

Pearl Harbor Colors honors African Americans

Brandon Bosworth
Assistant Editor, Ho`okele

The Pearl Harbor Colors for February was held Feb. 26 at the Pearl Harbor Visitor Center. Pearl Harbor Colors is a monthly military ceremony open to the public. It is an opportunity for local residents and international visitors to witness a U.S. military ceremony and meet veterans, service members and their families.

“Through Pearl Harbor Colors, we honor our history and heritage, build relationships with our partners and the surrounding community, and recognize the dedication and hard work of our service members and their families in a committed and sustainable way,” said Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface



Group Middle Pacific.

The theme for this month's event was “African American History and Heritage in the United States Navy.” Sponsored by Navy Region Hawaii in coordination with the National Park Service, the ceremony featured the U.S. Pacific Fleet Band, the Joint Base Pearl Harbor-Hickam Honors and Ceremonies Guard, and an official observance of “morning colors,” with remarks by Capt. Stanley Keeve, commander of Joint Base Pearl Harbor-Hickam.

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Capt. Stanley Keeve, commander of Joint Base Pearl Harbor-Hickam, greets retired Army Airborne Sgt. John H. Mack Sr., a Vietnam Veteran, at the Pearl Harbor Colors ceremony held Feb. 26.

U.S Navy photo by Bill Doughty

Wave of the future arrives with newest testing buoy

Story and photo by Lance Cpl. Brittney Vella

Marine Corps Base Hawaii

Hawaii representatives, key personnel and special guests gathered Feb. 18 at the Kaneohe Klipper Golf Course to bless the new wave energy test site (WETS) located in the waters off North Beach.

According to the Bureau of Ocean Energy Management's website, wave power devices extract energy from the surface-motion of ocean waves or from pressure fluctuations below the surface.

Douglas Wadsworth, chief of staff of Marine Corps Base (MCB) Hawaii, said the base is an ideal location for the WETS and will improve the base's energy independence down the road.

“(The base's) highest cost in (the) budget is energy,” Wadsworth said. “We have interest in anything that can bring our energy costs down, so we can use the money in (other ways) to benefit the base.”

Hawaii State Rep. Cynthia Thielen said she had been pushing for the test-

ing to be done in Hawaii but was unable to find the funding until now. She actively supports the wave energy converter (WEC) devices and is excited for the testing to begin, she said.

“Wave energy provides constant power,” Thielen said. “It's a renewable green energy. I so strongly want our island off of fossil fuel, and we are going to do it.”

Thielen said the testing is key to the success of the Navy-funded project, and she is confident that in the next 10 years Oahu and the surrounding islands should see a multitude of commercial devices on offshore islands.

According to the Naval Facilities (NAVFAC) Engineering Command WETS fact sheet, the opportunity to test the WEC devices at the site will allow the Navy and Marine Corps to evaluate the usefulness of the new wave energy technology. The devices could pave the way for a new source of renewable energy, not only for MCB Hawaii but also all of the Hawaiian islands.

“The goal for the base is



Community members, honored guests and Navy, Marine Corps and DoD officials untie a maile lei during the blessing of the wave energy test sites Feb. 18 at the Kaneohe Klipper Golf Course.

to be net zero,”Wadsworth said. “(In the future) the base's security will be improved since we wouldn't have to rely on the eco power-plant (should a natural disaster occur). We would be producing our own energy and not be dependent on (an outside source).”

Those who find themselves in the waters off

North Beach should be cautious of the WEC devices. Boaters and fishermen will not be restricted but are prohibited from tying up to, boarding or trespassing on the WEC devices or associated buoys. They will be properly labeled to avoid conflict, according to NAVFAC.

Wadsworth said the test-

ing will maintain MCB Hawaii's relationship with the descendants of those who once lived on Mokapu Peninsula and gives the base an opportunity to show the Hawaiians the land is being well managed.

“As stewards of this very important land in Hawaii, it's important to care for

the land, both from a cultural and natural resource stand point,” Wadsworth said.

“We will get the energy and maintain the pristine environment that we have inherited. We wanted to have the *kahu* (at the blessing) to ensure we include those who care about the land as well.”

HISC to honor agencies for work with rhino beetle response team

Lt. j.g. Eric Galassi
Navy Region Hawaii Public Affairs

The Hawaii Invasive Species Council (HISC) has selected Joint Base Pearl Harbor-Hickam (JBPHH), the United States Department of Agriculture Animal and Plant Health Inspection Service (USDA APHIS) and Hawaii Department of Agriculture (HDOA) as the Oahu MVPs for the 3rd annual HISC Awards due to their collaborative at-

tempts to eradicate the invasive coconut rhinoceros beetle (CRB).

The awards will be presented in a ceremony from 9:30 a.m. to noon March 2 at the Hawaii State Capitol auditorium.

Rick Yamamoto of the Hawaii Air National Guard will also receive an award for the hottest hotline report to 643-PEST. Yamamoto reported the Malayan water monitor lizard that was discovered June 27 on JBPHH.

Winners for these awards are selected by a committee based upon which groups or individuals had the most impact on invasive species awareness in Hawaii. JBPHH has been working closely with HDOA, USDA, Department of Land and Natural Resources (DLNR) and many more organizations to prevent the spread of CRB since it was first discovered in a mulch pile on Mamala Bay Golf Course in December 2013.

HDOA is the lead organization on the eradication effort with JBPHH and USDA providing a significant amount of resources and personnel to support. The collaboration between the various organizations

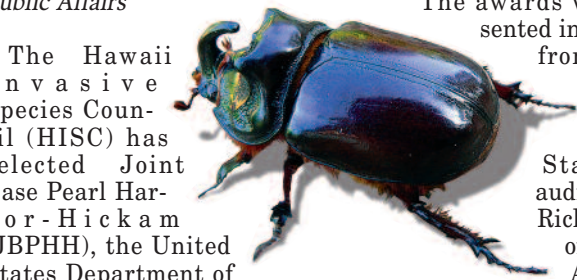
in this team is one of the primary reasons for their selection as MVPs for the island of Oahu.

“JBPHH, USDA APHIS and HDOA were selected for the Oahu MVP award due to the still incipient nature of the CRB infestation on Oahu (since the HDOA CRB project is still in the ‘eradication’ phase versus ‘control or mitigation’ phase) and due to the unprecedented level of interagency cooperation between state and federal entities to address the infestation before it can spread to either neighbor islands or the mainland,” said Randal Bartlett, interagency coordinator for HISC.

CRB is a black beetle native to southern Asia but is also pre-

sent in many Pacific islands. Adults can grow to more than two inches in length and have a horn on the front of their heads. The beetle feeds on many species of palm trees, as well as sugarcane, pineapple and other plants, but coconut palm is its preferred food. CRB can often kill a palm tree by feeding on it.

The HISC Awards will be presented during the closing ceremony for the 3rd Annual Hawaii Invasive Species Awareness Week (HISAW). HISAW began Feb. 22 and runs until March 2. For more information about the HISC Awards and HISAW, visit the website at <http://dlnr.hawaii.gov/hisc/hisaw/>.



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15th Medical Group provides oral hygiene tips for National Children's Dental Health Month
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Robotics bring science to life
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USO spring troop visit March 8
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Hickam Exchange hosts financial fair, offers pledge

Story and photo by
Brandon Bosworth

Assistant Editor, Ho`okele

In observance of Military Saves Week, Hickam Exchange hosted a financial fair Feb. 24 at Joint Base Pearl Harbor-Hickam (JBPHH). The goal of the fair was to help service members achieve their financial goals by providing savings advice, financial tools, resources and motivation.

Military Saves Week is a Department of Defense (DoD)-sponsored event that gives service members and their families an opportunity to receive free financial support to help them save money, reduce debt and build wealth. The focus of this year's Military Saves Week is "Set a Goal, Make a Plan, Save Automatically."

Volunteers, including financial counselors from JBPHH Military and Family Support Center (MFSC) and both Air Force and Navy Command financial specialists, manned the



Information Technician 1st Class Daniel Neumeyer, Defense Intelligence Agency, answers financial questions from a patron during a financial fair held Feb. 24 at the Hickam Exchange. Neumeyer is a command finance specialist.

fair's information booth.

"We are here to encourage people to take the Military

Saves Pledge," said Janice Crawley, a MFSC financial counselor. "We are

trying to get people to save for emergencies and make saving automatic."

The Military Saves Pledge reads, "I will help myself by saving money, re-

ducing debt, and building wealth over time. I will help my family and my country by encouraging other Americans to build wealth, not debt."

"It's important to get people thinking about their savings goals and putting money away, either for emergencies or for things they want to purchase in the future," said Debbie Blunt, also a financial counselor at MFSC.

Blunt believes holding financial fairs at locations such as an exchange has its advantages.

"We're able to reach a lot of spouses we can't always reach at other locations, such as commands," she said.

Active duty service members and their spouses can take the Military Saves Pledge and find additional information and resources through the Military Saves website at www.militarysaves.org.

Those taking the pledge also have the option of receiving a free credit score along with use of a credit analysis tool.

Community managers visit Pearl Harbor to educate future LDO,CWO

MC2 Johans Chavarro

Navy Public Affairs Support
Element West, Detachment
Hawaii

Sailors stationed throughout Joint Base Pearl Harbor-Hickam (JBPHH) joined limited duty officer (LDO) and chief warrant officer (CWO) community managers for a recruiting brief held Feb. 19 at the Hickam Memorial Theater at JBPHH.

The brief functioned to educate Sailors on the role LDOs and CWOs play in the U.S. Navy, the eligibility and prerequisites for the LDO/CWO program, and finally, the application process and selection board procedures associated with it.

According to Lt. Leo Peterson, assistant LDO/CWO community manager and prior chief yeoman, maintaining frequent recruiting briefs, such as the one at JBPHH, is integral in equipping Sailors with the most up-to-date information on the LDO/CWO community.

"We [LDOs and CWOs] are our own recruiters," said Peterson. "Working out of Millington, under the Bureau of Naval Personnel, we [the community managers] are 'there,' acting as the executive agent for the overall LDO/CWO program, so we are responsible for it. Because of that, we need to make sure we're going out and providing that information to those fleet concentration areas, and that's where these recruiting briefs come in to allow us to do that."

For this reason, Peterson stressed that Sailors interested in seeking a commission through the LDO/CWO program should seek out current LDOs and CWOs for



U.S. Navy photo by MC2 Jeff Troutman

Cmdr. Bill Johnson, right, limited duty officer and chief warrant officer community manager, addresses Sailors during a limited duty officer and chief warrant officer recruiting brief held at Hickam Memorial Theater.

mentorship and guidance through the vast amount of information available to them, something he said he had a lot of experience with during his own journey toward earning a commission as an LDO.

"There's a lot of uncertainty out there when it comes to what needs to be in a Sailor's package, and that's why we stress getting an LDO or CWO mentor to help them through that application process," said Peterson. "The more we can push applicants towards getting mentorship from LDOs and CWOs, I think the easier the process is going to be for them."

"I remember being a young petty officer and chief select going through the process, and it was a lot of information and I'm administrative by nature," said Peterson.

At the end of the brief, Peterson and Cmdr. Bill Johnson, LDO/CWO community manager, took questions from those in attendance, as well as invited LDOs and CWOs in the audience to come to the front of the stage and introduce themselves.

Electrician's Mate 1st Class Joshua Clower, an attendee at the recruiting brief, said the up-to-date statistics and "gouge" pre-

sented during the brief were especially helpful for him in his consideration toward applying to the LDO/CWO program. He also said the opportunity to network with other LDOs and CWOs throughout JBPHH was a nice change, given the few LDOs and CWOs present at his current command.

"I'm on a ship right now and we don't have too many LDOs or CWOs on board, and those who are there don't know too many LDOs or CWOs in the field I'm trying to apply for," said Clower. "So this was good for me to network in, and even my electronics material officer (EMO) to network in, so

that we could get more information to disseminate to our guys."

Speaking from personal experience, Chief Fire Controlman Paul Thompson, who is scheduled to be commissioned as an LDO, echoed Peterson's and Clower's sentiments on the importance of networking and having an LDO/CWO mentor to aid with the application process.

"The biggest thing for me was finding a mentor, finding someone who's taken the steps and picking their brain," said Thompson.

"Because yes, I have to make a personal statement, but what do I really need to put in there? To be able to kind of gauge off of someone to look at, just not the process, but what each step of the process means was extremely helpful. And finding a mentor to help with that was a big part of it when I applied," Thompson said.

According to Johnson, with Sailors debating whether to "get out" or stay in the Navy, it's important that they be introduced to the various options they have in front of them, like the LDO/CWO program, and the benefits it can bring them.

"I was about to get out of the Navy as an E-5, but I decided to stay in," said Johnson. "I almost got out of the Navy as a chief, but I decided to stay in. I almost got out as a lieutenant commander, but I decided to stay in. So my message to you is if you think you're going to get out, keep pushing forward. I never stopped the gas pedal. I kept pushing and now I'm a commander in the U.S. Navy."

For more information on the LDO/CWO program visit <http://ow.ly/JHlbg>.

Commentary

Vietnam War commemoration: ‘Unity Over Self’

Rear Adm. Rick Williams

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

Recently, Rear Adm. Mike Franken, director of the OSD Defense POW/MIA Accounting Agency, and I had the distinct privilege of meeting with retired Navy Capt. Gerald “Jerry” Coffee and retired Capt. Jim Hickerson. Both are American heroes and former Vietnam prisoners of war at the prison branded the “Hanoi Hilton.”

Capt. Coffee was held for seven years and Capt. Hickerson for five. These esteemed warriors shared some of their sage guidance and wisdom, along with an enlightening perspective that provided a deeper appreciation for these special veterans.

I read and recommend Jerry’s elegantly penned book “Beyond Survival: Building on the Hard Times — a POW’s Inspiring Story” about his triumph over adversity and what he calls “the invincible human spirit.”

Jim’s wife, Carole, is a founding member of National League of Families of America’s Prisoners of War and Missing in Action in Southeast Asia who designed the logo used on the POW/MIA flag.



Rear Adm. Rick Williams

American and Allied POWs, including Jerry Coffee and Jim Hickerson, endured torture, humiliation and extreme deprivation at the hands of their captors. Their families lived with fear, emptiness and grief.

During the 50th anniversary commemoration of the Vietnam War, a grateful nation remembers and honors the sacrifice of all those who served, most as volunteers. In particular, we remember those who were held as POWs or who are still missing in action or unaccounted for. We remember the more than 58,000 killed in action and the hundreds of thousands wounded or who suffered PTSD. They and their families are heroes, and they must never be forgotten.

One of the great tragedies of Vietnam was the way ser-



Photo illustration

(Left) Capt. Gerald “Jerry” Coffee, (Right) Capt. Jim Hickerson

vice members were treated when they returned stateside. Often, the men and women who served in that war were shunned, disrespected and even verbally abused. The nation is trying to correct that wrong.

Speaking to Vietnam veterans, President Barack Obama said this:

“We reaffirm one of our most fundamental obligations: to show all who have worn the uniform of the United States the respect and dignity they deserve, and to honor their sacrifice by serving them as well as they served us ... This is what this 50th anniversary is all about.

“It’s another opportunity to say to our Vietnam veterans what we should have been saying from the beginning: You did your job. You served with honor. You made us proud. You came home and you helped build

the America that we love and that we cherish ... You have earned your place among the greatest generations.”

During the Vietnam era, Hawaii provided key bases for forward deployment, training and support. And, of course, Honolulu was the best R&R spot for troops. In the ’60s and early ’70s Marines, Sailors, Airmen and Soldiers often met their loved ones at Fort DeRussy for a brief respite in Waikiki.

When POWs finally came home from Vietnam in March 1973, the first state they stepped foot on was Hawaii — right here at what is now Joint Base Pearl Harbor-Hickam.

Today, all of us, in or out of uniform, need to understand the service and sacrifice of the more than three million Americans who served in Vietnam. Collec-

tively, we must refocus our efforts to the lessons of history.

That’s why here in our region we’re committed to remembering and honoring all veterans: Vietnam and Korea, World War II and the Cold War; Desert Storm and the battlefields of Iraq and Afghanistan.

We must communicate our appreciation and conviction that the United States would not long exist without brave heroes like them — those that demonstrated the fortitude to defend the enlightened ideals upon which this country was founded.

For that dignified purpose, some of our beloved shipmates perished and our POWs suffered. From this uncommon sense of commitment, veterans like Jerry Coffee and Jim Hickerson have helped us preserve peace.

Those of us in uniform to-

day feel a strong kinship with our veterans through our privileged association, whether or not we served alongside them in battle or suffered the same hardship. We will keep alive the memory of our fallen shipmates, better understand their strength, and show our appreciation for their courage and service to our nation.

Through our veterans outreach initiatives, including Pearl Harbor Colors ceremonies, we show our appreciation and deep conviction to preserving the memory, history and heritage of our service members past and present.

The ability to stay connected with our veterans and our heritage is a team effort. Our stakeholders and partners include the Chamber of Commerce of Hawaii Military Affairs Council, Navy League, Friends of Hickam, Fleet Reserve Association, Pacific Aviation Museum, USS Missouri Memorial Association, Bowfin Museum, National Park Service and other groups.

Capt. Hickerson, Carole Hickerson and Capt. Coffee remind us of the importance of that team effort and the importance of working together toward a common goal.

As a POW, Capt. Coffee overcame adversity with his fellow POWs in part through a simple but inspiring phrase. “Our motto in prison was simple: ‘Unity Over Self,’” he said. “Our very survival depended on it. It was based upon faith in and loyalty to one another: ‘Unity Over Self.’”

Diverse Views



What is your personal motto or philosophy of life?



Lt. Cmdr. Marc Tinaz
Naval Consolidated Brig Miramar Detachment Pearl Harbor

“Humor is medicine for the soul.”

1st Lt. Damiqua Champion
735th Air Mobility Squadron

“Life is not easy for any of us. But what of that? We must have perseverance and above all confidence in ourselves. We must believe that we are gifted for something and that this thing must be attained,” by Marie Curie. This quote reminds me to hone my personal skills and strive to grow that of those wingmen around me.”



LN1 Robin Akana
Region Legal Services Office

“Do your best.’ It’s a Boy Scout motto.”

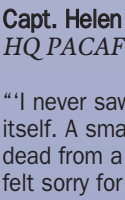
Master Sgt. Jarrod Gates
392nd Intelligence Squadron

“Don’t be proud of doing what’s right. Just do what is right.’ Something I learned from a very special coach.”



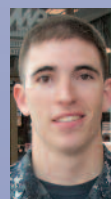
CTT3 Frankie Cruz
NIOC Hawaii

“‘Stay focused.’ It keeps you on track and successful.”



Capt. Helen Annicelli
HQ PACAF

“I never saw a wild thing sorry for itself. A small bird will drop frozen dead from a bough without ever having felt sorry for itself,” by D.H. Lawrence as quoted in G.I. Jane. No one is a victim. We all are in control of our own lives as an adult. One has to eventually let go of blame and take responsibility for the consequences of his or her adult decision.”



CTR3 Brad Hibbard
NIOC Hawaii

“‘Try to enjoy everything you do.’ No matter how much your situation may change or get you down in the dumps, try to make the best of it.”

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 or karen.spangler@navy.mil

Pause in gunfire during Vietnam War



Seaman Nelson B. Brown looks out from the USS Newman K. Perry (DD-883) forward 5/38 twin gun mount during a pause in gunfire operations in support of friendly forces ashore in Vietnam, Dec. 16, 1966. Expended five-inch shell casings can be seen on deck outside the gun mount.

Official U.S. Navy photograph



Director, Navy Region Hawaii Public Affairs
Agnes Tauyan

Deputy Director, Public Affairs
Bill Doughty

Director, Joint Base Pearl Harbor-Hickam Public Affairs
Grace Hew Len
Managing Editor
Karen Spangler

Editor
Don Robbins

Assistant Editor
Brandon Bosworth

Sports Editor
Randy Dela Cruz

Sr. Graphic Artist
Antonio Verceluz

Graphic Artist
Zachary Pigott

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Ho'okele is delivered weekly to Navy & Air Force housing units and Navy and Air Force installations throughout Oahu.

Louisville returns to Yokosuka during western Pacific deployment

Ensign Hobart Kistler

USS Louisville (SSN 724)
Public Affairs Officer

FLEET ACTIVITIES YOKOSUKA, Japan (NNS) — The Los Angeles-class, fast-attack submarine USS Louisville (SSN 724) arrived Feb. 19 at Fleet Activities Yokosuka for a port visit during its deployment to the western Pacific.

This was the second port visit for Louisville's crew of 140 during its current deployment.

“They have excelled in every task assigned and have demonstrated that Louisville is ready for any assignment,” said Cmdr. Bob Figgs, commanding officer of Louisville.

“I could not be prouder of their accomplishments. I know that my officers and crew are looking forward to some well-deserved liberty and are glad to be back in Yokosuka.”

Measuring more than



U.S. Navy photo by MC2 Brian G. Reynolds
Sailors aboard the Los Angeles-class, fast attack submarine USS Louisville (SSN 724) observe the shifting of colors Feb. 19 at Fleet Activities Yokosuka.

360 feet long and weighing more than 6,000 tons when submerged,

Louisville is one of the most modern attack submarines in the world. The

submarine’s stealth, mobility, endurance and firepower allow this covert,

multi-mission platform to operate independently or in conjunction with a carrier strike group or joint forces to support the interests of the United States wherever and whenever needed.

“Our time on deployment has given the crew a significant sense of accomplishment and has rewarded all the hard work and energy spent preparing themselves and Louisville for this deployment,” said Command Master Chief Fire Larry Williams, the command master chief of Louisville.

“Our crew’s ability to pull together as a team in the fast-paced environment of a fast-attack submarine has led to our success. I am excited for the crew to be able to have some liberty again in Yokosuka. This deployment has enabled our crew to do what a lot of them joined the Navy to do—see overseas countries and represent the U.S. Navy well.”

For one of Louisville’s

crew, this visit to Yokosuka will provide the opportunity to realize a lifelong dream.

“Ever since I was a little kid I’ve been a big fan of Pokemon,” said Machinist’s Mate 3rd Class Austin Bruns of Rapid City, S.D., referencing the popular Japanese trading card game and television series.

“I’ve always wanted to travel to Tokyo and visit the Pokemon Center, and this trip ought to give me a chance to not only check that off my ‘bucket list’ but to buy some great memorabilia,” Bruns said.

Louisville is the fourth U.S. ship to be named for Louisville, Ky. Commissioned on Nov. 8, 1986, at Naval Submarine Base New London, Conn., Louisville is the 35th nuclear-powered fast-attack submarine of the Los Angeles-class. Louisville is currently homeported at Hawaii’s Joint Base Pearl Harbor-Hickam.

Army in Hawaii announces new traffic policies in Army installations

Information provided by U.S. Army Garrison-Hawaii

Beginning March 15, U.S. Army Garrison-Hawaii will begin enforcing U.S. Army-Hawaii Regulation 190-5, the U.S. Army-Hawaii Traffic Code.

According to Col. Duane R. Miller, director of emergency services for U.S. Army Garrison-Hawaii and commander, 8th Military Police Brigade, 8th Theater Sustainment Command, this regulation will mark the first codified regulation governing traffic on all U.S. Army installations in Hawaii. It consolidates and updates a number of pre-existing policy letters covering in-traffic-oriented violations on our installations.

The regulation could af-

fect personnel from other services who reside in family housing on Army installations or who work on or visit Army installations such as the Hale Koa, PARC and Fort DeRussy.

“While we have always enforced local policy letters and assimilative traffic codes from the state of Hawaii, this document is the culmination of efforts to ensure that we have a regulation to ensure the safety and good order and discipline on our unique installations,” Miller said.

He noted that the traffic code applies to all Soldiers, civilians, family members, contractors and other personnel who work on, reside on or visit any U.S. Army installation, facility or work site in the state of Hawaii.

“A majority of the infor-



Col. Duane R. Miller

mation in this regulation will be transparent to most of us. You are still required to obey the speed limit and other posted signs, park in designated parking stalls, and wear your seat belt,” he explained.

“There are some significant changes in the Traffic Code as well. We wanted to take this opportunity to highlight some of the more important changes that are incorporated in the new regulation” Miller said.

“Perhaps the most significant change is the expansion of traffic offenses that incur monetary fines. Offenses such as seat belt violations, illegal parking and cell phone usage/texting, while driving, now have a prescribed fine associated with the offense in addition to a potential prohibition to driving on the installation,” he said.

“Another change you need to be aware of relates to offenses that have an associated mandatory on-post driving suspension. Any offenses of driving with no

valid insurance, registration or license will result in a mandatory 90-day on-post driving suspension.”

According to Miller, operating a motor vehicle while using a cellular phone (without a hands-free device), failure to use seat belts or child restraint, or failure to wear the required personal protective equipment while operating a motorcycle will result in a 30-day (first offense), six-month (second offense), or one-year (third offense) suspension of on-post driving privileges.

“We understand that parking or navigating your way through the installations can be challenging. We at the directorate of emergency services, U.S. Army Garrison-Hawaii, put forth a great amount of ef-

fort to ensure the safety, security and well-being of all personnel on our installations. We will continue to work diligently to prioritize these efforts based on what the greatest known or perceived threat is to public safety,” Miller said.

“Just as you would off-post, we ask that you continue to work within the confines of the traffic rules. Buckle up, put down the phone, and prioritize safety over convenience. All of us depend on your efforts to do so,” he stressed.

The USARHAW Traffic Regulation 190-5 is effective March 15. To review the new traffic code in its entirety, go to the garrison policies tab on the USAG-Hawaii website at www.garrison.hawaii.army.mil/.

Pearl Harbor-Hickam Highlights

(Right) Members of the 15th Maintenance Group line up in prepare for the group motorcycle safety ride held Feb. 13 at Joint Base Pearl Harbor-Hickam. The motorcycle safety ride is a way to fulfil the annual motorcycle safe briefing and promote safe riding habits. The 26 riders from three squadrons participated in the ride.

U.S. Air Force photo by Tech. Sgt. Aaron Oelrich



(Below) Retired Army Sgt. John H. Mack Sr. displays his dog tags at the Pearl Harbor Colors ceremony held Feb. 26 at the Pearl Harbor Visitor Center.

U.S Navy photo by Brandon Bosworth



(Above) Lt. Damall Martin, right, lets baby Joshua Bowen of Brisbane, Australia, try on his Navy cover at the Pearl Harbor Colors ceremony held Feb. 26 at the Pearl Harbor Visitor Center. Joshua's father, Joel, takes a photo while his mother, Moyu, holds Joshua.

U.S Navy photo by SrA Christopher Stoltz



(Left) Rear Adm. Rick Williams, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, speaks to the audience at the Pearl Harbor Colors ceremony held Feb. 26 at the Pearl Harbor Visitor Center.

U.S Navy photo by Brandon Bosworth



(Above) Service members from the 15th Wing perform a warrior call during the entertainment portion of the 15th Wing 2014 Annual Awards luau held Feb. 13 at the Historic Hickam Officers' Club at Joint Base Pearl Harbor-Hickam. The performance continued with everyone on stage attempting to perform a traditional warrior dance.

U.S. Air Force photo by Tech. Sgt. Aaron Oelrich



(Left) Col. Randy Huiss, 15th Wing commander, gives his closing remarks during the 15th Wing 2014 Annual Awards luau at the Historic Hickam Officers' Club. Huiss congratulated all the nominees and award winners and continued by thanking everyone in the wing for all their hard work in 2014.

U.S. Air Force photo by Tech. Sgt. Aaron Oelrich

NHHC historian describes century of changes for African Americans

Phyllis Tolzmann

Naval History and Heritage
Command Public Affairs

WASHINGTON — Dr. Regina Akers, a historian with the Naval History and Heritage Command and an expert on diversity issues in naval history, was the keynote speaker at an event in honor of African American History Month held Feb. 23 at the Pentagon.

During the hour-long discussion, Akers presented highlights of African Americans' military participation as it pertains to this year's theme "A Century of Black Life, History and Culture." She discussed the gradual and progressive changes in acceptance during the World Wars up through today. She also gave a look ahead and how everyone has a role in mentoring others to grow.

Akers also described how African Americans made significant sacrifices, supporting World War I during a time when lynching was still common and those who migrated from the South to the North were "disappointed to



U.S. Navy photo by MC2 George M. Bell

Dr. Regina Akers, a historian at Naval History and Heritage Command, delivers the keynote address Feb. 23 at the Naval History and Heritage Command's African American History Month presentation.

learn that racism prevailed above the Mason-Dixon line. Some blacks remained in Europe after having a more positive race experience there."

In talking about "the Golden 13," an experiment to enable African American men to join the officer ranks, Akers said, it was a plan that "was supposed to fail,

but it didn't fail."

Sixteen black students all passed and were eligible, but only 13 were accepted. Akers said she believes that ongoing dialogue among Sailors about this and other examples is "not to dwell on the past," but rather, it's important to talk about these important truths in order to "remind us that they served — and they served with distinction."

During World War II, greater steps toward integration began, said Akers. She talked about the necessity of more people during a dire situation, which led to more African American men and even women joining the ranks to serve a country that still held great prejudices.

During the Korean War and even more so during Vietnam, the military took greater strides in removing segregation from its ranks and took steps toward integration and enabling more black men to lead.

During the 1970s, Adm. Elmo Zumwalt, then the youngest chief of naval operations, was a catalyst in righting the many prejudicial

wrongs against all minorities. "What he did was incredible," said Akers. "He was a key member for human rights change."

Akers advised that while the Navy is further from the "we got one" mentality, meaning that representation should not be considered accomplished by single digits, "we still have a problem — it's not like we're all there yet."

Making real diversity a reality across the fleet has to come from within, she said.

In closing, Akers encouraged the audience to nurture and grow future leaders, regardless of race or gender. She also added that all Sailors should strive to learn something new every day, and one way of doing that is through researching history because there are still so many great accomplishments and leaders from a wide variety of backgrounds not yet known.

For more information, visit NHHC website's special page on African Americans in the Navy <http://www.history.navy.mil/browse-by-topic/diversity/african-americans-in-the-navy.html>.



Capt. Evan Masunaga, left, and Staff Sgt. Britney Jones, both from the 15th Aerospace Medicine Squadron, demonstrate proper oral hygiene to students.

15th Medical Group provides oral hygiene tips for National Children's Dental Health Month

Story and photo by
Tech. Sgt. Aaron Oelrich

15th Wing Public Affairs

The 15th Medical Group's dental clinic reached out to local preschool and elementary schools Feb. 19 to educate *keiki* about National Children's Dental Health Month.

This year the 15th Aerospace Medicine Squadron will visit four elementary schools and two child development centers at Joint Base Pearl Harbor-Hickam to deliver toothbrushes and instruct more than 1,200 local youth about oral hygiene.

"It is important to get kids started at an early age," said Staff Sgt. Britney Jones, 15th Aerospace Medicine Squadron's non-commissioned officer in charge of preventive dentistry. "It is good for kids to know to brush their teeth for two minutes twice a day and floss their teeth once a day."

Jones, along with Capt. Evan Masunaga, the 15th Aerospace Medicine Squadron's officer in charge of oral surgery, delivered their message of oral

hygiene through activities with oversized teeth and toothbrushes, along with gift bags containing two-minute teeth brushing timers, a toothbrush and sugar free lollipops.

"We try to make it fun for the kids," said Jones.

In addition to educating children, Jones hopes that the children will talk to their parents and pass on their message of good oral hygiene.

During these visits with the children, Masunaga said he discovered that the majority of the children were practicing oral hygiene by themselves.

"It is recommended that parents should assist their children with brushing and flossing up to age nine because the children lack the finger dexterity to do complete and thorough cleaning of their teeth," said Masunaga.

Getting the kids involved and exposed to proper dental hygiene at a young age is important, Jones said.

"It's about instilling healthier choices because healthy choices become healthy habits," said Masunaga.

Leave: Use It or Lose It

Chief of Naval
Personnel Public
Affairs

WASHINGTON (NNS) — Military service members' February leave and earning statement (LES) will carry a reminder that as of Oct. 1, any accrued leave of more than 60 days will be lost.

Since 2008, Sailors have been allowed to carry over up to 75 days of leave each fiscal year as authorized by Congress. That authorization will end at the end of fiscal year 2015 after which leave carryover will revert to 60 days. In general, any leave balance in excess of 60 days as of Sept. 30 will be lost.

Service members' LES may have an incorrect use/lose leave balance. Defense Finance and Accounting Services (DFAS) is reprogramming pay systems to account for the return to the 60-day leave carryover by the June 2015 LES.

Sailors should check their LES and talk with their command pass coordinator (CPC) for help in understanding their correct use/lose balance.

There are some specific exceptions. Sailors with more leave days than the authorized carryover limit, who are also assigned to hostile fire or imminent danger pay areas or deployed on a ship

or mobile unit for at least 60 continuous days, may apply for special leave accrual (SLA) to retain any excess leave days. This request is typically done at the command level. Instructions on how to apply for and administer SLA are outlined in MILPERS-MAN 1050-070.

Sailors are encouraged to work with their commands to manage their leave balances throughout FY15.

Commands with questions on leave policies should contact their local personnel support detachment (PSD) or call the NPC Customer Service Center at 1-866-U-ASK-NPC (1-866-827-5672).



U.S. Navy photo by MC2 Diana Quinlan

Sailors, assigned to the guided-missile destroyer USS Michael Murphy (DDG 112), leave the ship after a liberty call Nov. 16, 2012 at Joint Base Pearl Harbor-Hickam.

USS Paul Hamilton enters U.S. 7th Fleet AOR

Ensign Ashleigh Share

USS Paul Hamilton (DDG 60) Public Affairs

WESTERN PACIFIC OCEAN (NNS) — The Arleigh Burke-class, guided-missile destroyer USS Paul Hamilton (DDG 60) arrived Feb. 19 in the U.S. 7th Fleet area of responsibility (AOR).

The destroyer is scheduled to conduct presence operations and good will port visits to enhance maritime partnerships and promote security and stability in the region.

“Paul Hamilton will strengthen and sustain invaluable global partnerships while operating in the Pacific region,” said Cmdr. John Barsano, commanding officer of Paul Hamilton. “We are proud to serve our Navy and our nation during these chal-



U.S. Navy photo by MC2 Diana Quinlan

The guided-missile destroyer USS Paul Hamilton (DDG 60) departs Joint Base Pearl Harbor-Hickam Feb. 14 for a scheduled independent deployment to the Arabian Gulf and western Pacific Ocean.

lenging times.”

The U.S. 7th Fleet AOR covers more than 48 million square miles and spans from west of the interna-

tional dateline to the western coast of India.

Vice Adm. Robert Thomas Jr., commander, U.S. 7th Fleet, is responsible for

more than 45,000 Sailors, 100 ships and submarines, and more than 200 aircraft in the largest naval AOR. Paul Hamilton departed

Feb. 14 from its homeport of Pearl Harbor, Hawaii for a training exercise and its deployment to the U.S. 7th Fleet and

U.S. Central Command AOR. Paul Hamilton’s last deployment to the U.S. 7th Fleet AOR was in 2013.

Troops to receive millions under Service Members Civil Relief Act

DoD News, Defense Media Activity

(Editor’s note: This is one of the points CNO Greenert discussed during an all-hands call Feb. 6 at Joint Base Pearl Harbor-Hickam.)

WASHINGTON (NNS) — The Justice Department announced Feb. 10 that under its settlements with five of the nation’s largest mortgage servicers, 952 service members and their co-borrowers are eligible to receive more than \$123 million for non-judicial foreclosures that violated the Service Members Civil Relief Act.

The five mortgage servicers are JP Morgan Chase Bank N.A.; Wells Fargo Bank N.A. and Wells Fargo & Co.; Citi Residential Lending Inc., Citibank, NA and CitiMortgage Inc.; GMAC Mortgage, LLC, Ally Financial Inc. and Residential Capital LLC; and BAC Home Loans Servicing LP, formerly known as Countrywide Home Loans Servicing LP (Bank of America).

In the first round of payments under the SCRA portion of the 2012 settlement known as the National Mortgage Settlement, 666 service members and their co-borrowers will receive more than \$88 million from JP Morgan Chase, Wells Fargo, Citi and GMAC Mortgage.

The other 286 service members and their co-borrowers already have received more than \$35 million from Bank of America through an earlier settlement. The non-judicial foreclosures at issue took place between Jan. 1, 2006 and April 4, 2012.

Unlawful foreclosures

“These unlawful judicial foreclosures forced hundreds of service members and their families out of their homes,” said Acting Associate Attorney Gen. Stuart F. Delery. “While this compensation will provide a measure of relief, the fact is that service

members should never have to worry about losing their home to an illegal foreclosure while they are serving our country. The department will continue to actively protect our service members and their families from such unjust actions.”

“We are very pleased that the men and women of the armed forces who were subjected to unlawful non-judicial foreclosures while they were serving our country are now receiving compensation,” said Acting Assistant Attorney Gen. Vanita Gupta of the Civil Rights Division.

“We look forward, in the coming months, to facilitating the compensation of additional service members who were subjected to unlawful judicial foreclosures or excess interest charges. We appreciate that JP Morgan Chase, Wells Fargo, Citi, GMAC Mortgage and Bank of America have been working cooperatively with the Justice Department to compensate the service members whose rights were violated.”

Section 533 of the SCRA prohibits non-judicial foreclosures against service members who are in military service or within the applicable post-service period, as long as they originated their mortgages before their period of military service began. Even in states that normally allow mortgage foreclosures to proceed non-judicially, the SCRA prohibits servicers from doing so against protected service members during their military service and applicable post-military service coverage period.

Under the National Mortgage Settlement, for mortgages serviced by Wells Fargo, Citi and GMAC Mortgage, the identified service members will each receive \$125,000, plus any lost

equity in the property and interest on that equity. Eligible co-borrowers will also be compensated for their share of any lost equity in the property.

To ensure consistency with an earlier private settlement, JP Morgan Chase will provide any identified service member either the property free and clear of any debt or the cash equivalent of the full value of the home at the time of sale and the opportunity to submit a claim for compensation for any additional harm suffered, which will be determined by a special consultant, retired U.S. District Court Judge Edward N. Cahn.

Payment amounts have been reduced for those service members or co-borrowers who have previously received compensation directly from the servicer or through a prior settlement, such as the independent foreclosure review conducted by the Office of the Comptroller of the Currency and the Federal Reserve Board. The Bank of America payments to identified service members with nonjudicial foreclosures were made under a 2011 settlement with the Department of Justice.

The NMS also provides compensation for two categories of service members:

- Those who were foreclosed upon pursuant to a court order where the mortgage servicer failed to file a proper affidavit with the court stating whether or not the service member was in military service.

- Those service members who gave proper notice to the servicer, but were denied the full benefit of the SCRA’s 6 percent interest rate cap on pre-service mortgages. The service members entitled to compensation for these alleged violations will be iden-

tified later in 2015.

Service members and their dependents who believe that their SCRA rights have been violated should contact an Armed Forces Legal Assistance office. To find the closest office, consult the military legal assistance office locator at <http://legalassistance.law.af.mil> and click on the legal services locator. Additional information about the Justice Department’s enforcement of the SCRA and the other laws protecting service members is available at www.servicemembers.gov.

Financial Fraud Enforcement Task Force

The settlement was announced in connection with the President’s Financial Fraud Enforcement Task Force. The task force was established to wage an aggressive, coordinated and proactive effort to investigate and prosecute financial crimes.

With more than 20 federal agencies, 94 U.S. Attorneys’ Offices and state and local partners, it is the broadest coalition of law enforcement, investigatory and regulatory agencies ever assembled to

combat fraud.

Since its formation, the task force has made great strides in facilitating increased investigation and prosecution of financial crimes, enhancing coordination and cooperation among federal, state and local authorities, addressing discrimination in the lending and financial markets, and conducting outreach to the public, victims, financial institutions and other organizations.

For more information on the task force, visit www.StopFraud.gov.

JBC Capt. Keeve offers remarks

Continued from A-1

“Today, in observance of African American History Month, we honor those who have proudly served this great country, to pay tribute to our veterans, past and present, who have dedicated their lives and sacrificed so much in defense of freedom,” said Keeve.

“African Americans have demonstrated honor, courage and commitment in all of our nation’s conflicts. The diversity in our military is a reflection of what makes this country so great. Today you see both men and women proudly serving from different nationalities, races, religions and sexual orientation.”

Keeve told the story of Messman 3rd Class Doris “Dorie” Miller, who was serving at Pearl Harbor aboard the USS West Virginia on the morning of Dec. 7, 1941.

“While at the side of Capt. Bennion on the bridge, Petty Officer Miller, in the face of scathing fire, assisted in moving his skipper to a place of greater safety and later manned and operated a ma-

chine gun directed at enemy attacking aircraft until ordered to leave the bridge,” said Keeve. “His bravery was a catalyst of the American spirit that would lead us to victory in WWII and, as a result of his actions, he became the first African American to be awarded the Navy Cross, the third highest honor awarded by the U.S. Navy at the time.”

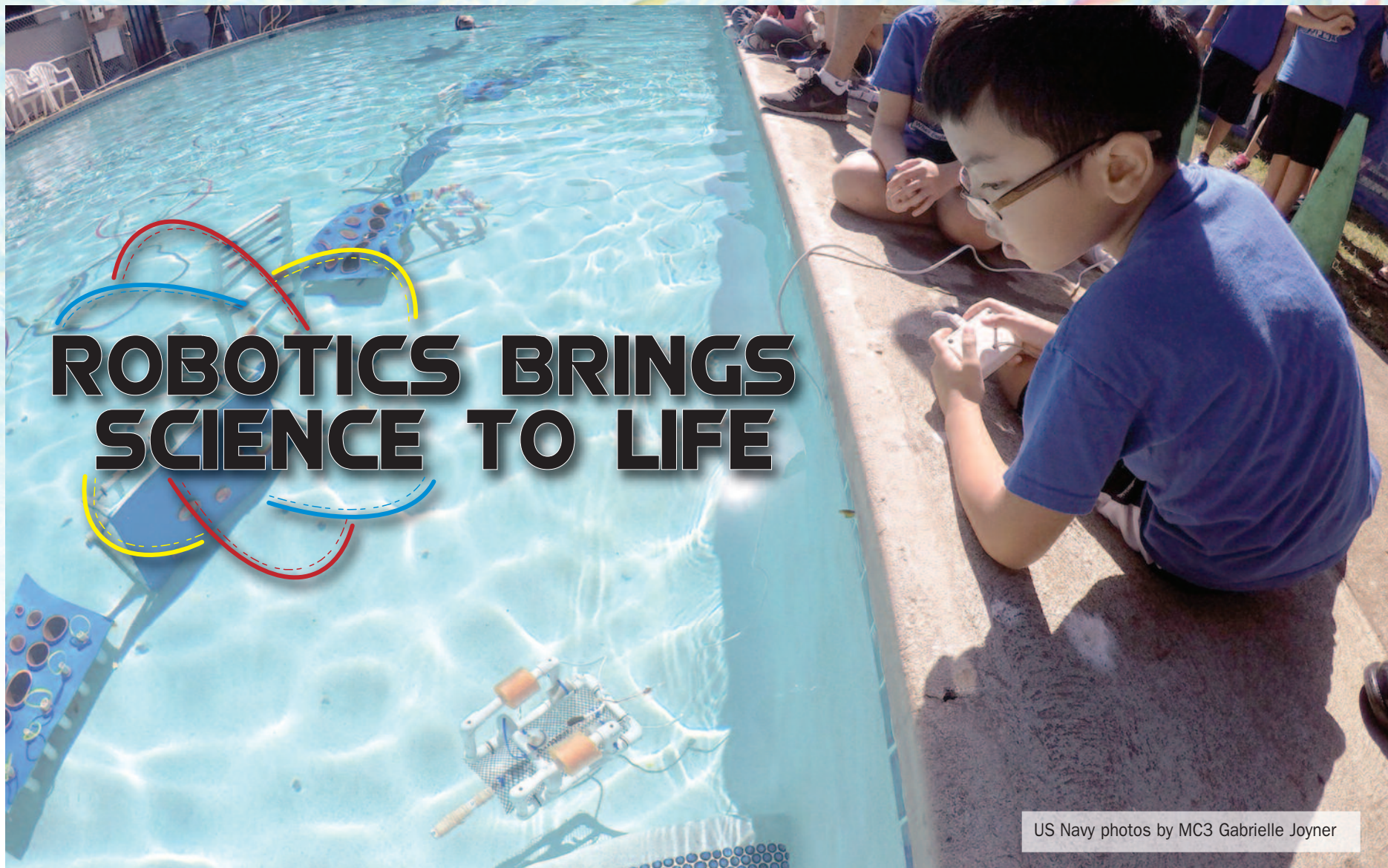
Among those attending the event was retired Army Sgt. John H. Mack Sr., a Vietnam veteran visiting from New York who served in the 101st Airborne Division.

“I thought it was excellent,” he said of the ceremony. “It was a beautiful service to honor our veterans. It’s great that you honor everyone’s heritage and perspective. If everyone respected each other and tried to understand each other and took it to heart, the world would be more peaceful.”

Mack looks forward to future Pearl Harbor Colors ceremonies.

“We’ll be coming back to Pearl Harbor every year now until we move here,” Mack said.

Life & Leisure



US Navy photos by MC3 Gabrielle Joyner

A participant in the 2015 Hawaii Regional SeaPerch Underwater Robotics for Youth competition navigates an underwater remotely operated vehicle through obstacles.

MC2 Johans Chavarro

Navy Public Affairs Support
Element West, Det. Hawaii

Students from elementary, middle and high schools around the State participated in the 2015 Hawaii Regional SeaPerch Underwater Robotics for Youth competition Feb. 21 at U.S. Coast Guard Base Honolulu.

Sponsored by the Office of Naval Research and managed by the AUVSI (Association for Unmanned Vehicle Systems International) Foundation, SeaPerch is an innovative underwater robotics program that equips teachers and students with the resources they need to build an underwater remote-operated vehicle (ROV), allowing students to learn about science, technology, engineering and mathematics (STEM) and robotics and electronics.

According to Coast Guard Lt. Cmdr. Andy Goshorn, regional naval engineer for the Coast Guard and event coordinator, the SeaPerch competition is a way for students to put what they have learned about robotics and engineering to the test, with this year's competition attracting the highest attendance to date.

"This year we had 40 teams and around 200 students," said Goshorn. "That's about 20 students and four more teams than last year, and being out here you really see that [the students] love the competition and the challenge. They have this resiliency to really double down when they face obstacles during the competition and to not give up. And most of all, they have a good time doing it."

Students built their ROVs from a kit comprised of low-cost, easily accessible parts, following a curriculum that teaches basic engineering and science concepts with a marine engineering theme.

This year, the Pearl Harbor Naval Shipyard Association provided funding for the kits, which were distributed to interested schools.

To assist with the build process, Goshorn and his team provided mentors to individual schools and also organized a "build day," which allowed students from different schools to meet with mentors and receive assistance on soldering circuit boards, waterproofing



U.S. Coast Guard Lt. Cmdr. John Goshorn, regional naval engineer for the Coast Guard and event coordinator, welcomes participants to the 2015 Hawaii Regional SeaPerch Underwater Robotics for Youth competition.

the engines and wiring, and field-testing their ROVs.

Anne Calef, a fifth grade teacher at Hale Kula Elementary School, said aside from the chance to learn about the hardware, tools and concepts involved in building the ROV, the project also provided the students with lessons in communication and teamwork.

This year's competition consisted of a video and poster presentation, as well as two challenging underwater events: the "obstacle course," where teams navigated their ROV through a series of large rings oriented in different directions, and a "finesse course," which tested the capability of each team's ROV to perform individual tasks, such as maneuvering and actuating equipment on the pool floor.

For many participating students, seeing their creations come to life throughout the project was both exciting and rewarding despite whatever unexpected challenges came up.

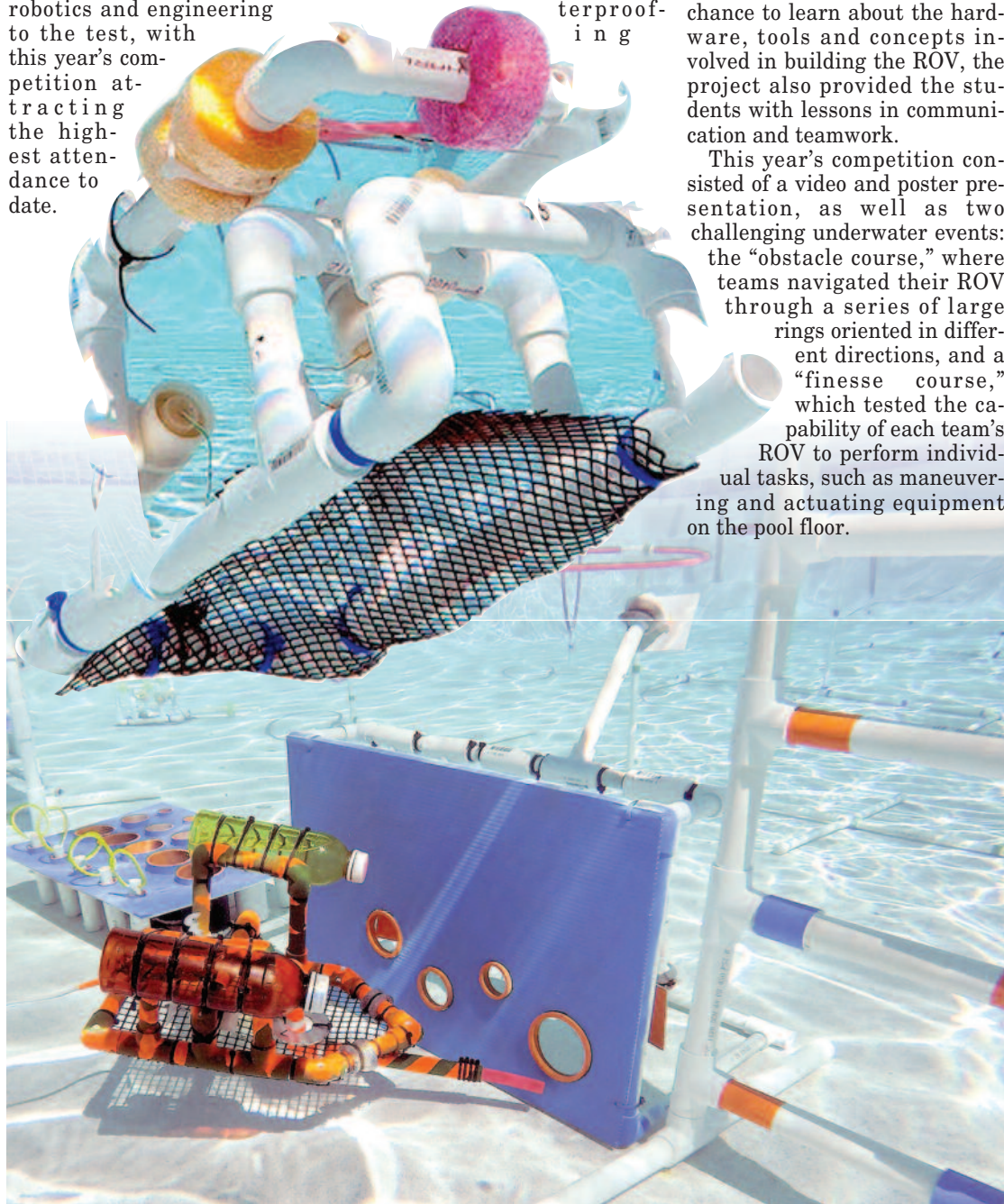
"My favorite part for the whole project was working on the robot," said Melissa Takahashi, a student at August Ahrens Elementary School. "Getting to build the robot and then seeing if it actually worked and fixing the problems it had was really fun."

Coast Guardsmen, along with volunteers from Pearl Harbor Naval Shipyard, Space and Naval Warfare Systems Com-

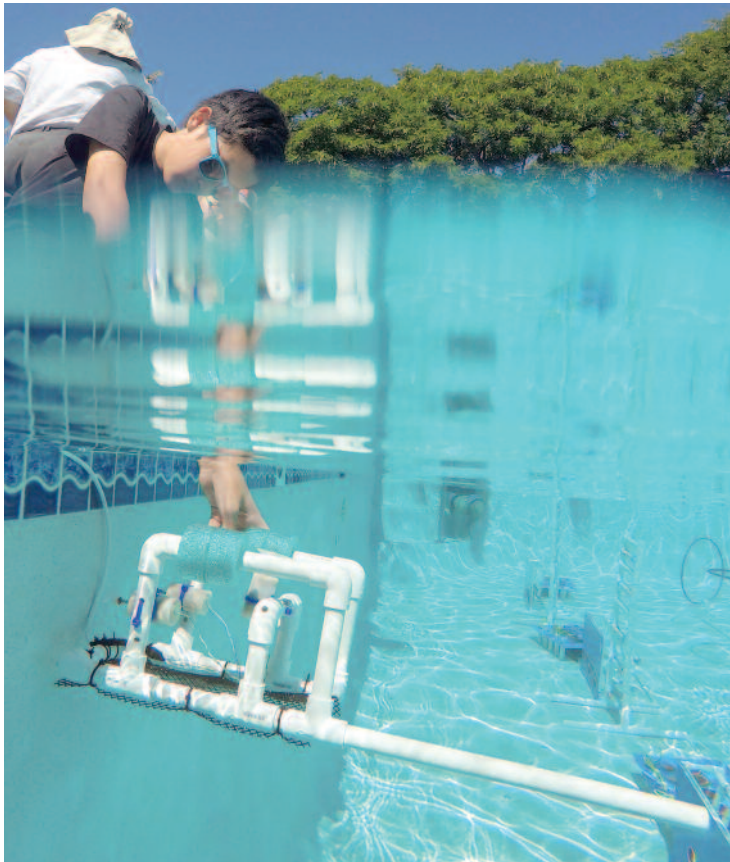
mand and Navy divers assigned to Mobile Diving and Salvage Unit 1, spent the competition evaluating the robots' performance, resetting obstacles in the water and retrieving ROVs from the courses.

In the end, Goshorn said the competition allowed more than just a way to teach students about ROVs, it allowed them to see how STEM can transcend paper and pen to affect change and create.

For more information about Hawaii SeaPerch, visit <http://seaperch-hawaii.org/> and <http://www.seaperch.org/index>.



An underwater remotely operated vehicle maneuvers through obstacles.



A participant in the 2015 Hawaii Regional SeaPerch Underwater Robotics for Youth competition lowers an underwater remotely operated vehicle (ROV) into the pool to start the obstacle course at U.S. Coast Guard Base Honolulu.

Cyberspace Operations Squadron earn double-digit win

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

After a slow start in the first half, the 690th Cyberspace Operations Squadron (690 COS) picked up the pace and came back to beat the 735th Air Mobility Squadron (735 AMS), 41-30, in a battle of undefeated Blue Division teams on Feb. 19 at Joint Base Pearl Harbor-Hickam Fitness Center.

The win gave the 690 COS sole possession of first place in the Blue Division with a 4-0 record, while the 735 AMS dropped their first game of the season and hold a 3-1 mark.

In the showdown of the division's top-two teams, it was the 735 AMS that came out on fire and with 12:46 remaining before halftime, Sgt. Jason Huestis splashed a three-pointer from beyond the arc to put the AMS up by a score of 13-0.

After a timeout by the 690 COS, Senior Airman Demetrius Harvey finally

got his team on the scoreboard with a shot inside the lane to make it 13-2.

The basket woke up the team as Harvey dropped in two more baskets to lead a 12-0 run by the 690 COS to pull to within a basket at 13-12.

Then with 3:22 left in the first half, 6-foot-10-inch center Airman 1st Class Theryn Hudson gave the 690 COS their first lead of the game at 16-15 on a putback under the basket.

The 690 COS opened up a five-point advantage at 20-15, but a three ball by Tech. Sgt. Marco Knight just before intermission cut the lead back to two at 20-18.

"When we came out, we weren't all together," Harvey admitted about the team's slow start. "So we got in a huddle, got our minds back together and think about what we was doing wrong. You have to play as a team. That's exactly what happened."

Immediately after the break, the 735 AMS got back out in front on two baskets by Knight, but a

huge basket-and-one by Hudson put the 690 COS on top at 23-22.

The 690 COS increased their lead to four points at 28-24, but the 735 AMS got the next two baskets to tie the game with only 8:27 remaining on the clock.

The deadlock was short lived, however. On the next trip down the floor, Airman 1st Class Robert Light, who had been shut out throughout the game, sank his first basket on a baseline jumper to put the 690 COS up at 30-28.

From that point on, the 690 turned to their twin-tower combination of Hudson and Harvey to secure the boards and the game.

In the second half, the 690 COS held the 735 AMS to only 12 points.

"At halftime, we figured out what was going on," Harvey said about the team's solid defensive stand. "We saw one play that was working effectively and we just continued to pursue that."

Hudson scored a total of 13 points, while Harvey

ended up as the game's high scorer with 17 points.

Meanwhile, the 735 AMS was led by Knight who popped in four points in the first and second half to finish with eight points.

Knight said that although he and his teammates tried their best to crack the 690's defensive code, the combination of Hudson and Harvey proved to be too formidable.

"They stepped up their defense for sure," Knight noted. "They had some big players. Even when we had good position, we were still losing the battle of rebounds. They made a huge difference. I think we held our own. I think if we play them again, we'd do a couple things different."

Harvey agreed with Knight that in the game of basketball, having good height is certainly an advantage.

"We do have size and that helps a lot," Harvey said. "As long as we get into the paint, we're good to go."



Senior Airman Demetrius Harvey takes off in the lane before slamming down a two-handed stuff.

My Favorite Photo...

Hookele assistant editor Brandon Bosworth recently took this photo of students from Nippon Sports Science University giving a performance of taiko drumming at Hickam Gym, Joint Base Pearl Harbor-Hickam.

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



USO spring troop visit March 8

Joint Base Pearl Harbor Hickam
Morale, Welfare and Recreation

A USO Spring Troop Visit featuring a free variety show will begin at 6:30 p.m. March 8 at Ward Field, Joint Base Pearl Harbor-Hickam. Gates open at 5:15 p.m.

The event will include appearances by celebrities, including:

- Jason "Wee Man" Acuna, actor/skateboarder and host of MTV's show Jackass.
- Dwayne Allen, Indianapolis Colts tight end.
- David DeCastro, Pittsburgh Steelers guard.
- Diana DeGarmo, American Idol season three runner up.
- Dennis Haysbert, actor from The Unit, 24 and the Allstate Insurance spokesman.

- Miss America 2015 Kira Kazantsev.
 - Andrew Luck, Indianapolis Colts quarterback.
 - Chuck Pagano, Indianapolis Colts head coach.
 - Phillip Phillips, American Idol season 11 winner.
 - Ace Young, American Idol season five finalist.
- The event is open to Department of Defense ID cardholders and their sponsored guests. Food and beverages will be available for purchase.
- Authorized items include small clutches, blankets and folding chairs. All items are subject to search. Outside food and beverages, pets, backpacks, bags/totes, purses, umbrellas, video/audio recorders and tents are not authorized.
- For more information, visit www.greatlifehawaii.com.

Port Royal holds off spirited comeback by Chung-Hoon

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

After leading by as much as 20 points in the first half, defending base champions USS Port Royal (CG 73) were forced to fight off a dramatic comeback by USS Chung-Hoon (DDG 93) on Feb. 21 to win by a narrow margin of 53-49 in an Afloat Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

Port Royal raised their league record to 2-0 with the win, while Chung-Hoon, which forfeited their season opener, fell to 1-2.

The game not only pitted two of the top teams in the Afloat Division, but also matched up two of the best point guards on base in Yeoman 3rd Class Courtney Sims of Chung-Hoon and Logistics Specialist 3rd Class London Waldon of Port Royal.

While both guards still contributed heavily to their own teams, the spotlight shifted to Navy spouse Mana Hawkins, who stole the show with a deluge of outside shots that sparked Port Royal to a huge lead in the first half.

Hawkins knocked down five shots from beyond the arc with her last deep ball giving Port Royal a 29-11 advantage with 6:36 remaining before halftime.

In addition to Hawkins, Port Royal also got two treys from Seaman Michael Elzin and one from Waldon en route to a 34-15 lead at intermission.

Chung-Hoon head coach Chief Hospital Corpsman Banny Chavez said that he opened the game in box-and-one to try to neutralize Waldon, but admitted that he might have stayed in the zone a bit too long.

Although Waldon was held to only five points in the first half, the open shots from the perimeter by Hawkins and Elzin put Chung-Hoon in a deep hole.

"I made the mistake of keeping us in the box-and-one a bit too long," Chavez pointed out. "They (Port Royal) really come and go with their point guard. Our strategy was to keep the ball away from him. You've got to give it up to them. They made their shots. If they don't make those, we end up blowing them out of the game."

Senior Airman Charlton Burton, who coached Port Royal to the Summer Basketball League championship in 2013, is back at the helm for the defending champs.

Burton said that as long as teams will give his shooters an open look, he's OK with letting them take it.

"I tell them to find the open man," Burton said. "If they're going to take that open shot, I tell them two things, you've got to take it in rhythm and with confidence."

While the box score in the first half was all Port Royal, the second half was a complete turnaround, as Chung-Hoon slowly chipped away at the lead.

Coming out of the break, back-to-back treys by Lo-

gistics Specialist 3rd Class Nikita Mayo and a basket by Sims cut the lead down to 13 at 36-23.

Then with 7:35 remaining on the clock, a three-point shot by Sims brought the team to within 10 at 40-30.

Two minutes later, Sims whittled down the lead to four on a basket-and-one to make it 42-38, but a big bucket by Hawkins with only 1:52 gave Port Royal a 45-38 lead to seal the game.

Hawkins ended up as the high scorer for Port Royal with 19 points, while teammates Waldon and Elzin added 13 and eight respectively.

Sims was a one-man-wrecking crew for Chung-Hoon as the flashy point guard topped all scorers with 26 points.

Although the loss was a heartbreaker for Chung-Hoon, Chavez said that he does see the light at the end of the tunnel.

"We really need to get some practice time in," he stated. "Once we start to jell, and that really comes with practice."

Burton said that although Port Royal has yet to put a complete game together on the court this season, he isn't too particularly worried at this time.

Whether the team comes out slow and finishes fast or comes out fast and finishes slowly, Burton said all that matters is who is on top at the end.

"We rely on everybody," he said. "It's team effort. If everybody does their part, good things happen."



USS Port Royal (CG 73) guard Logistics Specialist 3rd Class London Waldon challenges Yeoman 3rd Class Courtney Sims of USS Chung-Hoon (DDG 93) for a shot.

PIYO Strength offers full-body conditioning for everyone

Story and photos by
Randy Dela Cruz

Sports Editor, Ho'okele

Every year, it seems that Morale, Welfare and Recreation at Joint Base Pearl Harbor-Hickam pulls out something new and exciting to keep the doldrums from sabotaging the fitness goals of the military and their family members.

Starting in February, the folks at MWR continued the tradition of providing their members cutting-edge fitness options by introducing PIYO Strength workouts to their ever-growing list of exercise programs.

Taught by master fitness trainer Missy Cornish, the workout is so complete, she said that if you can train with only one program a week, this is the one to do.

"It has so many moves for you," Cornish said. "The variety is what you need and it gets them going and gets them stronger."

According to Cornish, PIYO, which was introduced to the public through Beachbody, a fitness company that also features workouts, such as, P90X, Insanity and T25, has been around since 2001 and has since been adapted to become an excellent standalone or auxiliary workout.

Cornish said that what was once just a mixture of pilates and yoga moves, PIYO has evolved to become a highly effective format for ath-

letic training.

"When you hear PIYO, people thinks it's pilates and yoga," she explained. "But what it's trying to get across is that while there are pilates and yoga inspired moves in there, the rest of the moves are very athletic. It incorporates flexibility, balance and strength."

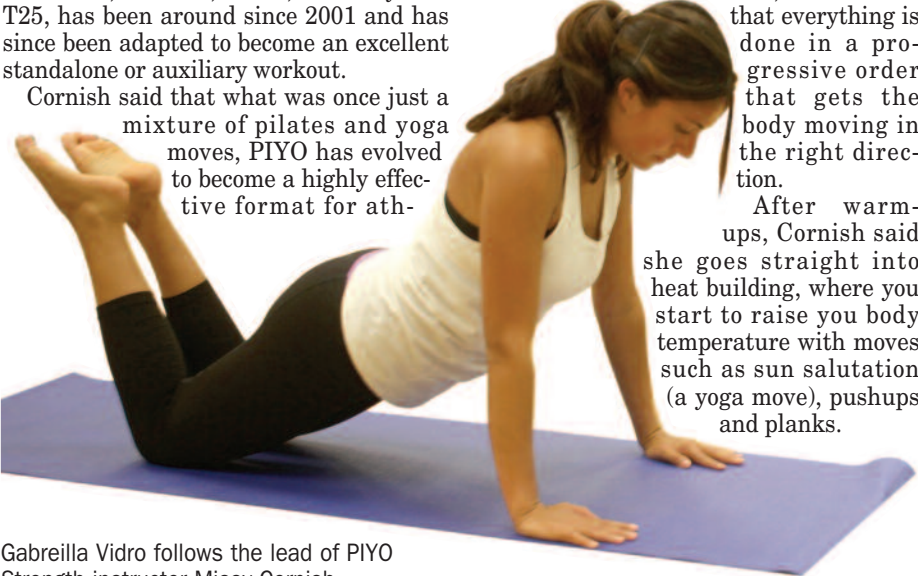
After finishing her second PIYO class at Joint Base Pearl Harbor-Hickam Fitness Center, Tami Renard, a military spouse, said that she is very pleased with the workout and promises to be back for more.

An avid fitness devotee, Renard said PIYO is not only a good way to round out her workouts, but she said that the faster pace makes yoga much more enjoyable.

"I have background like doing boot camp (workouts), so I know it's important to have high intensity and low-impact stuff," Renard explained. "No matter what kind of athlete you are, it's good for people who are lightly active, it's good for people who are like me, very active. It evens things out."

While to the untrained observer, PIYO may seem like a series of random movements, Cornish said that everything is done in a progressive order that gets the body moving in the right direction.

After warm-ups, Cornish said she goes straight into heat building, where you start to raise you body temperature with moves such as sun salutation (a yoga move), pushups and planks.



Gabreilla Vidro follows the lead of PIYO Strength instructor Missy Cornish.



Tami Renard stretches out during the warmup portion of the PIYO Strength workout.

From there, she moves into full-body fusion, using arms and lower body, and then into power for explosive moves before going into a segment she calls flow.

While there are a lot of movements incorporated into the full hour of workout, Gabreilla Vidro, who has attended PIYO classes since they started on base, said that Cornish keeps you engaged throughout the whole process.

Vidro, who is a fitness coach herself, said that while the workout is fun, having an instructor like Cornish makes the time fly by.

"I love it," Vidro said. "I like her energy. Energy is something that gives off to people and her (Cornish) energy is awesome."

If anyone is thinking of giving PIYO a try, Cornish said come aboard and pick

any of the two classes held at JBPHH Fitness Center, every Tuesday from 4:30 to 5:30 p.m. and Friday from 11:30 a.m. to 12:30 p.m., or at the Hickam Fitness Center, Tuesdays from 8:30 to 9:30 a.m. and Thursdays from 5:15 to 6:15 p.m.

"One major thing is that it's built for all levels," Cornish said. "So even though I'm showing a more advanced positioning, I always take it down to a more beginner level."

Cornish also added that for people that are interested in becoming certified instructors for PIYO, a class will be held from 9 a.m. to 5 p.m. March 15 at the JBPHH Fitness Center.

For more information about the PIYO Strength classes, visit the website at www.greatlifehawaii.com.

JBPHH intramural basketball standings (as of Feb. 24)

Blue Division	W	L
1. 690th COS	4	0
2. NIOC HI	3	0
3. 647 CES	2	0
4. 735 AMS	3	1
5. The System	1	1
6. COMPACFLT	2	2
7. 324 IS	2	2
8. JIOC	2	2
9. 647 LRS	1	2
10. HQ PACAF	1	3
11. 17 OWS	0	4
12. Bushmasters	0	4

Red Division	W	L
1. Pound Town	4	0
2. 647 FSS	3	1
3. 8 IS	3	1
4. NSSC	3	1
5. 15 MXG	3	1
6. PHNSY & IMF	3	1
7. 15 MDG	2	2
8. Security	2	2
9. 747 CS	1	3
10. Bronze St. Warriors	0	4
11. Company I	0	4
12. Nock Boyz	0	4

Afloat Division	W	L
1. Port Royal	2	0
2. John Paul Jones	2	1
3. Jefferson City	2	1
4. PCP Warriors	2	1
5. O'Kane	2	1
6. Chosin	1	1
7. North Carolina	1	1
8. Chung-Hoon	1	2
9. Hopper	1	2
10. Bremerton	0	1
11. Corpus Christi	0	3

Blood drives

• March 4, 11 a.m. to 3 p.m., main exchange, Schofield Barracks. • March 5, 9 a.m. to 1 p.m., S P A W A R Hawaii, 2293 Victor Wharf Access Road, building 992. *For more information, call 433-6699 or 433-6148 or email michelle.jele@a medd.army.mil.*

Story Ideas?

Contact Ho'okele editor for guidelines and story/photo submission requirements.

473-2890 / editor@hookelenews.com

Library promotes reading with bowling

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

These stickers will entitle them to a free game of bowling at either the Pearl Harbor or Hickam Bowling



The Bowled Over by Books program is designed to encourage youth to read and rewards them with free games of bowling on base.

"Encouraging youth to enjoy reading helps them academically, and socially."

For more information on the program or the library, call 449-8299.

Youth ages 7-12 must be accompanied by a parent or guardian at all times. If patrons have younger soccer players interested who will be accompanied by a parent, Kelly recommended calling ahead and asking about:



CTR1 (IDW/NAC) Matt Kazlauskas demonstrates teeing off FootGolf-style on the first hole at Ke'alahi Golf Course at Joint Base Pearl Harbor-Hickam.

For more information, visit www.greatlife-hawaii.com.

Moonlight Paddle at Hickam Harbor will begin at 7:30 p.m. March 5. Patrons of all paddling abilities are welcome. The trip will be led by Hickam Harbor's Outdoor Recreation staff and includes all required gear. The cost is \$25. The sign-up deadline is March 2. FMI: 449-5215.

VOTE NOW!

Voting runs 2/22 - 3/7

Look for the Official Ballot in:

Community Calendar

FEBRUARY

GIRLS' DAY CELEBRATION

SATURDAY — A Girls' Day celebration will be held from 11 a.m. to 1 p.m. at the Pearl Harbor Navy Exchange children's department. The event will include an appearance by Hello Kitty and free balloons. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

GOSPEL FEST, TASTE OF SOUL

SATURDAY — A Gospel Fest & Taste of Soul will begin at 3 p.m. at Nellis Chapel. The Gospel Fest will involve choirs and praise teams from across the island. The Taste of Soul involves tasting of a variety of soul food dishes. Volunteers are needed and participants are invited to bring food. FMI: email shadonna.mcphaul.1@us.af.mil or call 449-6562.

HART CONSTRUCTION WORK

NOW — The Honolulu Authority for Rapid Transportation (HART) is working on Kamehameha Highway in the westbound direction between Center Drive and Radford Drive. Motorists should prepare for lane closures and contraflow traffic. The work is expected to last three to four months. Construction work takes place from 8:30 a.m. to 2:30 p.m. Drivers will experience two lane closures along Kamehameha Highway in the westbound direction for ongoing utility work. A contraflow lane will allow westbound traffic to make a left turn into Makalapa Gate. Traffic at the Makalapa Road and Radford Drive intersection will be controlled by Honolulu Police Department officers. Motorists should follow posted speed limits and other signs in the construction areas. In addition, the bus stop at Kamehameha Highway and Center Drive is closed during construction hours. Updated bus routes and temporary changes can be found at www.TheBus.org. FMI: www.honolulutransit.org.

CALL FOR VOLUNTEERS

NOW — Navy Region Hawaii will host the Wounded Warrior Pacific Trials March 9 -13. Navy Region Hawaii is asking for volunteers to support the event. There will be a mandatory brief for all athlete sponsors and event coordinators from 9 to 10:30 a.m. March 2 at Hickam Memorial Theater. Athletes from the trials will be selected to represent the Navy and Coast Guard at the annual Warrior Games in the fall. FMI: Matthew.P.Butler@navy.mil or 472-8881, ext. 332 or 371-0271, or Christopher.Creek@navy.mil or 472-8881, ext. 332.

NCIS CRIME REDUCTION PROGRAM

NOW — From the start of fiscal year 2015, the NCIS Crime Reduction Program (CRP) has been focusing its efforts on the awareness and prevention of domestic violence. The CRP is a program which unites law enforcement and community service organizations with a shared goal of educating Sailors, Marines and Department of the Navy civilians about common threats to their safety. With the increasing focus on domestic violence prevention, the first quarter CRP has been extended through March. FMI: 474-1218 or the NCIS Hotline at 1-877-579-3648, text "NCIS" and tip information to CRIMES (274637) or call the DoD Safe Helpline at 1-877-955-5247.

TAX ASSISTANCE CENTER

NOW — The Navy Tax Assistance Center is now open. The self-service model center is located at the Navy College, 1260 Pierce St., building 679, Joint Base Pearl Harbor-Hickam in classroom 11. The tax center is open daily from 8:30 a.m. to 3 p.m. FMI: Ursula.m.smith1@navy.mil or 473-0443.

MARCH

CREWS INTO SHAPE

1 TO 28 — The Navy and Marine Corps Public Health Center will hold its 15th annual Crews Into Shape Challenge in conjunction with National Nutrition Month and Navy Nutrition Month. Crews into Shape is a four-week challenge that uses a team approach to promote wellness, combining the support of colleagues and family members to help the entire "crew" work toward a healthier lifestyle. Participants need to register by Feb. 28. FMI: www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx.

DISCOVER YOUR FUTURE IN AVIATION

7 — A Discover Your Future in Aviation event will be held from 9:30 a.m. to 4 p.m. at Pacific Aviation Museum Pearl Harbor. The event is designed for young people interested in aviation as a career, school groups, Scouts and families. It will include discussions with aviation professionals, aircraft flyovers, remote-control demonstrations and prizes. FMI: www.pacificaviation.org or 441-1000.

WOUNDED WARRIOR FAMILY SYMPOSIUM

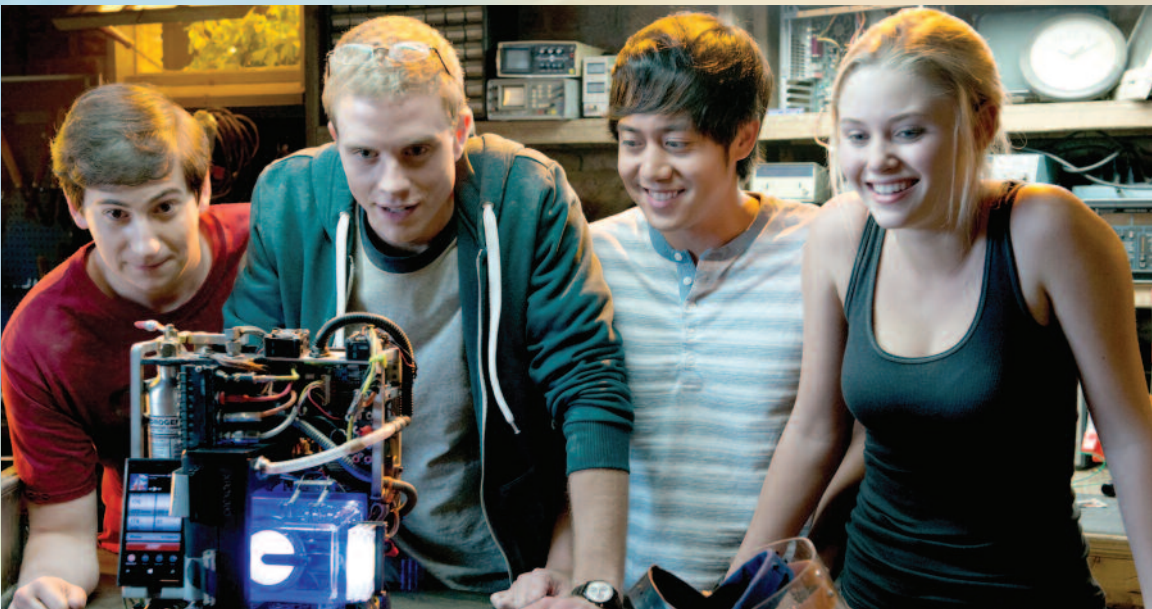
10 — A Navy Wounded Warrior Family Symposium will be held from 9 a.m. to 1 p.m. at the Hickam Officers Club. Navy Wounded Warrior Safe Harbor coordinates the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen, in addition to providing resources and support to their families. Assistant Secretary of the Navy for Manpower and Reserve Affairs Juan P. Garcia III will deliver the opening remarks. Participants are asked to RSVP as early as possible because seating is limited to 100 guests. FMI: 426-6381 or email Thomas.D.Howell7.mil@mail.mil.

A BETTER YOU

11-24 — The Pearl Harbor Navy Exchange (NEX) will partner with health and fitness organizations for A Better You event from 11 a.m. to 2 p.m. daily throughout the NEX mall. Participating groups include Naval Health Clinic Hawaii, TRICARE and the base Morale, Welfare and Recreation department. The free event for authorized patrons will include demonstrations, health analysis, program information and giveaways. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

'KICK BUTTS DAY'

18 — Aliamanu Military Reservation Youth Sports, Pearl Harbor Navy Exchange (NEX) and other organizations will hold a Kick Butts Day event from 11 a.m. to 2 p.m. at the NEX mall. Kick Butts Day is a national day designed to empower youth to stand out, speak up and seize control against tobacco use. In addition, a two-mile walk-run will begin at 7 a.m. at the NEX. FMI: Brittany K. Bigham at 836-1923 or Stephanie Lau at 423-3287.



PROJECT ALMANAC (PG-13)

A brilliant high school student and his friends uncover blueprints for a mysterious device with limitless potential, inadvertently putting lives in danger.

Movie Showtimes

SHARKEY THEATER

TODAY 2/27

7:00 p.m. Project Almanac (PG-13)

SATURDAY 2/28

2:30 p.m. Paddington (PG)

4:40 p.m. Black or White (PG-13)

7:20 p.m. American Sniper (R)

SUNDAY 3/1

2:30 p.m. Black or White (PG-13)

5:10 p.m. Taken 3 (PG-13)

7:30 p.m. The Wedding Ringer (R)

THURSDAY 3/5

7:00 p.m. American Sniper (R)

HICKAM MEMORIAL THEATER

TODAY 2/27

6:00 p.m. Paddington (PG)

SATURDAY 2/28

4:00 p.m. Paddington (PG)

7:00 p.m. American Sniper (R)

SUNDAY 3/1

2:00 p.m. Paddington (PG)

