

Celebrating Martin Luther King Jr. Day

HO'OKELE

PEARL HARBOR - HICKAM NEWS

January 18, 2013

www.cnrc.navy.mil/hawaii www2.hickam.af.mil

Volume 4 Issue 2



Cmdr. Tom Shultz (center) meets with command advancees and enlisted surface warfare specialist qualifiers.

Sailors on Michael Murphy lead the way into 2013

Story and photo by CT3
(Collection) Ryan Harris

Five Sailors aboard the USS Michael Murphy (DDG 112) are setting the tone for the success of the ship's first full year of commissioned service.

The commanding officer, Cmdr. Tom Shultz, recently recognized the Sailors for raising the bar in 2013 for the Navy's newest warship.

Electronics Technician 1st Class Jacob Angelo, Interior

Communications Electrician 2nd Class Korey Harvey and Damage Controlman 3rd Class Sabien Alvarez were each command-advanced at the end of 2012 for their dedication and hard work during Michael Murphy's pre-commissioning and commissioning phases.

Gas Turbine System Technician Electrical 3rd Class Nolan Schaffer and Fire Controlman 2nd Class Alexander Wood were the first on the newly commissioned destroyer to earn the enlisted sur-

face warfare specialist pin, a qualification that signifies a Sailor's mastery of knowledge of the ship.

Shultz said the work of these five Sailors will set the tone in 2013.

"The most important thing for any ship is to have Sailors who are experts in their rates and have a strong sense of ownership," Shultz said. "These Sailors have proven that and are leaders for their shipmates as Michael Murphy moves into the next critical phase in the new year."

Submarine Force announces Battle 'E' award winners

Commander, Submarine
Force U.S. Pacific Fleet



Commander, Submarine Force, U.S. Pacific Fleet (COM-SUBPAC) announced the recipients of the 2012 Battle Efficiency (Battle "E") award in an official message to the submarine force at Joint Base Pearl Harbor-Hickam Jan. 1.

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. Frank Caldwell, 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:

Submarine Squadron 1 (Joint Base Pearl Harbor-Hickam) -

USS Hawaii (SSN 776).

SUBRON 7 (Pearl Harbor) - USS Columbus (SSN 762).

Submarine Development Squadron 5 (SUBDEVRON Five) (Bangor, Wash.) - USS Jimmy Carter (SSN 23).

SUBRON 11 (San Diego) - USS Jefferson City (SSN 759).

SUBRON 15 (Guam) - USS Buffalo (SSN 715).

SUBRON 17 (Bangor) - USS Maine (SSBN 741) (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 torpedo weapons retriever Swamp Fox (TWR 821), both in San Diego.

Winners of each of the Battle "E" competitive categories were also announced. Those categories are the Engineering Red "E", Tactical Operations White "T", Navigation Red and Green "N", Communications Green "C", Damage Control Red "DC", Supply Blue "E", Deck Seamanship White "D", Medical Yellow "M", Deep Submergence White "DS", Strategic Operations White "S", Repair Red "R", Dental Yellow "D" and Weapons Black "W."

For more news from Commander, Submarine Force, U.S. Pacific Fleet, visit www.navy.mil/local/subpac/.

Martin Luther King observance held at Pearl Harbor Memorial Chapel

Story and photos by
Brandon Bosworth

Staff Writer

Navy Region Hawaii held its annual Martin Luther King Day observance Jan. 17 at Pearl Harbor Memorial Chapel.

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

Quartermaster 2nd Class Megan Steffy of Navy Region Hawaii served as the master-of-ceremonies. She introduced a variety of film clips about King and his legacy.

The first clip was of King's controversial TV appearance on "The Mike Douglas Show." Filmed at the height of the Vietnam War, King spoke of peace and defended his opposition to the war, which he considered unjust.

The second clip was from April 4, 1968, the day King was assassinated. It showed Walter Cronkite announcing the news of King's death to the nation.

The final clip was of King's funeral. At the funeral, a recording of his final sermon was played. In it, he spoke of his own death and how he wanted to be remembered.

Looking out at the diverse faces in the audience, Steffy said,



(Above) More than a hundred service members and civilians attended the Jan. 17 Martin Luther King Day observance at Pearl Harbor Memorial Chapel.

"Without Dr. King, we would not all be sitting here together: whites with blacks, Hispanics with Asians."

Rear Adm. Frank Ponds, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific was the keynote speaker at the observance. In a very personal speech, he spoke of honoring King as a patriarch, a father,

and a husband.

"Most of all, I want to honor him as a man," Ponds said. "He asked himself 'Why should I take joy in

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Rear Adm. Frank Ponds, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, will serve as 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 a Unity Rally featuring entertainment and food will take place from 11 a.m. to 4 p.m.

This year's event will mark the 25th anniversary of the Dr. Martin Luther King Holiday in Hawaii. Gov. John Waihee proclaimed the first Dr. Martin Luther King, Jr. Day on Jan. 16, 1989.

(Left) Rear Adm. Frank Ponds was the keynote speaker at the Jan. 17 Navy Region Hawaii Martin Luther King Day observance.



'Mighty Mo' veteran visits former ship
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Visitors from the YMCA of Honolulu visit USS Russell
See page A-4



USS Russell wins holiday lighting competition
See page A-7



Annual humpback whale census starts in Hawaii Jan. 26
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Military 'scores' at next week's Pro Bowl
See page B-4

‘Mighty Mo’ veteran visits former ship

Brandon Bosworth

Staff Writer

Since opening as a museum in the summer of 1999, more than 5 million people have visited the Battleship Missouri Memorial.

This month, the memorial welcomed a visitor for whom the ship isn’t just a tourist attraction. It is his former home.

Schuyler “Sky” Fredrikson served on the USS Missouri from 1944 to 1946. A third Class petty officer, Fredrikson was assigned to the engineering department and damage control for most of his time aboard the ship. He visited the memorial this year on Jan. 10. It was his third time aboard the vessel since its decommissioning.

“I toured her back in 1998 when she was in Oregon getting ready to get towed to Hawaii,” he said. “And I was here in 2001 for the 60th anniversary of the attack on Pearl Harbor.”

Fredrikson was born Feb. 11, 1927 in Brooklyn, N.Y. He was raised on a farm in Holden, Mass. and joined the Navy on Feb. 11, 1944 at the age of 17. He was aboard Missouri for most of his active duty service.

“I was a lookout when I first came aboard,” he said. “There were about six lookouts, aft and forward. Then I moved to damage control and diving.”

His time on Missouri took Fredrikson to some of the far corners of the globe. He visited places such as Panama, Trinidad, San Francisco, New York City, Italy, Greece and Turkey.

Of course, with World War II raging, much of Fredrikson’s time was spent in the South Pacific: Guam, Okinawa, Iwo



(Left) “Sky” Fredrikson was aboard the USS Missouri when a kamikaze suicide bomber hit on April 11, 1945 during the Battle of Okinawa. (Right) USS Missouri veteran Schuyler “Sky” Fredrikson visited the Battleship Missouri Memorial on Jan. 10.

Jima and the coasts of Japan.

“We were heavily involved in the bombardment of Japan, especially Tokyo,” he said. “The worst was the fighting in Okinawa. The Navy lost more men then in any other Pacific campaign.”

It was during the Battle of Okinawa that a kamikaze suicide bomber hit Missouri. On April 11, 1945, Japanese “Zeke” approached the ship through a hail of anti-aircraft gunfire, striking the battleship on the stern quarter.

“I saw the plane coming and ran like hell to the other side of the ship,” said Fredrikson.

No American lives were lost, and Missouri suffered only

minor damage. The deceased kamikaze pilot was given a military burial-at-sea, led by a U.S. Navy chaplain who happened to speak Japanese.

At war’s end, on Sept. 2, 1945, Missouri sailed into Tokyo Harbor for the signing of Japan’s surrender.

“There were so many people, so many dignitaries from all different countries aboard,” he recalled. “I had a good view of everything.”

Fredrikson and his friends celebrated the end of the war with some homemade cocktails.

“We got some 180 proof alcohol from the sickbay and mixed it with grapefruit juice,” he said.



Photo courtesy of Battleship Missouri Memorial

After the end of the war, Missouri returned to Pearl Harbor and Fredrikson took some time to enjoy some well-deserved R&R at the Royal Hawaiian Hotel. He left the Navy in May 1946.

Fredrikson currently lives in

Worcester, Mass. He has fond memories of his time in the Navy and is impressed by what has been done with the battleship he served aboard.

“They have done a great job restoring her,” he said of the Battleship Missouri Memorial.

CNRH honors Dr. King

Continued from A-1

celebrating my life when others are suffering in their own lives?’ He contemplated this and chose to act.... The very essence of King’s legacy is his life of service and sacrifice.”

Pond’s also highlighted what the military can learn from King.

“Members the armed forces must continue to combine the strength of compassion and the courage of compromise,” he said.

In honor of King’s work, Dr. Martin Luther King Jr. Day was established by President Ronald Reagan in 1983.

In 1992, President George H.W. Bush proclaimed the Dr. Martin Luther King, Jr. federal holiday would be observed every year on the third Monday of January. Congress passed the Martin Luther King, Jr. Holiday and Service Act, Aug. 23, 1994 designating the King Holiday as a day of volunteer service. The first observance was held Jan. 15, 1986, the anniversary of King’s birthday.

Commentary

Dr. King knew important truth: strength comes from freedom, passion, understanding

Rear Adm. Frank Ponds

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

(Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, has been invited to serve as grand marshal for Hawaii's 25th Annual Dr. Martin Luther King Jr. parade through Honolulu, Jan. 21. He offers this personal reflection and perspective about Dr. King's legacy.)

I grew up in the rural Alabama tri-city area of Selma, Montgomery and Birmingham in the 1960s. 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. Last summer I was invited to



Photo courtesy of Hulton Archive / Getty Images

U.S. civil rights leader Martin Luther King Jr. (foreground) waves to supporters from the steps of the Lincoln Memorial on the Mall in Washington, D.C. (Washington Monument in background) during the "March on Washington" on Aug. 28, 1963.

visit my home state as part of an official Navy outreach program to Selma, Montgomery, Birmingham and Tuskegee, where I spoke with students, veterans and community lead-

ers. My message there, as it is here in Hawaii, was that our Navy is indeed a global force for good with a rich legacy of cultural and intellectual diversity and opportunity. Like Dr. King, we believe in building partnerships and cooperation to deter war. I believe that what we share in common with others is more important than our differences.

Dr. King knew an important truth: Strength comes from freedom, passion and understanding. He helped us hear what Abraham Lincoln called, "the better angels of our nature." He challenged us to live up to our founders' highest aspiration: "that all men are created equal." Dr. King shared his dream, and we honor his legacy.

Dr. King was a man of non-violence, committed to peace. We deter war when we build partnerships, maintain readiness and operate forward. Our Navy in Hawaii does that with exercises like *Koa Kai* and RIMPAC

and by our support of humanitarian assistance missions such as Operation Tomodachi and annual Pacific Partnership.

We believe a strong and properly resourced Navy can deter aggression and preserve peace. Make no mistake: Dr. King was a tough, ready and engaged problem solver. So is our Navy.

Today, the United States Navy exemplifies Dr. King's legacy of equality, unity and justice for all. Our military and civilian workforce and supportive family members at Navy Region Hawaii and MDPAC are a strong, unified and capable team.

We are committed to building partnerships, promoting cooperation and protecting the ideals and freedoms for which Dr. King fought and died. Therefore, I am especially proud to serve as grand marshal of Hawaii's 25th Annual Martin Luther King, Jr holiday parade.

Commentary

Drawing it all together as we enter the new year

Col. Johnny Roscoe

15th Wing commander

As we enter a new year, it is appropriate that we reflect not only on the accomplishments of the year we leave behind, but also on setting a vector for the coming year. Recently, I spent a day with key squadron, group and wing leaders within the 15th Wing to develop priorities and a vision for our wing that is focused on what we do and what the 15th Wing actually brings to the fight. The following is a result of our lively discussion that day.

The first order Gen. Carlisle gave to wing commanders when he took command of Pacific Air Forces was, "You are all warriors and you need to be ready to go to war tonight."



Col. Johnny Roscoe

In support of this task, we developed an appropriate aim for our wing:

15th Wing vision:

"PACAF's premier wing...Ready Airmen projecting decisive air power."

I love being part of the tradition and legacy of the Air Force and I'm proud of that, and I hope you are, too. Especially relevant to us here in Hawaii, in light of the 189

people who died on Hickam Field on Dec. 7, 1941, is the issue of readiness. When thinking about what you do on a day-to-day basis, always think of it in terms of readiness. Personally, mission readiness is more important to me than inspection readiness because, at a moment's notice, we need to be prepared to fight and win our nation's wars.

15th Wing mission statement:

"The mission of the 15th Wing is to develop and sustain combat-ready Airmen, in partnership with the total force, to provide global mobility, global reach, precision engagement and agile combat support, anytime, anywhere."

Our Wing mission sets us up very well for our wing priorities, all of which are essential in order to carry out Gen. Carlisle's order:

- Five wing priorities:
- Execute the mission.
- Ensure readiness.
- Develop our Airmen.
- Grow resilient Airmen and families.
- Strengthen partnerships

If we develop our Airmen and grow resilient Airmen and families, I am certain all of the other things will fall into place.

As you carry forth into this new year, I ask that you rededicate yourself to our mission and perform your duties in accordance with three guiding principles: respect, accountability and common sense.

Respect means developing a working environment where every Airman is comfortable working in common space together with the person next to them. Accountability—we must call each other out and give proper feedback, good and bad.

Finally, common sense, making sure that what we do to get the mission done is both safe and legal.

I am proud of you, and I aim to ensure that you are proud to call yourself a member of the 15th as well. I leave you with the following words to live by:

15th Wing motto:

"Powerful Airmen, always ready."

Air Force releases new 'vision' document with way forward

Master Sgt. Jess Harvey

Air Force Public Affairs Agency

WASHINGTON (AFNS) – The Air Force released a new Vision document this week outlining the force's vision and way forward.

"Focused on 'Airmen, Mission, and Innovation,' I believe this short document captures what today's Air Force is all about and where I think we ought to focus on for tomorrow," said Air Force Chief of Staff Gen. Mark A. Welsh III in an email to all Airmen.

"We are the greatest air force in the world because of our Airmen-active, Reserve, Guard and civilian. To remain the greatest, we must make our team even stronger," the Vision states.

The Vision discusses the Air Force's enduring contributions of air and space superiority; intelligence, surveillance, and reconnaissance; rapid global mobility;

global strike; and command and control and the need to strengthen them.

"We already combine our air, space and cyber forces to maximize these enduring contributions, but the way we execute these five calling cards must continually evolve as we strive to increase our asymmetric advantage," the Vision says. "Our Airmen's ability to rethink the battle while incorporating new technologies will improve the varied ways our Air Force accomplishes its missions.

"Every Airman should constantly look for smarter ways to do business. The person closest to the problem is often the one with the best solution. Leaders should empower Airmen to think creatively, find new solutions, and make decisions," according to the Vision.

The Vision concludes with a call to action for all Airmen to tell their story, being proud of who they are, what they do, and how well they accomplish the mission.

Diverse Views



"What does this line from Martin Luther King's 'I have a dream' speech mean to you?: 'I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.'"



Senior Master Sgt. Shannon Wall
PACAF AI

"I have a dream that our nation can continue to enjoy the freedoms and privileges we have become accustomed to. Privileges like freedom of speech and freedom of religion are ideals often taken for granted."

Operations Specialist Adrienne Allen
Commander, Naval Surface Group Middle Pacific



"It's nice to think that someday people will be judged for who they are, what they do, and what they believe in and not just for how they look."



Master Sgt. Chandra Mark
HQ PACAF

"It means that my African American son doesn't see an African American president. He sees a great man who became president of the greatest nation on earth, and as he grows into the man God is preparing him to be, he will know greatness knows no color. Greatness comes from within."

Gas Turbine System Mechanic Fireman
Clinton Gonzalez
Commander, Navy Region Hawaii



"I'm a white guy with a Hispanic last name. No one looks at me or treats me differently. I can hang out with anybody."



Airman 1st Class Kristopher Cannon
15th Aerospace Medicine Squadron

"What this means to me is a calling for racial equality and an end to discrimination, for all humans to be treated equally, and not judged by the color of their skin. This was a fight for equal rights and justice."

(Provided by David Underwood Jr. and Brandon Bosworth)

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

Looking back at Hickam's early history

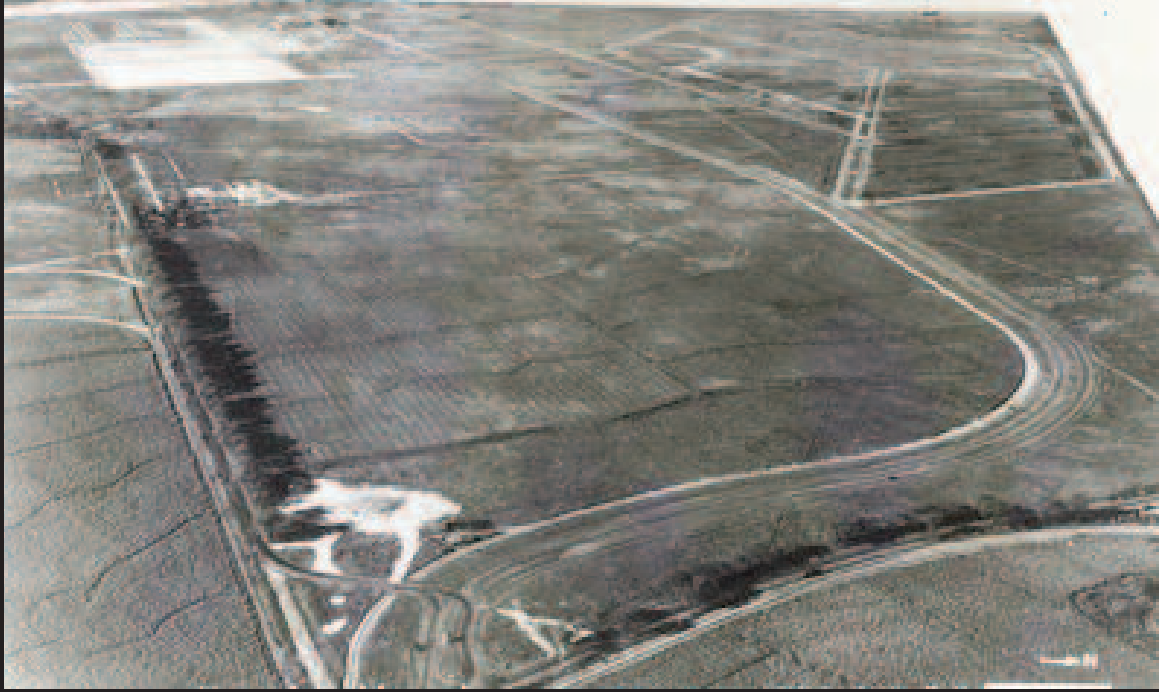


Photo courtesy of Hawaii.gov/hawaiiaviation

This photo shows construction at the former Hickam Field on Jan. 6, 1937. By the end of 1935, the site was cleared. During 1936, the first phase had been surveyed and cut, railroad tracks and sidings constructed, and freshwater connections installed. The gate house is in the bottom of the photo.

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Visitors from the YMCA of Honolulu visit USS Russell

Ensign Joseph Quinn

USS Russell (DDG 59)
Public Affairs

Sixty-one children and five adult escorts from the Kaimuki-Waiālae YMCA recently visited USS Russell (DDG 59) to learn what life is like aboard a warship.

The children, ranging in ages from 8 to 14, spent the morning of Dec. 19 touring Russell, a ballistic missile defense destroyer home-ported at Pearl Harbor.

Lt. Jada Johnson, Russell’s operations officer, led the tour event. Before conducting the tour with the children, she briefed them on standard shipboard safety practices and Russell’s safety catchphrase, “See something, say something,” which was quickly adopted by the young visitors.

Following a snack of cookies and hot chocolate on the mess decks, the children received Russell ball caps and became hon-



U.S. Navy photo by David D. Underwood, Jr.

Young people from the YMCA of Honolulu get a tour aboard the USS Russell during a visit to Joint Base Pearl Harbor-Hickam, Dec. 19.

Reuben James loads up good relations

Lt. j.g. Leif Alleman

USS Reuben James
(FFG-57) Public Affairs

During a recent port visit to Laem Chabang, Thailand, members of the Royal Thai navy visited the USS Reuben James (FFG-57) for a tour of the ship and demonstration of a torpedo load by members of HSL-37 Easyriders Detachment Four.

Aviation Ordnanceman 2nd Class Christopher Wozniak started the day off with a brief on the process of loading a torpedo on an SH-60B anti-submarine helicopter.

Following the brief, the load team, led by Aviation Electrician’s Mate 2nd Class Jesse Morgan, performed step-by-step the detailed process of loading, arming, de-arming and unloading a recoverable exercise Mk-46 torpedo (REXTORP) onto the onboard helicopter.

Cmdr. Daniel Valascho, commanding officer of Reuben James, received Rear Adm. Paitoon of the Royal Thai navy and 20 members of the Royal Thai navy from Helicopter Squadron 2 and Frigate Squadron 2 to view the demonstration.

After the torpedo load,

the members of Frigate Squadron 2 toured the ship while several members of the Easyriders visited the hanger of Helicopter Squadron 2. Aviation Electronics Technician 1st Class Branden Sanderson supervised the load team from Helicopter Squadron 2 as they loaded, armed, de-armed and unloaded a torpedo onto their S-70 helicopter.

Lt. Cmdr. Phil Castañeda, Detachment Four officer-in-charge, helped demonstrate to the pilots inputting the proper settings into the armament panel of the

cockpit.

Wozniak said, “This event was a great success. It was fun to interact with the Royal Thai navy and learn more about how they do business compared to our Navy. This was an excellent opportunity that everybody enjoyed.”

Lt. j.g. Rath Kanchanachote of the Royal Thai navy said, “These events are always a pleasure. Each year, more of our officers attend for the experience of working with U.S. Sailors and being aboard U.S. ships.”

Program to increase productivity

Pacific Air Forces

Have you heard the phrase, “It takes money to make money?” Pacific Air Forces (PACAF) has and, in response, takes a very active, forward leaning position with its Productivity Enhancing Capital Investment (PECI) Program.

With today’s shrinking budget and personnel drawdowns, working smarter and eliminating inefficiencies are more important than ever. The Air Force created a program to help increase productivity, called the PECI Program. The PECI Program provides funding for productivity improvement projects. PECI identifies investment opportunities that can provide measurable savings and produce a return on investment in two to four years.

The bottom line is that members of the Air Force are able to get involved and search all levels for PECI opportunities to see if they can improve on Air Force productivity and efficiency. The helps units become more productive. Stop by your local Manpower and Organization Office for assistance.

Pearl Harbor-Hickam Highlights

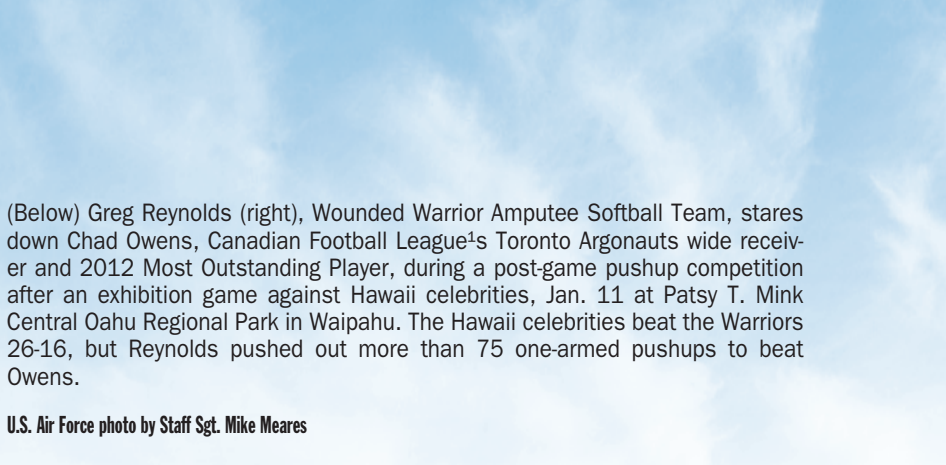


Kyle Earl, a member of the Wounded Warrior Amputee Softball Team, is greeted by Col. Johnny Roscoe, 15th Wing commander, upon arriving at the 15th Wing headquarters building Jan. 10 at Joint Base Pearl Harbor-Hickam, Hawaii. Earl underwent a right hand amputation while serving in the U.S. Marine Corps during Operation Iraqi Freedom.

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

Members of the Navy Commanders Softball Team, consisting of senior leaders, stand during the national anthem before their game against the Wounded Warrior Amputee Softball Team (WWAST). The WWAST mission is to raise awareness, through exhibition and celebrity softball games and to highlight their ability to rise above any challenge.

U.S. Navy photo by MC2 Sean Furey



(Below) Greg Reynolds (right), Wounded Warrior Amputee Softball Team, stares down Chad Owens, Canadian Football League's Toronto Argonauts wide receiver and 2012 Most Outstanding Player, during a post-game pushup competition after an exhibition game against Hawaii celebrities, Jan. 11 at Patsy T. Mink Central Oahu Regional Park in Waipahu. The Hawaii celebrities beat the Warriors 26-16, but Reynolds pushed out more than 75 one-armed pushups to beat Owens.

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



Ensign Mike Martof, electrical officer of the USS Russell, talks with young people from the YMCA of Honolulu during their Dec. 19 tour aboard the ship at Joint Base Pearl Harbor-Hickam, Hawaii.

U.S. Navy photo by David D. Underwood Jr.



U.S. Navy photo by CTT3 (SW) Justin Parsons)

MTV's Jason Acuna, aka "Weeman," visited the USS Chafee for a "meet and greet" to thank the military community for their service Jan. 11.

(Right) Jason "Wee Man" Acuna, actor and avid skateboarder, gives Sebastian Rodriguez, 3, a signature skateboard during an autograph session as part of a "Wee Man salutes the Service" tour during a Jan. 11, visit to Joint Base Pearl Harbor-Hickam. Acuna visited military installations in Hawaii, signed autographs, gave away some of his signature skateboards and skated at the Hickam Skate Hangar with children.

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





U.S. Air Force photo by Jim Varhegyi
Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Mark A. Welsh III discuss key issues.

State of the AF is ‘strong’

Master Sgt.
Jess D. Harvey

Air Force Public Affairs

WASHINGTON (AFNS) – The Air Force’s top leaders said this week that the service has accomplished much while dealing with many challenges in the last year.

Secretary of the Air Force Michael Donley and Air Force Chief of Staff Gen. Mark A. Welsh III briefed members of the media here on the state of the service and its focus on the areas of force structure, readiness and modernization.

“America’s Airmen are focused on their missions, and they demonstrate every day what it means to be members of the world’s finest Air Force,” Donley said. “These total force Airmen - active duty, Guard, Reserve, and civilian - are the reason I can say without reservation that the state of our Air Force remains strong.”

The secretary dedicated a significant amount of time explaining how the nation’s fiscal challenges have affected, and will continue to affect, the force.

“Our nation’s ongoing budget gymnastics exert costly consequences upon the Air Force and our sister services and create an atmosphere of unease among many of our uniformed and civilian Airmen,” Donley said. “Given that we are now into the second quarter of (fiscal 2013), we can no longer live under the uncertainty of sequestration and continuing resolution without taking action.”

Prudent planning is required to mitigate budget risks and minimize impacts to readiness, the secretary said, adding that guidance will be provided to the force in a few days to begin planning for the uncertain budget environment ahead.

As part of the planning, Air Force leaders are dedicated to avoiding a hollow force, one that looks good on paper but has more units and equipment than it can support, lacks the resources to adequately train and maintain them, and keep up with advancing technologies.

“We believe the best path forward is to become smaller in order to protect a high quality and ready force that

will improve in capability,” Donley said.

In doing this, Welsh emphasized the importance of sustaining the enduring contributions the Air Force provides that will continue to guide the service as it moves forward, no matter what happens with the fiscal realities of the future.

“As we move toward that smaller, more capable and ready force, we have to be careful to protect our whole mission,” Welsh said. “If we don’t, the entire joint force is affected, and it’s impacted in a significant way.”

According to the secretary, the service has already suffered great impacts to its readiness levels.

“More than two decades of war and other operations have had an impact on our readiness, straining our Airmen and their families, reducing opportunities for training, and taking a toll on equipment,” Donley said.

In order for the Air Force to improve on current readiness levels, Welsh said, modernization remains a top priority, recalling a childhood memory of his grandfather’s then new, ‘sweet’ car to help characterize the issue.

“If we were at Minot (Air Force Base) today, I could

take you out on the flight line and show you a whole bunch of ‘sweet’ B-52s,” Welsh said. “And in 2028, when we deliver the last KC-46 tanker, we’ll still have about 200 ‘sweet’ KC-135s on the ramp. And they’ll be about the same age then - 60 - as my grandfather’s car would be today.”

The difference is, he said, his grandfather’s car has an antique license plate on it today, while America’s Airmen will be flying these aircraft in 2028, in contingencies and combat zones around the world.

This is why, modernization isn’t an option, Welsh said. “It doesn’t matter if we get smaller. We have got to figure out how to make modernization happen.”

During the briefing, the general also took time to highlight the recent release of the Air Force Vision Statement, which embraces innovation as almost a genetic trait of every Airman.

“I believe that’s true. In order for us to be successful, I think it has to be true,” Welsh said. “We intend to remain the world’s greatest Air Force, powered by Airmen and fueled by innovation.”

Community information service Nixle to be utilized at JBPHH

Dan DuBois

Emergency Manager, Joint Base Pearl Harbor-Hickam

This month, Joint Base Pearl Harbor-Hickam (JBPHH) Emergency Management will begin to use Nixle as an additional tool to send out emergency public information to the JBPHH installation and housing populations.

Nixle will augment the other existing mass warning and notification system parts like Giant Voice (the towers), indoor voice, straight talk line and computer desktop notification system.

So what is Nixle? Nixle is a community information service dedicated to helping communities disseminate critical information via text message and email. Local organizations that use Nixle include the Honolulu Department of Emergency Management, Honolulu Police Department and Honolulu Fire Department. Typical broadcasts of information via Nixle include: weather warnings, seismic warn-

ings (*tsunami*), road closures, major events/mishaps, traffic delays or other items of interest to the public.

One of the benefits of Nixle is that it is not tied to a government computer system, so anyone can register or unregister at will. Current recall and notification systems are tied to Air Force or NMCI computers.

Nixle allows you to register any and all family members that have a SMS capable phone. Additionally, messages sent out on Nixle by JBPHH Emergency Management will also appear on the JBPHH Facebook page.

The move to use Nixle came about after the last *tsunami* event which took place Oct. 23, 2012.

JBPHH Emergency Management couldn’t get information out to the base population fast enough. Nixle will help emergency management get accurate and up-to-date information out as fast as possible.

To register for JBPHH

Nixle messages, go to www.nixle.com and follow the onscreen prompts. Once you have done that, you will receive a text message asking if you want to receive Nixle service. Simply type in yes and send.

Then go to your Nixle home page, and click on settings and type in zip code 96818. You then click on the “other” tab under the main block and save JBPHH into your directory. You can also select City and County of Honolulu Department of Emergency Management and Honolulu Police Department to get alerts from those agencies.

JBPHH Emergency Management has developed a “how to register” guide with step-by-step instructions and pictures to help you. The guide will be sent out to Hickam Communities and Forest City residents by email and is also available from the JBPHH Office of Emergency Management by sending an email to: jbphh.oem@us.af.mil for a copy.

Nixle will augment other existing mass warning and notification system efforts

Image courtesy of
Emergency Manager, Joint Base Pearl Harbor-Hickam



To sign up, go to <http://www.nixle.com/> and click here →



The crew of USS Russell (DDG 59) won the 2012 Holiday Festival of Lights competition.

U.S. Navy photo by IT2 Jedidiah Dyer

USS Russell wins holiday lighting competition

Ensign Joseph Quinn

*USS Russell (DDG 59)
Public Affairs*

Competition was fierce among the ships and submarines in Pearl Harbor during the annual Pearl Harbor Holiday Festival of Lights. All ships on the water-front were invited to participate, decorating their ships with elaborate lights

and displays in celebration of the festive holidays. From Dec. 14-25, both the general public and military families were invited to tour the harbor to see the ships and submarines in all their glory. The crew of USS Russell (DDG 59) was elated when they were announced as the 2012 winner of the Holiday Festival of Lights competition. It was particularly

poignant that Russell won as December was her final month stationed at Joint Base Pearl Harbor-Hickam (JBPHH). After 18 years at the base, Russell is heading to San Diego to hull swap with USS Halsey (DDG 97). The majority of Russell crew will bring Halsey back to JBPHH in mid-February. The crew won a MID-PAC-sponsored command picnic for their efforts, but

many were not surprised by the win. “We put a lot of hard work into decorating the ship and she looked great,” said Ensign Michael Martof who led the decorating efforts. The Christmas spirit was definitely in the details of the crew’s win. Judged in three categories (hospitality, lighting scheme and overall), the crew decorated Russell in red and white lighting with

large displays on the foc’sle, midships and flight deck. They also put on quite a show. Two bells were rung over the IMC (ship’s public address system) and “Santa, departing” was piped as Santa and her elves embarked Russell’s small boat to deliver Christmas cheer to the judges’ barge. Various members of the crew and extended family stood on the midships quarterdeck.

They were dressed in festive attire and played ukuleles to sing Christmas carols. Overall, hard work, festive spirit, and creativity made Russell the winner of the 2012 Pearl Harbor Festival of Lights, but the crew is already looking ahead. “We’re definitely looking forward to next year’s competition with Halsey,” said Cmdr. Linda Seymour, executive officer and acting Santa Claus.

Officials announce TRICARE Prime service area changes

Amaani Lyle

American Forces Press Service

WASHINGTON (AFNS) – Active-duty service members and their families will be unaffected when long-delayed reductions to areas where the TRICARE Prime option is offered take place Oct. 1, TRICARE officials said Jan. 9. But as TRICARE seeks to synchronize service area shifts once staggered by contract delays, some military retirees and their dependents will be moved to TRICARE Standard coverage, S. Dian Lawhon, beneficiary educa-

tion and support division director, said during a conference call with reporters. Those affected reside more than 40 miles from a military treatment facility or base closure site, she said. The new contracts limit Prime networks to regions within a 40-mile radius of military treatment facilities and in areas affected by the 2005 base closure and realignment process, she explained. But provisions will allow Prime beneficiaries who see providers outside the 40-mile service area to remain in Prime if they reside within 100 miles of an available primary care manager and sign an

access waiver, she added. “If TRICARE retirees and young adults live less than 100 miles away from a remaining Prime service area, they can re-enroll in Prime by waiving their drive standards and there will be room made for them,” Lawhon said, adding that the networks are required to connect providers to those who elect to waive their drive standards. Contractors such as United HealthCare Military & Veterans, Health Net Federal Services and Humana Military will continue to assist beneficiaries in obtaining providers in their regions, she added.

“Health care is best if it’s local,” Lawhon said. “We’ve established the drive standards (to enable) people to access their primary and specialty care within a reasonable period of time.” Austin Camacho, TRICARE’s benefit information and outreach branch chief, said the out-of-pocket, fee-for-service cost of TRICARE Standard would cost a bit more, depending on the frequency of health care use and visits. No cost applies for preventive care such as mammograms, vaccines, cancer screening, prostate examinations and routine check-ups, he added. Officials estimate the changes

will lower overall TRICARE costs by \$45 million to \$56 million a year, depending on the number of beneficiaries who choose to remain in Prime, Camacho said. Lawhon and Camacho said beneficiaries should speak to their health care providers and families to assess the best course of action. “We’re hoping people will take a careful look at their health care needs,” Lawhon said. “We have seen that people using the Standard benefit are very pleased with it, and their customer satisfaction is the highest of all.”

Annual Humpback Whale Census starts in Hawaii Jan. 26

Don Robbins
Assistant Editor

Hawaii is in the midst of whale watching season, and the state is a popular destination for as many as 12,000 humpback whales from November through May.

In fact, the public is invited to become part of the official count that the Hawaii Humpback Whale Sanctuary Ocean Count sponsors annually.

The sanctuary ocean count provides Hawaii residents and visitors with the opportunity to actively participate in evaluating the status of humpback whales. Hundreds of volunteers are being sought in Hawaii to take part in the 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. or visit the website hawaiihumpbackwhale.noaa.gov/involved/ocvolunteer.html.

Naval Supply Systems Command Fleet Logistics Center Pearl Harbor (NAVSUP FLCPH) will be among the participants in the annual NOAA whale count this year.

"This is a fun volunteer activity to help provide important population and distribution information on humpback whales around the Hawaiian Islands," said Lt. j.g. Luke Dragovich, public works officer of NAVSUP Fleet Logistics Center Pearl Harbor.

Volunteers are trained to recognize and record specific behaviors, and groups are also welcome to register online.

Joint Base Pearl Harbor-Hickam's Information, Tickets and Travel office also features whale watch tours. Ko Olina whale watch tours are scheduled from noon to 3:45 p.m. Jan. 19 and 26. The cost is \$40 for adults and \$35 for children ages 3 to 11. The tour includes round-trip transportation from ITT-Hickam. For more information, visit an ITT office or see the website www.greatlifehawaii.com.

While the population of humpback whales is increasing, they are still considered endangered.



Hawaiian Islands Humpback Whale National Marine Sanctuary was designated to protect humpback whales and their habitat in Hawaii.

Mariners may also encounter the humpback whales when they surface, breach or slap their massive tails and flippers.

Boaters are encouraged to observe extra safety precautions to prevent collisions. These acrobatic, massive marine mammals attract wildlife enthusiasts, but collisions between vessels and whales pose a serious injury threat both to the animals and boaters.

The whales are 45-ton marine mammals congregate in ocean waters less than 600 feet deep throughout the main Hawaiian islands during their annual migration season.

Humpbacks are acrobats of the ocean. They are often found jumping out of the water, breaching, slapping the water with their tails and fins and blowing air out of one of their two blowholes. The name humpback describes the motion the whale makes as it arches its back out of the water in preparation for a dive.

Weighing in at upwards of 50 tons and averaging 52 feet long, these huge-hearted animals (with

hearts weighing in excess of 450 pounds) return to Hawaiian waters annually to mate and give birth.

Besides whale counts and watches, the public is invited to participate in the 24th Annual Maritime Symposium, which will take place from Feb. 16-18 at the NOAA Office of National Marine Sanctuaries, 6600 Kalaniana'ole Highway, Ste. 302, Honolulu. The theme of this year's symposium is "Evolving Landscapes in the Maritime World."

The symposium is co-sponsored by the NOAA Office of National Marine Sanctuaries, the University of Hawaii Marine Option Program, and the Maritime Archaeology and History of the Hawaiian Islands Foundation.

Participants must register to attend the Saturday and Sunday presentations (the regular cost for both days is \$75, single-day \$40, military/student/teacher \$30, single-day \$20). However, underwater archaeologist Dr. James P. Delgado, director of NOAA's Maritime Heritage Program, will give a free public keynote talk from 6:30 to 7:30 p.m. Feb. 16.

For more information on the symposium, call NOAA heritage coordinator Hans Van Tilburg at 271-4187, email hans.vantilburg@noaa.gov or visit the website www.mahhi.org.



Wounded Warriors upend Navy Commanders by score of 20-13

**Story and photos by
Randy Dela Cruz**

Sports Editor

The Wounded Warriors Amputee Softball Team (WWAST) rallied for four runs in the bottom of the fifth and sixth innings to turn back a stiff challenge from Navy Commanders Jan. 10 and win by a score of 20-13 at Millican Field, Joint Base Pearl Harbor-Hickam.

Up by only one run at 12-11 in the fifth, the WWAST got bases-loaded singles from Kyle Earl and Robert McCardle to break open a close contest and put the Wounded Warriors ahead for good.

Earl, a right-hand amputee, and McCardle, who is without his right leg from below the knee, were both U.S. Marines and wounded in Operation Iraqi Freedom.

“That was definitely one of them,” said Earl about his hit being a turning point of the game. “You get up there, bases loaded, one out, you just want to put the ball in play. You get the ball in play and these guys are athletic enough, they will push the envelope and make it happen. As soon as one guy starts firing it up, everybody feeds off of it.”

Following the two-run single by Earl, Phillip “Randall” Rugg II, another Marine who took part in Operation Iraqi Freedom, reloaded the bases on an infield single.

That’s when McCardle came up with the team’s second big knock of the inning.

“I’ve been kind of struggling the last couple of at-bats,” McCardle admitted. “I went up there just swinging. Stop thinking and just take a cut. That’s the best way for me to get out of a



Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, is tagged out in a close play at home by WWAST catcher Matias Ferreira, a double amputee, who was wounded while serving as a Marine in Operation Enduring Freedom.

slump.”

Prior to the start of the game, McCardle said he knew that the Navy Commanders weren’t going to go down without a fight.

Batting first, the Commanders broke out to a quick 2-0 lead behind RBI singles from Cmdr. K.A. Applegate, operations officers, NAVSUP Fleet Logistics Center Pearl Harbor and Capt. James Childs, commodore, Commander, Submarine Squadron One.

Then after falling behind by two, the Commanders stormed back to the lead with a five-run outburst in the top of the second.

Big hits in the inning were a two-run triple by Cmdr. Bill Ellis, commanding officer, Patrol Squadron 47, and a one-run triple by Applegate.

Playing from behind for the second time in the game, the WWAST went

back to work to score two runs in the bottom of the second.

After shutting out the Commanders in the top of the third, the WWAST tied the score at 7-7 on a fielder’s choice that was hit by Timothy Horton, U.S. Marine Corps, Operation Iraqi Freedom, to drive in Thomas Carl, U.S. Army, Operation Enduring Freedom.

Over the next frame, both teams traded big innings as the WWAST scored five runs in the bottom of the fourth only to be matched by a four-run explosion by the Commanders in the top of fifth.

However, the game was finally put away when the WWAST followed their four-run fifth with another four runs in their next at-bat for a commanding 20-12 advantage.

Although the Comm-

anders failed to get the win, Rear. Adm. Frank L. Ponds, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, said that the event was much more than a game.

“This has everything to do with warrior spirit,” said Ponds, who ignited one rally with an RBI single in the top of the fifth. “Look at all the family and friends out here. They will never ever forget this moment. I know I won’t.”

Capt. Jeffrey James, commander, Joint Base Pearl Harbor-Hickam, also acknowledged the significance of the event.

“It’s really inspirational,” he said. “Here you got guys that are missing limbs, and they’re coming out here giving it their all and beating guys like us. These guys are supposed to be less than and they’re actually more than.”

The goose bumps continued even after the game as

while on crutches as Earl and the crowd cheered her on.

“For Nina, it’s empowering for her to see that they can do everything that everybody else does,” said Nina’s mom Julie. “A little girl came up to her and asked about her leg and generally she feels shy about it. But I heard her telling her story. I think she feels a lot of freedom is seeing other people like her.”

Both Earl and McCardle agreed that seeing the positive reaction they get from audiences around the country makes being a member of WWAST worth every ounce of effort they put in.

“We get a lot out of others that struggle with similar injuries,” McCardle said. “We were all there, too, when we got injured, thinking we’re not going to be able to do things anymore. So if even one person, especially with a similar injury, is inspired to get back up and be active, that would make it all worthwhile.”



Rear. Adm. Frank L. Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, strokes a single to drive in a run during a slow-pitch softball game between Navy Commanders and the Wounded Warriors Amputee Softball Team (WWAST).

Navy bodybuilder reaches the top of his class at age 39

Story and photos by
Randy Dela Cruz

Sports Editor

For Senior Chief Sonar Technician Arvin Combs, Destroyer Squadron 31, competing in his third bodybuilding contest proved to be the charm.

On Dec. 1, Combs, a long-time weightlifter, but new-bie to the stage, accomplished a feat that most bodybuilders need a lifetime to achieve. He earned a pro card after taking the overall bodybuilding championship at the International Natural Bodybuilding Association (INBA) Aloha Classic, which was held on the island of Kauai.

The win allows Combs to compete at the highest level of the INBA, something that he has dreamed of since appearing in his first show at the 2010 Annual Armed Forces Bodybuilding Championships.

“It was a sigh of relief,” he said about making his dream come true. “This is my first show that I’ve won first place overall. I felt like I put in more time in cardio and diet than most people.”

Combs, who took the stage weighing 238 pounds and a lean three percent body fat, said that this was the first time that he felt ready to win the big prize.

“I knew that if I was going to beat that person, I would have to be really, really good,” Combs admitted. “I was ready.”

To prepare for the contest, Combs said he had to follow a strict regimen that included training six days a week for approximately three hours per day.

Starting with a morning session of cardio, Combs balanced out his physique with weightlifting at lunch and another grueling hour

of cardio in the evening.

His body type, Combs said, made it necessary to put in the extra work.

“I do not lose fat that easy,” he acknowledged. “I have to do cardio twice a day. That’s what it takes for me to get that lean.”

Besides the work, Combs said he also has to plan his meals. In order to pack on muscle, he stated that he has to avoid junk foods, such as his favorite brownie sundae, and eat as much as

up to 7,000 calories of the right kind of food per day.

With the Aloha Classic scheduled right in the middle of the holidays, Combs pointed out that staying disciplined isn’t always easy.

“I’m in an office environment, and people bring McDonalds and all kinds of stuff,” he said. “This show was right after Thanksgiving, Halloween, and people were bringing candy. On Thanksgiving, the only thing I had was turkey.”

As if lifting weights, extra cardio and diet isn’t enough, Combs also noted that he has one additional foe to battle against: Father Time.

At age 39, Combs admitted that being an iron warrior is much more difficult than when he started weightlifting in 1999.

“I can be in Masters (division) in a couple of months,” he said. “It’s harder. I’m sore. I’ve had surgery in both my knees. The biggest adjustment is body fat. To lose the body fat, as I’ve gotten older, has gotten harder and harder.”

Still, Combs has big dreams and goals to aim for in the next two years.

With his pro card in hand, Combs said that he now has his work cut out for him as he prepares to battle with fellow bodybuilders on a national scale.



Senior Chief Sonar Technician Arvin Combs, Destroyer Squadron 31, strikes the pose after winning the overall bodybuilding championship at the International Natural Bodybuilding Association (INBA) Aloha Classic. For winning the event, Combs earned the coveted pro card, which will now allow him to compete at the association’s highest level.



Senior Chief Sonar Technician Arvin Combs prepares for legs day by warming up with leg extensions at Joint Base Pearl Harbor-Hickam Fitness Center.

Cardio kickboxing kicks away workout blues at JBPHH

Story and photo by
Randy Dela Cruz

Sports Editor

OK, it’s the new year and everybody needs to workout right?

Of course we all agree that a fit body adds to the quality of life, but how can you achieve it and have fun at the same time?

Well, the folks at Joint Base Pearl Harbor-Hickam Fitness Center seem to have everyone covered, and if you’re looking for a way to shape up with a few laughs, then the center’s cardio kickboxing class might be just what you need.

Held every Tuesday from 11:30 a.m. to 12:30 p.m., the class is led by Morale, Welfare and Recreation fitness specialist, Frieda Chandler, who guides, and even tells jokes in a fast-paced routine that is sure to put a smile on your face.

“I always crack jokes, even corny ones, but they laugh anyway,” said Chandler who has led cardio kickboxing classes since it began at Bloch Arena two years ago. “I think it covers everybody’s goals. It’s a good class because you’re very mobile, and it’s interesting because you’re not stuck on a machine.”

The workout is set to music that provides just enough of a boost to get your body moving.



Frieda Chandler, Morale, Welfare and Recreation fitness specialist leads a session of cardio kickboxing at Joint Base Pearl Harbor-Hickam Fitness Center. The class is held every Tuesday from 11:30 a.m. to 12:30 p.m. and is free.

Incorporating arms, legs and just about everything else, cardio kickboxing, said Chandler, is a great way to hit your body from every angle.

“Cardio kickboxing aims for an aerobic exercise, but to me it’s full conditioning,” Chandler said. “We learn agility movements, learn-

ing footwork, moving back and forth, and then I add plyometrics. What makes this different is that it has upper body movement, which elevates the heart rate.”

Lt. Cmdr. Christina Wong, Commander, U.S. Pacific Fleet (COM-PACFLT), was new to the

class, but admitted that she has taken cardio kickboxing sessions in the past and is well aware of their benefits.

She said that the constant movement and the direction of an experienced instructor makes cardio kickboxing a favorite practice of hers to stay fit.

“It’s very active and

there’s music, and you get to work out some aggression,” she said with a laugh. “It focuses you, and it’s good to have someone guide you and make sure your form is correct. Also, if you’re starting to getting discouraged, you have someone to encourage you a lot to keep going.”

While the class may

sound intimidating for people who are getting back into an exercise routine, Chandler said not to worry. Sessions are geared toward any level and can be modified to fit everyone.

“They don’t (have to be in shape),” Chandler noted. “I give modifications. For people that are just starting, I take the hop out. And instead of a kick, they just do a leg extension.”

Lt. Karlee Scheimreif, COMPACFLT, said that she had taken the class before and loved it, so she decided to give it another try.

“I took this a little while back, but I figured to get into it regularly now,” Scheimreif said. “Frieda is very high energy. She connects with each person, which is really good. You feel like you’re part a class. The workout is great. You really engage everything.”

Chandler said that cardio kickboxing is also a great way to balance out any workout routine.

Great for men and women, Chandler acknowledged, cardio kickboxing is perfect for someone looking to kick start a lifetime of fitness.

“It’s interesting because the time really goes fast,” she said. “You have music and I really go around and coach people. So you get the benefit of making sure you’re doing things properly. And the class is free.”

Cervical cancer: Four risks you don’t know

Shari Lopatin

TriWest Healthcare Alliance

January is Cervical Cancer Awareness Month, and you might know that getting regular Pap tests is the number one way to protect against cervical cancer. However, do you know if you are at high risk?

Cervical cancer occurs most often in women older than 30 years old, according to the Centers for Disease Control and Prevention (CDC). It used to be the leading cause of cancer death for American women. However, over the past 40 years, the number of deaths has dropped significantly.

This is all thanks to the Pap test—which TRICARE covers.

However, a few factors can

increase your risk for cervical cancer and some are not well known.

Risk factors for cervical cancer include:

- A high number of full-term pregnancies: According to the National Cancer Institute, women who have had seven or more full-term pregnancies could have an increased risk of cervical cancer. The CDC lists that number as three or more children.
- Long-term use of birth control pills: Women who have used “the pill” for five years or more have a greater risk of cervical cancer than women who don’t use oral contraceptives, experts agree.
- Smoking: This is perhaps one of the greatest preventable risk factors of cervical cancer. Quitting smoking can cut your risk in half.

- HPV: Not to be confused with HIV, HPV stands for human papillomavirus, a common sexually transmitted virus. The CDC says that almost all cervical cancers are caused by HPV. Luckily, there is a vaccine, and it’s covered by TRICARE.

TRICARE and Pap tests

Above all else, getting regular Pap tests remains the number one way to detect cervical cancer early enough for successful treatment. TRICARE covers Pap testing every year beginning at age 18 (or younger if sexually active). Then, after three consecutive normal tests, TRICARE will cover a Pap test every three years, unless recommended otherwise by the doctor.

(For more information on cervical cancer prevention, visit TriWest.com/prevention.)

Sailor’s Attic needs unused items

The Sailor’s Attic is a facility where junior enlisted (E-5 and below) and their families can go to receive donated goods for free. It is located inside the Makalapa Gate in building 1514 (across the parking lot from the Makalapa Medical Clinic).

If you are in need of any items, stop by during their hours of operation, from 10 a.m. to noon Friday and Saturdays. Donations can only be dropped off during the hours of operation, from 10 a.m. to noon Fridays and Saturdays. Volunteers are also needed.

The Sailor’s Attic will accept the following items in good condition:

- Clothing (men’s, women’s, children’s)
- Baby items (walkers, high chairs, cribs, etc.)
- Furniture
- DVDs

- Games, toys, books
- Kitchenware (plates, cups, glasses, silverware, pots and pans, etc.)
- Small appliances (toasters, microwaves, coffee makers, blenders, etc.)
- Linens (towels, blankets, sheets, curtains, etc.)
- Bathroom items/décor (shower curtains, rugs, etc.)
- Home décor (pictures, frames, knick knacks, etc.)
- Electronics (TVs, DVD players, computers, monitors, printers, etc.)

The Sailors Attic has a Facebook page at <http://on.fb.me/W7Ky1m>. For more photos of the inside of the store and sample items, view the following video at <http://1.usa.gov/10zTvXC>.

(For more information, contact MA1 Zahul Puello at zahul.puello@navy.mil or call (908) 397-9523.)

Military ‘scores’ at next week’s Pro Bowl events

Brandon Bosworth

Staff Writer

The NFL’s All-Star game takes place Jan. 27 at Aloha Stadium. Joint Base Pearl Harbor-Hickam’s Information, Tickets & Travel (ITT) is pre-selling tickets for the same prices as last year. Prices range from \$50-\$135 per person. For those who have already purchased seats, the actual game tickets will be distributed soon.

ITT is also selling tickets to the official NFL Pro Bowl Tailgate Party taking place before the game at Richardson Field. The party will feature an all-you-can-eat buffet of local and mainland cuisine, plus live entertainment and appearances by the Pro Bowl Cheerleaders, NFL legends and more. The cost is \$225 per person. Call 473-0792 for more information.

JBPHH Morale, Welfare and Recreation is also looking for volunteers to help with the tailgate party. Volunteers receive a free T-shirt, a box lunch and a ticket to the game. This opportunity is open to all AF/Navy ID cardholders. Priority will be given to single Sailors and Airmen. Sign up by registering at Beeman Center. For more information, call 473-2583.

Other Pro Bowl events include:

Official NFL Pro Bowl practice

Pro Bowl practice will be held from 10 a.m. to 12:30 p.m. Jan. 24 at Earhart Field. Both the AFC and NFC Pro Bowl practices will be open to all military-affiliated personnel and their families who already have base access.

The NFC practice begins at 10 a.m., and the AFC practice will start at 11:20 a.m. Parking is available



(U.S. Air Force photo/Senior Airman Lauren Main)

Maurice Jones-Drew running back for the San Diego Chargers, tackles Larry Fitzgerald, wide receiver for the Arizona Cardinals, as he scores one of his three touchdowns during last year’s Pro Bowl at the Aloha Stadium in Honolulu.

within walking distance along Kuntz Avenue across from the Hickam Arts and Crafts Center, Bleachers will be set up in designated areas along Earhart Field. This is a free event. For more information, visit www.greatlifehawaii.com.

NFL Pro Bowl Ohana Day

Ohana Day is a family-friendly event hosted by the NFL Pro Bowl and will be held from 8:30 to 11:30 a.m. Jan. 26 at Aloha Stadium. This free event is open to the general public. A special package available to military families includes seating near the action, a chance for kids to get out on the field for contests, challenges and games, a sneak peek at the pregame and halftime shows, and chances to participate in prize drawings throughout the morning.

Free round-trip bus service to and from Aloha Stadium is available only to Department of Defense ID cardholders with children in attendance. Adults must accompany youth ages 15 years and under. Pickup is at 7:30 a.m. from the Hickam Burger King parking lot, and the bus returns to Burger King at approxi-

mately noon. Space is limited. Call 473-0789 or visit www.greatlifehawaii.com.

There is also a need for volunteers to participate in various Pro Bowl activities, including:

Pro Bowl Pre-game Show volunteers

Pro Bowl Banner: Navy and 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. This is a chance to be a part of the pre-game show on the field, while enjoying the Grammy Award-winning band Train perform. Volunteers will receive a free ticket to the game and can enjoy the event immediately following kickoff.

Participants will be

required to attend a practice on Jan. 25 from 7:30 to 10 p.m. and on Jan. 26 from 12:15 to 6 p.m. To sign up, email your full name, home/cell number and email to: for Navy: james.wooten2@navy.mil or for Air Force: bobby.mckenzie@us.af.mil.

Pro Bowl Anthem Show: Participants should wear dress short-sleeved Class B uniform for the Air Force or Navy service uniforms for the Navy and march onto the field during the pre-game show for the anthem. The Grammy Award-winning band Train will perform in the pre-game show as well. Receive a free ticket to the game and enjoy the event immediately following kickoff. A convenient changing room is set up to accommodate changing and storing uniforms as needed.

Participants will be required to attend a practice from 6:30 to 9:30 p.m. Jan. 23 and on the morning of the Pro Bowl prior to the game on Jan. 27. To sign up, email your full name,



(U.S. Air Force photo/Senior Airman Lauren Main)

This year’s Pro Bowl will take place Jan. 27 at Aloha Stadium.

home/cell number and email to: for Navy: michelle.l.downs@navy.mil or for Air Force: john.gilmore.1@us.af.mil.

Pro Bowl Halftime Show

The show is for personnel returning in the last six months from a deployment and their families. Active-duty must be in BDUs/ABUs and can bring up to two family members (there may be exceptions made for up to three family members) in civilian attire, to walk onto field for halftime and then surround the stage, view the performance and be part of the on-field audience to enjoy the show. Each service member receives a free ticket for themselves and up to two tickets for their family members.

One practice will be required for the active-duty member only, held from 6:45 to 9 p.m. Jan. 22 at Aloha Stadium. To sign up, email your full name, home/cell number and email to: for Navy: (all slots have been filled) and for Air Force email bryan.ewing@us.af.mil.



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

Hawaii-based Sailors gather at the American Football Conference (AFC) end zone to watch the tail end of the 2012 Pro Bowl second quarter. More than 200 Sailors marched across the Aloha Stadium field during the Pro Bowl Military Appreciation halftime show.

PEARL HARBOR-HICKAM

Maniawa Nanea

LEISURE

Morale Welfare & Recreation

Community Calendar

✈ FITNESS CHALLENGE 2013

Fitness Challenge 2013 will be held from 9 to 11 a.m. Saturday at the Joint Base Pearl Harbor-Hickam Fitness Center. This free event features Zumba, kickboxing, hot hula, yoga and more. The event is open to all eligible patrons. FMI: 471-2019.

✈ KO'OLINA WHALE WATCH TOUR

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

✈ ACTIVE-DUTY HICKAM HISTORICAL TOUR

A special Hickam historical tour will take place from 9:30 to 11:30 a.m. Saturday. This condensed tour is tailored specifically for active-duty personnel and open only to active-duty and their guests. The tour will include visits to the original buildings at Hickam where the Army Air Forces' Airmen, nurses, and officers' and enlisted families lived. This is a chance chance to hear personal stories of the "day of infamy." The cost is \$24 per person. The tour departs from Information, Tickets and Travel-Hickam. FMI: 448-2295.

✈ FREE GOLF CLINIC

The Barbers Point Golf Course is hosting a free golf clinic at 9:30 a.m. Saturday. FMI: 682-1911.

✈ STAND-UP PADDLEBOARDING AT HALEIWA WITH LIBERTY

There will be a free paddleboarding excursion to Haleiwa with Liberty on Sunday. Departures are from Beeman Center at 8:15 a.m., Instant Liberty at 8:30 a.m., Makai Recreation at 8:45 a.m., and Liberty Express at 9:30 a.m. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

✈ MWR NEWCOMER'S LUNCH

A free Morale, Welfare and Recreation (MWR) newcomer's lunch at 11 a.m. Tuesday at the Tradewinds Enlisted Club. This event features lunch, MWR information booths, sponsor tables and activities for kids. At 12:30 p.m. there will be a tour of MWR locations around the base. Separate registrations are required for luncheon and tour. This event is open to all military-affiliated personnel during their first six months of arrival. FMI: www.greatlifehawaii.com. Information, Tickets & Travel-Hickam. FMI: 448-2295.

✈ PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m., Wednesday at the Hickam Library. The theme for the day is "Zoos & Wild Things." FMI: 449-8299.

✈ YOUTH SPRING VOLLEYBALL REGISTRATION

Registration for the "Have a Ball" youth bowling league continues through Feb. 1. Teams meet every Wednesday and Friday during the season, which runs from Feb. 6-March 15. Youth ages 5-17 years old are eligible. The \$120 fee includes end-of-season personalized drilled bowling ball. FMI: www.greatlifehawaii.com.

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

✈ January

✈ Today ~ A Martin Luther King Jr. Day ceremony will be held at 9:30 a.m. at the Tradewinds Enlisted Club. FMI: Staff Sgt. Kendria Camp at 448-6114.

✈ 21, 24 ~ Col. (Ret.) Ben L. Walton will sell and autograph copies of his nonfiction book "Great Black War Fighters: Profiles in Service" from 1 to 5 p.m. Jan. 21 at the Pearl Harbor Navy Exchange mall and from 10 a.m. to 1 p.m. Jan. 24 at the Hickam BX at Joint Base Pearl Harbor Hickam. The book signings will be in celebration of Dr. Martin Luther King, Jr. Day and in commemoration of African American History Month, which will take place in February. FMI: (720) 253-9624.

✈ 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.

✈ 24 ~ Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will host a National Football League Pro Bowl practice with the league's top players on hand. The Pro Bowl practices are open to all military members and their families who already have base access. The NFC practice begins at 10 a.m. with the AFC practice following at 11:20 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. Following practice, players will participate in an afternoon 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. FMI: www.greatlifehawaii.com

✈ February

✈ 1 ~ The City & County of Honolulu will conduct the monthly statewide outdoor warning siren test at 11:45 a.m. The Joint Base Pearl Harbor-Hickam "Giant Voice" works in conjunction with Honolulu's outdoor warning sirens and will sound a steady tone for 45 seconds.

✈ 4 ~ Navy Entertainment and Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will present the alternative rock band Vertical Horizon at Club Pearl's Paradise Lounge. Doors open at 6 p.m., and the free show begins at 7:30 p.m. The Great Life Hawaii Facebook page will hold a giveaway contest to win backstage passes. Seats are available on a first-come, first-served basis. The event is not recommended for children. FMI: www.greatlifehawaii.com.

Movie Showtimes



Flight (R)

In this action-packed mystery thriller, Academy Award winner Denzel Washington stars as Whip Whitaker, a seasoned airline pilot who miraculously lands his plane after a mid-air problem, saving nearly every soul on board. Afterwards, Whip is hailed as a hero, but as more is learned, more questions than answers arise as to who or what was really at fault, and what really happened on that plane?

SHARKEY MOVIE THEATER

TODAY

7:00 PM Killing Them Softly (R)

SATURDAY

2:30 PM Montsters Inc. *(3-D) (PG)

4:45 PM Playing for Keeps (PG 13)

7:00 PM Life of Pi (PG)

SUNDAY

2:30 PM Cirque du Soleil: Worlds Away (PG)

4:45 PM Playing for Keeps (PG 13)

7:00 PM The Twilight Saga: Breaking Dawn - Part 2 (PG 13)

*\$1 for 3-D Glasses Rental

HICKAM MEMORIAL THEATER

TODAY

6:00 PM Hotel Transylvania (PG)

SATURDAY

4:00 PM Wreck it Ralph (PG)

7:00 PM Flight (R)

SUNDAY

2:00 PM Hotel Transylvania (PG)

Hoakalei Cultural Foundation looking for volunteers

Brandon Bosworth

Staff Writer

The Hoakalei Cultural Foundation is seeking volunteers from Joint Base Pearl Harbor-Hickam for two upcoming projects. Military and civilian employees of the base are welcome to participate.

A cleanup of the One'ula-Honouliuli shoreline will take place from 8 a.m. to 11:30 a.m. Jan. 26. Participants will walk the shoreline from the west end of One'ula Beach Park to White Plains, picking up debris. Volunteers may see unique cultural and natural resources as they explore the coastline.

In addition, Kauhale Wetland Preserve Habitat Restoration Day will take place from 8 to 11:30 a.m. Feb. 23. The Kauhale

Wetland Preserve Habitat is situated on the west side of the Hoakalei property and is the wetland home of many endangered Hawaiian water birds.

The wetland is severely stressed by introduced plants. Nesting season begins in March. In order to help preserve the wetland and foster a healthy waterfowl population, volunteers are needed to help prepare the nesting grounds for the birds. Volunteers are asked to bring hoes, rakes and picks.

To volunteer for either or both of these projects, contact MAC James Wooten at james.wooten2@navy.mil or by calling 472-7149 (work) or 225-5347 (cell).

The Hoakalei Cultural Foundation was established in 2006 to ensure good stewardship of the land and heritage of the Ewa Plain.

Make ‘no gossip’ a priority

Andrea Hantman

Civilian Employee Assistance Program

Make “no gossiping” one of your office priorities this year. If a colleague seeks to engage you in talk that is dishonoring someone else, you can choose to set your boundary and not participate.

Here’s an example of the effects of workplace gossip: Lisa does not want to come to work on this Monday morning. She really does not want to come in because Lisa is a target of workplace gossip. She knows she shouldn’t let it bother her, but it takes all of her energy to cope.

Gossip in the workplace is not necessarily meant to harm, but it can and it does. It undermines morale, trust and teamwork. It leads to defensiveness and isolation. It distracts from the work to be done, and the energy that could go to creativity is wasted.

What is the difference between talking things out (processing your feelings) and gossiping? We each need to be able to talk to someone we trust.

If you are talking to one person and you are not “reading in,” “jumping to conclusions,” “labeling” or “mind-reading,” you probably are not gossiping. If you are talk-

ing to a number of people at work about someone at work, you are gossiping.

We can never know all there is to know about a co-worker. We can’t fully understand what they are experiencing and why they come to the conclusions they do. We do not live in their bodies or their minds or walk in their shoes. We need each to stay clear of office gossip, honor boundaries and set our own boundaries so that we live in alignment with our values and our best self.

To obtain Civilian Employee Assistance Program (CEAP) information, assessment, referral and/or brief counseling, call centralized scheduling at 474-1999, ext 6201 or 6202. Inquire about no cost at-your-site training.

In addition, the Military and Family Support Center (MFSC) offers classes, which are free for DOD civilian employees as well as for military members and their families.

Some MFSC classes scheduled this month are: Managing Money and Credit from 10 to 11:30 a.m. Jan. 18, and Anger Management from 8 to 11 a.m. Jan. 22. MFSC course offerings can also be found at www.greatlifehawaii.com.

Call the customer service desk at 474-1999 to register for any class.

Harbor Hustle 5K/10K scheduled for Feb. 2 at joint base

The Harbor Hustle 5K/10K is scheduled for Feb. 2, at Joint Base Pearl Harbor-Hickam. This event is open to military and civilians.

The cost is \$25 if registering on or before Jan. 25, \$30 after Jan. 25 up to race day. Same day registration is available starting at 7 a.m. on race day for \$30. Partial proceeds will go to the Fisher House at Tripler Army Medical Center. This is a pet and stroller friendly race.

The race begins at the Hickam Fitness Center. Participants are required arrive by 7 a.m. to check-in on race day. T-shirts will be available to those who pre-register but availability may be limited if registering after Jan. 25. Medals will be given for first, second, and third place in the following age categories: under 16, 16-30 31-49, and 50 plus.

For more information and to see maps of the route, visit www.active.com and search for “Hawaii Top 3 Harbor Hustle” or go to <http://tinyurl.com/ba9t66c>.

WHO SAID IT?

“True courage is being afraid, and going ahead and doing your job anyhow, that’s what courage is.”

This Week’s Trivia

Which new United States air commanders took duty on Jan. 9, 1917?