

Warrior Day showcases Hickam’s ‘total force’ capabilities

Story and photo by
Staff Sgt.
Alexander Martinez

15th Wing Public Affairs

Air Force active duty, National Guard and Reserve Airmen and units participated in the Inaugural Total Force Integration Warrior Day held Jan. 10 at Joint Base Pearl Harbor-Hickam, conducting in-air training that tested the cooperation and capabilities of multiple base agencies.

F-22 Raptors, KC-135 Stratotankers and C-17 Globemasters III from the 15th Wing and Hawaii National Guard’s 154th Wing participated in the training day, testing their collective communication and mission execution skills.

“The objective is to get us talking to each other and to learn each other’s capabilities,” said Lt. Col. Rob Jackson, 19th Fighter Squadron commander. “We’ll be able to see our strengths and weaknesses so if we ever needed to, we can fight together effectively.”

Jackson said he came up with the idea to conduct Warrior Day here because he has had similar training at other bases that was very effective and highlighted the important ability of multiple base agencies working together.

“The more we train together,



An F-22 Raptor from the 199th Fighter Squadron positions itself while preparing to receive fuel from a KC-135 Stratotanker from the 96th Air Refueling Squadron near Joint Base Pearl Harbor-Hickam on Jan. 10. (See additional photo on page A-5).

the more we can demonstrate that we can get places quickly and quietly and when we get there, we are prepared to exe-

cute our mission,” Jackson said.

The Warrior Day training schedule began Jan. 9 with a pre-mission brief led by Lt. Col.

Mark Ladtchow, 199th Fighter Squadron commander and Warrior Day mission commander. The brief brought together all the participants of the training, covered all projected scenarios, and provided an overview of the day’s events.

Col. Terry Scott, 15th Wing vice commander, was in attendance and said he hoped the participants would get the most out of the important training.

“There are a lot of moving parts to training like this, and I hope you all work together and learn from this great experience,” Scott said to the audience.

The scenarios involved mock regional incidents in need of U.S. support including air support, special forces posturing and equipment movements, to name a few.

Jackson said, as opposed to other well known Pacific Air Forces training exercises, this Warrior Day was able to take the best of those exercises and conduct the training here on a much smaller and cost-effective scale.

Some training simulations included combat maneuvers with the F-22s, troop and equipment movements of the C-17s and refueling operations of the KC-135s.

Maj. Nuke Nagatani, an F-22 pilot with the 199th Fighter Squadron, said he thinks the

training was effective, especially for some of the newer pilots.

“We were able to take our youngest F-22 wingman out into this difficult training mission, and it was good lessons learned for him,” Nagatani said. “This was the most robust training he has seen.”

The day ended with an afternoon of post-mission briefings that brought together all the participants of the day and covered the day’s successes and failures.

“The post-mission brief is where the lessons are learned,” Nagatani said. “That’s when [participants] can fess up to the small mistakes they made during the training. They might think the mistake they made was contained to their cockpit, but in the bigger picture, it can snowball into something bigger down the road, so it’s good to get those mistakes out of the way now.”

Jackson said he hopes Hickam has more opportunities to conduct these kinds of training days in the future and envisions including more regional players.

“My vision is that Warrior Day will become a more joint [branch] training exercise that doesn’t only include Air Force assets,” Jackson said. “That type of joint training ties right in with air-sea battle concepts and joint maritime operations. It’s always very important to have those capabilities.”

Navy investigates fuel leak in one Red Hill underground tank

Navy Region Hawaii
Public Affairs

The Navy, in close coordination with the Hawaii State Department of Health and other agencies, is investigating a fuel leak from one tank at the Red Hill Underground Fuel Storage Facility.

“On Monday our fuel operators at Red Hill noticed a discrepancy in the fuel level in one of the tanks, specifically tank number 5. This tank stores JP-8 aviation fuel,” according to Capt. Mark Wheeler, the commanding officer of the Fleet Logistics Center Pearl Harbor, which includes the fuels facility at Red Hill.

“We have safeguards in place to detect something like this and they worked, which allowed us to quickly address this issue. We responded immediately by

simultaneously moving the fuel out of tank 5 to another tank while notifying local and federal agencies,” he explained.

Navy experts conducted a physical inspection of the tank and took samples. The samples matched, indicating that a leak had occurred from tank 5.

“The Navy is taking every prudent measure to ensure public safety,” Wheeler said. Samples of ground water and drinking water in the vicinity have been collected and are being tested. State, city and federal agencies were promptly notified and are working with the Navy to closely assess and monitor for any environmental or public health impacts.

“Through daily operations and continuously monitoring, I am here to tell you that our water is safe to drink,” said Capt. Mike

Williamson, regional engineer for Commander Navy Region Hawaii and the commanding officer of Naval Facilities Engineering Command, Hawaii.

The Honolulu Board of Water Supply (HBWS) was among those notified and is doing its own separate monitoring and investigation. Wells in the vicinity have been shut down as a precautionary measure.

“One of my responsibilities is to oversee the daily operations of five potable water systems on the island of Oahu which provides 18-20 million gallons of water today to over 50,000 active duty military, civilians and family members,” Williamson noted.

For Joint Base Pearl Harbor-Hickam water system users, there will be no reduction to the water supply.

Williamson spoke at a



U.S. Navy file photo

File photo of entrance to the Red Hill Underground Fuel Storage Facility

press conference held yesterday afternoon at the Clean Islands Council Hawaii Oil Spill Response Center at Sand Island, near JBPHH.

“We take our environmental stewardship seriously. Our military personnel and families live here and drink the water, too,” Wheeler said.

“We take great pride in being part of the Hawaii community and we will continue to keep the public informed. We will continue to work closely with our city, state and federal agency partners to assess, monitor and take every prudent action needed to protect public safety,” he concluded.

Navy Region Hawaii will continue to provide updated information via social media, in the Ho’okele and directly to the community.

Wounded Warriors ‘dive into’ athletics

Retired Logistics Specialist 2nd Class Patrick Blair finishes in first place for the men’s 50m backstroke heat Jan. 9 during the Wounded Warrior Pacific Invitational swim meet at the Iolani High School’s Dillingham Pool. (Additional photos on page A-5).

U.S. Navy photo by MC1 Kenneth R. Hendrix



Destroyer Squadron 31 conducts change of command
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Naval inspector general to conduct area visit, survey
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NFL Pro Bowl players to practice on JBPHH, visit military
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Events planned to commemorate Dr. Martin Luther King Jr. holiday
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Wounded Warriors compete in track and field invitational
See page B-1



Become a more healthy you with yoga classes at JBPHH
See page B-3

Destroyer Squadron 31 conducts change of command

MC1 Daniel Barker

*Navy Public Affairs Support
Element West, Detachment
Hawaii*

Capt. Christopher Bushnell relieved Capt. Wallace Lovely as commander of Destroyer Squadron 31 (CDS 31) during a change of command ceremony Jan. 10 at Joint Base Pearl Harbor-Hickam.

Lovely assumed command July 31, 2012. During his command tour, CDS 31 led Pacific Partnership 2013 and participated in numerous bilateral exercises with 14 foreign countries. These multi-national humanitarian and operational exercises demonstrate the distinction with which Lovely served during his tour.

Lovely is scheduled for transfer to Commander, U.S. Naval Forces Southern Command, U. S. 4th Fleet, to serve as chief of staff.

Speaking about his tour, Lovely said, “What a privilege this tour has been, working alongside over 2,200 Sailors from the seven ships of Ke Koa O Ke Kai. I have seen the future of our Navy in the eyes of DESRON 31 Sailors and it is bright. What a great team.”

Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, was a featured speaker for the ceremony.

“With this change of command today, we’re also experiencing a change in the region, in our theatre, in this AOR,” Williams said.

“This change of command, I think, is actually part of a greater strategic initiative that Adm. Harris is leading, which is what we call our rebalance here in the Pacific. The rebalance to the Pacific brings more ships, greater warfighting capability and improved efficiency to the waterfront. The initiatives and experiences that Wally’s helped lead and the friendships and associations that he’s made are the key rea-



U.S. Navy photo by MC3 Johans Chavarro

Capt. Wallace Lovely passes through side boys after being relieved by Capt. Christopher Bushnell as commander of Destroyer Squadron 31 (DESRON 31).

sons why it’s hard for him to let go,” he said.

Bushnell is a native of Westminster, Calif. He graduated from the United States Naval Academy in 1988 with a bachelor of science in oceanography and physics. Bushnell has served aboard cruisers, destroyers and frigates in both the Atlantic and Pacific fleets.

He previously served as commanding officer of USS Paul Hamilton (DDG 60), earning Commander, Destroyer Squadron 21’s Battle Effectiveness Award for calendar year 2007 as well as two consecutive COMPACFLT Golden Anchor Awards for Retention Excellence.

“I am humbled to stand before you and eager to move forward with the responsibility and task that I have been given to lead over 2,000 Sailors and seven – soon to be nine – billion-dollar destroyers,” Bushnell said.

“Over the last 18 months as deputy, I’ve observed the same things as many other Navy officers have in our last 238 years.

Whether it was on 16-gun ships of the line; whether our ships were under sail, steam, diesel or gas-turbine propulsion; on dreadnaughts, frigates, destroyers and cruisers—it isn’t the radar, the sonar, the guns or missiles that are our most powerful weapon,” he said.

“It’s the fighting spirit, drive and know-how of the American blue jacket. Thank you for volunteering to serve, and I look forward to the awesome opportunity and challenge and responsibility to lead you,” he said.

Bushnell has served on the Navy staff and joint staff at the Pentagon, as well as serving as chairman of the seamanship and navigation department at the U.S. Naval Academy. He holds a master’s degree in systems technology – Joint Command, Control and Communication (JC3) from the Naval Postgraduate School, Monterey, Calif.

He is a graduate of the Naval War College, where he was awarded a master of arts

degree in national security and strategic studies. Bushnell was deputy commodore, Destroyer Squadron 31 since July 2012.

Bushnell has been awarded the Defense Meritorious Service Medal, Meritorious Service Medal (three awards), Navy Commendation Medal (five awards), and the Navy Achievement Medal (three awards) as well as various unit and campaign awards.

CDS 31 is the immediate superior in command (ISIC) for USS Paul Hamilton (DDG 60), USS Hopper (DDG 70), USS O’Kane (DDG 77), USS Chaffee (DDG 90), USS Chung-Hoon (DDG 93), USS Halsey (DDG 97), USS Michael Murphy (DDG 112) and is scheduled to gain USS John Paul Jones (DDG 53) and USS Preble (DDG 88) in mid-2014.

As ISIC, COMDESRON 31 is responsible for the direct oversight of the training, maintenance and readiness of these seven surface combatants and also plans and conducts sea exercises to develop integrated skills for deploying ships.

Naval inspector general to conduct area visit, survey

Navy Region Hawaii
Public Affairs

The Naval Inspector General (NAVINGEN) will conduct an area visit in Hawaii from March 13 to 21. Approximately 40 inspectors will visit various Navy commands, including Commander Navy Region Hawaii, Joint Base Pearl Harbor Hickam, Pacific Missile Range Facility, Navy commands located at Marine Corps Base Hawaii and others as determined by NAVINGEN.

The main focus of area visits is quality of life and quality of work life for the fleet, fighter and family members, with a secondary focus on mission readiness and compliance with regulations.

NAVINGEN requests that all Navy personnel in Hawaii, including active duty military, Navy civilian employees (excluding contractors), and Reserves participate in a short, anonymous, online climate survey to evaluate command climate and quality of work life. Maximum participation in the survey is highly encouraged.

Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, said, “This is a great opportunity to let senior leaders know what you think about the various issues affecting quality of Navy life in Hawaii. Participating in this survey is time well spent, and I know your concerns and point of view will be heard by the Naval Inspector General’s team.”

The online survey, which can be found at <http://ow.ly/sF05b> began on Jan. 15 and will continue through Feb. 12.

For more information, call Lisa Hill at 471-1953 or John Cosson, Navy Region Hawaii inspector general, at 471-1958.

GOT SPORTS

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

Hagel leads Martin Luther King Jr. remembrance event

Cheryl Pellerin

American Forces Press Service

Defense Secretary Chuck Hagel honored the legacy and memory of Martin Luther King Jr. on Jan. 16 at the Pentagon's annual

MLK Day observance.

Joining the secretary to give the event's keynote speech was Army Col. Gregory D. Gadson, who lost both legs above the knee and suffered severe arm and hand injuries during his third deployment to Iraq. Gadson now serves as garri-

son commander of Fort Belvoir, Va.

King was an American pastor, activist, humanitarian and leader in the African-American Civil Rights Movement who was assassinated in 1968 in Memphis, Tenn. In 1964 King received the Nobel Peace Prize for combating racial inequality through nonviolence and was posthumously awarded the Presidential Medal of Freedom and the Congressional Gold Medal. Martin Luther King Jr. Day was established as a U.S. federal holiday in 1986.

"The rights that make America free, rights that this department protects and defends, come with heavy responsibilities like taking care of our people, looking out for one another, and lending a hand to those in need. Martin Luther King knew that," Hagel told the audience.

King knew that no matter how one serves, the secretary added, service is ultimately about people, and hope for a better life and a better world, and "through all the struggles and sacrifices turning that hope into reality."

King "was a man of



Defense Secretary Chuck Hagel speaks to an audience and honored the legacy and memory of Martin Luther King Jr. on Jan. 16, at the Pentagon's annual MLK Day observance.

U.S. Army photo by Sgt. Mikki L. Sprengle

vision, a man of passion, a man of commitment," the secretary said.

"He dedicated his life to a cause larger than his own self-interest, a cause that would spread across our nation and around the globe," Hagel said of the late civil rights leader.

Hagel said he was serving in Vietnam in 1968 with his brother Tom when he heard about King's death.

"Everyone was silent," the secretary recalled. The tragedy, he said, threatened to deepen a racial divide that was already hurting the morale and effectiveness of

his unit and others in Vietnam.

"I recall the courage of our company commander in Vietnam, [Army] Lt. Jerome Johnson. He was a 23-year-old African American from Chicago who was drafted into the Army. He went to [Officer Candidate School]. Soon thereafter he was in Vietnam. His older brother had been killed in Vietnam the year before," Hagel added.

Everyone in the Pentagon and the department knows that serving together means fighting together, he added,

and that military members serve knowing that diversity is at the heart of each service's strength.

"As Dr. King said, 'Everybody can be great because everybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve ... You only need a heart full of grace, a soul generated by love.'"

Hagel said Gadson is an example of that.

"Even after he sacrificed so much for his country, he refused to let adversity keep him down."

Navy Tax Assistance Center to open Jan. 31

Navy Region Hawaii Legal Service Office

The Navy Tax Assistance Center at Joint Base Pearl Harbor-Hickam will open Jan. 31 at the start of the tax season.

The center will be located at the Navy College 1260 Pierce St., building 679, classroom 11 on the first floor.

The tax center will be open from 8:30 a.m. to 3 p.m. Monday through Friday.

This year, the Navy Tax Assistance Center has fully transitioned to the self-service model. With the Navy's self-service program, service members will still be able to electronically file their returns and receive assistance from IRS-certified tax personnel.

In doing so, service members can learn how to prepare taxes on their own using free, Internet-based software. Beginning Jan. 31, servicemembers who wish to prepare their taxes from home will be able to do so by visiting myfreetaxes.com at the following url: www.myfreetaxes.com/jbphhtax.

The adjusted gross income threshold for free use of myfreetaxes.com is \$58,000 for tax year 2013.

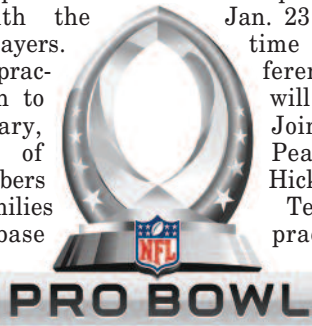
Members can also electronically file their own returns using H&R Block at home through Military Onesource. The website is <http://www.militaryonesource.com>.

NFL Pro Bowl players to practice on JBPHH, visit military

Joint Base Pearl Harbor-Hickam Public Affairs

For the third straight year, Joint Base Pearl Harbor-Hickam is hosting a Pro Bowl practice on Jan. 23 with the league's top players. The Pro Bowl practices are open to all military, Department of Defense members and their families who have base access.

New in 2014 is an



unconferenced format, where AFC and NFC players will be drafted by Pro Football Hall of Famers Jerry Rice and Deion Sanders while serving as alumni team captains for their respective squads.

Jan. 23 is the first time the unconferenced teams will practice at Joint Base Pearl Harbor-Hickam.

Team Sanders practice will begin at 9:45 a.m. with Team

Rice practice following at 11:45 a.m. Parking is available within walking distance, along Kuntz Avenue across from the Hickam Arts & Crafts Center. Bleachers are available in designated areas along Earhart Field for spectator viewing. Fans are encouraged to wear their favorite team's colors and bring a camera for once-in-a-lifetime access to a Pro Bowl team practice.

For more information go to www.greatlifehawaii.com

On Jan. 22, players will participate in an after-

noon of volunteer activities taking place across Hawaii as a part of the NFL PLAY 60 Community Blitz, focusing on two critical areas of NFL community outreach: Youth Health and Wellness (NFL PLAY 60) and Military Outreach.

The NFL and its official military appreciation sponsor, USAA, partnered to upgrade and maintain Earhart Field to create a lasting legacy of the Pro Bowl and to demonstrate both organizations' deep appreciation for the military.

Diverse Views



Who is your favorite TV or movie actor or actress?



EOCN Richelle Mechol
DET Pearl Harbor Alfa

"Michelle Rodriguez. She's awesome."

Senior Airman Kelvin Johnson
15th Wing Medical Group

"My favorite actor has to be Denzel Washington. The way he portrays his characters, even if they're flawed, he still shines. 'Flight,' 'Training Day,' 'Safe House,' it's hard to name a movie with him in it I don't like."



IT3 John Blanchard
NCTAMS PAC

"David Tennant. He's a British actor. He's my favorite doctor in Doctor Who."

Ruth Arroyo
15th Wing Medical Group

"My favorite actress is Julia Roberts. She seems like the down-to-earth type of person I could get along with. Her favorite movie of mine would have to be 'Pretty Woman.'"



Sgt. Joshua Champlin
SOCPAC

"Will Smith. He's a great actor when he's acting normally, than when acting on a green screen. It's a lot harder acting on a green screen when you don't have the resources in front of you. He can act with a group of people and solo and give the same effect."

Irene Ching
15th Wing Medical Group

"Vin Diesel is my favorite actor, mainly because he's hot. His confidence and strength he exudes is something I look forward to in every movie he stars in. I usually fall asleep during movies, but I definitely stay awake when I [am] watching one with him in it."



Lt. j.g. Ronald La Curan
USS City of Corpus Christi

"Tony the Tiger. Wait, he's not real?"

LNC Tawanica Davis
RLSO Hawaii

"Right now I'm a Scandal fan, so I like Kerry Washington."

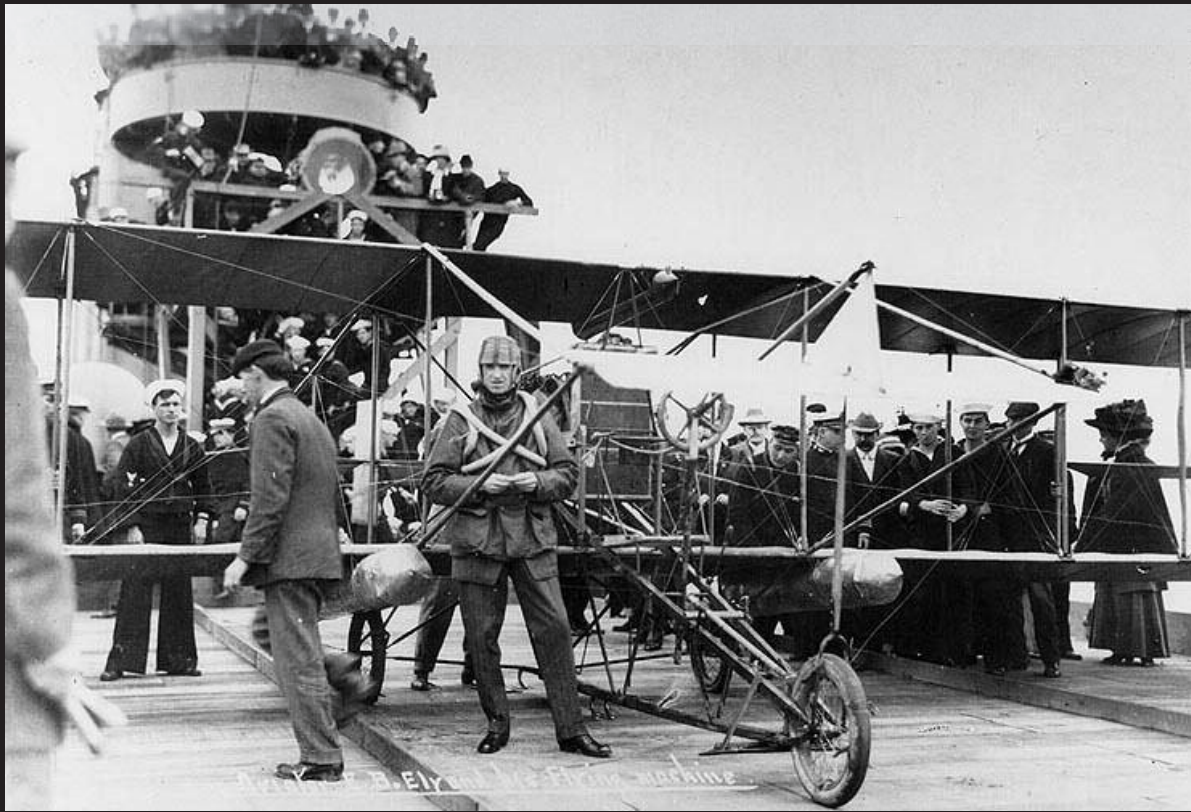


Provided by Lt. j.g. Eric Galassi
and SrA Christopher Stoltz

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

First airplane landing on a warship



U.S. Naval Historical Center photograph

Aviator Eugene B. Ely stands by his Curtiss pusher biplane just before taking off from USS Pennsylvania (Armored Cruiser 4) to return to land on Jan. 18, 1911. Earlier in the day he landed on the ship's deck, the first time an airplane had alighted on a warship. The historic landing took place 103 years ago this week. Pennsylvania was then at anchor in San Francisco Bay, Calif.



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2014 Wounded Warrior Pacific Invitational wraps up

Master Sgt. Matthew McGovern

*Pacific Air Forces
Public Affairs*

The Wounded Warrior Pacific Invitational, a three-day adaptive athletic competition among 120 wounded warriors, concluded with a recognition ceremony and luau at the Hale Koa Hotel on Jan. 11.

Leadership from each service branch attended the ceremony to present their athletes with a participation medallion. Gen. “Hawk” Carlisle, Pacific Air Forces commander, congratulated the 30 Air Force wounded warriors.

“You are an inspiration to us all,” Carlisle said. “Let me thank you for everything you’ve done, your sacrifice for your nation, and everything you do today to inspire all of us to be better at what we do.”



U.S. Air Force photo by SrA Christopher Stoltz

Gen. “Hawk” Carlisle, Pacific Air Forces commander, speaks with Tech. Sgt. Leonard Anderson, Air Force Wounded Warrior, during the Wounded Warrior Pacific Invitational closing ceremony Jan. 11 in Honolulu.

During the three days leading up to the ceremony, wounded warriors from the Air Force, Army, Coast Guard, Navy and Special Operations Command competed in cycling, seated volleyball, swimming, track and field, and wheelchair basketball.

“My favorite part of this competition is the teamwork and level of competition. I really had to push myself,” said Staff Sgt. August O’Neill, Air Force wounded warrior. O’Neill was struck in the left knee and right calf by enemy small arms fire July 2011 while deployed to Southwest Asia. Although he awaits knee replacement surgery, he was able to compete in swimming, hand cycling and seated volleyball.

Participants included active duty and retired service members with upper-body, lower-body and spinal cord injuries, serious illnesses, traumatic brain injuries, visual impairment, and post-trau-

matic stress disorder.

Steve Otero, the Air Force Wounded Warriors communication coordinator, said he was honored to help coordinate the event. As a wounded warrior himself who suffered from PTSD after two consecutive deployments to Southwest Asia, he said he is grateful to be working in his position.

“During this adaptive sports competition, I realized I can still serve as an Airman — just at a different capacity: being there for other Airmen,” he said. “I have the privilege of learning everyone’s story, and I encourage them to share their stories to inspire others.”

This Wounded Warrior Pacific Invitational is in preparation for the United States Olympic Committee’s Warrior Games, held at the U.S. Olympic Training Center and the United States Air Force Academy in Colorado Springs, Colo.

COMSUBPAC announces Battle Efficiency Award recipients

**Commander Submarine Force, U.S. Pacific Fleet
Public Affairs**

Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC) at Joint Base Pearl Harbor-Hickam has announced the recipients of the 2013 Battle Efficiency (Battle “E”) award in an official message to the submarine force.

The Battle “E” is an award of merit presented to the most proficient submarine crew in each squadron and recognizes sustained superior technical performance and continual combat readiness throughout the year.

The awards are presented by the commodore of each squadron to the submarine under their command which has demonstrated the highest level of battle

readiness during the evaluation year.

“The competition for Battle Efficiency awards was extremely tough. 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,” said Rear Adm. Phillip Sawyer, commander Submarine Force, U.S. Pacific Fleet, in the message to the force.

“Each crew member of an award winner can be justifiably proud of their contribution to improve Pacific Submarine Force readiness. I am extremely proud of your outstanding performance.”

The Pacific Force Battle “E” winners and their homeports are:

- Commander, Submarine

Squadron (SUBRON) 1 (Pearl Harbor) — USS Greenville (SSN 772).

- SUBRON 7 (Pearl Harbor) — USS Cheyenne (SSN 773).

- SUBDEVRON 5 (Bangor, Wash.) — USS Jimmy Carter (SSN 23).

- SUBRON 11 (San Diego) — USS Albuquerque (SSN 706).

- SUBRON 15 (Guam) — USS Chicago (SSN 721).

- SUBRON 17 (Bangor) — USS Nebraska (SSBN 739) (Blue and Gold).

- SUBRON 19 (Bangor) — USS Ohio (SSGN 726) (Blue).

- Submarine Tender USS Emory S. Land (AS 39).

Special category was awarded to Floating Dry Dock Arco (ADRM-5) and the Undersea Rescue Command (URC), both in San Diego.

Events planned to commemorate Dr. Martin Luther King Jr. holiday

Navy Region Hawaii Public Affairs

The following events have been scheduled in Honolulu in conjunction with the Dr. Martin Luther King Jr. holiday.

- Jan. 17, noon, the Dr. Martin Luther King Jr. concert with the Royal Hawaiian Band at Iolani Palace grounds.

- Jan. 19, 5:30 p.m., annual bell ringing ceremony at Nagasaki Peace Bell. Honolulu Hale Civic Grounds along Lauhala and Beretania Streets.

- Jan. 20, 9 a.m., the Dr. Martin Luther King Jr. Holiday Parade and Unity Rally.

The parade begins at Magic Island and ends at Kapiolani Park. The rally follows at the Kapiolani Park Bandstand. The celebration includes food and community booths.

For more information, call Val Nomura at 471-0220 or a special emphasis program committee member.



Pearl Harbor-Hickam*Highlights*



Capt. Nikita Wetherbee, 96th Air Refueling Squadron, coordinates with air traffic control to position her KC-135 Stratotanker while taking off from Joint Base Pearl Harbor-Hickam, Jan. 10. Wetherbee, a KC-135 pilot, and her crew were participants in the Inaugural Total Force Integration Warrior Day, a training event that tested the cooperation and capabilities of multiple base agencies. The training highlighted the importance of integrating operations of active duty, Hawaii National Guard and Air Force Reserve units.

U.S. Air Force photo by Staff Sgt. Alexander Martinez

Capt. Wallace Lovely, (right,) receives the Legion of Merit Medal from Rear Adm. Rick Williams, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, during a change of command ceremony Jan. 10 at Joint Base Pearl Harbor-Hickam. Lovely commanded Destroyer Squadron 31 from July 2012 to January 2014 and was relieved by Capt. Christopher Bushnell.

U.S. Navy photo by MC3 Johans Chavarro



Capt. John S. Banigan, commanding officer of the guided-missile cruiser USS Lake Erie (CG 70), briefs Dato' Seri Hishammuddin bin Tun Hussein, Malaysian minister of Defense, on the strategic capabilities of the Lake Erie while in the combat information center aboard the ship Jan. 14 at Joint Base Pearl Harbor-Hickam. Hishammuddin met with various commands on Oahu during his visit to Hawaii.

U.S. Navy photo by MC3 Johans Chavarro

Two wounded warrior cyclists race to complete a lap in the wounded-warrior cycling time trials, held Jan. 8, on Joint Base Pearl Harbor-Hickam. Athletes from all services competed in the 2014 Wounded Warrior Pacific Invitational, which featured more than 120 wounded-warrior athletes competing in cycling, track and field, seated volleyball, swimming and wheelchair basketball.

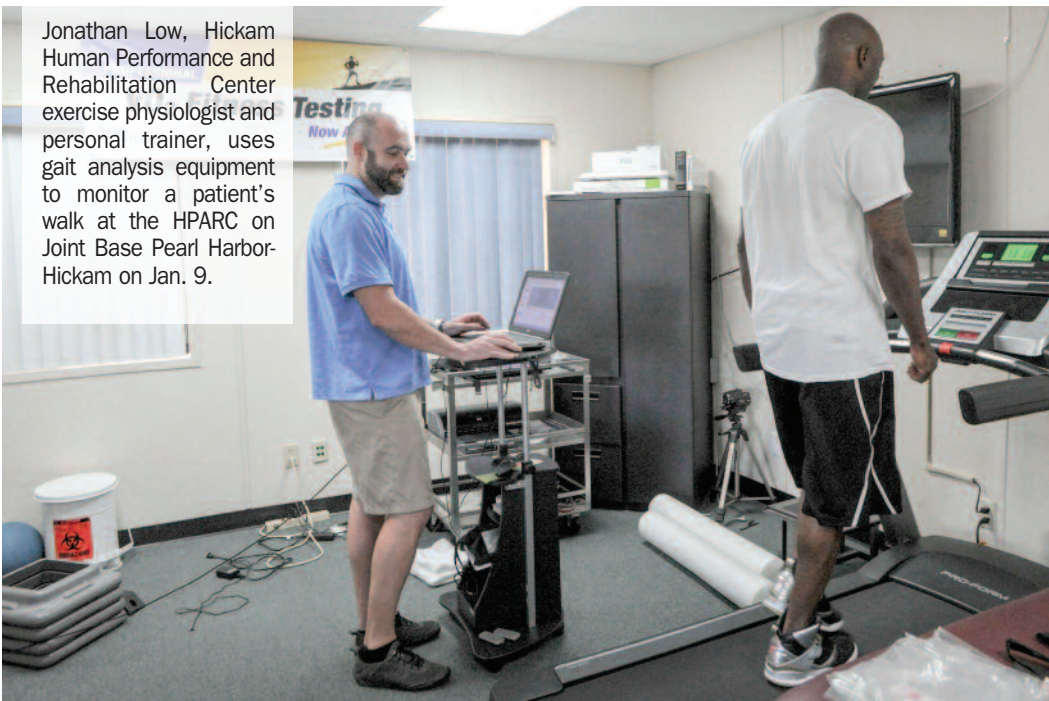
U.S. Air Force photo by Sr Airman Christopher Stoltz



Air Force Wounded Warriors compete in a swim meet during the inaugural Wounded Warrior Pacific Invitational in Honolulu Jan. 9.

U.S. Air Force photo by Master Sgt. Matthew McGovern

Jonathan Low, Hickam Human Performance and Rehabilitation Center exercise physiologist and personal trainer, uses gait analysis equipment to monitor a patient's walk at the HPARC on Joint Base Pearl Harbor-Hickam on Jan. 9.



Hickam HPARC offers new fitness opportunities for Airmen, Sailors

Story and photo by Tech. Sgt. Terri Paden

15th Wing Public Affairs

For many, the new year brings resolve to “get in shape,” try new diets, or lose those last few pounds. While these fitness goals can sometimes come with costly gym memberships or personal trainers, Airmen and Sailors stationed at Joint Base Pearl Harbor-Hickam need look no further than the Human Performance and Rehabilitation Center at joint base to meet their fitness needs.

Formerly the Health and Wellness Center, the HPARC seeks to promote good health and injury prevention through free educational classes and practical intervention.

“The agency works to meet the needs of the community by providing education on nutrition and weight control through exercise,” said Dr. Crystal Nicholson-Springer, HPARC health educator. “For active-duty members, our courses strengthen performance targeting the core muscle groups that support tested motions needed for optimal performance on the PT test.”

Nicholson-Springer said though the program has been operating at JBPHH since 2007, modifications have been made and new classes have been added to ensure users have the greatest chance at reaching their fitness goals.

“These programs are designed to increase resiliency by improving the body’s ability to handle stress, both physical and emotional, through healthy behaviors,” said Jonathan Low, HPARC exercise physiologist and personal trainer.

According to Low, the idea behind HPARC programs are not just to become more fit but to do so in a way that prevents injury.

“We want to make people stronger and fit, but we want to do that by making sure they stay injury free,” he said.

“It’s about increasing performance. By providing injury prevention programs, we ultimately increase performance because fewer injuries equal more gym time.”

The iGet Fit, Warfighter Readiness and Superior Airman Fitness Enhancement programs are the new offerings, all aimed at preparing Airmen to meet the newly implemented fitness testing standards, though not all of the classes are aimed at fit test improvement or active-duty members.

“We’ve found that participants see the most change when the environment at home is conducive to healthy changes, so we welcome service members and their families,” said Low.

The Tobacco Cessation and iGet Fit programs are open to family members and spouses who are also seeking healthier lifestyles through proper nutrition and fitness.

“Even if you don’t need PT test improvement, everyone could use injury prevention information or help leading a more healthy lifestyle overall,” Low said.

“There’s a lot of good information and good programs out there. It’s our job to balance information with practical application, so we interpret that information and figure out how to apply it.”

For more information on the HPARC or to register for classes, contact the staff at 448-6170.

Team Hickam advised against temporary weight loss solutions

Tech. Sgt. Terri Paden

15th Wing Public Affairs

An increased emphasis on resiliency and readiness has led Airmen to potentially extreme or harmful measures to quickly shed extra pounds. However, personnel at the Hickam Human Performance and Rehabilitation Center recommend that Airmen choose quality over quantity when it comes to losing weight.

“Airmen should pair exercise with eating the proper amount of calories to lose weight,” said Tech. Sgt. Lamarr Coleman, HPARC NCO in charge of health promotion.

“This does not require a diet. A diet is temporary, but a lifestyle change will permanently help to lose the weight and keep it off.”

Coleman said “yo-yo” dieting or fad diets may seem like an easy alternative but usually do more harm than good.

“When you remove something from your diet, it will lower your calorie intake which will likely cause you to lose weight, but eventually you either reach a goal or get tired of the diet and incorporate the foods back in and that’s when you gain the weight back,” he said.

“Nobody wants to gain the weight back. Ask yourself if this is a diet that you [can] live with every day forever. If the answer is no, then it’s not a realistic eating habit and the results will only be temporary.”

Additionally, Coleman said fad diets are unhealthy because they rob the body of key nutrients.

“Making healthier choices and providing the body with nutrients could actually help Airmen with their fit-

ness assessment by increasing energy, repairing muscles, shortening recovery times, so Airmen can train harder and more frequently and reducing body fat which will improve abdominal circumference.”

Coleman said having a healthy diet can also help Airmen avoid health complications by reducing the risk of heart disease, diabetes, blood pressure, cholesterol and certain cancers.

To help Airmen struggling to lose weight, Coleman suggested a lifestyle overhaul including a balanced diet coupled with cardio and strength training.

“Lifestyle changes can include eating a variety of fruits, vegetables, whole grains, lean meats, low fat dairy and healthy fats,” Coleman said. “Preparing your meals instead of eating out and baking, broiling or grilling your foods instead of frying them are all ways to improve your overall diet.”

Coleman also suggested eating breakfast, tracking calories with a food diary, exercising portion control, eating smaller meals more frequently for appetite control, and drinking lots of water.

“Long-term success comes from making a permanent lifestyle change,” he said.

“Losing weight should not be hard, but some people are just unaware, or underestimate, how much they eat. Read food labels to make smart choices and set realistic goals like drinking more water and less soda. If you lose weight the correct way over time, the weight will stay off.”

For more information on nutrition or healthy lifestyle choices and class schedules, contact the HPARC staff at 448-6170.

Martin Luther King Day commissary hours announced for JBPHH

In observance of the Martin Luther King Day holiday on Jan. 20, the Pearl Harbor Commissary store operation hours will be from 9 a.m. to 5 p.m.

The Hickam Commissary hours will be from 10 a.m. to 6

p.m. with early bird hour at 9

a.m.

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

Service members caddy for professional golfers during Pro-Am event

Story and photo by
MC1 Cynthia Clark

Defense Media Activity,
Hawaii News Bureau

A group of service members had the opportunity to caddy for members of the Professional Golfers' Association at the Pro-Am event Jan. 8 prior to the Sony Open in Hawaii at the Waialae Country Club.

As part of the Birdies for the Brave program, military volunteers from various commands around Hawaii were able to caddy for a pro on the 18th hole during the Pro-Am event.

"Here I am, carrying bags for the best golfers in the world," said U.S. Marine Corps Cpl. Sharadan Reetz, who had the opportunity to caddy for Vijay Singh and Zach Johnson. "As we walked the 18th hole, Mr. Singh gave me some tips



U.S. Marine Corps Cpl. Sharadan Reetz, while caddying for Professional Golfers' Association (PGA) pro Vijay Singh, observes a shot from the 18th hole at Waialae Country Club in Honolulu, Wednesday, Jan. 8.

about golf and life in general. He is a great guy, shared a lot of wisdom and wished me luck in the future."

As he caddied for Zach Johnson, he was able to reminisce about home as they are both from Iowa. Spending time together on the 18th hole was "awesome" for Reetz. It was also special for the professional golfer to talk about home and to thank him for his service.

"It was great," said Johnson. "He's from my home state, so we had a lot to catch up on. It was nice to meet a young man who's served our country for five years - It puts things into perspective."

Another Marine who had the privilege of caddying for the professional golfers was extremely grateful for the program, especially since he was paired with Adam Scott, who was the most recent winner of a green

jacket in the Masters.

"It was unreal," said Sgt. Tony Reese, a member of Headquarters Battalion at Marine Corps Base Hawaii. "He gets to put on that green jacket. It's something that I want to do. I know I'll probably never get the chance to do, but just to be able to talk to him, caddie for him, it's just unreal. It's an amazing feeling."

While all volunteers agreed that meeting the pros and being able to caddy for them was a great and surreal experience, they also were grateful to the Birdies for the Brave program, which granted them this opportunity.

"I've been golfing since I was five, so just to be out here and actually do this means a whole lot," Reese said. "It's an awesome feeling that there are programs out there like this that do this for service members. It's fantastic."

Birdies for the Brave welcomes military during golf tournament

Story and photo by
MC1 Cynthia Clark

Defense Media Activity,
Hawaii News Bureau

Military members from all branches, retirees and their family members had the opportunity to view the Sony Open in Hawaii at the Waialae Country Club, from a special tent sponsored by the Birdies for the Brave program held from Jan. 9 to 11.

This was the seventh year the foundation and the Professional Golfers' Association (PGA), along with their corporate sponsors, provided food and beverages for the service members and retirees. It gave them the opportunity to relax and recharge on the 18th fairway. Another benefit was the chance to visit, take photos and get autographs from the professional golfers who made their way to the tent following their round.

"I definitely follow the game, and seeing all the big players out here, it's great, especially to come into

this tent," said U.S. Air Force Lt. Col. Brian Burns, stationed at U.S. Pacific Command.

"Having them taking time to come out here, and then to come to the tent after they're done, I know they're so busy with millions of demands on their schedule, but to come over here to the tent, at this great venue, it's just been awesome."

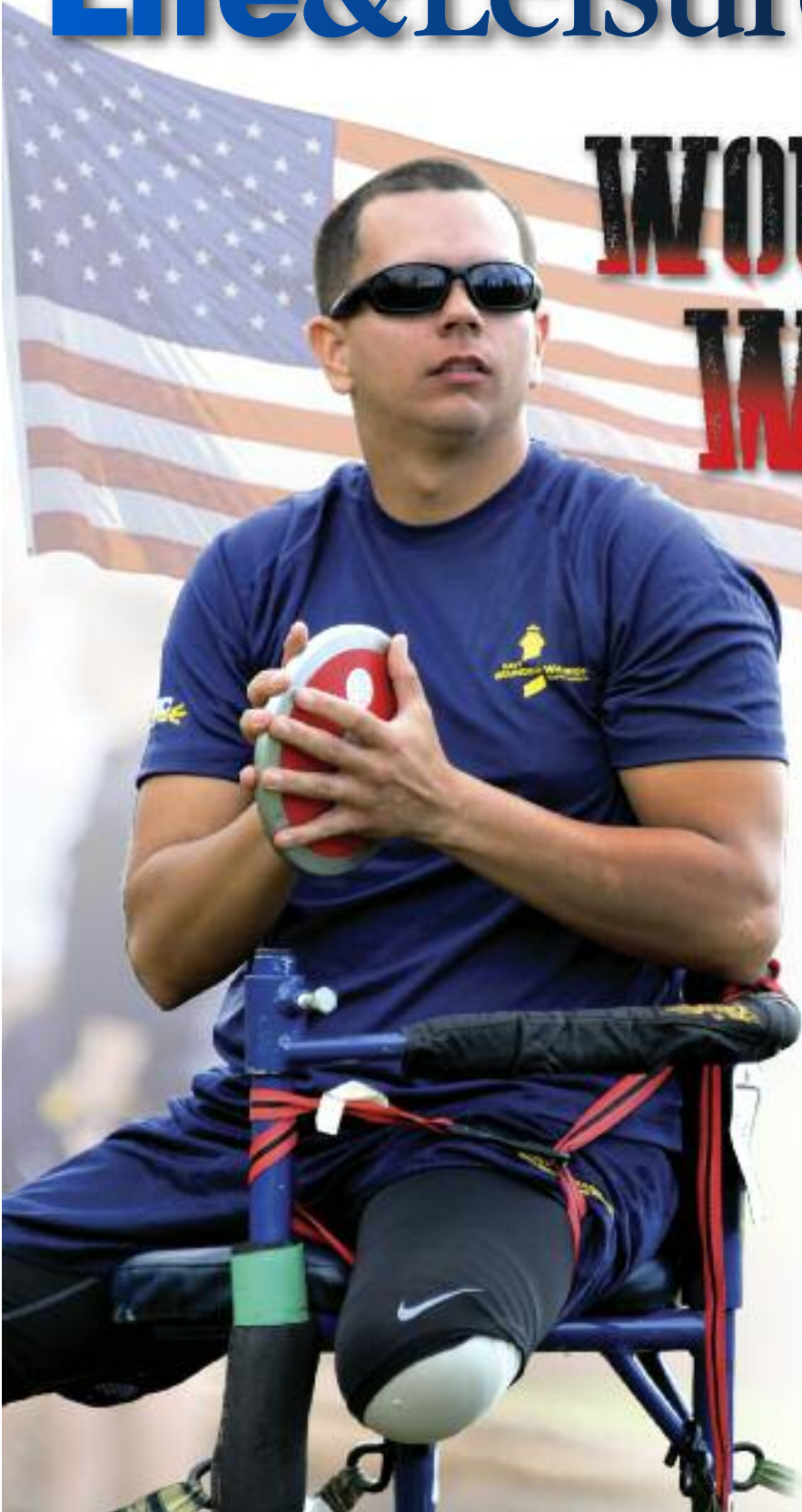
While it was an exciting opportunity for the service members, for the golfers who spent time with them in the tent, the feeling was mutual.

"It was great to get to stop by and talk to some of the troops and sign autographs. I think the military and golf goes hand-in-hand," said PGA member Ben Martin, during his time at the tent.

"It's cool for us to show our support to them, as much as they support us and all that they do. Hopefully they come out and have a good time, and [are] able to enjoy watching us play some golf. It's nice to get done with a round of golf and come back and hang out with these guys."



Ben Martin, Professional Golfers Association member, visits with active duty service members and retirees in the Birdies for the Brave hospitality tent Jan. 11 after his round in the Sony Open in Hawaii at Honolulu's Waialae Country Club.



WOUNDED WARRIORS COMPETE IN TRACK AND FIELD INVITATIONAL

Story and photos by MC2 (SW/AW) Jerine Lee
U.S. PACOM Joint Intelligence Operations Center

Twenty-seven Sailors and Coast Guardsmen of Team Navy participated in the track and field meet at the Iolani School Kozuki Stadium on Jan. 8 as part of the Wounded Warrior Pacific Invitational (WWPI).

Days prior to the event, the wounded warriors practiced and trained at Earhart Field at Joint Base Pearl Harbor-Hickam for the relay races, sitting and standing discus throws and sitting shot puts with coaches to help improve their performance for the meet.

Retired Master-at-Arms Seaman Steve Hancock, 24, a Pueblo, Colo. native, competed in the sitting discus and sitting shot throw events.

“This event is a great way for me and other wounded warriors to give hope and get us to become active and push ourselves to do things we thought we could never accomplish or do again,” Hancock said.

Hancock joined the Navy in 2007 and while deployed in Bahrain in 2009 he fell from a five-story building during a training session, severing his spinal cord. He also suffered a broken leg, broken arm and a traumatic brain injury.

However, his loss of feeling in both legs did not slow down his motivation and love of sports. In 2012, Hancock became actively involved with the Wounded Warrior Project, taking part in sport events such as diving, hand cycling and sitting basketball.

“I played football growing up and when I was given the opportunity to participate in the warrior games. I was surprised with how much I fell in love with it,” Hancock said. “Once I began to excel in them, it pushed me to do better. I highly recommend anyone in that position to get off the recovery bed and take advantage of every opportunity because it’s about pushing forward, past your injuries.”

Hancock is now a shot put and discus champ for the U.S. Paralympics team and earned two gold medals in the 2013 Warrior Games. He is now training for the 2014 Warrior Games in the fall.

“It’s a great feeling to be around other athletes and warriors,” Hancock said. “I love being involved and although I retired from the Navy, I love the camaraderie and being surrounded by the military family.”

Team Navy is sponsored by Navy Wounded Warrior (NWW) — Safe Harbor, the Navy and Coast Guard’s wounded warrior support program. The team members have upper-body/or lower-body injuries, spinal cord injuries, traumatic brain injuries, visual impairments, seriously illnesses and/or post-traumatic stress.

The WWPI is the largest joint-service competition to take place outside of the annual Warrior Games and features wounded warrior athletes from the Navy, Marines, Army, Air Force, Coast Guard and Special Operations Command. The goal of the WWPI isn’t to identify the most skilled athletes, but rather to showcase the potential of wounded warriors through athletic events. (See related story page B-2).



(Top left and above left): Chief Yeoman Javier Rodriguez and retired Master-at-Arms Seaman Steven Hancock prepare to perform a sitting discus throw.

(Left and right): Army Sgt. 1st Class Howard Sanborn (left) and retired Master-at-Arms 3rd Class Nathan DeWalt participate in the 100-meter wheelchair race.

(Below left): Retired Chief Gunner’s Mate Hector Varela performs a sitting discus throw.

(Below right): Electrician’s Mate 2nd Class Joshua Rosenberg (right) receives the baton from Master-at-Arms 2nd Class Robert Westfall for a 4-by-100 meter relay race.



Veteran uses the power of charm to aid in healing wounds

**Story and photo by
MC1 (SW/AW)
Kenneth R. Hendrix**

*U.S. PACOM Joint
Intelligence Operations
Center*

At Iolani School's Dillingham Pool, Team Navy took first place for the eighth straight meeting during the Wounded Warrior Pacific Invitational (WWPI) swim meet held Jan. 9.

Out of the 15 freestyle and backstroke events, Team Navy also took second place seven times and third place four times. The swimming heats are grouped by illness and injury.

Making a splash in and out of the pool, medically retired Master-at-Arms 3rd Class Nathan DeWalt, 25, of York, Pa., swam the 100m spinal cord injury freestyle race in 3:09.24 to claim the third place slot.

"Today was not my best swim day, but I always try to do my best," DeWalt said. "It is exhausting, but I'm always happy with my performance."

On July 11, 2008, while riding his motorcycle, a taxicab stuck him after running through a stop sign. The accident left DeWalt's

spinal cord severed at the T3 vertebrae.

"I woke up in the hospital two weeks later after my injury to find out that I was paralyzed from my chest down," DeWalt explained. "And fortunately this has been the best thing that has ever happened to me. It has given me a lot of opportunities that I wouldn't have had otherwise."

DeWalt has fought back with a motivating amount of self-confidence and courage. Using a wheelchair, he actively took part in four events during the WWPI — swimming, wheelchair basketball, cycling and track and field.

"I feel like I'm out here for moral support for some of the other teammates, the new members who haven't had the opportunity to participate yet," DeWalt said.

"This is my fifth year doing the Warrior Games with this team. As a veteran, I do not feel obligated to doing this, but it's something that I enjoy doing and in being able to help and inspire others."

To the average service member or spectator, the sight of seeing DeWalt will his body around a pool and basketball court tends to be

mind-boggling, if not emotional. But DeWalt said that he is an extremely self-assured individual.

"I've always been a pretty highly motivated individual," DeWalt said. "When I woke up and I had family standing around my bedside cheering me on, to be brutally honest, my motivation came from inside me."

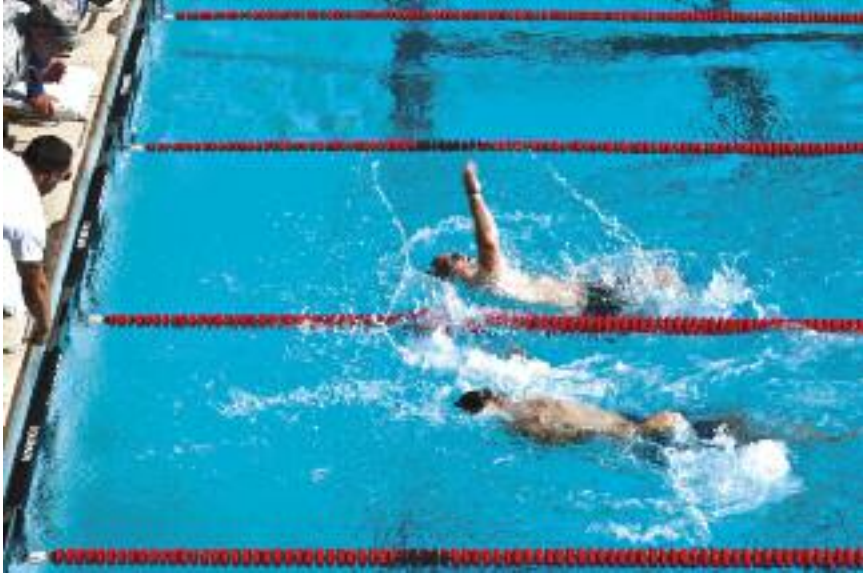
DeWalt recalled the days of being in the hospital and going through rehabilitation as it became a means of taking the initiative to better himself as quickly as possible.

"The most important thing to me was trying to be normal and to not really associate myself as someone who is in a wheelchair or as someone who is paralyzed," DeWalt said.

"I feel blessed that I was given this opportunity to come and do events like this, because my injury was really intensive, but I made such a quick turnaround."

In the years after his injury, DeWalt said he has made it a personal goal of his to give back as much as he can to other individuals and be an inspiration to them.

"I had a gentleman tell me that I saved his life,"



Naval Aircrewman (Mechanical) Airman Brett Parks (top) swims neck and neck against U.S. Air Force Staff Sgt. August O'Neill, en route to placing first place in the 50m mixed lower body amputee backstroke heat by one one-hundredth of a second. The event was held during the Wounded Warrior Pacific Invitational swim meet at Iolani High School's Dillingham Pool.

DeWalt said. "He was on suicide watch for about a month. He was newly injured like me, but he kind of gave up on himself at that point. It stuck with me and now I do other outreach recreational activities outside of the Warrior Games."

Erica Cepko, DeWalt's girlfriend of two years, shared the happiness she witnesses in seeing how

much everyone loves to be around him.

"He makes time to speak to every single person individually," Cepko said. "He doesn't leave anyone out and I feel like people are comfortable around him. So they can tell their stories and they are not afraid to hold back."

After the swim meet, DeWalt congratulated all of his teammates for their

performance with high fives and fist bumps.

"No matter what happens at the end of the day, we are all friends and family," DeWalt emphasized.

"We might get a little bitter when we are exhausted from training 10 hours a day, but these guys have all left a mark on me. I'm sure they would say the same about me leaving a mark on them as well."

Joint base Airmen support Toys for Tots campaign, Wounded Warriors



Senior Master Sgt. Guadalupe Ruiz, Pacific Air Forces/A4 manager, (right), helps collect donated toys with "Toys for Tots" representatives, U.S. Marines Corps Lance Cpl. Doug Larrabee, (left), during the opening ceremonies for the recent second annual Super Draft Softball Tournament at Joint Base Pearl Harbor-Hickam.

**Story and photo
by Master Sgt.
Jerome S. Tayborn**

15th Wing Public Affairs

More than 70 new toys were handed over to the Marine Corps Reserve "Toys for Tots" program during the opening ceremonies of the recent second annual Super Draft Softball Tournament at Joint Base Pearl Harbor-Hickam (JBPHH).

About 65 players from the JBPHH community supported the Air Force Sergeant's Association-sponsored event, which also donated funds from the registration fees to the Wounded Warrior Project.

The two-day tournament, which was a backyard base-

ball style draft, was open to all JBPHH community members willing to donate an unwrapped toy to the Toys for Tots campaign sponsored by the U.S. Marines Corps Heavy Marine Helicopter Unit 463, stationed at Marine Corps Base Hawaii, Kaneohe Bay.

"I would like to thank everyone for coming out and supporting the softball tournament and AFSA," said Chief Master Sgt. Leslie Bramlett, 15th Wing command chief, during the opening remarks of the tournament.

"AFSA has a special place in my heart. They help take care of our Airmen, their benefits and their families. Not only does AFSA help advocate

for us in Washington, D.C., but they also support us locally."

The Toys for Tots campaign is a charitable tradition supported and executed by service members since 1947. Toys for Tots Hawaii has established a close, working relationship with local social welfare agencies, church groups and other local community agencies to distribute the toys.

Col. Terry Scott, 15th Wing vice commander, thanked the participants for their support and encouraged everyone to keep the bigger picture in mind while enjoying the event.

"You all are helping to make someone's holiday a lot better," Scott said.

Become a more healthy you with yoga classes at JBPHH

Story and photo by
Randy Dela Cruz

Sports Editor

Yoga can be a great way for active-duty military members, their families and retirees to round out fitness routines, and the folks at Joint Base Pearl Harbor-Hickam Fitness Center will show them how to get started.

Classes are held from Monday through Saturday. Instructor Capt. Karen McDonald, Naval Health Clinic Hawaii, said that the classes are for everyone, from beginner to advanced students.

"I was taught by an instructor that said you want to make everyone feel comfortable and wanting to come back," McDonald said. "So I give them choices in every position. This is a general way of making sure that you're getting the most out of your time and the most out of your practice."

Apparently the message of yoga is catching on at the base, as the Monday evening class on Jan. 13 was packed from wall-to-wall with eager participants ready to engage in the hour-long session.

Soothed by the warm tones of McDonald's cadence, attendees set their own pace with McDonald offering tips to individuals as she went along.

"I teach a lot of positioning — making sure they do the right positions," she said. "So they feel like they can come back and learn something."

Cryptologic Technician (Technical) Seaman Apprentice



Johanna Roots, a Navy spouse, stretches out during a recent yoga class at JBPHH Fitness Center. Yoga classes are held Monday-Saturday at the fitness center.

Tara Broesche, Navy Information Operations Command (NIOC) Hawaii, said that yoga has helped keep her in shape to meet the demands of the military.

"This really relaxes me and stretches the muscles," she said.

While the program can be

tough enough to work for active-military members, it's also adaptable for retirees.

Jerry Llanes, a 58-year-old retired Seabee, and his wife of 32 years, Karen, are frequent attendees at McDonald's classes.

Llanes said that yoga has been

a wonderful way to battle 'Father Time' and has helped him stay limber and fit.

"It uses all parts of muscles of your body," he said. "It's a good medication for stress and you become more limber."

His wife, Karen, started the

trend in the family by attending classes held at Bloch Arena.

A big fan of McDonald's teaching style, Karen praised the instructor for making the class doable, but also fun for everyone.

"She (McDonald) is the only one I know that makes it kind of funny sometimes," she said. "A lot of classes are macho. It's not like that. You just do the best you can do."

Besides being therapeutic, McDonald added that yoga could provide benefits to even the most devout weightlifter or runner.

"In yoga, we talk about the whole entire body, the whole entire core," she said. "When you think of some of our positions, there's no single muscle that you cannot be working."

"And you have to turn off your mind because you can't do that and hold those positions. It's the mind/body connection," McDonald said.

If that isn't enough to convince you, McDonald said that if you are serious about getting in shape, you should at least give it a try.

While McDonald said that she understands that different things appeal to different people, yoga just might give you the boost you need to keep your body moving.

"I'd say come in and try it," she said. "You can find your edge again. There's no competition. It's do what you can do, enjoy and find something new for you."

For more information, call the fitness center at 471-2019 or visit the web at www.greatlifehawaii.com.

Teams compete in wheelchair basketball battle

Story and photos by
MC3 Brennan Knaresboro

U.S. PACOM Joint Intelligence Operations Center

The Navy and Coast Guard Team beat the Air Force in the third exhibition game of the Wounded Warrior Pacific Invitational (WWPI) wheelchair basketball competition Jan. 9 at Joint Base Pearl Harbor-Hickam Fitness Center.

After two periods of nonstop action, the bleachers were full of service members at the edge of their seats until the warriors of the Navy and Coast Guard Team secured victory in the last 22 seconds with a final score of 24-21.

The Navy and Coast Guard Team consisted of 10 service members, all with different injuries and illnesses. Retired Explosive Ordnance Disposal Technician 1st Class John Kremer played as the point guard and made multiple passes and decisions in the plays that were vital in the team's victory.

"I was just doing my best and I was focused on the game," Kremer said. "I was lucky to be playing with such a great group of motivated players."

This is Kremer's third year participating in the WWPI. He commented that he enjoys the opportunity the program offers to bring warriors together.

"At the end, it is not about the game's outcome," Kremer said. "It is about the camaraderie and having us come together and work with one another."

The Navy and Coast Guard Team was lead by Mo Philips, Jr., the head coach. He was also the head coach of the men's paralympics basketball team and has extensive experience working with athletes of physical disabilities.

"Being involved with the Wounded Warrior Project is very personal to me," Philips said. "It's not about the game or the competition. It's about helping these players transition into a new life."

Philips is a 40-year veteran of the sport and holds a position in the National

Wheelchair Basketball Hall of Fame in Springfield, Mass. He has six national championships as a coach and numerous more as a player.

"Out of all 40 years of playing and participating in the Wounded Warrior Project, this is my greatest personal experience. None of my awards can compare to what we achieve here," Philips said.

Megan Haydel, a staff member for Navy Safe Harbor, was in attendance at the game and said the game was one of the most electrifying matches to watch.

"This was the pinnacle of all the activities for this year's WWPI," Haydel said. "This is the first time the Navy won every single basketball game."

Events like this bring more awareness about wounded warriors to people who are unaware of service members with seriously wounded conditions and their ability to overcome their injuries, Kremer said.

"This is a great outlet for wounded veterans with injuries or illness to be a part of some kind of community," Kremer said. "An invitational like this allows local communities and commands from all branches of the military to come together and learn about the Wounded Warrior Project."

In 2012, the first Wounded Warrior Pacific Invitational was hosted by Commander, Navy Installations Command N95 headquarters (Safe Harbor) and Navy Region Hawaii.

Safe Harbor is the Navy's organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen and providing resources and support to their families. Through proactive leadership, the program provides individually tailored assistance designed to optimize the success of the shipmates' recovery, rehabilitation and reintegration activities.

Navy Wounded Warrior's goal is to return Sailors and Coast Guardsmen to duty and when that is not possible, the program works collaboratively with federal agencies and local organizations to ensure a service member's successful reintegration back into their family.



Retired Navy Chief Gunner's Mate Hector Varela shoots a free throw at Joint Base Pearl Harbor-Hickam Fitness Center during the wheelchair basketball game against the Air Force on day two of the scheduled Wounded Warrior Pacific Invitational held Jan. 8-10.



Retired Air Force Staff Sgt. Larry Franklin dribbles the ball down the court.

Martin Luther King Day commissary hours announced for JBPHH

In observance of the Martin Luther King Day holiday on Jan. 20, the Pearl Harbor Commissary store operation hours will be from 9 a.m. to 5 p.m.

The Hickam Commis-

sary hours will be from 10 a.m. to 6 p.m. with early bird hour at 9 a.m.

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

Today is deadline to register for Great Aloha Run on Feb. 17

Today is the last day to register for the Great Aloha Run.

The 30th annual Great Aloha Run will be held President's Day, Feb. 17.

Participating in the race will be Sounds of Freedom. Sounds of Freedom is comprised of active duty service men and women from all branches of service, running in formation in PT gear, and calling out cadence.

The 8.15-mile course starts at Aloha Tower in downtown Honolulu, winds its way along Honolulu Harbor, down Nimitz Highway, Kamehameha Highway and on to Aloha Stadium. Aid stations are at miles 2, 3, 5 and 7 and at the finish, with restrooms at the end of every aid station.

Racers can register online at www.greataloharun.com.



Live the Great Life

ITT to hold Chinese New Year celebration

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Hawaii is a true melting pot of cultures, which affords one the chance to observe and celebrate the holidays and events of many nations. One of the biggest in Hawaii is the Chinese New Year, and Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's Information, Tickets & Travel (ITT) is offering three tours to give patrons the opportunity to join in on the fun.



MWR Marketing photo

The Chinese New Year celebration will include lion dances.

The Jan. 24 tour, which costs \$37, will focus on the kickoff of the official Chinese New Year ceremony. Lion dances, firecrackers and more will highlight the evening.

The festivities continue the next day with a morning and afternoon tour. The morning Chinatown tour costs \$33 and is similar to ITT's food and historic tour, with the added features of the New Year celebration. The afternoon tour costs \$37 and offers the chance to see the parade followed by a Chinese-style dinner.

All tours include round-trip transportation from the Hickam ITT office. For more information, interested patrons can visit their nearest ITT office or call 448-2295. Prices shown are adult prices. Call for child prices.



MWR patrons dance at an all-nighter held in JR Rockers ballroom.

MWR Marketing photo

Dance the night away at JR Rockers all-nighters

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

JR Rockers Sports Café is hosting the Martin Luther King Jr Day All Nighter beginning at 9 p.m. Jan. 19.

There are two entry points — JR Rockers and the entrance to the Hickam Enlisted Club. If patrons head toward JR Rockers, they will find the O'Skool room, where DJ Doc J will spin hits from the 70s, 80s and 90s.

This room has an older crowd, mixed with a younger crowd, with several tables and chairs that fill up

quickly. Patrons are advised to arrive by 10:30 p.m.

“One of the best things about deejaying the all-nighters is that it's such a known event, we don't even have to promote. It's guaranteed fun and our patrons can't wait to come back,” said DJ Doc J, who deejayed at the first ever all-nighter in the early 80s.

“No other military base on Hawaii has ever come close to JBPHH. Joint base has been my favorite place to party. It just has that ‘vibe’ about it. The military patrons really respect it and will always need a place to

go and enjoy,” said Carl Ray “Cee-Jaay” Johnson Jr., who is a long time DJ at the all-nighters.

No T-shirts, shorts, flip-flops, athletic wear (includes baseball caps), gang-related apparel (such as vests), etc. are allowed. Active-duty enlisted Air Force and Navy are welcome if they are 18 or over; 21 and over for all other authorized guests.

The facility will be closed on Jan. 20 in honor of civil rights leader Martin Luther King, Jr. For more information visit www.greatlife-hawaii.com or call 448-2271.

Your Weekly Fun with MWR

Visit www.greatlifehawaii.com or subscribe to MWR's digital magazine Great Life Hawaii.



Free Golf Clinic will begin at 9:15 a.m. Saturday at Barbers Point Golf Course. Patrons can learn how to improve their golf game. FMI: 682-1911.

Youth Spring NFL Flag Football registration will be from Jan. 20 to Feb. 21. The league is open to children ages 5 to 15 years old. The season runs March through June. Patrons can register online at greatlifehawaii.com. FMI: 473-0789.

Liberty Moonlight Hike at Mariners Ridge will be held Jan. 24 with pick ups from Liberty Express at 4 p.m., Beeman at 4:30 p.m., Instant at 5:15 p.m. and Makai at 5 p.m. This free event is open to active duty single service Airmen and Sailors only. Patrons can register at www.greatlifehawaii.com. FMI: 473-2583

Youth USATF Track and Field registration will be held from Jan. 20 to Feb. 21. The league is open to youth ages 9 to 18 years

old. The season runs March through August. The fee does not include USATF membership. Patrons can register online at greatlife-hawaii.com. FMI: 473-0789.

Liberty Beach Day at Ko'olina Lagoon 4 will be held Jan. 21 with pick ups from Liberty Express at 8:30 a.m., Beeman at 9 a.m., Instant at 9:15 a.m. and Makai at 9:30 a.m. This free event is open to active duty single service Airmen and Sailors only. Patrons can register at www.greatlifehawaii.com. FMI: 473-2583.

Liberty Five & Dine Dinner at Buca di Beppo will be held Jan. 23 with pick ups from Liberty Express at 4:30 p.m., Beeman at 5 p.m., Instant at 5:15 and Makai at 5:30 p.m. This event costs \$5 and is open to active duty sin-

gle service Airmen and Sailors only. Patrons can register at www.greatlifehawaii.com. FMI: 473-2583.

Official NFL Pro Bowl Practice will be from 9:30 a.m. to 12:45 p.m. Jan. 23 at Earhart Field. Military-affiliated personnel will have the opportunity to take pictures and experience the action from the sidelines. FMI: www.grealife-hawaii.com or facebook.com/greatlifehawaii

Family Fun: Day Hike Hamama Falls will begin at 8 a.m. Jan. 26 with pick-ups from Outdoor Adventure Center-Fleet Store. Hamama Falls is a 50-foot waterfall that is the namesake of this four-mile, family-friendly hike. The trail is a gravel road all the way to the falls, making this an easy hike for beginners. FMI: 473-1198.

Morale Welfare & Recreation

PRESCHOOL STORY TIME
Preschool story time will be held from 9 to 10 a.m. Jan. 22 at the Hickam Library. The theme will be “blow, wind, blow.” FMI: 449-8299.

KAYAKING CHINAMAN'S HAT
There will be a kayaking excursion to Chinaman's Hat beginning at 9 a.m. Jan. 25. Departures are from the Outdoor Adventure Center-Fleet Store. Transportation is provided. This trip can sometimes have a moderate level of difficulty. The registration deadline is Jan. 22. FMI: 473-1198.

WOOD SHOP SAFETY CLASS
The Hickam Arts & Crafts Center will hold a wood shop safety class from 4:30 to 7:30 p.m. Jan. 25. This class emphasizes the proper and safe use of tools and equipment in the wood hobby shop. Upon completion, participants will be issued a safety certification card enabling them to use the shop tools and equipment. Preregistration is required. FMI: 448-9907.

KO'OLINA WHALE WATCHING CRUISES
There will be whale watching tours to Ko Olina from noon to 3:45 p.m. on Saturdays and Sundays, Jan. 25 through April 6. Every winter, humpback whales migrate thousands of miles from Alaska to give birth and nurse their young in the warm Hawaiian waters. Departures are from Information, Tickets & Travel-Hickam. FMI: 448-2295.

WOMEN'S SURF CLASSES
The Outdoor Recreation-Hickam Harbor will hold women's surf lessons beginning at 9 a.m. Feb. 1. Students can learn about the history, wave science, etiquette and techniques of surfing. Participants must be able to swim without a lifejacket. The last day to register is Jan. 29. FMI: 449-5215.

YOUTH SPRING BASEBALL
Registration for youth spring baseball runs now through Feb. 7. The season is from March through June. Registration is open to youths ages 5-14. FMI: greatlifehawaii.com or 473-0789.

PRIVATE SWIM LESSONS
Now through March 28, private swim lessons are being offered in 30-minute sessions for individuals and for groups of up to three students (must all be at same level). Registration is at Hickam Pool 2 during normal open hours. FMI: 260-9736.

MILITARY BOWLS FREE
Active duty military service members can receive up to two free games of bowling (shoe rental not included) at the Hickam Bowling Center and the Naval Station Bowling Center from 11 a.m. to 2 p.m., Monday through Friday. A military ID is required. FMI: 448-9959 or 473-2574.



ANCHORMAN 2: THE LEGEND CONTINUES (PG13)

With the 70s behind him, San Diego's top rated newsman, Ron Burgundy (Will Ferrell), returns to the news desk in "Anchorman 2: The Legend Continues." Also back for more are Ron's co-anchor and wife, Veronica Corningstone (Christina Applegate), weather man Brick Tamland (Steve Carell), man on the street Brian Fantana (Paul Rudd) and sports guy Champ Kind (David Koechner) — All of whom won't make it easy to stay classy ... while taking the nation's first 24-hour news channel by storm.

SHARKEY THEATER

TODAY 1/17
7:00 PM American Hustle (R)

SATURDAY 1/18
4:00 PM (3D) The Hobbit: The Desolation of Smaug (PG13)
7:00 PM Anchorman 2: The Legend Continues (PG13)

SUNDAY 1/19
2:30 PM The Hobbit: The Desolation of Smaug (PG13)
5:30 pm Saving Mr. Banks (PG13)
8:00 pm Anchorman 2: The Legend Continues (PG13)

THURSDAY 1/23
7:00 PM Saving Mr. Banks (PG13)

Community Calendar

JANUARY

21, 23, 30 — Currently scheduled Armed Services Blood Donor Program drives include Jan. 21, 9 a.m. to 1 p.m., Camp Smith Pollock Theatre, Camp Smith; Jan. 23, 9 a.m. to 1 p.m., Naval Submarine Support Command, Joint Base Pearl Harbor-Hickam; and Jan. 30, 9 a.m. to 1 p.m., Pearl Harbor Memorial Chapel, JBPHH. For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil and check www.militaryblood.dod.mil.

23 — Official NFL Pro Bowl Practice will be from 9:30 a.m. to 12:45 p.m. at Earhart Field, JBPHH. Military-affiliated personnel will have the opportunity to take pictures and experience action from the sidelines. FMI: www.grealifehawaii.com or facebook.com/greatlifehawaii.

26 — The Liberty Pro Bowl Tailgate Party and Game at Aloha Stadium will be held leaving from Liberty Express at 10:45 p.m., Beeman at 11:30 a.m., Liberty Instant at 11:45 a.m. and Makai at 12 p.m. This free Liberty event is open to active duty single service Airmen and Sailors only. Participants can register at www.greatlifehawaii.com. FMI: 473-2583.

FEBRUARY

1 — A Living History Day will take place from 9 a.m. to 4 p.m. at Pacific Aviation Museum Pearl Harbor. Guests can meet pioneers and heroes from Pacific aviation history, interact with historians in period attire, and hear the stories of World War II, Korea, Vietnam and early aviation in the Pacific. The events are free with museum admission and free to museum members. Living History Day activities will also take place on the Battleship Missouri Memorial. FMI: 441-1000 or www.pacificaviationmuseum.org.

8 — Pacific Aviation Museum Pearl Harbor will hold a hangar talk titled “Tuskegee Airmen Then and Now” from 2 to 4 p.m. in the museum theater. Tuskegee Airman Philip Baham, Dr. Dorothy Goldsborough and a panel of experts will discuss stories and the legacy of the first African-American military aviators who served during World War II. The event is free with regular museum admission and free to museum members. FMI: FMI: 441-1000 or www.pacificaviationmuseum.org.

15 — The Morale, Welfare and Recreation Super Garage Sale will be held from 8 a.m. to noon at Richardson Field. Admission is free for shoppers. No pets are authorized at the event or on the field. FMI: 473-0792.

HICKAM MEMORIAL THEATER

TODAY 1/17
6:00 PM The Hunger Games: Catching Fire (PG13)

SATURDAY 1/18
4:00 PM Frozen (PG)
7:00 PM The Hobbit: The Desolation of Smaug (PG13)

SUNDAY 1/19
2:00 PM Frozen (PG)

THURSDAY 1/23
7:00 PM The Hunger Games: Catching Fire (PG13)

Movie Showtimes



Wounded warrior shares his message of hope

Patty Babb

*Navy Wounded Warrior
- Safe Harbor*

A wounded warrior competed in his first adaptive athletics competition at the Wounded Warrior Pacific Invitational on Jan. 8 in Honolulu.

Naval Aircrewman (Mechanical) Airman Brett Parks threw standing shot put and discus during the joint-service event for seriously wounded, ill and injured service members. In addition to field sports, he participated in multiple swimming events.

“This event has opened me up to a world that I didn’t know before,” Parks said. “We all have goals, but there’s only so far you can go on your own when it comes to fitness and rehabilitation. This really raises the bar on my goals. When I go home, I have a purpose and new goals to strive for.”

Parks was wounded Oct. 17, 2012 in his hometown of Jacksonville, Fla. when he

came to the aid of a man being robbed at gunpoint. Parks, a husband and father with a second child on the way, was waiting to conduct a training session at his gym when he heard a man scream and decided to intervene. Two gunshots were fired at Parks. The first shot hit his abdomen, (but the second shot missed him).

The bullet shredded his kidney, severely damaged a third of his colon and severed a major artery, disrupting blood flow to his right leg. His lower right leg was amputated, and Parks spent four months recovering from his wounds and learning how to use a prosthetic limb.

“The night it happened, my wife gave me a coupon and told me to remember to pick up milk,” Parks said. “When I was running out the door I said, ‘Bye baby; I love you.’ I didn’t come home for four months.”

Parks is enrolled in Navy Wounded Warrior (NWW) – Safe Harbor, the Navy and Coast Guard’s wounded warrior support program. Many

NWW enrollees, like Parks, were not wounded in combat. The program also supports service members who are diagnosed with a serious illness or have been injured in shipboard, liberty or training accidents.

All enrollees in NWW are encouraged to make adaptive athletics, which has many proven benefits, part of their recovery and rehabilitation efforts. NWW connects wounded warriors to adaptive athletic opportunities throughout the country. The Wounded Warrior Pacific Trials were jointly hosted by NWW and Navy Region Hawaii.

At the Wounded Warrior Pacific Invitational, wounded warriors went head-to-head in a variety of sports, including cycling, seated volleyball, swimming, track and field and wheelchair basketball. Every athlete received a participation medallion at the conclusion of the event.

“This event is one of many leading up to the Warrior Games which will take place

this fall,” said Marty Martinez, NWW cross-functional division lead.

“Brett has demonstrated tons of potential on the playing field, but, more importantly, he has a great attitude. It’s a lot of fun to compete alongside him.”

In addition to his athletic ambitions, Parks also has written a book about his experiences. Its working title is “Training for Life,” and Parks has been reaching out to various publishers.

“Before I was wounded, I was the strongest I ever have been,” Parks said. “My training before the incident—physically, spiritually and emotionally—prepared me for the challenge I would face. My doctors told me that I might not have survived if I hadn’t been in such good shape.

It is true of anything in life. You need to be prepared, set a goal, never quit, and find spiritual strength. With those four things, you can beat almost anything,” he added.

Parks also has established

Naval Aircrewman (Mechanical) Airman Brett Parks prepares to throw a shot put during a training exercise for the Wounded Warrior Pacific Invitational.



U.S. Navy photo

an organization called Second Shot Ministry, which enables him to share his faith and journey to recovery. He serves as a motivational speaker at local schools, churches and companies. The organization’s name has multiple meanings. Literally, it refers to the second shot that missed him, and figuratively, it

symbolizes his second chance at life.

“I am on Earth for a reason, and it’s to spread a message of hope,” Parks said.

To learn more about NWW or adaptive athletics, visit <http://safeharbor.navy.live.dodlive.mil>, call 855-NAVY WWP (629-9997) or email navywoundedwarrior@navy.mil.

MWR Liberty Program to help single Sailors, Airmen enjoy Pro Bowl

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam’s Liberty Program is again helping single Sailors and Airmen enjoy the NFL Pro Bowl on Jan. 26. Every year when the game is played in Hawaii, the Liberty Program purchases tickets which qualifying active duty members are able to sign up for.

Liberty also hosts a free tailgate party prior to the game. Food and beverages are provided for the attendees, and the party helps get everyone excited before kickoff. Liberty also provides transportation to and from the party and game.

Greg Brown, Liberty Program director, said events such as the tailgate party fit right into what they try to provide for the Sailors and Airmen.

“It is designed specifically for those that don’t have

family while (stationed) in Hawaii. That’s what we’re here for,” Brown said.

Liberty Program provide recreation for single Sailors and Airmen at Joint Base Pearl Harbor-Hickam, catering to younger, enlisted rank E1-E6 service members. But Brown said that other ranks can participate if they fit into the single, unaccompanied category.

For more information, qualified individuals can call Liberty at 473-2583.



MWR introduces exclusive ITT Pacific Memorial Tours

**Emily McNulty
and Reid Tokeshi**

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

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's Information, Tickets & Travel (ITT) has new and exclusive tours tailored to satisfy the needs of those looking to learn about the history of what happened in and around Pearl Harbor on Dec. 7, 1941.

The new tours have one thing in common: a ticket to the USS Arizona Memorial. The USS Arizona Memorial is the most visited tourist attraction in the state, drawing more than 1.8 million vis-

itors annually from around the world.

"The number-one question at the ITT counter is 'Can I get Arizona tickets?'" said Mark Saruwatari, ITT tour director. And until this month, agents had to tell customers that the only way to get tickets is to stand in line at the site early in the morning or to book in advance online.

The Valor Tour consists of tickets to the USS Arizona Memorial, audio headset to guide participants throughout the museums at the Pearl Harbor Visitors Center, a stop at the often-overlooked USS Utah Memorial on Ford Island, a special visit to the USS

Oklahoma Memorial, and a stop at the Navy Club Memorial.

ITT will also hold the Patriot Tour, which includes tickets to the USS Arizona Memorial on Thursdays.

The Patriot Tour encompasses all the sights and sounds from the Valor Tour and includes lunch. An additional feature of the Patriot Tour is a stop at private Hospital Point where patrons can see the USS Nevada Memorial.

The tour concludes at the National Cemetery of the Pacific (Punchbowl).

For more information, call 448-2295 or visit www.greatlifehawaii.com.



MWR Marketing photo

ITT Pacific Memorial tours include tickets to the USS Arizona Memorial.