

Ponds selected grand marshal for Martin Luther King Jr. Parade

Brandon Bosworth

Staff Writer

Rear Adm. Frank L. Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, has been selected to be the grand marshal for the 25th annual Martin Luther King, Jr. Parade Jan. 21.

The parade will begin at 9 a.m. from Ala Moana Park’s Magic Island and end at Kapiolani Park, where the Unity Rally featuring entertainment and food will take place from 11 a.m. to 4 p.m.

January 21, 2013 will mark the 25th anniversary of the Dr. Martin Luther King Holiday in Hawaii. Gov. John Waihee proclaimed the first Hawaii Dr. Martin Luther King, Jr. Day on Jan. 16, 1989. President Ronald Reagan signed the law proclaiming Martin Luther King, Jr. Day a federal holiday on Nov. 2, 1983.

Like the late King, Ponds hails from the South.

“I grew up in the rural Alabama tri city area of Selma, Montgomery and Birmingham in the 1960s,” he said. “I saw the impact of Dr. Martin Luther King, Jr. and the civil rights movement first hand. Dr. King’s legacy of equality, unity and justice for all is an inspiration to everyone in the world — no matter what creed, color or nationality.”

Ponds earned a Bachelor of Science degree from the University of Alabama in 1982. He received his commission from Officer Candidate School in June 1983. His personal decorations



include the Defense Superior Service Medal, Legion of Merit, Meritorious Service Medal (fifth award), Navy and Marine Corps Commendation Medal (third award), Navy and Marine Corps Achievement Medal, and various service and campaign awards.

Ponds holds a Master of Science Degree in information systems technology from George Washington University, a Master of Science Degree in military studies from the Marine Corps Command and Staff College, and a Master of

Science Degree in National Security Strategy from the National War College, National Defense University. Ponds reported as commander for Navy Region Hawaii and Naval Surface Group Middle Pacific in November 2011.

Pond’s accomplishments and position at Pearl Harbor serve as examples of how far African Americans have come in the U.S. Navy.

During World War II non-white Sailors were expected to be messmen, stewards or “cabin boys,” regardless of their education or skill lev-

els. They were not trained for combat, nor did they wear the traditional anchor on their uniforms. Frank Knox, who served as Secretary of the Navy from 1940-44, wrote “the policy of not enlisting men of the colored races for any branch of the naval service but the messmen branch was adopted to meet the best interests of general ship efficiency.”

Things began to slowly change after the end of the war and the start of the civil rights movement. By the 1960s and 1970s, African Americans were command-

Navy Region Hawaii to hold Martin Luther King Jr. observance

Brandon Bosworth

Staff Writer

The 2013 Navy Region Hawaii Martin Luther King Day observance is scheduled for 10 a.m., Jan. 17 at Pearl Harbor Memorial Chapel. This one-hour event seeks to promote awareness of the impact Dr. Martin Luther King, Jr., had on the civil rights movement in the United States.

Martin Luther King Day celebrates the life and achievements of Martin Luther King, Jr., an influential American civil rights leader. He is best known for his campaign to end racial segregation and promote equality in the United States.

The official party at the event includes Rear Adm. Frank L. Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, Capt. Mark S. Manfredi, chief of staff of Navy Region Hawaii, Capt. Brent E. Smith, chief of staff of Naval Surface Group Middle Pacific, and Captain Sal Aguilera, Navy Region Hawaii command chaplain. Ponds will also serve as guest speaker, and Aguilera will perform the benediction.

A reception will be held immediately following the ceremony.

QM2 Megan Steffy is the coordinating officer for this event. She can be reached at 474-6549.

Military moms are showered with appreciation

Story and photo by Staff Sgt. Mike Meares

Joint Base Pearl Harbor-Hickam Public Affairs

Forty military mothers and moms-to-be whose spouses are deployed members of the U.S. Air Force, Army, Navy and Coast Guard, as well as the spouses of several wounded warriors, were honored during Operation Shower “You are my Sunshine,” Jan. 8, at the Ka Makani Recreation Center, Joint Base Pearl Harbor-Hickam.

“It was more than I expected, and I kinda felt like I was on Oprah being showered with so much,” said Tech. Sgt. Dina Maldonado, 15th Operations Support Squadron, “I didn’t expect all this. It’s really nice.”

Operation Shower is a group baby shower where military moms and moms-to-be are treated to a lunch, and doted on with more than \$1,000 worth of gifts, all donations made by people and businesses across the country supporting military families. The moms also get the opportunity to meet and share stories with other military moms-to-be in similar situations.

“It’s always wonderful to be a part of one of these events and have the opportunity to say thank you to the military and the moms specifically,” said Holly Finchem, wife of PGA Tour commissioner Tim Finchem. “In gifting the moms, we know that we are gifting the whole family and saying thank you to the dads as well.”



(Above) Danica Elliott, wife of a 25th Combat Aviation Brigade Soldier, Schofield Barracks, Hawaii, and daughter Idra, 2, looks at items they picked out of the “Showers in a Box” during Operation Shower, Jan. 8 at the Ka Makani Community Center, Joint Base Pearl Harbor-Hickam, Hawaii. (Additional photo on page A-5.)

During a Hawaiian style lunch of a salad, grilled chicken, rice and dessert, the moms spent time with guests, sponsors and other moms swapping stories about their trials and triumphs during their husbands’ absence.

“I love hearing their stories, where they from, how their family is growing, and I enjoy learning a bit about their individual experiences,” Finchem said.

For nearly an hour after lunch, the women were showered upon with gift

after gift of appreciation, most of which were surprised to the point of emotional tears.

“Military spouses by nature are proud, as well they should be,” Finchem said. “With that pride, sometimes that means they are less willing to accept help and certainly would never ask for it. I do see in these rooms that you don’t get that Oprah Winfrey type of reaction when a gift is given because these women are humbled by it. For that reason, it touches us even more. We know how hard they work all the time to be so independent and self-sufficient. That’s why it’s even

more special to give these gifts.”

The highlight of the event and the staple of the Operation Shower organization is their signature “Shower in a Box.” Each mom received a box containing an array of unique baby products and gift items for mothers and babies that have been generously donated by companies and event sponsors. From onesies and baby bottles to clothing, crib bedding, diaper bags and toys, the gifts go a long way toward raising the spirits of the moms-to-be, some of whom would not otherwise

See SHOWER, A-4

President, First Lady say aloha



President Barack Obama and First Lady Michelle Obama wave farewell to spectators as they board Air Force One before departing Joint Base Pearl Harbor-Hickam, Hawaii, Jan. 5. The President and his family stayed on the island as part of their annual tradition of vacationing in Oahu during the holidays.

U.S. Air Force photo by Staff Sgt. Nathan Allen



The year 2012 in review: celebrating Navy, Air Force teamwork **See page A-2**



Senator Inouye: honor, courage, commitment **See page A-3**



Special frocking ceremony held for Sailor **See page A-4**



One night: looking back at Elvis Presley’s Bloch Arena concert **See page A-6**



Wounded Warriors split double header against Hickam Airmen **See page B-1**



COMPACFLT tops banner year of intramural sports **See page B-2**

The year 2012 in review: celebrating Navy, Air Force teamwork

Don Robbins

Assistant Editor

January of a new year has arrived, and it is time to take a glimpse back over the past 12 months, celebrating the triumphs and remembering the sad losses.

The year’s memories culminated with events surrounding Dec. 7, Pearl Harbor Day. Last year marked the 71st anniversary, serving as a solemn reminder for many of the Pearl Harbor survivors and other World War II veterans who were able to attend. In 2012, the year’s keynote speaker was Adm. Cecil Haney, commander, U.S. Pacific Fleet.

Hearkening back to the beginning of the year, in January, Chief of Naval Operations Adm. Jon Greenert spoke at Navy Region Hawaii and Joint Base Pearl Harbor-Hickam about the rebalancing to Asia-Pacific, providing a reminder of Hawaii’s strategic importance as the gateway to the western Pacific, reinforcing the need to position ships, submarines and aircraft here in Hawaii-warfighting ready and poised to operate forward.

In February, Airmen from the 15th Wing, 154th Wing, and 647th Air Base Group celebrated successfully completing several inspections.

More than 180 major command evaluators selected from across the Air Force, under the direction of the Pacific Air Forces Inspector General, conducted five major inspections: a consolidated unit inspection, logistics compliance assessment program, standardization and evaluation program for weather operations, airfield operations compliance inspection, and aircrew standardization/evaluation visit.

In May, the 647th Civil Engineer Squadron from Joint Base Pearl Harbor-Hickam, Hawaii, brought the “bull” to Bellows Air Force Station, Hawaii, to practice their ability to respond to contingency operations worldwide.

In times of crisis or military need, Base Engineer Emergency Force, or PRIME BEEF teams deploy to austere locations and provide runways, water supply facilities, electricity, housing, and other essential facilities to support joint and coalition forces worldwide.

In June the military commemorated another 70th anniversary, the Battle of Midway.

The Navy celebrated this milestone throughout the world because it represented the ingenuity, courage and power of the Navy in turning the tide of World War II. The past year also marked nationwide observances of the bicentennial of the War of 1812 as the Navy demonstrated its commitment to learning the lessons of history.

Then, this past summer, installations on Oahu and Kauai hosted the world’s largest international maritime exercise ever conducted, Rim of the Pacific 2012. The Navy and Air Force in Hawaii worked as one team to support RIMPAC’s 22 nations, providing 25,000 participants with world-class training, logistics and other support. Some MIDPAC surface ships participated directly in RIMPAC, including in the first demonstration of the Great Green Fleet and the power and potential of renewable energy. Others participated



U.S. Navy photo by MC2 (SW) Mark Logico

Chief of Naval Operations Adm. Jonathan Greenert conducts an all hands call to more than 500 Hawaii-based Sailors at Sharkey Theater on Joint Base Pearl Harbor-Hickam.



U.S. Air Force photo by Staff Sgt. Nathan Allen

Airmen from the 15th Wing, 154th Wing and 647th Air Base group stand in formation at the consolidated unit inspection outbrief Feb. 17 at JBPHH.



U.S. Navy photo by MC3 Jay C. Pugh

Capt. Aaron Cudnohufsky, left, commanding officer of the PMRF, Barking Sands, along with other volunteers removes an injured green sea turtle from the shores of Nohili at PMRF.



U.S. Navy photo by MC2 (SW) Mark Logico

JBPHH conducted force protection drills during April, as part of Citadel Protect/Citadel Pacific, the Pacific theater's annual anti-terrorism exercise.



U.S. Air Force photo by Staff Sgt. Mike Meares

Airmen, Soldiers, Sailors and Marines stationed at Joint Base Pearl Harbor-Hickam, Hawaii, sprint the final leg of the two-mile Team Hickam Warrior Run May 3.



U.S. Navy Photo by MC2 Daniel Barker

The Navy Region Hawaii Honors and Ceremonies Detachment participates in a ceremony commemorating the 70th anniversary of the Battle of Midway at Midway Atoll June 4.



Photo illustration

Installations on Oahu and Kauai hosted the world’s largest international maritime exercise ever conducted, Rim of the Pacific 2012.



U.S. Navy file photo

Volunteers participate in a work day at Pouhala Marsh near Pearl Harbor.



U.S. Air Force photo by Staff Sgt. Nathan Allen

Exercise participants stay low under "Alarm Red, Mission-Oriented Protective Posture 4" conditions during an Operational Readiness Exercise scenario.



U.S. Air Force photo by Senior Airman Lauren Main

Maj. (Ret.) Drew Dix, a U.S. Army veteran of the Vietnam War and Medal of Honor recipient, speaks to Airmen about his military service while visiting the Pacific Air Forces Headquarters Oct. 4.



Photo illustration

The guided-missile frigate USS Crommelin (FFG 37) was decommissioned after nearly 30 years of operations.



Photo illustration

Dec. 7, Pearl Harbor Day, marked the 71st anniversary, serving as a solemn reminder for Pearl Harbor survivors and other World War II veterans.

in deployments-spending months away from loved ones-standing the watch, defending freedom.

Joint and coalition partners, including Airmen from Joint Base Pearl Hickam, participated in RIMPAC operations.

In September, Airmen from the 15th Wing, 647th Air Base Group, and 154th Wing participated in an Operational Readiness Exercise at Joint Base Pearl Harbor-Hickam focused on testing the ability of Airmen to don Mission-Oriented Protective Posture, or “MOPP” gear, and survive simulated chemical attacks in an austere environment while keeping the mission rolling.

Medal of Honor recipients as part of their convention visited

both sides of Joint Base of Pearl Harbor-Hickam in October to tour the base and share stories of their service.

Most recently, the Navy and Joint Base Pearl Harbor-Hickam said farewell to one of its frigates, USS Crommelin (FFG 37), decommissioned after her three decades of service. Then, on Nov. 23, Joint Base Pearl Harbor-Hickam welcomed the Navy’s newest guided-missile destroyer to its waterfront, USS Michael Murphy (DDG 112). The ship has a heroic namesake, the Navy SEAL who was posthumously awarded the Medal of Honor for action in Afghanistan.

Many of the commands and tenant commands here in Hawaii were recognized by SECNAV and

CNO with awards for environmental stewardship, historic preservation, and energy and water management. They were recognized for their efforts by the late-U.S. Sen. Dan Inouye, who passed away in December, and the Hawaii state legislature.

Whether fighting wildfires, doing beach cleanups, or helping in local school programs, service members, civilians and family members at the Pacific Missile Range Facility, Joint Base Pearl Harbor-Hickam and Marine Corps Base Hawaii showed citizenship in their communities and gave back to build trust, harmony and cooperation.

The Navy and Air Force team at Joint Base Pearl Harbor-Hickam worked in alignment to

meet and exceed the challenges of joint basing.

Hawaiian culture and traditional games took center stage at the makahiki celebration at the Hickam side of the joint base in October, emphasizing the rich history of the people, the deep importance of the land and the spirit of aloha.

In the past year, together, the Navy and Air Force at Joint Base Pearl Harbor-Hickam have promoted safety awareness, sexual assault prevention and Spice abuse prevention. They opened state-of-the-art fitness and child development centers, offered job fairs and training programs, and provided Morale, Welfare and Recreation programs for service members and their families.

Senator Inouye: honor, courage, commitment

Rear Adm. Frank Ponds

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

Senator Daniel K. Inouye's dedication to the people of Hawaii for more than half a century was unparalleled. His commitment to a strong national defense base in the Pacific was unmatched.

Well known and well chronicled are his courage on the battlefield, honor in the halls of Congress, and commitment to a strong and ready military. What I remember most, though, was his warm and generous nature, always showing the spirit of Aloha in all he did. He was a teacher and a mentor.

As the incoming commander for Navy Region Hawaii, I met with Senator Inouye in his office in Washington, D.C. Despite his busy schedule as Chair of the Senate Appropriations Committee, he showed a personal interest in me, my new command and our Navy. We spent an extended time "talking story" about family, service, sacrifice and his love of Hawaii — for the people of the 'aina and for the natural beauty of the islands.

Senator Inouye was a true visionary. He valued education, supported innovation and championed new and renewable sources of



Senator Daniel K. Inouye; Capt. Jeffrey James, commander, Joint Base Pearl Harbor-Hickam, and Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, participate in a traditional Hawaiian blessing with Kahu Kordell Kekoa during a Oct. 24 grand opening ceremony for the new Ford Island Child Development Center (CDC).

U.S. Air Force photo by Tech Sgt. Michael Holzworth



(Above) Capt. Nicholas Mongillo, commanding officer of the Pacific Missile Range Facility, speaks during a Dec. 28 memorial service honoring the late Senator Daniel Inouye.

U.S. Navy photo by MC2 Matthew J. Diendorf



(Left) Irene Hirano Inouye, wife of recently deceased Sen. Daniel K. Inouye receives a folded U.S. Flag from U.S. Army Pacific Commanding General, Lt. Gen. Francis J. Wiercinski during a memorial service in honor of the late Sen. Daniel K. Inouye at the National Memorial Cemetery of the Pacific Dec. 23, 2012.

Department of Defense photo by Tech. Sgt. Michael R. Holzworth

energy. He also knew that protecting global commerce at sea meant jobs and a growing economy back home.

Demonstrating his devotion to our military and

their families, he made a special point to participate wherever possible in ground breaking ceremonies or grand openings at our installations — from operational facilities at Pacific

Missile Range Facility on Kauai to the newest Ford Island Child Development Center at Joint Base Pearl Harbor-Hickam last October.

Throughout his lifetime,

Senator Inouye epitomized honor, courage and commitment. He cared for and about people. He believed in inclusion, cooperation and strength of character. He believed that a strong mili-

tary — ready at all times — can prevent war. He was a truly great American hero, and he will be missed.

This commentary by Rear Adm. Ponds appeared on the Navy Blog Dec. 20, 2012.

Naval Inspector General to conduct area visit, climate survey

Navy Region Hawaii Inspector General

The Naval Inspector General (NAVINSGEN) will conduct an area visit to Hawaii from March 7 to 22. Approximately 40 inspectors will visit vari-

ous Navy commands, including Commander, Navy Region Hawaii, Joint Base Pearl Harbor-Hickam, Pacific Missile Range Facility, Navy Information Operations Command, Hawaii, Naval Operational Support

Center, Commander, Patrol and Reconnaissance Wing Two, and others as determined by NAVINSGEN.

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 ensuring that statutory and regulatory programs are implemented and are being complied with across the area visited.

NAVINSGEN requests that all Navy personnel in Hawaii, including active duty military, civilians and active duty spouses, participate in a short online climate survey to evaluate command climate and quality of work life.

One survey will target all military and civilian (excluding contractors) personnel assigned to Navy commands in Hawaii, and the other survey will target active duty

spouses to obtain the Navy family perspective. Maximum participation in the surveys is encouraged.

Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, stated, "This is a great opportunity to let big Navy know what you think about the various issues affecting quality of Navy life in Hawaii. As one who previously served on the NAVINSGEN team, I

know that participating in this survey is time well spent, and NAVINSGEN is listening to your concerns."

The on line survey has begun and will be open through Feb. 8 at: <http://www.ig.navy.mil/Hawaii-AreaVisit.htm>.

For more information, call Lt. j.g. Stephanie Menzen at 473-2206, or the Navy Region Hawaii Inspector General, John Cosson, at 471-1958.

Diverse Views



"In your opinion what was the best military movie ever made and why?"



Tech. Sgt. Sean Warnet
624 Regional Support Group

"'Jarhead' — most realistic of my personal experience."

IT2 Katherine Sourivong
Navy Region Hawaii



"'Men of Honor' about a famous Navy diver. I saw it before I joined the Navy. I was impressed by the challenges he had to overcome. He was very admirable and honorable."



Master Sgt. Mike VonAhnen
15th Medical Group

"'Saving Private Ryan' — World War II vets verified that the opening beach scene was nearly as it was during the actual 6 Jun 44 invasion. The entire movie is awesome! Thanks to the Greatest generation."

Lt. Cmdr. Kaarin Coe
Navy Region Hawaii



"'A Few Good Men.' I liked Jack Nicholson's character. He seemed like a real Marine — very patriotic and very passionate. I first saw the movie as a civilian. I like it a little less now that I'm in the Navy."



Senior Master Sgt. James Kenwolf
48th Aerial Port Squadron

"'Glory' - Civil War timeframe. The story truly captures the racial barriers of that time in America's history. It dealt with diversity and abolishing slavery, and is a testament of what truly makes this country great."

QM2 Megan Steffy
Navy Region Hawaii



"'The Guardian' is a movie about Coast Guard rescue teams. It made me realize what rescues divers do, and it touched my heart knowing that they go to save someone else's life even though they may die themselves."

(Provided by David Underwood Jr. and Brandon Bosworth)

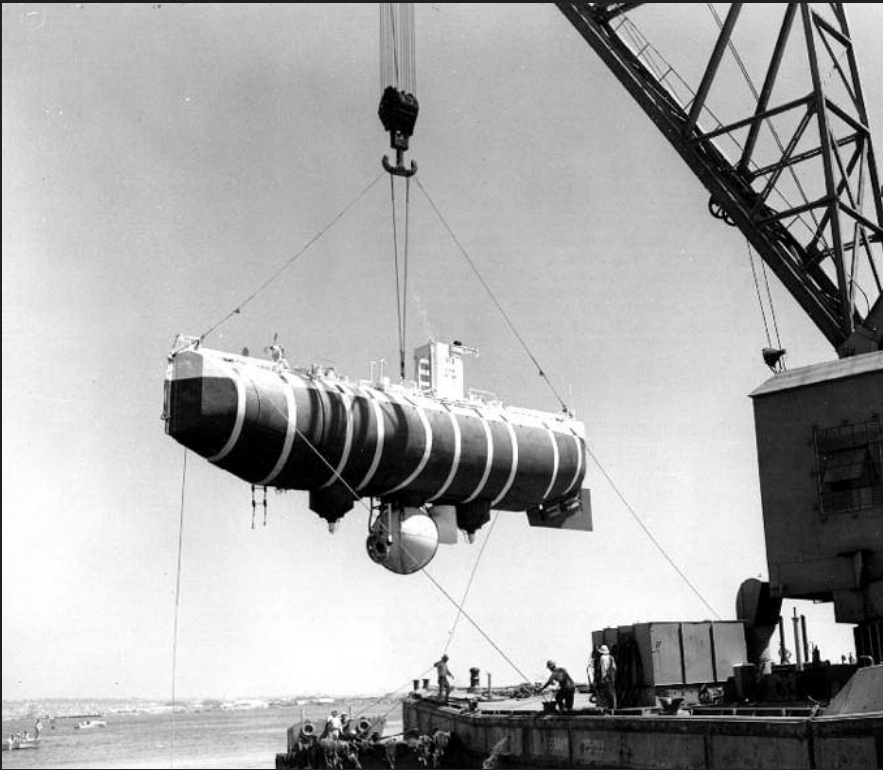
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Got opinions to share?*

Drop us a line at editor@hookelenews.com or karen.spangler@navy.mil

Bathyscaphe Trieste made history with Navy

On Jan. 23, 1960, the bathyscaphe Trieste made history when it reached the deepest part of the world's oceans, descending seven miles to the bottom of Challenger Deep in the Mariana Trench off Guam. Trieste, a deep-diving research bathyscaphe, was launched in 1953 near Naples, Italy, by the Swiss scientist Auguste Piccard. After several years of operations in the Mediterranean, it was purchased by the U.S. Navy. Trieste conducted tests in the Pacific during the next several years, including a dive to the deepest part of the ocean in January 1960. In 1963, Trieste went to the Atlantic and searched for the lost submarine USS Thresher (SSN 593).

Photo courtesy of the Naval History and Heritage Command



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PEARL HARBOR - HICKAM NEWS

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Patrol Squadron Nine returns home from deployment

Lt. j.g. Nicholas Henderson

Patrol Squadron Nine Public Affairs

As the last Patrol Squadron Nine (VP-9) P-3 Orion touched down at Marine Corps Base Hawaii, Kanehoe Bay, after more than six months abroad, the Golden Eagles were finally home.

The Golden Eagles officially ended their deployment on Dec. 12 when Cmdr. Craig T. Mattingly, VP-9 commanding officer, stepped off the plane to his family.

“What a wonderful feeling to be back with family and friends,” said Mattingly. “The team executed over 5,600 hours during deployment. I have seen these numbers before but not over such a vast landscape of mission sets. I am proud of the Golden Eagles. I challenged each to go out and make the difference, every day, and that, they did.”

Spanning Europe, Africa, and

the Middle East while fulfilling Maritime Patrol and Reconnaissance support in the Fifth and Sixth Fleet Areas of Responsibility, the squadron completed 805 missions that encompassed a total of 5631.7 mishap-free flight hours and 13 detachments engaging 45 regional nations.

Immediately following the attack on the U.S. Consulate in Libya, the Golden Eagles provided military presence through intelligence surveillance and reconnaissance flights. The squadron executed missions around the clock for two months to enhance regional stability.

Outside of mission execution, VP-9 personnel participated in several community outreach projects through volunteerism. In total, the Golden Eagles supported eight community relations projects in Sicily to include an ancient ruins cleanup project in the city of Catania, food drives for the town of Motta, refurbishment of a local



Commanding Officer Craig Mattingly hugs his daughters. (See additional photo on page A-5.)

church and outreach to local orphanages.

“The Sailors of VP-9 were the best community relations (COMREL) squadron the base has ever experienced,” said Dr. Alberto Lunetta, public affairs officer, Naval Air Station Sigonella, Sicily. Appreciation from the local communities was overwhelming.

Additionally, the Golden Eagles sanitized the grounds of a wildlife cheetah refuge in Djibouti and attended local English discussion groups. Throughout deployment, the Golden Eagles continued to engage with the local communities in which they resided.

“The selflessness, commitment and dedication of every Golden Eagle Sailor are testaments of the quality of our nations men and women who serve,” said Mattingly. “The Golden Eagles are more than an aviation squadron, we are a family who works together to make the world a better place, both at home and abroad.”

Special frocking ceremony held for Sailor

Story and photos by
CTRC (IDW/SW/AW)
Frank Migliaccio

Navy Information Operations
Comman Hawaii

On Dec. 5, in a slightly cramped hospital room on the sixth deck of Tripler Army Medical Center a group of Sailors recently gathered to recognize one of their own. Fifteen Sailors and family members from Navy Information Operations Command, Hawaii, were present to witness the frocking ceremony for Cryptologic Technician, Collection, Second Class Kayla Riggall.

Riggall said it meant everything to have her grandfather pin her rank. Surrounded by his family, her grandfather Ernest Vaughn passed away later that afternoon at the age of 79.

Riggall had just returned from being deployed for 97 days aboard USS George Washington (CVN 73). Upon checking back into her command, she learned that she had passed her late advancement exam and was selected to Petty Officer Second Class.

Riggall's grandfather, Ernest Vaughn, a former Army specialist who served in the 1950s, had been waiting on the island on vacation patiently for two months for her return. “While I was gone, I had



discussed the idea of him pinning me if I made it. He was really excited about it,” Riggall said.

Just after her return, Vaughn fell gravely ill and was hospitalized at Tripler Hospital. At Riggall's request, her chain of command quickly organized the ceremony for the next day. Lt. j.g. James Thomas, Riggall's division officer, summed up his feelings on making the ceremony happen.

“It was very good. It gave us a

chance to show our appreciation for a Sailor that has done really good work. It gave the chain of command a chance to show the Sailor and all of our Sailors that we care about them,” Thomas said.

While the Sailors present stood at attention for the reading of the frocking letter, Riggall knelt down long enough for her grandfather to gently pin both of her shiny new second class rank insignia to her collar from his wheelchair. While it was difficult for him to speak, his smile was easy to see for everyone in attendance.

Lt. j.g. Nicholas Hughes, who performed the ceremony, said, “Not only was it a privilege to take part in P.O. Riggall's promotion ceremony but also an honor to share this important moment with those she cares most about, especially her grandfather.” Afterwards everyone lined up to congratulate Petty Officer Riggall and shake hands with her grandfather. Thomas had praise for his Sailor. “I told her grandfather that he should be very proud of her and that she is a great asset to the command,” Thomas said.

Navy League Honolulu seeks IA returnees for recognition luncheon

The Honolulu Navy League will host an individual augmentee (IA) recognition luncheon from 11:30 a.m. to 1:30 p.m. Feb. 28 at the Ala Moana Hotel. The event is for all returned Sailors and their spouse or guest Sailors who were “boots on the ground” IA for overseas contingency operation support assignment (OSA) or global war on terrorism support assignment (GSA).

Sign-in for IA/GSA Sailors begins at 10:30 a.m. All commanding and executive officers and command master chiefs are invited to attend.

Spouses will also be recognized for their loyalty and steadfast support of the IA Sailor. Uniform for Navy personnel is service uniform, other services are class equivalent. Aloha attire for civilians is requested.

Registration forms will be distributed through the command master chief/senior enlisted network and must be completed to obtain a ticket.

Bring completed form to the Military and Family Support Center (MFSC) to pick up tickets until Feb. 14 at \$40 per person.

Luncheon will be paid by the Navy League for the IA Sailor and their spouse or one guest. Forms and tickets are available at MFSC, Moanalua Navy Services Center, 4827 Bougainville Drive. Checks are made payable to Navy League of Honolulu. For more information, contact the MFSC at 474-1999.

IA Sailors/Marines who will attend are asked to send electronic pictures of themselves while IA deployed to jeffery.vanblaracum@navy.mil or 473-8000, ext 6327.

Operation Shower

Continued from A-1

have the opportunity to experience a baby shower.

“It's pretty incredible to be here and feel supported from everyone, especially at the close of this year,” said Elizabeth Nixon, wife of U.S. Army Capt. Brandon Nixon, 25th Combat Aviation Battalion, who is scheduled to return any day from nearly a year-long deployment. “I'm feeling overwhelmed and grateful that there are so many people who do care and support us.”

The program was created in 2007 by LeAnn Morrissey, chief shower officer. Morrissey identified a need for honoring military moms, specifically the ones typically holding everything together at home while their spouses serve in austere environments.

“We really try to convey that it's not just gifts, it's appreciation and a thank you,” Morrissey said. “Each thing they receive is from someone from across the country that wanted to donate that item, or who wanted to provide us funds so we could give it.”

This is the 28th time the organization has put on the showers since the first four Showers in a Box were presented nearly five years ago and the first time in Hawaii. More than 1,000 moms over that period have received a baby shower.

“We feel very showered with love. Amazing. Beautiful,” said Holly Terhune, 15th Operations Support Squadron, who is seven months pregnant and whose husband is deployed to Afghanistan. “This is more than I could have ever imagined.”



A special frocking ceremony took place on Dec. 5, for Cryptologic Technician, Collection, Second Class Kayla Riggall as she was selected to Petty Officer Second Class. Her grandfather pinned her rank.

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Pearl Harbor-Hickam Highlights



(Left) President Barack Obama and First Lady Michelle Obama are greeted by military servicemembers and their families before departing Joint Base Pearl Harbor-Hickam, Hawaii, Jan. 5. The President and his family stayed on the island as part of their annual tradition of vacationing in Oahu during the holidays.

U.S. Air Force photo by Staff Sgt. Nathan Allen

(Below) A member of Patrol Squadron Nine (VP-9) embraces his wife.

Photos by MC1 Scott A. Buchholz



U.S. Air Force photo by Staff Sgt. Nathan Allen

Col. Johnny Roscoe, 15th Wing commander, speaks to Airmen during the 15th WG commander's call at the base theater Dec. 18 at Joint Base Pearl Harbor-Hickam, Hawaii. During the call, wing leadership discussed the wing's mission, priorities and established a path of direct access in reporting sexual assault allegations to wing leaders.



(Right) Members of the Upper Iowa University basketball team take a tour of the USS Arizona Memorial. The team was in Hawaii playing Hawaii Pacific University's basketball team at Bloch Arena on Joint Base Pearl Harbor-Hickam.

U.S. Navy photo by MC3 Dustin W. Sisco

(Below) The guided-missile destroyer USS Michael Murphy (DDG 112) is docked at its homeport of Joint Base Pearl Harbor-Hickam. The new destroyer is named in honor of Lt. (SEAL) Michael P. Murphy, who was posthumously awarded the Medal of Honor for his actions in combat as leader of a four-man reconnaissance team in Afghanistan. Murphy was the first person to be awarded the medal for actions in Afghanistan and the first member of the U.S. Navy to receive the award since the Vietnam War.

U.S. Navy photo by MC2 Daniel Barker



U.S. Navy Photograph by MC2 Daniel Barker

The guided-missile destroyer USS Russell (DDG 59) passes by the USS Arizona Memorial as the ship departs Joint Base Pearl Harbor-Hickam for the last time while homeported in Hawaii.



U.S. Navy Photograph by MC2 Daniel Barker

Sailors display holiday lights aboard the guided-missile destroyer USS Michael Murphy (DDG 112) during the 2012 Holiday Ship/Submarine Lighting Contest. This year's event was judged by invitees including Rear Adm. Frank Ponds, Rear Adm. Patrick Driscoll, Rear Adm James Caldwell, Maj. Gen. Russell Handy and Rear Adm. Robert Girrier.



U.S. Navy Photograph by MC2 Daniel Barker

Sailors aboard the guided-missile destroyer USS Russell (DDG 59) prepare to depart Joint Base Pearl Harbor-Hickam for the last time while homeported in Hawaii. The crew is scheduled to swap hulls with USS Halsey (DDG 97) out of San Diego in late January.

Local Air Force Reserve units tally \$1.8 million impact on Oahu economy

940th Wing Public Affairs and

Capt. David Tomiyama
713th Combat Operations Squadron Public Affairs

Air Force Reserve jobs with the Joint Base Pearl Harbor-Hickam-based 701st Combat Operations Squadron (COS) Detachment 1 and the 713th COS Detachment 1, funneled more than \$1.8 million into local Oahu communities, according to the 940th Wing’s fiscal year 2012 economic impact statement.

The report tallied an annual payroll of \$1,339,323 for 45 civilian and military jobs hosted by the two COS detachments belonging to the Beale Air Force Base, Calif., reserve



wing. In addition, an estimated 10 community jobs were potentially created by the units, adding an estimated annual dollar value of \$457,000 to the total impact.

“As a reserve unit, our people are our greatest asset,” said Col. Kevin Cavanagh, 940th Wing commander. “When we invest in payroll, that money ends up in the local communities where our Citizen Airmen and their



families live and work.”

The 701st COS provides well-trained, experienced air and space operations center warfighters to support the Korean theater of operations in joint and combined exercises during peacetime and real-world operations in time of war.

The 701st COS augments the combined air and space operations center at Osan Air Base, Republic of Korea, as part of the senior decision-mak-

ing element for the combined forces air component commander and integrates with active duty forces in command and control of theater combat air forces. The 701st COS provides expert personnel in the areas of combat operations, combat plans, intelligence, strategy, communications and logistics.

The 713th COS is the only unit in the Air Force Reserve Command associated directly to a component major command. As a total force integration unit with Pacific Air Forces Headquarters, the squadron provides steady state, contingency and wartime augmentation to the PACAF Air Force Forces staff through reach back capability and the ability to deploy through-

out the Pacific Theater.

The 713th COS delivers mission essential, operational level command and control capability and continuity across the entire spectrum of military operations from humanitarian assistance to combat operations. The 713th COS develops and leverages Reserve personnel subject matter expertise to integrate into the AFFOR staff to plan and create effects, from strategy to task, to meet AFFOR commander/joint force air component commander goals and objectives.

“Reservists and civilians like the men and women assigned to our detachments at Hickam play an integral part in the Air Force mission, providing valuable expertise and con-

tinuity,” said Cavanagh.

The 940th Wing is the Air Force Reserve Command’s leading provider of command and control, intelligence, surveillance, and reconnaissance and home to the Global Hawk remotely piloted aircraft. Airmen of the 940th WG have participated in numerous humanitarian missions across the globe and have made contributions to U.S. operations in Iraq, Afghanistan and Libya.

Nearly 1,200 members are assigned to the 940th Wing at Beale AFB, including five geographically separated units at Joint Base Langley-Eustis in Va., March Air Reserve Base, Calif., and Joint Base Pearl Harbor-Hickam.

One night: looking back at Elvis Presley’s Bloch Arena concert

Brandon Bosworth

Staff Writer

On Jan. 14, the classic Elvis Presley concert film “Aloha from Hawaii” will be screened at the Neil Blaisdell Arena. This screening commemorates the 40th anniversary of Elvis’s famous 1973 Honolulu concert. The show was broadcast live via satellite with over 1 billion people watching worldwide, and “Aloha from Hawaii” is considered to be the most watched broadcast by an individual entertainer in television history.

Yet just over a decade earlier, Elvis had put on another concert in Hawaii, and that show, while not as well known, remains an important part of the history of Joint Base Pearl Harbor-Hickam.

On March 25, 1961, Elvis Presley performed a benefit concert at Bloch Arena to raise money for the construction of the USS Arizona Memorial. More than 4,000 fans attended the show, paying from \$3 all the way to \$100 a ticket. The concert, which Elvis hoped would raise \$50,000, in fact raised \$54,000.

The money was sorely needed. President Dwight D. Eisenhower had approved the creation of memorial in 1958. \$500,00 was needed for its construction. However, within a couple of years, donations slowed and the memorial fund was in dire need of cash. Elvis Presley’s infamous manager, Col. Tom Parker, heard about the situation, and he and Elvis offered to do a benefit concert.

Rear. Adm. Robert L. Campbell introduced Presley, saying, "He is a fine American. He has had many starring roles, not the least of these has been as a soldier in the U.S. Army." During his hour on stage, Elvis sang 15 songs: “Heartbreak Hotel,” “All Shook Up,” “A Fool Such As I,” “I Got a Woman,” “Love Me,” “Such a Night,” “Reconsider Baby,” “I Need Your Love Tonight,” “That’s All Right,” “Don’t Be Cruel,” “One Night,” “Are You Lonesome Tonight,” “It’s Now or Never,” “Swing Down Sweet Chariot,” and “Hound Dog.”

The Bloch Arena concert received rave reviews from the Honolulu Advertiser, which described it as “fast-paced and slick. It jumped. When Elvis came on the teenagers screamed for 2 1/2 minutes without let-up. Elvis was wearing his famous gold



jacket with silvery glints like sequins, dark blue trousers and a white shirt and a blue string tie.”

This would be the last time Elvis would wear his “famous gold jacket” in concert. It was also the last he would perform live for over 8 years.

The USS Arizona Memorial was finally dedicated Memorial Day, May 30, 1962 just over a year after Elvis’s charity concert. It marks the resting place of 1,102 of the 1,177 sailors and Marines killed on the USS Arizona during the attack on Pearl Harbor on December 7, 1941



(Far left) Elvis Presley performed a charity concert to raise money for the USS Arizona Memorial at Bloch Arena March 25, 1961.

(Left) Elvis Presley visited the completed USS Arizona Memorial Aug. 15, 1965.

Photos courtesy of Honolulu Star-Advertiser archives.

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U.S. Navy photo courtesy of USS O'Kane

Preservation work is done on the wildcat and capstan. The anchor and anchor chain have been removed for preservation.

O'Kane enters selected restricted availability during the holidays

Lt. j.g. Kate Kazimer

USS O'Kane Public Affairs

USS O'Kane (DDG 77) recently entered its \$11.5 million selected restricted availability (SRA) maintenance period within a month of returning from nearly an eight-month deployment.

This overhaul is the first step in a series of maintenance periods that will prepare the ship for the training and inspection cycle, and ultimately, for the next deployment. A ship typically enters SRA, which lasts for a few months, after its deployment.

This is an opportunity for installing upgraded equipment, in addition to conducting major repairs. Among the big ticket items in the SRA plans are the overhauls of the berthings (the crew's living spaces). While minor habitability upgrades are made during other, shorter maintenance periods, the SRA provides enough time to do a full overhaul of the system.

"We are trying to tackle jobs that would normally require us to be in dry dock. The sheer number of tanks being worked on, the complete overhaul of the galley and over half of the berthing spaces, normally this would be done while the ship is out of the water," Lt. Michael Arnold, said the ship's maintenance management officer.

Another challenge for this SRA is accommodating for the holidays. Juggling leave, schools, and all of the maintenance requires flexibility and foresight. Additionally, agencies like the shipyard have required safety briefs and training sessions for their workers to attend.

"It's tough," Lt. j.g. Andrew Hetzner, O'Kane's ordnance officer, said. "In addition to my normal duties, I have to track all of the departmental work since I am filling in for my department head while he's on leave."

"Things have leveled out now that we've established our new work space. Moving the local area network and

setting up all of the computers in our annex barge was a challenge, especially when we were still required to be in the ship's communications center while the contractors were working on our equipment," said Information Systems Technician Second Class Raquel Brusher.

When they were about a quarter of the way through the SRA, Pearl Harbor Naval Shipyard and ship's force workers took the time to assess the maintenance schedule. While some jobs took more time than anticipated, others were accomplished well ahead of schedule.

"We are completing these tanks quicker [than ever]... We are on track to complete them with a new land-speed record," BAE's project manager, Manny DelRio, said.

O'Kane Sailors and contractors worked to keep the ship safe and the maintenance on schedule, in order to get O'Kane through the post-SRA training and assessment cycle.

NEX Mall parking lot work to have impacts

The Pearl Harbor Navy Exchange (NEX) Mall parking lot is scheduled to be restriped and resealed from Jan. 14 through April 22.

The parking lot has been divided into seven sections which includes the asphalt area located behind the mall.

As a result, the following list identifies some of the things that will be impacted during the respective phases:

- Traffic flow (all seven phases)
- Big white tent (phase one)
- Tax trailer (phase one)
- Buses (phases one to four)
- Tire center (phases six and seven)
- Store deliveries (phases six and seven)
- Associate and manager parking phases six and seven)
- Auto detailing (phase seven)



(Above) The Pearl Harbor Navy Exchange Mall will be restriped and resealed in seven phases from Jan. 14 through April 22. For more information call the NEX at 423-3287.

Correction

In the article "DESRON 31's top chefs battle in new competition" published in the Dec. 14 issue of Ho'okele, Commodore Wallace Lovely's rank was incorrectly listed. Ho'okele regrets the error.

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Wounded Warriors split double header against Hickam Airmen

Story and photos by
Staff Sgt. Mike
Meares

Joint Base Pearl Harbor-
Hickam Public Affairs

During a double header against Hickam Airmen at Joint Base Pearl Harbor-Hickam Jan. 7, the Wounded Warrior Amputee Softball Team (WWAST) bombed out against the first team, but exploded against the second.

In back-to-back games against Hickam Force and the Hickam Chiefs Group, the Wounded Warriors had a tale of two teams. In the first game against Hickam Force, the Warriors came out a little flat and were unable to put runs on the scoreboard, losing 18-1. The second game proved to be a tough outing for the Hickam Chiefs Group as the Warriors took out their frustrations on the ball, winning 22-17.

The WWAST, a program that is less than two years old, is made up of a dozen veterans representing multiple services who lost limbs in Iraq or Afghanistan and want to show the world



how well they can perform after their injuries.

The team's mission is to raise awareness, through exhibition and celebrity softball games, of the sacrifices and resilience of the military and highlight their ability to rise above any challenge. Their goal is to show other amputees and the general population that these athletes, through extensive rehabilitation and training, are able to express their desires and perform the sport they love.

To do so, they took the field against Hickam Force and looked a little jet-lagged in the first hour. Hickam Force started a barrage of hits that landed all over the field, including two monster homers by Jeff Miles, who found grass on the other side of the fence.

"This is the coolest thing I've ever done while playing softball," Miles said, a master sergeant with the 324th Intelligence Squadron. "I always heard about them playing ball and it brings tears to my eyes seeing them run and see how much heart they put into this game. I was just excited to come out here and play with these guys, so maybe I put a little extra energy into the swings."

The reputation of the Wounded Warriors' power and prowess on the diamond followed them to the island and Hickam Force wasn't taking any chances, and came out swinging for the fences. So, neither team held anything back while in the box, on the mound or on the grass.

"These guys have been known to put 40 runs up on a team, so we couldn't take them lightly," said Jeremy Akerson, a technical sergeant with the 747th Communications Squadron.

Airborne. "In that first game, they put it to us."

"We want to play teams like that," said Bobby McCardel, a former U.S. Marine Corps lance corporal. "That is the kind of talent level we want to (reach). We talked about it afterward, about how we got our butts kicked; humility is a good thing. Sometimes you need to get your butt kicked a little bit to get that fire in you again. There wasn't a guy on this team that wasn't ready for a double header after that game."

"This is a special trip and a special team," said David Van Sleet, coach and general manager of the Warriors. "We have never, ever scored only one run in a game, and I'm not gonna make any excuses. We're a good team. When you hit, you can score a lot of runs, but when you don't hit, you don't score at all."

Unfortunately for the Hickam Chiefs Group, the Warriors found their fire and transferred it to their bats in the second game and put up 22 runs in the second game.

"I think the other team made them mad," said Rick Wood, a chief master sergeant with Pacific Air Forces. "We probably should have played them first while they were still relaxed. They just came out took their frustration out on us."

The Chiefs tried to make it interesting in the top half of the final inning by going on a 10-run rally, but ultimately fell short in the end 22-17.

This is the first time they have played six games in five straight days. The coach believes his team is resilient and up for the challenge of playing some softball and spreading their message through their actions.



Nick Clark, Wounded Warrior Amputee Softball Team, signs an autograph for Airman Basic Ken Oliver, 15th Maintenance Squadron, Jan. 7, 2013, at Millican Field, Joint Base Pearl Harbor-Hickam, Hawaii. Oliver was one of two Airmen selected to throw out the ceremonial first pitch.

Karen Reed, Hickam Chiefs Group, makes connection with a pitch during action against the Wounded Warrior Amputee Softball Team.



Members of the Wounded Warrior Amputee Softball Team greet members of the Hickam Force and Hickam Chiefs during player introductions



The Hickam Honor Guard presents the colors for the singing of the National Anthem at the beginning of a double header featuring the Wounded Warrior Amputee Softball Team against Hickam Force and Hickam Chiefs, Jan. 8, 2013, at Millican Field, Joint Base Pearl Harbor-Hickam, Hawaii.

COMPACFLT tops banner year of intramural sports

Story and photos by
Randy Dela Cruz

Sports Editor

Since full operational capability of Joint Base Pearl Harbor-Hickman went into effect two years ago, the level of competition in intramural sports between Navy and Air Force commands has steadily increased, and 2012 was no exception.

Last year, of the five major sports on base, Navy-dominated squads claimed titles in basketball and football, Air Force continued its rule in softball, and joint commands captured crowns in volleyball and soccer.

With the new rounds of intramural action just about to start with basketball only a couple of weeks away, time to rekindle the fire with a recap of the top five title runs in 2012.

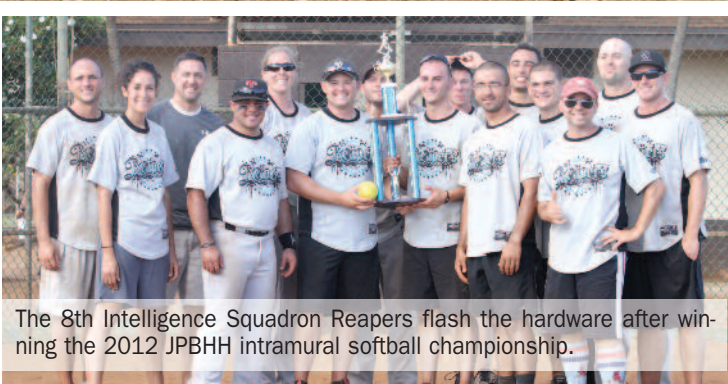
First up is the Military Entrance Processing Station (MEPS), which put a stop to the amazing nine-year consecutive championship streak of Hawaii Air National Guard (HIANG) win the intramural volleyball title.

Armed with a hard-hitting frontline that included hitter Army Spc. Fealofani Maugalei, Operations Specialist 2nd Class Solomon Pulu and Army Staff Sgt. Naseri Sunia, MEPS stopped the defending champs HIANG in straight sets in the semifinals before toppling the 324th Intelligence Squadron (324 IS) also in straight sets to take home the hardware.

“Basically after the first round, that’s when we started to know every team’s techniques, who were the power hitters and everything,” Maugalei said. “We studied them and when the second round came, we executed. We put our mistakes aside and focused on winning.”

In softball, a young 8th Intelligence Squadron Reapers team got hot at the right time to slide safely into the title and keep the softball crown in control of the Air Force.

The Reapers finished in third



place in the Blue Division with a record of 9-4, but demolished Headquarters Pacific Air Forces (HQ PACAF), 17-2, in the championship final.

HQ PACAF entered the showdown undefeated, but succumbed to the relentless attack of the Reapers, which got things started with a three-run jack from the

bat of Sgt. Stanley Crescioni.

“This is a young team. Most of these guys are 18, 19,” said Reapers pitcher Staff Sgt. Tim Heggedahl. “These guys don’t realize how good they can be. Most of them just got here, so it could be huge.”

On the hard court, Team Navy Information Operations



(Above) Team Navy Information Operations Command point guard Cryptologic Technician (Networks) 2nd Class Reauthie Yun goes up for two points against USS Chung-Hoon (DDG 93).

(Below) Military Entrance Processing Station outside hitter Army Spc. Fealofani Maugalei stuffs a kill attempt at the net.



Command withstood a tough challenge from USS Chung-Hoon (DDG 93) to earn a 40-38 victory in the postseason’s final.

In a game that saw six lead changes in the final minutes of the second half, the showdown was finally decided on a late steal and assist by Cryptologic Technician (Maintenance) 2nd

Class J’mese White, whose outlet pass to Cryptologic Technician (Maintenance) 3rd Class Michael Lyles led to a winning lay-up with .03 seconds left on the clock.

“This feels real good,” said NIOC head coach Master Chief Yeoman Darrin Bobbitt. “A lot of hard work, these guys put in, it was even guys that sacrificed that didn’t even play today, but yet they supported the team. It’s just an awesome feeling.”

Sitting at number two on the list of outstanding achievements in 2012 is the fantastic title run of the Kunia Gallos, which may have seen its soccer dynasty come to an end after an amazing tenure on base that saw the team accumulate five intramural crowns, three summer championships and a RIMPAC title.

Last year, the Gallos beat Hawaii Air National Guard, 2-0, to end its reign on top.

“Most of us are PCSing, so it’s out of our power,” said Staff Sgt. Winston Jackson, who was a key member of Kunia’s high-powered attack. “I joined this team about five or six years ago when I PCSed here. I’ve seen the highs and lows, but it’s great to go out on the high.”

While all of last year’s champions were equally successful in their own right, no other team stood head and shoulders above the crowd as Commander, United States Pacific Fleet (COMPACFLT) Boneyard flag football team, which topped the year by becoming the first intramural flag football team on base to go undefeated.

Led by Marine Sgt. J.R. Martin and quarterback Pulu, COMPACFLT came back from behind to defeat Distributed Ground System-5 (DGS-5) Juggernauts, 21-14, and complete the unprecedented season.

For his accomplishments in gaining titles on two championship teams last year, Pulu has certainly earned the credentials of being one of the top armed forces athletes on JBPHH.

“Man, this is great,” Pulu said. “All the hard work we put in to staying undefeated, this feels good.”

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Youth sports program in good hands at JBPHH

Story and photo by
Randy Dela Cruz

Sports Editor

You may not know Jim Cosper, youth sports and fitness director for Morale, Welfare and Recreation at Joint Base Pearl Harbor-Hickam, but to the many military-affiliated parents and children from ages five to 15 on base, his tireless work hasn't gone unnoticed.

Cosper, along with 10 dedicated workers on staff at youth sports, are the go-to people if you want to get your kids involved in athletics at JBPHH.

For 2013, Cosper said he envisions a year of encouraging more kids to get off the couch and into more healthy activities.

"I want to see the program grow, but I want the children to have fun first and foremost," said Cosper in outlining the mission of youth sports. "I want it to be fun, safe and I want them to develop in each sport. I know a lot of kids enjoy playing video games, so I would really like to see

children enjoy doing outdoor activities."

In exercising his passion to introduce children into sports, Cosper, since his arrival in July, has not only managed to seamlessly continue the program's many venues, but has also lent a hand into adding to youth sport's ever growing list of activities.

Recently, the formerly Bloch Arena Annex has been renamed Youth Fitness Center and offers gymnastics and fitness classes, every Monday to Saturday, through Hawaii Academy.

In addition, MWR Youth Sports will also introduce a bowling league for kids that will be held during the spring session.

Currently, youth sports will back in action starting on Jan. 12 with basketball and baseball for ages five to 15, and Pee Wee soccer for ages three to five.

In basketball alone, youth sports signed up 350 children that will be broken up and assigned to 36 teams.

"We're doing the basics:



Anthony Wiggins goes up for a lay-up during an MWR youth basketball game. Basketball is just one of many sporting activities that is offered by MWR youth and fitness program.

baseball, soccer, basketball, volleyball, tennis, football and track and field," he pointed out. "If you go down the list, it's a lot. And life-guarding is one of the newer ones that we have on the calendar."

With so much to offer, Cosper noted that youth sports is not one-man operation, but is a collective effort that includes himself, office workers and volunteer men and women from JBPHH.

"I couldn't do it without the staff that we have here," he stated. "The people are amazing. To be at the field on Saturdays, nights, weekends, it's tough. And especially here at the desk, there is a huge demand for the phone calls and registering people."

Cosper also said that since his arrival at youth sports, he has been pleasantly surprised by the amount of parents that are willing to volunteer and help out, despite the busy schedules that come with life in the armed forces.

"I've dealt with volunteers before and I thought

we would struggle," he said. "It's tough to get people to commit, but with Joint Base Pearl Harbor-Hickam, we have had a huge supply to meet our demands of volunteer coaches and team moms. The community, overall, has been a great experience."

An admitted jack-of-all-sports, expert of none, Cosper said that he is having an absolutely great time as youth sports and fitness director.

He reminds families on base to stop by and visit the office at Bloch Arena anytime if they want to enroll their kids or have any questions about youth sports and its mission.

"Getting the families to know about us and letting them know that we're an outlet for them," he said. "If they want to get their children involved, please come and check us out. We can inform you in the office. We have greatlifehawaii.com if you want to check us out on our website. Check out our gymnastics facility and let's make 2013 a year of growth."

Thunderbirds pull away from Hawaii Select

Story and photo by
Randy Dela Cruz

Sports Editor

While the Joint Base Pearl Harbor-Hickam (JPBHH) intramural basketball season is a couple of weeks away, base basketball fans had plenty of action to take in over the holidays as the University of British Columbia (UBC) Thunderbirds locked horns Jan. 4 against Hawaii Select at Bloch Arena.

UBC, which arrived in the islands on Dec. 27 due to a break in its Canada West Pacific Division schedule, entered the game atop its division and ranked No. 3 in Canada with an overall record of 14-2.

The Hawaii Select is made up of local and military talent, such as, ex-Hawaii Pacific University standout Kawika Smith and current active-duty Navy Cryptologic Technician (Collection) 2nd Class Quentin Leathers, Navy Information Operations Command Hawaii.

Retired Chief Electrician's Mate Tim Thorpe also coaches Hawaii.

Although Hawaii Select hung tough early in the game, UBC took control midway through the second half and pulled away to a 79-67 win.

Kevin Hanson, head coach of UBC, said that he wasn't surprised by the strong effort from Hawaii Select, which only trailed 35-31 at halftime.

"This is the third or fourth year that we've played them and Tim has done a great job of putting a really good product on the floor," said Hanson who is now in his 13th year at UBC as head coach. "We like playing them because they're older men



Hawaii Select forward Kawika Smith blows past Coner Morgan of University of British Columbia (UBC) for two of his 18 points during the matchup at Bloch Arena, Joint Base Pearl Harbor-Hickam. Hawaii, which is coached by retired Chief Electrician's Mate Tim Thorpe, lost to the Thunderbirds by a score of 79-67.

and structured, and it's really physical basketball, which is the kind that we play."

In the first half, UBC used a strong inside game to gain a slight lead, but Smith kept

Hawaii in contention by throwing down 14 points before halftime.

Down by five with 6:24 remaining before the break, Hawaii Select guard Jermar Miller sank a three-pointer and then tied the score at 27-27 on two free throws at the 6:04 mark.

The teams traded baskets, but sharp-shooting forward Tommy Nixon connected on a trey on the Thunderbirds' next possession to lead UBC into the break ahead by four.

Following halftime, the game remained close until midway through the second half.

A basket by Hawaii Select forward Jason Hopkins brought the home team back to within two at 48-46, but with 10:32 left in the game, an old nemesis, UBC guard O'Brian Wallace, began to burn the Select once again.

Held to only two free throws in the first half, Wallace, who scored 37 points in the last meeting between the two teams, began finding his range with the game on the line.

Back-to-back baskets by Wallace gave the Thunderbirds their biggest lead of the game at 54-46 at the 10:32 mark.

Later, Wallace followed a trey by Nixon with a three-pointer of his own to put UBC in command with a 14-point lead, 64-50, with 7:28 remaining in the game.

The final dagger came from Wallace, who hoisted up an off-balance shot from beyond the three-point arch that splashed down before the guard tumbled to the court.

"They did a good job of taking him away in the first half, but once he found his range, got into his rhythm, he's capable of

powering his points home," said Hanson about Wallace, who finished the game with 17 points. "Once he gets going, guys get more confident about going in the flow."

Thorpe said that because most of the team's players work and rarely get a chance to practice, fatigue began to take its toll in the second half.

"I told the guys that I'm not disappointed," Thorpe said. "Most of the guys worked today. We hadn't practiced. You got to put it in the right perspective."

Still, Leathers said that he felt like Hawaii could have won.

Playing the post, Leathers slammed down two rim-rattling dunks for four of his eight points – six in the second half.

"It was pretty exciting, but I've played to that competition before and I felt that we should have beat them," he said. "We made some bad decisions. I was down low, scoring, and we went away from that. We went away from what was working for us."

Thorpe, who retired in 2004 after 24 years in the Navy, said that the team will get ready for the NCAA summer league, before it heads out to play a tournament in Tahiti in August.

The coach also said that he would like to schedule more games at Bloch Arena.

Meanwhile, Hanson said after coming to the islands for the past 10 years, he is looking forward to another winter in the Hawaiian sun.

"The guys get a good source of vitamin D inside them and it changes them," Hanson said. "In Vancouver people get depressed because they don't see the sun. This is my happy place."

Team demonstrates that life without limbs is limitless

Lauressa Reese

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The Wounded Warrior Amputee Softball Team (WWAST) mission is to raise awareness by doing something they enjoy like

playing softball. The team's goal is to show other amputees and the rest of the world, that through hard work and determination, anything is possible.

The team arrived on island early January and played a game on Jan. 8 at Fort Shafter, Hawaii. On Jan. 10 at Sam Choy's

Island Style Seafood Grille on Joint Base Pearl Harbor-Hickam the team enjoyed a Hawaiian buffet and Tahitian dancing.

Stanley Finch, an Air Force retiree and current air transportation officer for 647th Logistic Readiness Squadron played a significant role in coordinating the

team's visit to Hawaii.

He chose to work hard at getting the team to come here. "I too wanted to bring awareness to the team and all the Armed Forces in Hawaii. I wanted to thank the local community for sticking by us," he said.

Commander Lt. Col. Mark Clifford and deputy

Wayne Tsuda supported Finch in his endeavors. "We are all big sports fans," Finch said.

Head coach David Van Sleet and four players from the team visited the island in October of 2012, to promote the tour, which is now booked through 2014, and also to enjoy the Hawaiian

breeze while practicing.

The team also makes a point to visit amputees when they visit different areas to include Hawaii. Stopping by Kapi'olani Medical Center for Women & Children and Shriners Hospitals for Children in Honolulu was an important part of their visit.

Blood donor drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

They include:

Jan. 16, 7:30 a.m. to noon, training classroom, Makalapa Medical Clinic.
Jan. 22, 9 a.m. to 1 p.m., building 352, Joint Intelligence Operations Center.
Jan. 23, 9 a.m. to 1 p.m., gym, Naval Computer and Telecommunications Area Master Station Pacific.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil. Visit the website www.militaryblood.dod.mil.

Navy, Air Force Pro Bowl pre-game volunteers sought

Navy and Air Force volunteers are being sought for the Pro Bowl pre-game ceremony.

A total of 210 Navy and 210 Air Force volunteers in uniform are asked by the NFL to participate in a pre-game show on field as part of 1,000 uniformed active duty personnel involved in the event.

Volunteers are needed for the anthem

rehearsal from 6:15 to 9:30 p.m. Jan 23, and from 9 a.m. to kickoff on game day Jan. 27.

Required uniform for the event is Navy service uniform and Air Force class B short sleeve.

To volunteer, Navy members can email jaye.bell@navy.mil. Air Force volunteers can contact Ensign Michelle Downs at 473-2920 or email michelle.l.downs@navy.mil.

Volunteers needed for Jan. 26 humpback whale census

Hundreds of volunteers are being sought in Hawaii to take part in a yearly census count and record the behaviors of humpback whales.

Volunteers on Oahu, the Big

Island of Hawaii and Kauai will spend three

Saturdays looking for whales as part of the Hawaiian Islands Humpback Whale National Marine Sanctuary's Ocean Count.

It will be held this year on Jan.

26, Feb. 23 and March 30.
For more information and to volunteer, call 888-55-WHALE, ext. 253. In addition, visit the website <http://1.usa.gov/A1BeCC>.

MWR Fitness offers assistance during the New Year and all year long

Emily McNulty

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

More than 30 percent of Americans choose to lose weight, get fit or exercise more as their New Year's resolution, but most never complete their goals. But Joint Base Pearl Harbor-Hickam (JBPHH) Morale, Welfare and Recreation can help.

Mark McFarland, regional training director, discussed New Year's resolutions and ways to stay fit and motivated all year long.

MWR Fitness has eight fitness centers, four that are staffed and four that are unstaffed. The new state-of-the-art Joint Base Pearl Harbor-Hickam Fitness Center opened in May.

"The JBPHH Fitness Center at Pearl Harbor has brand new equipment, personal trainers, nutrition counseling, exercise classes and a great staff to answer all your fitness questions," McFarland said.

Classes include Hot Hula, Hula Fitness or Shimmy Fitness. Most exercise classes are \$3 each, whereas 30 of the classes offered are free. They also have monthly paid classes like Self Defense for Women. "All fitness classes are open to all levels, and fitness is geared to all," McFarland said.

McFarland also said tours of the gym are available, including explanation of all the equipment and how to use it.

"I want our patrons to be comfortable in our facilities and to come back. We are interested in helping all of



Photo courtesy of Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation
Personal trainer Carmina Costello, right, demonstrates proper fitness equipment techniques to a client.

them, especially the ones who aren't sure where to start," he said.

He added that if patrons aren't sure where to start in losing weight or getting healthy, MWR Fitness staff can answer questions and set up a plan.

One of the best programs offered to military families is the Mission Nutrition Class, he explained.

"You are what you eat is' very cliché but it's true. We hope to get you to more of a 80/20 ratio. You can still eat what you want, just in moderation," McFarland said. The Mission Nutrition class is free and focuses on nutrition of lifecycle, deployment nutrition and sports nutrition. It also provides basic nutrition tips and fundamental information regarding portion sizes and servings.

McFarland urged participants to write their con-

sumption of food down in a logbook so they know what they are eating, can be held accountable, and stay on track.

"Just eat quality meals that include protein, carbs, vegetables and fruit," McFarland said.

He said you don't have to give up your favorite drink of choice and that slice of pizza, only "cheat" for four or less meals a month.

"You can trick the body," McFarland said, "If you are eating good for 80 percent of the time and have a cookie or onion rings once a month, the body doesn't even register it."

In order to stay healthy all year long, "it's important to always work out and eat well to protect against disease and well being. Exercise 30 minutes a day seven days a week," McFarland said.

He added that if you can't

do 30 minutes a day, do 10 minutes a day, three days a week. Then up it by one minute each week. After you reach 13 minutes add a fourth day and so on. Eventually you will be working out seven days a week. Continue to add a minute a day," McFarland said.

Personal trainers or staff at the gyms are available to answer questions and help out.

Fitness Centers at Joint Base Pearl Harbor-Hickam and their phone numbers include:

- Joint Base Pearl Harbor-Hickam Fitness Center, 471-2019.
- Hickam Fitness Center, 448-4640.
- Wahiawa Annex Fitness Center, 653-5542.
- Ford Island, 473-0793.
- Kunia, 653-5542.
- Makalapa, 473-0793.
- Naval Station, 473-2436.

Q and A with Carmina Costello, Aerobics Fitness Association of America Certified Personal Trainer

Q: Who should get a personal trainer?
A: Anybody who wants to make a lifestyle change, whether they want to lose weight, improve health, condition, tone, build muscle or learn a proper exercise regimen. Having a goal is a good reason for seeking a personal trainer.

Q: Why is having a personal trainer helpful?
A: There are numerous reasons why one should have a personal trainer. Some examples are:

- Give guidance toward a healthier lifestyle.
- Nutrition tips.
- Workout routine.
- Teaching proper techniques.
- Strengthen the muscles.
- Help prevent further injuries.
- Learn functional exercises.
- Playing a big role into motivation.

Q: What is included in a session and how much for individual/group?
A: There are various packages clients can choose from. It's the initial session (\$40) where we go through nutrition, measurements, goals and various assessments. Also to give a chance to establish a relationship between the trainer and client, accommodate with the session style, schedule etc.

Then the regular sessions include a 10 session package - \$300, six session package -\$195, single session \$35, double session \$25 each and multiple session \$20 each.
The sessions are tailored for every individual's needs and fitness goals.

Q: Can I do it the sessions with friends/family?
A: Yes, there are packages to accommodate it.

Q: Do you also teach me about nutrition?
A: We are not nutritionists and therefore cannot make a specific nutritional plan, but we can provide guidance and a better understanding when it comes to nutritional labeling. The initial session elaborates the nutritional aspect, but the subject is open during the training sessions throughout.

- West Loch, 473-0793.

For more information on the gyms, exercise schedules,

personal training and training courses, visit the website www.greatlifeohawaii.com.

HO'OKELE Online

PEARL HARBOR - HICKAM NEWS

<http://www.hookelenews.com/> or visit <https://www.cnic.navy.mil/Hawaii/index.htm>



Hawaii Doctors slow men's aging process— restoring energy, strength & sex-drive



MILLIONS OF MEN SUFFER FROM LOW ENERGY, LOW SEX DRIVE, POOR SLEEP QUALITY OR LACK OF MENTAL CLARITY.

"Many of my patients now have the energy and strength to fully enjoy an active life, including a healthy sex-life."

DR. CHARLES ARAKAKI, M.D.

Medical scientists have discovered that men begin to lose 1 to 3% of their testosterone every year beginning at age 30. Millions suffer from low levels of testosterone, commonly known as Low T but are not aware of it because the problem occurs gradually and most unnoticed. The effects of Low T are often confused with "old age". The number of your years should not determine your energy level.

The results of testosterone studies are astounding.

When a man's testosterone level is brought up to optimal range, his energy level, muscle mass and bone density increases, his sex-drive improves as does the quality of his sleep. It has also been found that men with normal levels of this hormone live an average of eight years longer.

Low testosterone levels associated with chronic health issues.

Below normal levels of testosterone have been associated with many medical conditions such as obesity, diabetes, depression, and possibly cardiovascular disease. Like cholesterol or blood pressure, there is a numerical range considered normal. Various reasons cause the body to slow production of testosterone, and a simple doctor visit can determine if those levels are inadequate for a healthy lifestyle.

Testosterone therapy reverses the aging process.

The condition for patients with low levels of testosterone is called hypogonadism or andropause. Though anyone can have it, those who are overweight, diabetic,

have high blood pressure or high cholesterol or asthma/chronic obstructive pulmonary disease have a higher propensity to experience this condition. The good news is, it can be reversed with testosterone therapy (TT). Treatment is simple and often consists of either topical creams or injections.

If you have occasional ED or PE.

All men experience sexual performance issues as they age. Testosterone plays a key role in the development of male reproductive tissues as well as promoting secondary sexual characteristics such as increased muscle, bone mass, and the growth of body hair. It stimulates a man's sex drive & sexual function. It may still be necessary to take ED medication. For many men, the combination of Testosterone Therapy and ED medication bring back full functionality and increased sensation.

Better results from your workout.

Being the cornerstone of a man's health, testosterone is essential for a man's body and well-being. Testosterone patients that eat a sensible diet and stay active show a strong increase in the ability to develop muscle and lose fat. This is such a strong effect, that many professional and amateur athletes with low levels of testosterone use TT to help them maintain peak physical shape and promote fast recovery after grueling work-outs.

A confidential consultation will get your questions answered.

The Hawaii Male Medical Clinic understands that a man's health is private. Patients coming at the clinic are discreetly taken to a private consultation room where all aspects of the treatment and conditions are explained. Our initial procedure includes a consultation, doctor's exam, lab tests and medication. We only use medications with FDA approved ingredients.

The initial office visit is \$199.

For more information visit **HawaiiMMC.com**. For an appointment call **529-0000**.

HAWAII MALE MEDICAL CLINIC

IMPROVING MEN'S HEALTH & PERFORMANCE

1441 Kapiolani Blvd., Suite 1902

🏰 AROUND THE ISLAND TOUR

The Outdoor Adventure Center-Fleet Store is offering an around-the-island-tour at 9 a.m. Sunday. The tour will visit hidden parts of Oahu including hiking locations, beaches and more. The trip concludes with a beach swim. The cost is \$25 per person, and the registration deadline is today. FMI: 473-1198.

🏰 MOVIE ON THE LAWN

The movie “Snow Day” will be shown from 5:30 to 7:30 p.m. tonight on the lawn in front of Pool 2. Bring your lawn furniture and blankets. Children under the age of 10 must be accompanied by an adult. This is a free event. FMI: 448-2223.

🏰 ESCAPE BOWLING ON FRIDAYS

For the month of January, shoe rental is free from 7 to 10 p.m. Friday nights at The Escape. FMI: 473-2651.

🏰 SNORKELING HANAUMA BAY WITH LIBERTY

There will be a snorkeling trip with Liberty on Saturday. Departures are from Liberty Express at 7:45 a.m., Beeman Center at 8:15 a.m., Instant Liberty at 8:30 a.m., and Makai Recreation Center at 8:45 a.m. The cost is \$5 per person. Snorkel gear will be provided. Bring your towel, sun block, water and snacks. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

🏰 FREE GOLF CLINIC

The Navy-Marine Golf Course is hosting a free golf clinic at 1 p.m. Saturday. FMI: 471-0142.

🏰 KO OLINA WHALE WATCH TOUR

There will be whale watching tours to Ko Olina from noon to 3:45 p.m. on Jan. 12, 19, and 26. The cost is \$40 for adults, \$35 for children ages 3 to 11, and includes round trip transportation from Information, Tickets & Travel-Hickam. FMI: 448-2295.

🏰 LEARN TO SURF AT HICKAM HARBOR

In this class, professional instructors will teach the basics of surfing, from standing and paddling to catching waves and angling down the wave. The class will be held at 9 a.m. Jan. 19 at Outdoor Recreation-Hickam Harbor. The cost is \$30 per person, and participants must be able to swim without a lifejacket. Registration deadline is Jan. 16. FMI: 449-5215.

🏰 YOUTH SPRING VOLLEYBALL REGISTRATION

Registration for youth spring volleyball runs now through Feb. 8. The season runs March to June. Youth ages 6-15 years old are eligible, and the cost is \$65. FMI: www.greatlifehawaii.com.

For more information on events, visit www.greatlifehawaii.com.

🏰 January

🏰 15 ~ AFCEA Hawaii (Armed Forces Communications and Electronics Association) will hold a buffet luncheon from 11 a.m. to 1 p.m. at Fort Shafter Hale Ikena Club. Guest speaker will be Lt. Gen. Michael J. Basla, chief, Information Dominance and Chief Information Officer, Office of the Secretary of the Air Force, the Pentagon, Washington, D.C. All military members and civilians are welcome to attend FMI: www.afceahawaii.org or call Ken @ 441-8524.

🏰 17 ~ Commander, Navy Region Hawaii will host a Martin Luther King Jr. heritage event at 10 a.m. at the Pearl Harbor Memorial Chapel. FMI: 474-6549.

🏰 21 ~ An event to make the world's largest human peace sign in celebration of the Dr. Martin Luther King Jr. Day holiday is scheduled for 7 a.m. to noon Jan. 21 at Kapiolani Park in Honolulu. The current world record stands at 5,814 people. Volunteers are also needed. FMI: Eric Butler at 284-3577 or email ericbutler777@gmail.com or una-hawaii@gmail.com. FMI: 259-4112.

🏰 24 ~ An official NFL Pro Bowl practice will take place from 10 a.m. to 12:30 p.m. at Earhart Field. Military-affiliated personnel will have the opportunity to take pictures and experience the action from the sidelines. FMI: www.greatlifehawaii.com.

🏰 26 ~ NFL Pro Bowl Ohana Day will take place from 8:30 to 11:30 a.m. Ohana Day is a free family-friendly event hosted by NFL Pro Bowl and is open to the general public. A special package is available to military families. Free round-trip bus service to and from Aloha Stadium is available only to Department of Defense ID cardholders with children in attendance. Pickup is at 7:30 a.m. from the Hickam Burger King parking lot, and the bus returns to Burger King at about noon. Sign up is by 9 a.m. Jan. 18. Space is limited. FMI: call 473-0789 or visit www.greatlifehawaii.com.

🏰 February

🏰 9 ~ Registration has begun for the Seabee Run, which will be held at 7 a.m. Feb. 9 at Ford Island, Joint Base Pearl Harbor-Hickam. Registration closes on Feb. 4. Participants will receive a T-shirt. Awards will be given for the top three male and female runners in each division of the 5K and 10K races. The best couple's run time will receive an award. Registration fees range from \$20 to \$40 for the 5K, 10K and couple's runs. The fee is \$10 for the children's run. Register online at www.active.com. FMI: Lt. j.g. Chris Hoggan at christopher.hoggan@navy.mil or call 449-3105.

🏰 At a glance

🏰 The MWR Scott Pool at Joint Base Pearl Harbor-Hickam is closed due to high winds that caused a metal light pole to snap and break into the pool. Scott Pool will remain closed until further notice due to safety concerns.



Hotel Transylvania (PG)

Welcome to Hotel Transylvania, Dracula's lavish five-star resort, where monsters and their families can live it up, free to be the monsters they are without humans to bother them. One special weekend, Dracula has invited some of his best friends – Frankenstein and his wife, the Mummy, the Invisible Man, the Werewolf family, and more – to celebrate his beloved daughter Mavis's 118th birthday. For Drac, catering to all of these legendary monsters is no problem – but everything could change for the overprotective dad when one ordinary guy stumbles on the hotel and takes a shine to Mavis.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Life of Pi *(3-D) (PG 13)

SATURDAY
2:30 PM Montsters Inc. *(3-D) (PG)
4:45 PM Playing for Keeps (PG 13)
7:00 PM Skyfall (PG 13)

SUNDAY
2:30 PM Rise of the Gaurdians (PG)
4:45 PM The Twilight Saga: Breaking Dawn pt 2 (PG 13)
7:00 PM Killing Them Softly (R)

*\$1 for 3-D Glasses Rental

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Hotel Transylvania (PG)

SATURDAY
4:00 PM Hotel Transylvania (PG)
7:00 PM Killing Them Softly (R)

SUNDAY
2:00 PM Hotel Transylvania (PG)



Photos courtesy of Pacific Aviation Museum Pearl Harbor

Students participate in the first Flight School for Girls held last summer.

PAM to host Big Island students, teachers for flight school this month

Pacific Aviation Museum Pearl Harbor

Flight School is back at Pacific Aviation Museum Pearl Harbor Jan. 16 to 18 as 30 middle school girls and four teachers from Ka'u High School on the Big Island of Hawaii become the first neighbor islanders to experience the aviation adventure.

The sixth, seventh and eighth graders and their educators will spend three days exploring the history and technology of aviation in a museum program which began last summer, graduating three winged classes in 2012. The Big Island students will be the first students outside of Oahu to participate.

“Flight School is a top-notch educational series,” said Kenneth DeHoff, Pacific Aviation Museum executive director. “It makes great strides in engaging with and introducing the next generation to the fascinating world of aviation.”

Girls learn the basics of



flight through demonstrations and experiments, tour historic aircraft, fly remote control planes, and “take to the skies” in the museum’s flight simulation lab. Students meet historic pioneers of aviation through presentations made by costumed interpreters such as Amelia Earhart and Rosie the Riveter.

“This is a hands-on program that introduces girls to the heroes and pioneers of aviation, and helps them consider future careers in science, technology, engineering and math,” explained Dr. Shauna Tonkin

who, as director of education at the museum, developed the curriculum.

Ka'u High students and teachers will shift from air to sea for a historical perspective of Pearl Harbor, as the three-day flight school is conducted in cooperation with USS Battleship Missouri Memorial. Students will participate in the Missouri’s two-night encampment program and visit the USS Arizona Memorial.

Upon successful completion of flight school, the students celebrate with a winging ceremony.

Flight School for Girls repeats June 18 to 20, July 16 to 18, and July 24 to 26. Flight School for Boys will be held June 4 to 6 and June 25 to 27. Advanced Flight School for Girls will be held July 9 to 11.

Flight school is made possible by grants from the Marguerite Gambo Wood Foundation and the Bill Healy Foundation. Hawaiian Airlines is a sponsor.

For more information, contact Tonkin at ShaunaT@PacificAviationMuseum.org or 441-1005.

Plaque on Oahu celebrates anniversary of Earhart’s solo flight

Rebecca Hommon

*Navy Region Hawaii
Environmental Counsel*

In winter when the wind and rain kick up, some may think there's nothing to do on Oahu. The surf is too high and the sand blows horizontally so without the beach, what else is there to do?

Perhaps some of these sites didn’t attract attention the first time you drove around the island. Another trip might be in order.

And why not celebrate the anniversary of Amelia Earhart’s solo flight from Oahu to California by seeking out the plaque that honors her? All of these sites are free — just a drive — but you will have to share most of them with the occasional mini-van of tourists.

A plaque honoring the great British navy explorer of the Pacific, Captain James Cook, graces a rock in front of the state archives. Those with an interest in art, history or architecture can find something of value in seeking out this particular site.

It might trigger a desire to read Cook’s logs which are available in a number of formats, including an inexpensive Dover books edition. His telling of his hearty sailors’ struggle in trying to bring sea turtles aboard — to eat — provides an explanation as to why this species became depleted. Unfortunately for the turtles, they provided a source of fresh red meat without refrigeration.

Another site often overlooked is the Amelia Earhart plaque at Diamond Head overlook. When facing the ocean, the plaque is on the far left of the parking lot. Near sunset on Jan. 11, 1935, Earhart took off from Wheeler Field in central Oahu near Schofield.

No one had before made a successful solo flight from Oahu to California. Several had made the flight coming from California but no one before



Photo by Lt. Ben Gold

A site often overlooked is the Amelia Earhart plaque at Diamond Head overlook.

Earhart made the east-heading route. She landed 18 hours and 17 minutes later in Oakland.

The Byodo-In temple just past Kaneohe provides an opportunity to reflect on Hawaii's connection to Japan and Oahu's history of waves of immigration.

The temple is a replica of the ancient temple in Uji, Japan, just outside of Kyoto. The Uji original is now unpainted contrasted with the bright orange of the Kaneohe replica. The setting with waterfalls and mountains behind provide great photo opportunities.

If headed to the north shore, two ancient Hawaiian sites provide tangible remnants of Hawaii’s pre-Captain Cook history. Given their age, little remains other than the stones at both Kakaniloko Birthstones and the Puu O Mahuka heiau above Waimea Bay. Both sites include interpretive signage to explain their roles in Hawaiian history.

For additional information on the Byodo-In temple, the Kukaniloko Birthstones and the Puu O Mahuka heiau see: <http://bit.ly/Wu7QwD>

For additional information on Amelia Earhart and Hawaii see: <http://1.usa.gov/zWmCri>.