free event is for single, active-duty military E1-E6 only. FMI: 473-2583.

**Hickam Historical Tour** will be held from 9:30 a.m. to 1:30 p.m. Jan. 23 with visits to the original World War II Hickam Field buildings. The tour departs from the ITT Hickam office and from Royal Alaka'i Lodge and includes lunch. Tickets are \$45 for adults and \$40 for children ages 3 to 11 years old (there is an additional \$10 per person charge for pickup at the Hale Koa hotel). Due to the nature of the tour, it is not recommended for children under 6 years old. FMI: 448-2295.



Community Calendar

JANUARY

SUICIDE PREVENTION PRESENTATION

**TODAY** — Navy Region Hawaii will hold a suicide prevention presentation from 8 to 9:30 a.m. Jan. 16 at Pearl Harbor Memorial Chapel. The guest speaker will be Lt. Col. George Corbari, who fought his own personal battle against suicide. All hands are encouraged to attend. Commands may count this for suicide prevention general military training. FMI: 474-0045.

PASSENGER TERMINAL HOURS CHANGE

**NOW** — The Joint Base Pearl Harbor-Hickam Passenger Terminal's hours of operation have changed. The terminal will remain open seven days a week, but it will be closed from 10 p.m. to 4 a.m. daily. Roll calls will be advertised between the hours of 10 p.m. and 4 a.m. The terminal will open one hour prior to the roll call time to allow passengers to sign up and mark themselves present for the flight. Passengers are able to sign up for travel using the remote sign-up process. All flight information will remain available through social media and the pre-recorded telephoneservices. FMI: [https://www.facebook.com/HickamAMC?ref=br\\_tf](https://www.facebook.com/HickamAMC?ref=br_tf) or call 449-6833.

HOSC SCHOLARSHIPS

**NOW** —The Hickam Officers’ Spouses’ Club is now accepting applications for scholarships. All college-bound military family members are eligible, including high school seniors, current students and spouses. Applications and eligibility information are available online at [www.hickamosc.com](http://www.hickamosc.com). Applications need to be postmarked and mailed by March 9. FMI: email [hoscscholarship2015@gmail.com](mailto:hoscscholarship2015@gmail.com).

ASMC SCHOLARSHIPS

**NOW** — The Aloha Chapter of the American Society of Military Comptrollers (ASMC) is providing college scholarships this year to Hawaii high school seniors entering a field of study directly related to financial/resource management, such as business administration, economics, accounting and finance. Applications are due March 6. Application and submission requirements are located at the chapter website at <http://chapters.asmcnline.org/aloha/awards-4/>. FMI: email [mary.c.garcia@navy.mil](mailto:mary.c.garcia@navy.mil) or call 473-8000, ext. 6320.

LONG WEEKEND GETAWAY

**SATURDAY** — Joint Base Morale, Welfare and Recreation (MWR) will hold a free long-weekend getaway camp at Bellows Air Force Station with Liberty. Departures will be from the following Liberty centers: Express at 2:30 p.m., Beeman at 3 p.m., Instant at 3:15 p.m. and Makai Recreation at 3:30 p.m. The event is for single, active duty military E-1 to E-6 only. FMI: 473-2583.

MWR NEWCOMERS LUNCHEON

**21** — Joint Base MWR will hold a free Newcomers Luncheon from 11 a.m. to 12:30 p.m. at the Tradewinds Club ballroom. The event will include a buffet lunch, information booths, prizes and giveaways. The event is open to families and will include activities for children. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



WILD (R)

After years of reckless behavior, a heroin addiction and the destruction of her marriage, Cheryl Strayed makes a rash decision. Haunted by memories of her mother Bobbi and with absolutely no experience, she sets out to hike more than a thousand miles on the Pacific Crest Trail all on her own. This film powerfully reveals her terrors and pleasures – as she forges ahead on a journey that maddens, strengthens and ultimately heals her.

SHARKEY THEATER

**TODAY 1/16**  
7:00 p.m. The Hobbit: Battle of Five Armies (PG-13)

**SATURDAY 1/17**  
2:30 p.m. Annie (PG)  
5:00 p.m. The Hobbit: Battle of Five Armies (PG-13)  
7:50 p.m. Wild (R)

**SUNDAY 1/18**  
2:30 p.m. The Hobbit: Battle of Five Armies (3D) (PG-13)  
5:30 p.m. Exodus: Gods and Kings (PG-13)

**THURSDAY 1/22**  
7:00 p.m. Exodus: Gods and Kings (3D) (PG-13)

21ST CENTURY SAILOR OFFICE

**23** — Rear Adm. Richard Snyder, director of the 21st Century Sailor Office, will participate in an all hands call from 10:30 to 11:30 a.m. at Bloch Arena, Joint Base Pearl Harbor-Hickam. In addition, an all hands call will be held from 2 to 3 p.m. at the Marine Corps Base Hawaii Theater.

NEW YEAR’S LOCK-IN

**23-24** — The Hickam Teen Center will hold a 2015 New Year’s lock-in from 7 p.m. Jan. 23 to 7 a.m. Jan. 24 for teens ages 13 to 18. The cost is \$25 or \$20 with a canned food donation. The event will celebrate National Pie Month and it will include games, snacks and prizes. FMI: 448-0418.

COLOR THE COSMOS DAY

**24** — A ribbon cutting will begin at 2 p.m. for the grand opening of Pacific Aviation Museum Pearl Harbor’s exhibit showcasing student enhanced astrophotography images. The exhibit is part of the Smithsonian affiliate “Youth Capture the Colorful Cosmos” program. FMI: 441-1007 or [www.pacificaviationmuseum.org](http://www.pacificaviationmuseum.org).

FITNESS CHALLENGE 2015

**24** — A free Fitness Challenge 2015 will be held from 9 to 11 a.m. at Joint Base Pearl Harbor-Hickam Fitness Center. Patrons can sample different genres of classes, including kickboxing, yoga, shimmy fitness and more. The challenge is open to all eligible patrons. FMI: 471-2019.

HART UTILITIES WORK

**26** — the Honolulu Authority for Rapid Transportation (HART) will begin work on Kamehameha Highway near Makalapa Gate and Radford Drive next to Joint Base Pearl Harbor-Hickam, which will include single lane closures in the eastbound direction. Drivers will experience staggered single lane closures along Kamehameha Highway in the eastbound direction for pole and camera installations, and intermittent closures of the right lane exiting Makalapa Gate heading east. Right turns onto Kamehameha Highway will be controlled from the center lane by Honolulu Police Department officers. HART began roadwork on the Airport Section Utilities Project along Kamehameha Highway on Jan. 5. Work near Radford Drive includes staggered single lane closures in the westbound direction for potholing and utility probing. Construction work takes place from 8:30 a.m. to 2:30 p.m. Motorists should follow posted speed limits and other signs in the construction areas. FMI: [www.honolulutransit.org](http://www.honolulutransit.org).

TAX ASSISTANCE CENTER

**30** — The Navy Tax Assistance Center will open at the start of the tax season. The self-service model center will be located at the Navy College building, 1260 Pierce St., building 679, Joint Base Pearl Harbor-Hickam in classroom 11. The tax center will be open daily from 8:30 a.m. to 3 p.m. FMI: [ursula.m.smith1@navy.mil](mailto:ursula.m.smith1@navy.mil) or 473-0443.

HICKAM MEMORIAL THEATER

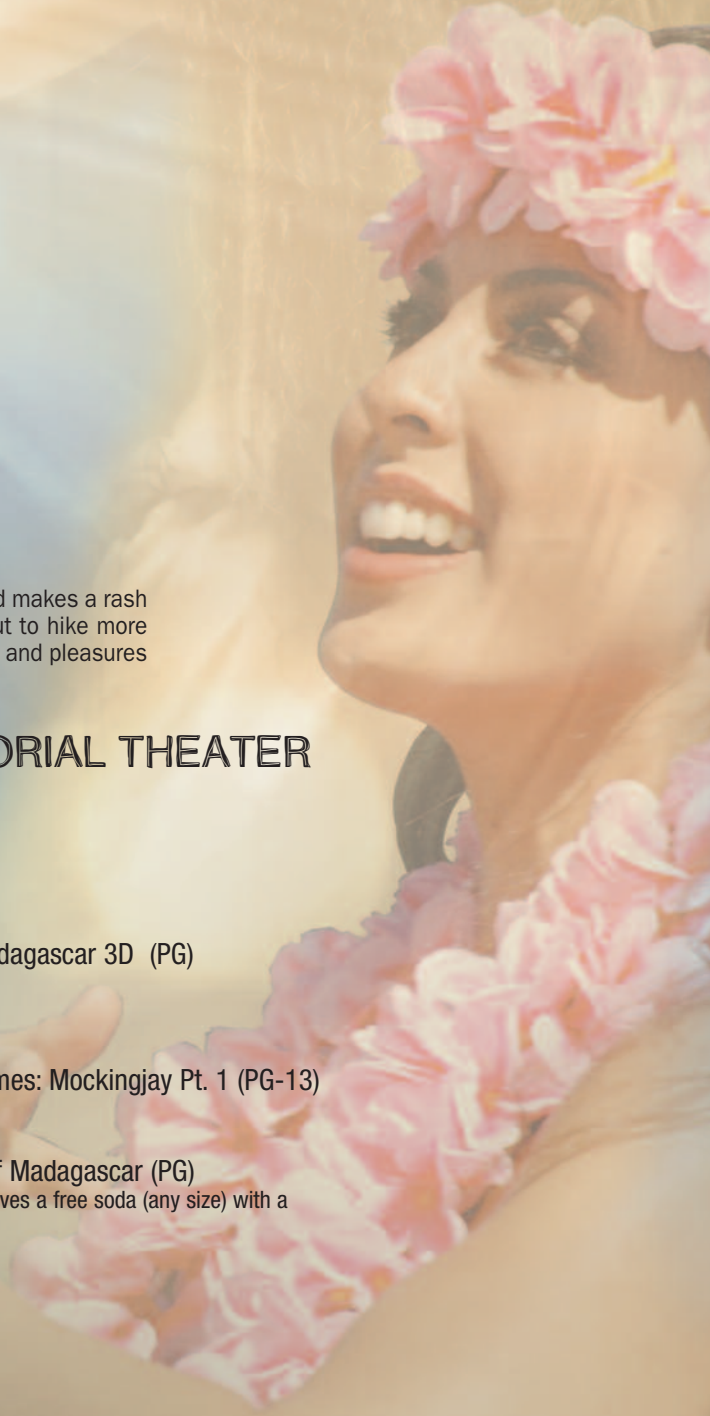
**TODAY 1/16**  
6:00 p.m. Wild (R)

**SATURDAY 1/17**  
4:00 p.m. Penguins of Madagascar 3D (PG)  
7:00 p.m. Top Five (R)

**SUNDAY 1/18**  
2:00 p.m. The Hunger Games: Mockingjay Pt. 1 (PG-13)

**MONDAY 1/19**  
2:00 p.m. The Penguins of Madagascar (PG)  
Special “matinee showing” receives a free soda (any size) with a purchase of a large popcorn.

Movie Showtimes







Participants attend a previous Discover Your Future in Aviation event. This year’s event will take place March 7.

## Is your future in aviation?

**Story and photos by  
Pacific Aviation Museum  
Pearl Harbor**

Young people interested in aviation as a career, as well as school groups, Scouts, and families can attend Discover Your Future in Aviation from 9:30 a.m. to 4 p.m. March 7 at Pacific Aviation Museum Pearl Harbor.

This is the sixth year for this special aviation day, which features aircraft flyovers, remote control aircraft demonstrations, hands-on activities, career information, interactive science exhibits and a scavenger hunt. Guests can

climb into the cockpits of some of history’s greatest aircraft and take photos in authentic flight gear.

Participants may enter to win aviation prizes and Boy Scouts can fulfill requirements for merit badges.

Admission to Discover Your Future in Aviation is \$6 per person pre-sale online and \$10 per person at the door. Those who wish to attend can purchase tickets online at [www.PacificAviationMuseum.org](http://www.PacificAviationMuseum.org). They can board the free Ford Island shuttle from the Pearl Harbor Visitor Center.

For more information, call 808-441-1007 or email [Education@PacificAviationMuseum.org](mailto:Education@PacificAviationMuseum.org).

## Free tax preparation, advice available to military families

**Nick Simeone**

*DoD News, Defense  
Media Activity*

WASHINGTON (NNS) — With the new year comes the annual dread of tax-filing season and the confusion and stress that can go along with it, especially for military families whose tax returns can be further complicated by frequent relocations, involvement of rental properties and other aspects of military life.

To ease the burden, the Defense Department, through Military OneSource, is teaming again this year with H&R Block to offer no-cost tax preparation to the military community with a promise of guaranteed accuracy, a service that otherwise could cost military families hundreds of dollars or more.

Military OneSource offers no-cost tax consultation and no-cost tax preparation and filing to service and family members, as well as to Reservists regardless of activation status, survivors, and separated service members until 180 days after their retirement, discharge or end-of-tour date, Anthony Jackson, a Military OneSource program analyst, told DoD News.

Because it is online, the service is available to eligible tax-filers regardless of where they are. “They can do one federal and up to three state tax returns — again, at no cost to the service or family member,” Jackson said.

This year, he said, the service is adding features to accommodate those with special tax-filing needs. “If your tax situation includes rental property, charitable deductions or mortgage interest, this software can accommodate those particular situations,” he explained.

Tax experts also are available by phone at no cost for anyone who may have questions before they get down to using the online tax preparation software.

“You’re getting individuals when you’re talking tax consultants who are thoroughly educated on the military situation, no matter what it is,” Jackson said, including knowledge of special tax exemptions for combat duty and other situations unique to the military.

The tax service being offered by Military OneSource became active this week.

Military OneSource was established by the Defense Department in 2002 to provide comprehensive information on military life free of charge.





During last year’s Living History Day event, a re-enactor portraying Gen. Douglas MacArthur made a special visit to the USS Missouri to not only command his crew but also visit with guests.

## ‘Mighty Mo’ to host Living History Day Jan. 31

### Story and Photos by Battleship Missouri Memorial Association

History will come to life from 9 a.m. to 4 p.m. Jan. 31 at the Battleship Missouri Memorial during a day of festivities for visitors of all ages in Living History Day.

Guests of the Battleship Missouri Memorial at Ford Island, Joint Base Pearl Harbor-Hickam will see and experience first-hand a variety of historical exhibits and activities designed to be entertaining and educational. This includes:

- Displays of military vehicles, memorabilia and weaponry.
- Access to tour special areas of the Battleship Missouri,

including the captain’s cabin and the radio room.

- Military musical bands.
- Oral history presentations.

- Re-enactors in historical period dress and costumes.

- Static displays from active-duty military units.

- A vintage aircraft flyover.

Admission is free for *kamaaina* (Hawaii residents), members of the armed forces and Mighty Mo members with valid I.D. The event is open to the public. Guests can visit the Pearl Harbor Visitor Center to get tickets on the day of the event.

Complimentary round-trip shuttle service for the event will be offered from the Pearl Harbor Visitor Center begin-

ning at 8 a.m. for those without base access.

Since opening in January 1999, the Battleship Missouri Memorial has attracted more than 6 million visitors from around the world with a tour showcasing the USS Missouri’s unique place in history. Located a mere ship’s length from the USS Arizona Memorial, the Mighty Mo completes a historical visitor experience that begins with the “day of infamy” and sinking of the USS Arizona in Pearl Harbor on Dec. 7, 1941 and ends with Imperial Japan’s surrender aboard the USS Missouri in Tokyo Bay on Sept. 2, 1945.

For more information, call (toll-free) 1-877-644-4896 or visit USSMissouri.org.



### My Favorite Photo...

Capt. Dean Tufts, commanding officer of Naval Facilities Engineering Command (NAVFAC) Hawaii, took this photo recently of the NAVFAC Hawaii flagpole including the U.S. and POW/MIA flags.

**How to submit:** send your non-posed photo to editor@hookelenews.com.

## NEX focuses on fitness with fair

Pearl Harbor Navy Exchange (NEX) will hold several upcoming events.

- “A Better You” Fitness Fair will be held from 10 a.m. to 2 p.m. daily now through Jan. 27 at the NEX mall.

NEX has partnered with health and fitness organizations to help patrons with healthy-living resolutions.

Partners include Naval Health Clinic Hawaii, TRICARE, Joint Base Morale, Welfare and Recreation fitness and others.

- Breakfast with the Easter Bunny will begin at 8 a.m. March 28 at the NEX mall food court lanai.

The event will include food and games, glitter tattoos, balloons and other activities. The cost is \$12 for children and \$8 for adults.

The event is open to authorized patrons only. Tickets will go on sale at the beginning of March.

For more information, call 423-3287 or email Stephanie.Lau@nexweb.org.