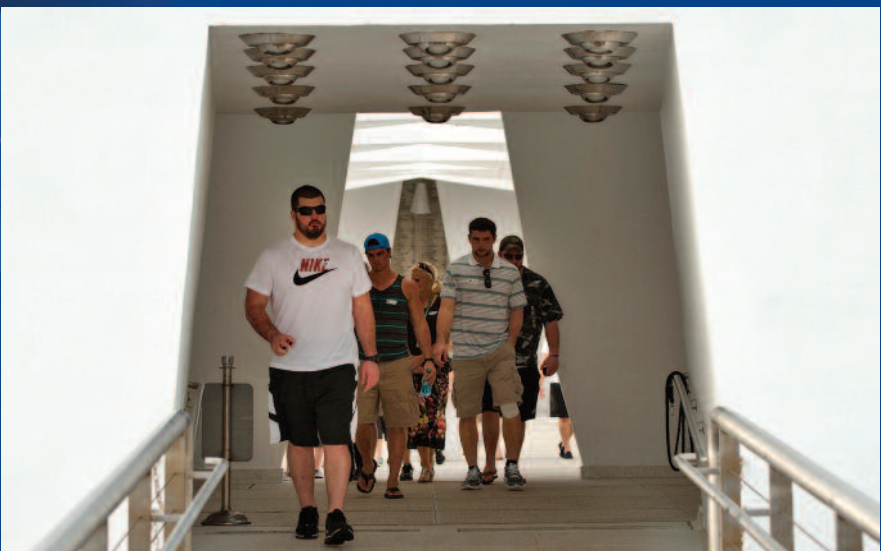


Pro Bowl players visit Arizona Memorial



U.S. Air Force photo by Staff Sgt. Mike Meares
(Above) Andrew Luck, Indianapolis Colts quarterback, views the remains of the USS Arizona during a tour of the USS Arizona Memorial on Jan. 25. Luck was in Honolulu for the 2013 Pro Bowl.

(Right photos) Sailors, professional NFL football players, their family members and coaching staff gather at USS Arizona Memorial during the white boat tour of Pearl Harbor. NFL players visited Honolulu for the 2013 Pro Bowl at Aloha Stadium.

U.S. Navy photo by MC3 Class Diana Quinlan

Port Royal to take part in multi-national task group exercise

Lt. j.g. Mary Witkowski

USS Port Royal (CG 73)
Public Affairs

USS Port Royal (CG 73), homeported at Pearl Harbor, will participate in the theater anti-submarine warfare (TASW) phase of the Submarine Commander's Course (SCC) and a task group exercise (TGEX) alongside the Royal Canadian Navy (RCN). The exercise will take place off the coast of Oahu Feb. 11-17.

Also participating in the exercise will be USS Chafee (DDG 90) and Helicopter Anti-Submarine Squadron Light 37 (HSL 37), USNS Guadalupe (T-AO 200), and several Hawaii-based submarines.

Her Majesty's Canadian Ships (HMCS) Ottawa and Algonquin will return to Hawaii for the exercise after participating in Rim of the Pacific (RIMPAC) in 2012. Following RIMPAC, the RCN hosted the United States for a TGEX

off the west coast of Vancouver Island in October 2012.

The purpose of the task group exercise is to increase proficiency in allied operations. Events will include anti-aircraft, anti-surface and anti-submarine warfare training.

"We look forward to operating with our Canadian partners," said Capt. Eric F. Weilenman, Port Royal's commanding officer.

"The crew is excited to take part in another inter-



U.S. Navy file photo by MC2 Daniel Barker

The Ticonderoga-class guided-missile cruiser USS Port Royal (CG 73).

national exercise after working with the RCN during RIMPAC," he said.

The exercise marks another high note for the Port Royal which ended 2012 by winning the JBPHH Afloat Flag Football competition and recently earned the Commander, U.S. Pacific Fleet Retention Excellence Award for FY12.

February's TGEX marks another step forward in

Canada's goal of "remaining interoperable with the U.S. military" and "carrying out bilateral training and exercises with the United States" as laid out in Canadian Defence Minister Peter MacKay's "Canada First Defence Strategy."

Maritime exercises between the United States Navy and other countries provide the unique training opportunities that

help participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans.

Joint, interagency and international relationships strengthen the ability to respond to crises and protect the collective maritime interests of the U.S. and its allies and partners.

La Jolla returns to Pearl Harbor

Story and photo by
MC2 Steven Khor

Commander Submarine
Force U.S. Pacific Fleet
Public Affairs Office

Friends and families of the crew from the USS La Jolla (SSN 701) gathered at the submarine piers to welcome back the Los Angeles-class submarine as it returned to Joint Base Pearl Harbor-Hickam on Jan. 25 after completing a six-month deployment to the western Pacific region.

"We were fortunate enough to represent the United States Navy and the submarine force in

Yokosuka, Japan; Busan, South Korea; and Saipan. We had a great time and the men did their country proud," said Cmdr. Jeff Bernard, La Jolla's commanding officer.

The submarine completed a variety of operations and several training exercises throughout the deployment that were vital to the theater commander. The crew of about 135 continuously executed their duties and responsibilities and accomplished every tasking with professionalism and enthusiasm.

"They overcame schedule changes and stayed focused on the mission. Their

resilience and dedication was inspirational and is a testament to their efforts," said Bernard.

During the deployment, three officers and 14 enlisted Sailors earned their designation as qualified in submarines and now wear their dolphin warfare insignia.

Bernard said the deployment was an incredible opportunity for every Sailor to learn more about their particular jobs and submarining in general.

"It's wonderful, simply amazing to see my husband back after all this time," said spouse Amanda Montgomery.



Sonar Technician (Submarines) 1st Class Jeff Wansart meets his family for the first hug following the return of the Los Angeles-class attack submarine USS La Jolla (SSN 701) to Joint Base Pearl Harbor-Hickam on Jan. 25.

Malaysian sultan visits JBPHH



U.S. Air Force photo by David D. Underwood Jr.

Sultan Muhammad V of Kelantan, Malaysia (center) is greeted by John D. Waihe'e III, former governor of Hawaii, and Col. John J. Roscoe, commander, 15th Wing, Joint Base Pearl Harbor-Hickam on Jan. 23.



Celebrate Super Bowl Sunday, avoid DUI report Monday
See page A-2



Michael Murphy Sailors perform community service in honor of MLK
See page A-2



Joint base tax center now open for self-service preparation
See page A-3



USS Halsey and USS Russell finish hull swap
See page A-4



Pro Bowl salutes military
See page B-1



Battleship Missouri Memorial celebrates duo of 'mighty' anniversaries Feb. 2
See page B-6

Celebrate Super Bowl Sunday, avoid DUI report Monday

Navy Personnel Command Public Affairs

MILLINGTON, Tenn. (NNS) – Plan for a safe return, officials stressed as Sailors and families around the fleet make plans to enjoy the Super Bowl on Feb. 3.

“Super Bowl Sunday is like an unofficial holiday in America where people gather together to watch the game,” said Navy Personnel Command Force Master Chief (SW/AW/NAC) Jon Port.

And like other celebrations, food and alcohol are often key ingredients at many Super Bowl parties.

In the past three years, the Navy has seen a steady rise in reports of Sailors driving under the influence (DUI) over the Super Bowl weekend. Therefore, Navy leaders are stressing the importance to plan ahead to avoid DUI.

“If you’re planning to attend a Super Bowl party or watch the game at a sports bar or restaurant and you intend to drink alcohol, think about how you will get home when making your plans,” said Dorice Favorite, program director, Navy Alcohol and Drug Abuse Prevention (NADAP). “It’s good to think out the scenarios in your head



U.S. Navy photo by MC3 Kenneth Abbate

Sailors cheer on their respective teams during a Super Bowl party in hangar bay two aboard the Nimitz-class aircraft carrier USS John C. Stennis (CVN 74). Sailors from both sides looked on as the Giants defeated the Patriots 21-17 in Super Bowl XLVI. John C. Stennis is operating in the U.S. 7th Fleet area of responsibility while on a seven-month deployment.

beforehand so you are prepared.”

Sailors can start by programming the phone number of a local taxi company into their cell phone.

“Even if you don’t have to call a taxi for yourself, you’ll have the number handy in case you need to call one for a ship-

mate,” said Favorite.

Before heading out, decide who will be the sober designated driver and what that entails. The designated driver should be limited to non-alcoholic beverages. According to the Insurance Information Institute, more drivers are involved

in alcohol-related accidents on Super Bowl Sunday than any other day of the year except St. Patrick’s Day. Sailors should know their limits and if it’s exceeded, call a taxi, get a ride with a sober friend, or get permission from the party host to stay overnight, but

don’t drink and drive.

If you are staying in and hosting friends at your home, Favorite suggested hosts ensure all guests designate their sober drivers in advance or help arrange ride-sharing with sober drivers.

“You should serve plenty of food and non-alcoholic beverages at the party,” said Favorite. “Host your party just like they do at the stadium. Stop serving alcohol at the end of the third quarter of the game.

Hosting a party comes with responsibilities

“Depending on the laws of your state, if you host a party and serve alcohol, you could potentially be legally liable if an intoxicated party guest drives away and gets in an accident,” Favorite added.

NADAP is tasked to support fleet readiness by fighting alcohol abuse and drug use. Alcohol related incidents can diminish mission readiness in the Navy and ruin careers. Even Sailors who only drink alcohol on rare occasions must have a plan if they are going to drink.

To learn more about the Navy’s drug and alcohol abuse prevention efforts, visit www.nadap.navy.mil.

For more news from Navy Personnel Command, visit www.navy.mil/local/npc/.

Michael Murphy Sailors perform community service in honor of MLK

CT3 Ryan Harris

USS Michael Murphy (DDG 223) Public Affairs

Sailors from the USS Michael Murphy (DDG 112) celebrated the Dr. Martin Luther King Jr. holiday on Jan. 21 by dedicating a day of community service to the civil rights leader.

Rather than taking the holiday off, the Sailors participated in their first community relations project since the warship arrived at its Pearl Harbor homeport Nov. 21.

“Dr. King fought for equality, so if we can come together from all different races and all different backgrounds on our day off and work together then that is an appropriate way to honor him and celebrate Dr. Martin Luther King Day,” said Operations Specialist 1st Class Riunite Izquierdo, the command community service coordinator for Michael Murphy.

The Michael Murphy crew focused their day of community service on Hawaii beach restoration.

Sailors waded into the shallow waters of Paiko Beach and collected heavy bags of slimy invasive algae that are smothering out the natural species of the southern Oahu bay. The algae cleanup was sponsored by the non-profit organizations Kupu Hawaii and Malama Maunalua.

The nonprofits are responsible for cleaning over three million pounds of the alien algae from 25 acres of Hawaiian waters over the past five years. The invasive plant – which is also known as leather mudweed – is shuttled to

shore and recycled as fertilizer by area farmers.

Martin Luther King Jr. Day has been a focal point of the project, and this year was the largest turnout since the project began.

“This is about honoring the legacy of community service of Dr. King, and it’s really exciting to reach out to military organizations like the Michael Murphy,” said Rebecca Beralas, program outreach coordinator for Kupu Hawaii. “It’s awe-

some for this to be the ship’s first community outreach event in Hawaii so we can welcome them here and share the aloha spirit.”

The Sailors said they enjoyed the MLK Day event and were honored to help their new Hawaiian home.

“It feels good to be able to do something to give back,” said Engineman 3rd Class Kristian Billings. “This is a very rewarding way to spend the day.”

Saipan Drive will be closed to northbound traffic beginning Feb. 4

NAVFAC Hawaii

In an effort to provide improved pedestrian safety, Joint Base Pearl Harbor-Hickam will be closing the northbound lane of Saipan Drive at Wahiawa Annex to vehicular traffic beginning Feb. 4, until further notification.

The northbound lane will serve as a pedestrian safety zone. The south-

bound lane will remain open to motorists and commercial traffic at all hours.

Motorists are advised to remain diligently aware for pedestrian traffic, adhere to the posted 15 mph speed limit, and to utilize Midway Drive for all northbound traffic flow.

The pedestrian zone will be marked by concrete barriers and appropriate traffic signage along

Saipan Drive between the areas of building 108 and the T-intersection of Saipan Drive and Polaris Drive (across from new NSA Hawaii building 550 complex).

This interim measure will be in effect until the new sidewalk construction project along Saipan Drive is completed. The project is slated for completion later this fiscal year.

Michael Murphy underway

USS Michael Murphy (DDG 112) pulls away from pier side as the ship departs Joint Base Pearl Harbor-Hickam during a scheduled underway. This is the first time the ship has been out to sea since it arrived at Pearl Harbor.

U.S. Navy photo by MC2 Jon Dasbach



Commentary

Region, MIDPAC: Opportunities amidst fiscal challenges

Rear Adm. Frank Ponds

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

Senior Navy Leaders are addressing the challenges of a year-long Continuing Resolution.

Last week, Chief of Naval Operations Adm. Jonathan Greenert provided guidance on near-term, reversible actions being taken now in the face of an extended Continuing Resolution. In March the Navy also faces the possibility of significant additional budget reductions because of sequestration.

At MIDPAC we are belt-tightening by planning for delayed ship maintenance of the guided-missile destroyer USS Chafee, expected to defer \$35 million in costs this fiscal year. Although this needed maintenance may have to be postponed, planning for the work will continue so we can recover quickly when funding is provided by Congress.

Fuel costs are one of our greatest expenditures, so we will also look for more ways to conserve, optimize and innovate our operations and training on the waterfront. We need everyone's help as we look for ways to save –



Rear Adm. Frank Ponds

without impacting mission readiness or force protection. The Navy in Hawaii continues to be a leader in renewable energy and conservation of resources, and we need to continue the momentum where we can.

As we balance ship operations, flying hours and general training in the face of the continuing resolution and possible sequestration, Navy leaders are acutely aware of the hidden costs these measures bring.

In his guidance published Jan. 25, the CNO made it clear that we must “preserve overseas and forward-deployed readi-

ness to the maximum extent possible.” That means our stateside installations may feel a brunt of the budget shortfalls.

Until Congress passes an appropriations spending bill, we must take action immediately to reduce obligation rates of the Navy's operation and maintenance (OMN) account at both Joint Base Pearl Harbor-Hickam and Pacific Missile Range Facility.

In headlines and news stories, we see words like “cancel,” “curtail,” “defer,” “freeze” and “furlough” – with speculation of what may lie ahead for the remainder of this fiscal year. So, it is imperative we all stay aware and informed. We need clear facts about the current situation and plans to deal with potential budget shortfalls that may affect every region, including ours.

Vice Adm. William French, Commander, Navy Installations Command, recently directed region

commanders to review base operating support contracts; defer phased maintenance; limit contract support services; defer vehicle maintenance; and curtail all regional facility sustainment, restoration and modernization projects until further notice. He authorized a civilian employee hiring freeze, reduction in temporary employee levels, and suspension of non-mission-essential travel.

Regions are to plan for a possible government-wide furlough of civilian personnel that might be one-day-per-week starting in April. Such furloughs, should they become necessary, would be centrally managed by DOD, and we would follow their guidance.

Vice Adm. French made it clear that we must target reductions to all available service and procurement contracts to the maximum extent possible before civilian furloughs will be considered.

Non-appropriated fund (NAF) activities are not

directly involved in the continuing resolution and are exempt from proposed furlough actions, but there may be an impact to many NAF operations if there is reduced patronage and revenue. We can expect more guidance from CNIC in the weeks ahead.

All of these plans and discussions are measured and prudent, near-term and reversible. They are steps we must consider now, especially in the face of fiscal uncertainty in the future. They affect our waterfront and shore-front operations, including Pearl Harbor Naval Shipyard and other tenant commands.

The Department of the Navy is not alone in this challenge. The other services are being forced to take belt-tightening initiatives, too.

Fortunately, our top civilian and military leaders recognize that we are in the center of our Navy's efforts to rebalance in the Pacific. Navy Region Hawaii and Naval Surface

Group Middle Pacific have critical mission-essential responsibilities for warfighting readiness. Our leaders know we must maintain our capability to operate forward while supporting fleet, fighter and family.

The CNO has asked for our “cooperation and collaboration” in meeting the budgetary challenges ahead. He and CNIC have pledged to keep us all informed.

I ask that each of you take the initiative to learn more on your own about what Congress is doing to pass an appropriations bill to fully fund the FY13 National Defense Authorization Act. Learn more by visiting the Navy Live blog (<http://navylive.dodlive.mil/>) or other Navy.mil and Defense.gov sites. Read updates in Ho'okele. Stay informed, engaged and involved as we meet these challenges together.

Thank you for your ongoing support on behalf of our entire Navy *ohana* in Hawaii.

Joint base tax center now open for self-service preparation

Navy Region Hawaii Legal Service Office

The Joint Base Tax Center, run by the Region Legal Service Office (RLSO) Hawaii, officially opened Jan. 30.

Historically, the tax center has provided an important service to the military and their dependents with free tax return preparation and e-filing.

Last season, the tax center processed 1,559 federal and state tax returns with tax refunds totaling over \$2.7 million.

The tax center offers “self-service” preparation by setting up computers and software for the clients to use directly, with the help of a trained tax volunteer to assist in the preparation of the returns.

Through the center, military members learn to take responsibility for their financial futures and become self-

sufficient, so that they will not become beholden to professional tax preparation services when they get out and incur fees down the road.

Joint Base Tax Center volunteers are trained at basic, intermediate and advanced levels on how to correctly identify filing status and how to prepare returns with wages, interest, dividends, social security, and retirement income, as well as self-employed income for schedule C-EZ.

Volunteers are also taught how to handle issues unique to the military such as PCS moves and combat zone exemptions.

The Joint Base Tax Center is located on the first floor of the Navy College building (building 679) located at 1260 Pierce St. as you enter the submarine base area.

The Joint Base Tax Center, which is free, should not be confused with commercial vendors, which, dur-

ing the last tax season, operated tax preparation businesses in the parking lot of the NEX and on base across from the ship channel near the Scott Pool.

Unlike these commercial vendors, the Joint Base Tax Center does not charge tax preparation fees. Any tax services offered in portable trailers are commercial and not part of the Joint Base Tax Center.

The Joint Base Tax Center allows members to file their returns electronically and, by selecting direct deposit, receive their refunds in as little as one week.

Some commercial tax preparers offer “refund anticipation loans” (RAL). A RAL is a high-profit, short-term consumer loan secured by a taxpayer's expected tax refund and designed to offer customers quicker access to funds than waiting for their tax refund.

Within recent years, one could expect to pay about \$100 in order to get a RAL for the average refund of about \$2,150. RALs are issued too often to individuals who are made to believe the wait for their refund is longer than it really is, who do not realize they are taking a loan, do not understand the high interest rates charged by the loan, and who do not actually need the funds immediately.

Because a member filing electronically can receive a refund in as little as a week, RLSO strongly discourages RALs as an unnecessary and costly expense. Taxpayers will continue to have access to information about their refund through the “Where's My Refund?” feature at the irs.gov website.

For more information about free tax preparation, call the Region Legal Service Office at 473-4717.

Diverse Views



“What is the most romantic song you've ever heard and why?”



Michael Ray
PACAF/A6

“Through The Years” by Kenny Rogers. This song kept me going and connected to my wife through long deployments. She's always been there for me ... through the years.”

Aviation Support Equipment Technician
3rd Class (AW/SW) Dehussa Urbieta
Naval Operation Support Center
(NOSC) Pearl Harbor



“My favorite romantic song is Bryan Adams’ ‘Everything I do’ because he has the most amazing voice.”



Capt. Casey Meyer
HQ PACOM

“Red Red Wine” by UB40. This song was popular when I met my wife.”

Engineman 2nd Class (SW)
Caulefe Burks
Surgemain



“The most romantic song is ‘Your Love is King’ by Sade. I think it's romantic because literally the song describes a romantic feeling between this woman and whoever her lover is but at the same time, if you read between the lines, she's displaying her height of her emotions within that, so it's like a double meaning, but both of them leads them to romance.”



Megan Gallagher
Air Force OSI

“‘Love Song’ by Third Day. The lyrics within this song remind me to focus on what truly matters in this lifetime ... love for our Savior and Redeemer Jesus Christ.”

Lt. Andre Barber
Joint Base Pearl Harbor Hickam



“‘Beauty’ by Dru Hill. Mainly, it's the story of when you see somebody at first sight, and whether or not you see that person again, and if you can live with that.”



Senior Airman Un Y Pak
PACAF/A1

“‘Always and Forever’ by Heatwave. This is what I want the epitome of my future marriage to be like.”

(Provided by David Underwood Jr.
and MC2 Nardel Gervacio)

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

Workers build runway at Hickam

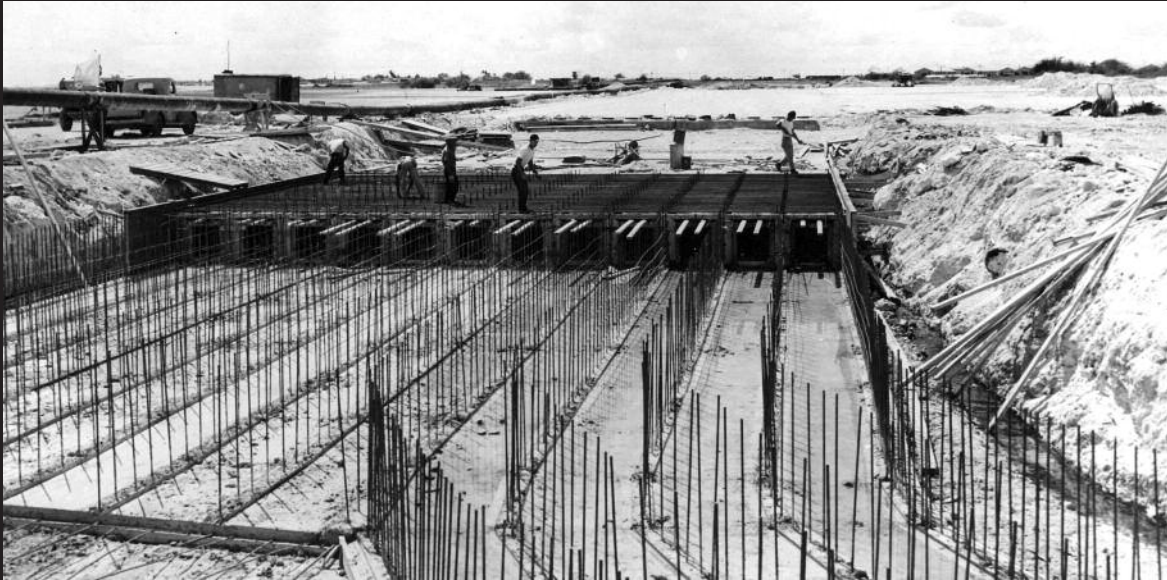


Photo courtesy of the State of Hawaii Department of Transportation, Airports Division

The photo above shows a runway at the former Hickam Field during construction in 1940.

HO'OKELE

PEARL HARBOR-HICKAM NEWS

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Ho'okele is delivered weekly to Navy & Air Force housing units and Navy installations throughout Oahu. Housing residents may contact the publisher directly at (808) 690-8864 if they wish to discontinue home delivery.

USS Halsey and USS Russell finish hull swap

MC2 Dominique Pineiro

Navy Public Affairs Support
Element West

SAN DIEGO (NNS) – The crews of guided-missile destroyers USS Halsey (DDG 97) and USS Russell (DDG 59) finished swapping hulls at Naval Base San Diego on Jan. 25.

Russell arrived from its prior homeport of Joint Base Pearl Harbor-Hickam to San Diego, where it will be permanently stationed, on Jan. 9.

Halsey and Russell then proceeded to turn over their respective administrative and maintenance responsibilities, then executed a hull swap and exchanged command.

Hull swaps, or ship rotations, are part of the Navy's long-term plan to routinely replace older ships with newer or more capable ships.

"Halsey is a flight 2A (destroyer). It's not a ballistic missile defense (BMD) national asset, but it has helicopter hangars, so it has a more robust helicopter capability for when it deploys overseas," noted Lt. David Sandomir, hull swap coordinator for Halsey and now chief engineer aboard Russell.

"Russell is a flight one



U.S. Navy photo by MC3 Tim D. Godbee

Sailors assigned to the Arleigh Burke-class guided-missile destroyer USS Halsey (DDG 97) board their newly-assigned ship after a hull swap with guided-missile destroyer USS Russell (DDG 59). Hull swaps, or ship rotations, are part of the Navy's long-term plan to routinely replace older ships with newer more capable ships.

(destroyer). It still can land helicopters and use them as an asset, but it can't embark them."

The majority of the ships' crews will remain in their respective locations. Certain members of each ship's combat systems department that are

trained specifically on different Aegis weapon system baselines will stay behind.

"Because our Aegis baselines are fundamentally different, our Aegis divisions remained in their current platforms," said Sandomir. "They have the cor-

porate knowledge and training on that Aegis baseline, so we have about 15 members of the old Hawaii crew on board, and we sent 18 members of our San Diego crew to Hawaii."

The commanding officer, executive officer and command

master chief of each ship met at least once a day to ensure the hull swap process went smoothly and to discuss the challenges that faced them.

"The turnover process is more complicated than walking across the pier and boarding the other ship," said Cmdr. Michael L. Weeldreyer, now the commanding officer of USS Russell.

"There needs to be a continual discussion of the crews and everybody needs to make sure the differences are discussed. The fact his crew and my crew worked together worked out pretty well."

The Hawaii crew, which relinquished command of Russell and took command of Halsey, is currently going through a crew certification before they return to Hawaii. Some members of the Hawaii crew were San Diego-area natives and used their time in California to reacquaint themselves with family and friends.

"It was good coming out here and seeing my family," said Operations Specialist 2nd Class Kenneth Jenkerson. "When I'm in Hawaii, I can't make a short trip up the road to see my family. I made the most of my time while I was here, so I enjoyed it."

Dedication to volunteering drives shipyard's 2012 JSOY

David Tomiyama

Pearl Harbor Naval Shipyard &
Intermediate Maintenance
Facility Public Affairs

For Machinist's Mate 2nd Class (SS) Neil Burgheimer, the 2012 Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility Junior Sailor of the Year (JSOY), the recognition that comes with such an award pales in comparison to the satisfaction of helping others.

If he is not at work as the code 900T resources department training and administration instructor, Burgheimer can often be found spending his free time supporting the local community.

"I didn't do anything out of the ordinary other than to perform my job to the best of my ability," Burgheimer said. "Making a difference in a child or adult's life by providing opportunities that may otherwise not be afforded is the biggest reward I can receive."

Burgheimer volunteered more than 280 of his off-duty hours in 2012 to the Muscular Dystrophy Association (MDA), serving as a camp counselor and helping with numerous fundraising events for the organization to find a cure for those afflicted with the neuromuscular disease. He is involved with at least one MDA event a month.

MDA is not the only organization on Oahu that benefits from the JSOY's volunteer efforts. Burgheimer is a driver for the Joint Base Pearl Harbor-

Hickam's Sailors Against Drunk Driving program, ensuring Sailors have a safe means of getting home after a "night on the town."

He also dedicates himself to the Manana Elementary School's Adopt-A-Highway program to protect and maintain Hawaii's environment and serves as a field trip counselor at James Campbell High School.

"I've been volunteering for many local charities, associations, foundations and communities since I joined the Navy," he said. "Volunteering is just something that I love doing."

Burgheimer also encouraged fellow Sailors to join him in community outreach. As the shipyard's assistant Navy community service coordinator in 2012, he led 28 community service projects that involved 182 Sailors volunteering 356 hours of their off-duty time.

"Besides volunteering over 200 hours of his off-duty time this year, Petty Officer Burgheimer has developed personal and professional relationships throughout the community, consistently providing new opportunities for Sailors and civilians to give back to the local community," said Gas Turbine System Mechanical Technician 1st Class Michael Budomo, code 900T leading petty officer.

In addition to Burgheimer's positive contributions to the local community, his impact on the shipyard has been just as powerful. As an instructor, he is



Photo courtesy of MM2 Neil Burgheimer

Machinist's Mate 2nd Class (MM2) (SS) Neil Burgheimer, 2012 Junior Sailor of the Year at Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility, watches former shipyarder MM1 Michael Mielko assist Glen Garcia, Muscular Dystrophy Association Summer Camp camper, with an archery event at Camp Erdman in Waialua, Hawaii, June 2012. Burgheimer volunteered to work 24 hours a day during the week-long camp.

responsible for the training of more than 3,000 military and civilian shipyard personnel and ensuring they stay current in the latest qualifications, policies and procedures.

In 2012, Burgheimer facilitated 40 classes with a total 388 combined classroom hours and 579 students. He also spent 223 man-hours overhauling the code 930 joint assembly, ball valve repair and precision measuring equipment lesson plans.

"I really enjoy being an instructor and given the responsibility to train everyone in the shipyard," Burgheimer said.

"One of the most rewarding things about what I do is that the training I provide directly affects the work practices that allow the safe return of shipmates. Being able to provide quality training and seeing those kinds of results lets me know that I'm making a difference not only in the shipyard, but also in the Navy."

The Mesa, Ariz. native said he enlisted in the Navy in 2005 for a stable job, funds for college and the challenge of military life. After recruit training at Naval Station Great Lakes, Ill. and submarine school at

Submarine Base New London, Conn., he was assigned to USS Maryland (SSBN 738) in Submarine Base Kingsbay, Ga. before arriving to the shipyard in November 2010.

"The thing that I like most about being in the Navy is the opportunity to expand my knowledge through a college education, influencing others and improving myself through those experiences while becoming a better leader," said Burgheimer who is scheduled to graduate in November from the University of Phoenix with a bachelor of science in information technology.

Burgheimer plans to take his leadership skills to the officer level. In the near future, he plans to apply to limited duty officer school to become a commissioned officer. He will look back on his time at the shipyard and being named JSOY as the highlights of his enlisted career.

"Being named JSOY is very important to me as both a career achievement and a personal accomplishment," Burgheimer said. "It's one of the many building blocks that I will use to better myself as a leader. It is something that I am extremely proud of, and it is an honor to join the proud heritage of the shipyard JSOYs before me."

Additional information on the shipyard can be found on social media sites: Facebook at <http://on.fb.me/UcBZ4j>, Flickr at <http://bit.ly/10XRwtG> and YouTube at <http://bit.ly/Tm2ymr.Z>

Pearl Harbor-Hickam*Highlights*

(Right, below) Navy and Coast Guard volunteers joined with the Hoakalei Cultural Foundation to perform a shoreline cleanup in the Oneula area of the Honouliuli district next to White Plains beach on Jan. 26.

U.S. Navy photos by Lt. Toom H. Nguyen



(Right) Julius Peppers, defensive end for the Chicago Bears, signs autographs for military members and their families following a National Football League practice session at Joint base Pearl Harbor-Hickam. Players of the NFL were in Honolulu for the 2013 Pro Bowl at Aloha Stadium.

U.S. Navy photograph by MC2 Daniel Barker



The Los Angeles-class attack submarine USS La Jolla (SSN 701) moors to the pier at Joint Base Pearl Harbor-Hickam as the sub returns Jan. 25 from a six-month deployment to the western Pacific region.

U.S. Navy photo by MC2 Steven Khor



NAVFAC announces Pacific region Sailor of the Year

Sila Manahane

Naval Facilities Engineering Command Public Affairs

Naval Facilities Engineering Command (NAVFAC) Pacific at Joint Base Pearl Harbor-Hickam announced NAVFAC Hawaii's Utilitiesman 1st Class (SCW) Romulado Sosa as Sailor of the Year (SOY) 2012.

"Petty Officer Sosa was selected from an extremely strong group of petty officers throughout the NAVFAC Pacific area of responsibility," said Rear Adm. Scott A. Weikert, NAVFAC Pacific Commander.

"His contribution to the Navy's mission in Hawaii is remarkable, and the positive impact he had on his Sailors made his nomination package especially noteworthy. UT1 Sosa is a deck plate leader, and I am optimistic that he will be very competitive as he strives for recognition as NAVFAC's Sailor of the Year."

Sosa was born in Mexico City, Mexico and grew up in southern California. He graduated from Garden Grove High School in 1997 and enlisted in the Navy in 1998, attending Basic Training at Recruit Training Command, Great Lakes, Ill.

In 1991, Sosa graduated from Utilitesman's "A" School in Wichita Falls, Texas and reported for duty at Naval Support Activity Naples, Italy.

He was chosen from top NAVFAC Pacific Sailors stationed at NAVFAC Hawaii, NAVFAC Marianas



U.S. Navy photo by Denise Emsley

Utilitiesman 1st Class (SCW) Romulado Sosa stands next to a Navy Seabee emblem Jan. 17 at the Naval Facilities Engineering Command (NAVFAC) Hawaii self help building at Joint Base Pearl Harbor-Hickam.

and NAVFAC Far East.

"I was shocked at first when I found out about my Sailor of the Year selection and proud at the same time," Sosa said. "I am very honored, mostly because I believe it is a reflection of the leadership and the standards I set for my troops."

The Utilitiesman re-flected on his early days as an aspiring Seabee and recalled a principle that was instilled in him which continues to serve as a guide to his leadership practices.

"Don't tell people to do something that you yourself are not willing to do or have not done," he said.

Although mentoring is a great portion of Sosa's leadership responsibilities, he is humble and always willing to help others understand what is expected of them, not only as a Navy Sailor but also as a Navy Seabee.

"I do not see myself as a mentor," said Sosa. "A lot of what I do is because I like doing it and whatever my job may be, I do it to the best

of my ability."

Sosa's engagement and active participation in his Navy and local community events made a significant impact, some of which included fundraising efforts to offset costs for junior Seabees to attend the Seabee Ball, leading a group of Sailors to provide teak deck maintenance on the historic Battleship Missouri Memorial, and coaching a Joint Base Pearl Harbor-Hickam Youth Sports girls' volleyball team.

Sosa will go on to compete as a finalist and representative for the entire NAVFAC organization. The name of the NAVFAC winner is scheduled for release in February.

The Sailor of the Year program was founded by Adm. Elmo Zumwalt in 1972 to recognize outstanding Atlantic and Pacific Sailors at sea. The following year, the Shore Sailor of the Year program was introduced.



U.S. Navy photo by MC1 Ronald Gutridge

The Los Angeles-class submarine USS Tucson (SSN 770) returns to Joint Base Pearl Harbor-Hickam after completing a six-month deployment to the western Pacific.

USS Tucson completes maintenance availability five days early

Sarah Fry

Pearl Harbor Naval Shipyard

The USS Tucson (SSN 770) completed its docking continuous maintenance availability (DCMAV), thanks in part to a small, focused project management team.

After an initial nesting availability at Fleet Maintenance Facility Submarine (FMB), the Commander, Submarine Squadron Seven (COMSUBRON Seven) vessel entered dry dock two (aft) on Aug. 14 to begin its DCMAV.

The "avail" was scheduled to go to Dec. 5 but was completed five days early, due in large part to the diligence and concentration of a smaller-than-usual team of project leaders formed by Bill May, project superintendent.

May sat down with shipyard and FMB operations leaders—Joe Mendonsa, Clem Lopez, Cmdr. Carey Pantling and Cmdr. Ray Spears—to determine the makeup of the team.

"Rather than using the usual 15 or so, we formed a team of eight and, rather than being focused on five or six boats at a time, we were able to concentrate just on USS Tucson," May said.

"With such a small team, we could stay focused on actual work and not on all the other things that could distract us. We also had a ship's force that had the knowledge and was eager to get the work done. It was a perfect situation for us."

"When we start the avail for maintenance of this type, we coordinate a nesting availability, usually at FMB, during which the submarine is prepared to go into dry dock," May explained. "After it is moved into the

dry dock, the shipyard first provides all the temporary services needed to make the ship safe for dry docking, then starts preparing the work areas where repairs will take place. We try to get as much maintenance as possible completed in dock, so when we undock, the ship can go directly into testing, then on into sea trials."

During Tucson's DCMAV, work accomplished included repair of turbine generator throttle valves, hull cleaning and preservation, and replacement of shaft seals, sonar transducers and cabling, a main sea water pump impeller, and three tank level indicators.

"The lion's share of credit for the early finish goes to the ship," said May. "In a DCMAV, unlike in Chief of Naval Operations (CNO) avails, the ship's force is responsible for all testing. Cmdr. James E. O'Harrarah, Tucson's commanding officer, promised us support and he really delivered."

"I can't say enough about how quickly he and his crew got the testing done. Once we completed each repair, they did the research, wrote the test procedure, did the testing, and let us know the test results—most of the time within a day of our finishing the repair. That saved a lot of time," May explained.

May also lauded the shipyarders who worked on Tucson. "We had a really, really good shipyard crew of workers," said May.

"They responded so well and did such high quality work that we only had one test failure. It was really helpful not to have to go back and re-do work we had already done. Their efforts helped us finish and allowed Tucson to get back to sea five days early."



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

Life & Leisure

PRO BOWL SALUTES MILITARY



U.S. Navy photo by MC2 David Kolmel



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

“It was exciting to be out here with those guys I’ve been playing with. It’s been a great week, it’s been an unbelievable week.”

—Seattle Seahawks quarterback Russell Wilson



U.S. Navy photo by MC2 Daniel Barker



Photo by Catherine Leffler



Photo by Ryan Graham

Located between the mountains and beaches of Hawaii, Aloha Stadium was the site of the 2013 Pro Bowl, where some of the top ranked players in the National Football competed in an all-star game Jan. 27.

MC2 Daniel Barker

Navy Public Affairs Support Element West, Detachment Hawaii

The 63rd annual Pro Bowl featured players from the 2012 season, and during the week leading up to and during the game itself military service members were involved in some of the events.

On Jan. 24 the NFL’s American Football Conference and the National Football Conference Pro Bowl teams conducted a practice and autograph session on Earhart Field on Joint Base Pearl Harbor-Hickham.

Some of the professional football players, along with their families and coaching staff participated in a white boat tour of Pearl Harbor on Jan. 25 with Chief Staff Officer Capt. Douglas Holderman as their tour guide.

On game day the ceremonial coin toss was performed by Adm. Cecil D. Haney, commander of the Pacific Fleet, to officially start the 2013 Pro Bowl.

“It was a thrill to take part in the coin toss to kick off the 2013 NFL Pro Bowl game today here in Hawaii,” Haney said.

“With many of the NFL’s best on the field representing their teams and the league, I was honored to represent another group of all stars, the men and women of our Navy and combined armed forces. I see some similarities—a lot of fight, determination and courage by members of both groups on our chosen fields of battle.”

“We appreciate the NFL supporting our Sailors, Soldiers, Airmen, Marines and Coast Guardsmen,” Haney added.

The game’s opening ceremony included a fly-over by two Coast Guard HH-65 Dolphin helicopters as hundreds of uniformed service members from every branch throughout Hawaii stood in salute during a performance of the National Anthem by Brian McKnight. Service members also participated in the pre-game show on the field during the performance of the Grammy Award-winning band Train.

The Pro Bowl Halftime Show recognized military personnel who had returned in the last six months from a deployment. The active-duty service members and their family members walked onto the field at half-time to be part of the on-field audience while Hawaiian per-



U.S. Navy photo by MC2 Daniel Barker

forming artist Henry Kapono sang “I’m Coming Home” in honor of the military members and their service.

The game ended with the NFC in a 62-35 victory over the AFC. Players on the winning NFC team each earned \$50,000, while players on the AFC team each earned \$25,000.

Seattle Seahawks quarterback Russell Wilson, who threw three touchdown passes during the game, said afterwards, “It was exciting to be out here with those guys I’ve been playing with. It’s been a great week, it’s been an unbelievable week.”



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



U.S. Navy photo by MC2 Daniel Barker



Photo by Catherine Leffler

Pound Town surges past NCTAMS with late run

Story and photo by
Randy Dela Cruz

Sports Editor

Airman 1st Class Lortavius Smith highlighted a 22-point effort with two dunks and a trey to lead 647th Security Forces Squadron (647 SFS) Pound Town “A” to a 57-36 win Jan. 28 over Naval Computer Telecommunications Area Master Station (NCTAMS) in a

at 21-11 in the first half, and then threw down 10 points after the break to help his team pull away.

“Basically, it was the help from my teammates—especially Kruzona,” said Smith. “I want to give a special thanks to him because he did some outstanding rebounding. My teammates, as well, helped me out. Everybody worked hard and we always play together.”

“We definitely want to win the championship. We got new players and what it takes to win a championship.”

—Airman 1st Class Lortavius Smith

Blue Division intramural basketball season opening game at Joint Base Pearl Harbor-Hickam.

Smith sandwiched a lay-up on an assist from Airman 1st Class Vincent Kruzona between two slams to give Pound Town their first double-digit lead

While the final score represented a blowout, NCTAMS was still in the game with less than 12 minutes remaining on the clock.

Back-to-back baskets by Information Systems Technician 2nd Class (SW/AW) Antowne Blaze cut the lead to four at 21-17



Airman 1st Class Vincent Kruzona, 647th Security Forces Squadron (647 SFS) Pound Town “A” team, splits the defense of Naval Computer Telecommunications Area Master Station (NCTAMS) guards Electronics Technician 2nd Class Corey Piggee and Operations Specialist 2nd Class Solomon Pulu to score two of his 15 points.

going into intermission.

Then after falling behind at 32-21 early in the second half, NCTAMS put on

another run to pull to within three at 32-29.

Information Systems Technician 3rd Class

Marquis Perkins began the comeback with splash-down from beyond the arch that was immediately followed by another trey from Ensign Gennaro Hawkins and a basket from Information Systems Technician 2nd Class Deville Warren.

However, two fast-break baskets by Smith seized back momentum for Pound Town, which slowly took control, before running away at the end.

Another three baskets by Smith raised Pound Town’s lead to 47-32 with 6:41 remaining in the game, and then Smith scored on a put-back a minute later to give his team a 17-point advantage.

Blaze said that with NCTAMS lacking a true post-player inside the paint, the team was limited in its options on offense.

Still, he said that with a little better planning, the team should have been able to stay in the contest until the very end.

“We stopped ourselves. We should have called a timeout to regroup,” he said. “We got mostly guards, so that’s our game.

Our game is stop and pop.”

Smith said that as the game got closer in the second half, Pound Town refocused on stopping NCTAMS and it worked.

“Just like always, it’s defense,” he said. “We know we were lacking on rebounding, so we all just came to-gether and played as a team.”

Meanwhile on offense, Pound Town spread the ball around and was able to consistently find the open player.

A total of eight players scored baskets for Pound Town with Kruzona following close behind Smith with 15 points.

“It takes a lot of practice, hard work and dedication,” Smith acknowledged. “It’s basically what gets us together and gets us going.”

With many of the same players that won the Summer Basketball League on base last year, Smith said that he believes that Pound Town will be a contender to win the intramural season.

“We definitely want to win the championship,” he said. “We got new players and what it takes to win a championship.”

Logistics Readiness Squadron holds on to upend Bulls

Story and photo by
Randy Dela Cruz

Sports Editor

The 647th Logistics Readiness Squadron (647 LRS) lost a nine-point lead early in the second half, but came back to beat the 647th Civil Engineer Squadron (647 CES) Bulls, 34-29, and kick off the Gold Division intramural basketball season Jan. 29 at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

Down by a score of 19-10 after halftime, the Bulls went on a 12-0 run to take the lead at 22-19 but couldn’t hold on in a seesaw battle that went down to the wire.

Point guard Senior Airman Blake Coney, 647 LRS, said that once the team controlled the pace, he and his teammates controlled the game.

“Slow down and communicate. Definitely, communication was the key,” said Coney, who scored nine points. “Without practice, we weren’t ready for them to pressure us like that. So it was like get out there and get them to play at our abilities. We wanted to play slow, so we slowed them down. When we wanted to speed up, we tried to speed it up. It worked out in our favor.”

At tip-off, the Bulls, behind the shooting of guards Airman 1st Class Jurel Burton and Senior Airman Chris Maquindang, pulled out to a 6-0 lead but began to lose control after a basket by Coney tied the game at 10-10 with 5:35 remaining before halftime.

From that point on, the first half belonged to the



Shooting guard Tech. Sgt. Chris Sage, 647th Logistics Readiness Squadron (647 LRS), goes up for a shot during the team’s Gold Division season opener against the 647th Civil Engineer Squadron (647 CES) Bulls.

647 LRS, as the squad followed up with another basket from Coney and six

straight points from Tech. Sgt. Chris Sage on a basket-and-one and trey to take an

18-10 lead at the break.

Then after falling behind by a score of 19-10, the Bulls stepped up the pressure on defense and began to turn the table on the LRS.

Five minutes into the second half, Burton delivered on a bomb from beyond the 3-point arch to give the Bulls a 20-19 lead.

Moments later, the Bulls increased their lead to three after Maquindang capped off a steal with a lay-up at the 12:56 mark.

Sage brought the LRS back to within a point on a jump shot from 15 feet out, and Coney scored on lay-up to regain the lead at 23-22.

The Bulls leapfrogged back in front on two free throws by Tech. Sgt. Jonathan Nightingale at 25-23, but a three-pointer from Coney put the LRS on top at 26-25.

With two minutes on the clock, Nightingale could have tied the score with two free throws but was only able to convert on one of his shots.

On the next possession for the LRS, forward Chief Warrant Officer 2 Helver Lay made the Bulls pay for the miss by scoring on a lay-up to give his team a 32-29 lead with only 1:43 left in the game.

At the other end, Burton drove to the basket for what appeared to be a basket-and-one opportunity, but instead, the guard had his basket erased after he was called for traveling.

“We pulled together as a team,” said Sage after the LRS outlasted the Bulls for the win. “We played good defense at the end. We stopped them when we had to, and we scored a few

buckets when we needed to.”

Bulls head coach Tech. Sgt. Robert Pope said that a lack of familiarity between teammates proved to be the team’s biggest hurdle after getting out to fast starts in the first and second half but faltering in the end.

“I think it was basically getting used to your personnel,” Pope admitted. “It’s the beginning of the season, but middle of the season we’ll be strong. Definitely,

we’re going to have to work on defense, but we got a good set. We’ll get there.”

Sage, who had eight points, said that after only one practice he was glad to get away with a win and likes his team’s potential.

“We can definitely make it to the playoffs if not go to the championship game,” Sage said. “We got a lot of talent, and if we work together more as a team, we’ll be good to go.”

Kick off the Year of the Snake with Chinese New Year events

Brandon Bosworth

Staff Writer

Feb. 10 is Chinese New Year. Morale, Welfare and Recreation (MWR) is offering several celebration tours to mark the Year of the Snake.

Tour one takes place from 4:30 to 9 p.m. tonight. It begins with a Chinese-style dinner, followed by the official Year of the Snake opening ceremony, Narcissus Queen and court appearance, lion dances, firecrackers and the street festival. The cost is \$30 for adults, \$25 for children ages 3–11 years old, and free for children 2 years and under who sit on an adult’s lap.

Tour two includes a trip to First Friday, a Chinatown block party centered on the area’s art galleries and unique shops. This tour happens tonight from 9 p.m. to midnight and is only for those 21 years or older.

Tour three takes place

from 8:45 a.m. to 12:45 p.m. Saturday. This tour is a food and history tour, and includes a Chinese New Year street festival, samples of traditional treats and dim sum lunch. The cost is \$30 for adults, \$25 for children ages 3–11 years old, and free for children 2 years and under on an adult’s lap.

The Chinese New Year parade is the focus of tour four. This tour takes place from 2 to 6:30 p.m. Saturday and includes a visit to the Hawaii Heritage Center with a briefing and samples of traditional Chinese treats.

Next up is the street festival and parade, followed by a Chinese-style dinner. The cost is \$30 for adults, \$25 for children ages 3–11 years old, and free for children 2 years and under on an adult’s lap.

All tours include round-trip transportation from Information, Tickets and Travel-Hickam. For more information, call 448-2295.

Lake Erie ‘A’ pulls away from Port Royal ‘B’

**Story and photo by
Randy Dela Cruz**
Sports Editor

The emergence of post player Boatswain’s Mate 2nd Class Chris Penn and a skintight pressure defense turned a close game into a rout as USS Lake Erie (CG 70) “A” team trounced USS Port Royal (CG 73) “B” team, 58-21, on Jan. 26 in an Afloat Division intramural basketball opener at Joint Base Pearl Harbor-Hickam Fitness Center.

Held scoreless in the first half, Penn bulled his way for 12 points inside the paint to help Lake Erie outscore Port Royal, 41-6, in the second half and gain the lopsided win.

“We had to change our game plan,” said Penn about Lake Erie’s huge surge in the second half. “We got a lot of steals, and we were able to get the ball inside the paint and we were able to capitalize on that. Once we got a couple of shots up in the air, they (Port Royal) were leaving the big guys open in the blocks.”

Up by a score of 17-15 at intermission, Lake Erie broke out of the gates quickly and took a five-point lead on a free throw and basket by Fire Controlman 2nd Class Chris Cook.

Then with 9:46 remaining in the game, Gunner’s Mate 2nd Class Bryan Lopez sank one of two free throws to give Lake Erie it’s first

double-digit lead at 29-19. In the next two minutes, Lake Erie’s pressure defense really took its toll on Port Royal as the team expanded its lead from 10 to 18 and blew the lid off the game.

A basket-and-one by Cook made it 33-19 at the 8:43 mark, then two fast-break lay-ups by Lopez upped the lead to 37-19 with 7:32 remaining in the contest.

“We dialed it down in the first half and that kept them in the game,” said Cook, who finished with a game-high 14 points. “We came out in the second half with our heads on. We wanted to attack them and it worked. They coughed the ball up a lot, so we just kept feeding into it.”

Up by a comfortable lead, Lake Erie kept the pressure on and continued to attack the basket.

Chief Cryptologic Technician (Technical) Jason Townsend connected on Lake Erie’s first three-pointer of the game at the 5:06 mark, and Penn put the team up by 30 with a put-back that made the score 49-19 with only 2:27 left on the clock.

“In the first half, we were playing down to their level,” Penn said. “We knew we were the better team. We’re a quick team, we got a lot of speed and we played the passing lanes and matched up pretty good.”

Cook agreed with Penn and stated that once Lake Erie began playing up to its potential, he knew that the



team would pull away. “It was more of us felt like we should have been doing it,” Cook said. “We were trying to make up for the first half. We came out and we just wanted to get it. We wanted to get the lead up, make sure we got the win and secured it.”

Cook also pointed out that a change in the way the team approached the basket also helped turn the game around.

“We were playing, in the first half, one big man at a time,” he said. “Second half, we came with two big men. We wanted to pound it down low and it worked.”

Besides Penn and Cook, Lake Erie also got strong contributions from Lopez, who scored 11 points, and Townsend, who chipped in with six.

Of the team’s first two halves of the season, Cook said he believes that the real Lake Erie emerged after halftime.

“That second-half team is what we hope to bring every game,” he said. “That fire, that drive, just coming out with spunk, trying to win and play team ball.”

Gunner’s Mate 2nd Class Bryan Lopez, USS Lake Erie (CG 70), gets smacked in the face before sinking a floater inside the lane for a basket-and-one during an Afloat Division intramural basketball season opener between Lake Erie “A” and USS Port Royal (CG 73) “B” team at Joint Base Pearl Harbor-Hickam Fitness Center.

NFL Play 60 kids learn football drills with Pro Bowl players

Emily McNulty
Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

For those who are not familiar with NFL Play 60, it is the National Football League’s campaign to encourage kids to be active for 60 minutes a day in order to help reverse the trend of childhood obesity.

More than 75 kids from local area schools in Hawaii gathered Jan. 24 at Bloch Arena to play with NFL

The Pro Bowl cheerleaders, coaches, masters of ceremonies and mascots all joined in.

The children were split into groups and worked with various AFC Pro Bowl teams, including the Denver Broncos, Miami Dolphins, Houston Texans and others.

They practiced and learned football drills, and each group of kids played flag football in the center of the gym.

Each year the NFL chooses the youth who will



Photo by Judy Brown

The children were split into groups and worked with various AFC Pro Bowl teams, including the Denver Broncos, Miami Dolphins, Houston Texans and others.

stars and learn fun ways to stay active.

First, the masters of ceremonies talked to the kids and encouraged them to get up out of their seats to dance with the Carolina Panthers’ and New England Patriots’ mascots.

The DJ then turned on the song Gangnam Style by Psy, and more than half the kids danced to the music.

participate in this event. [MWR is not in charge of this event and does not choose the kids.]

Besides the Play 60 event, both the NFC and AFC also held a practice at JBP HH on Jan. 24.

The weather was rainy and not ideal Hawaii paradise weather. The NFC practiced defense against offense for about an hour.



U.S. Navy photo by Ryan Graham

‘Choose to Lose’ with joint military alliance event

This year the Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) Exchange, Marine Corps Community Services, commissaries and military medical groups have partnered to bring you the “Choose to Lose” event.

This event will run from Feb. 2 to June 1 and will kick off Feb. 2 with a fun walk, questions and answers with a dietician, and an official weigh-in.

The weigh-in will take place Feb. 2 at the following commissaries: Pearl Harbor, Hickam, Schofield Barracks and Kaneohe, between 9 a.m. and noon.

Monthly follow-up weigh-in progress checks will be conducted in each commissary listed above on the first Saturday of each month.

There will be four categories: active duty, spouses,

retiree and children (up to 18 years old).

The contest will be weighed based on 80 percent percentage of weight loss and 20 percent points accumulated for extra physical activity and health and wellness classes.

Participants can earn points (maximum of seven points per week) by: joining a class provided at your their MWR fitness center, participating in an official sponsored run/walk event on base or on island, and attending the monthly dietician tour at their local commissary twice a month. Proof of participation will be required and annotated in their “passport to health.”

For more information, call the commissaries: Hickam, 449-1363, Pearl Harbor, 471-8402, ext. 101, Schofield, 655-5066 and Kaneohe, 257-1463.

Swamp Romp at K-Bay returns Feb. 16

The Swamp Romp, the dirtiest race of the year, will return to Marine Corps Base Hawaii, Kaneohe Bay (MCBH) on Feb. 16.

The 5-mile run through mud and dirt will begin at 7 a.m. at O’Course Field. The cost is \$140 per six-man team.

The run takes teams through the Nuupia ponds and down the Fort Hase beach, over and under obstacles that challenge the strongest of competitors. The event is open to the public.

This is a team event. The teams must consist of six participants. For the mixed category to be considered



for awards, teams must have three males and three females.

Mandatory packet pick up will take place at Kahuna’s Fitness Expo on Feb.15 from 3 to 7 p.m.

Late fees will begin at 4 p.m. Feb. 8 at \$155 per team.

Every team needs to fill out and bring in a liability waiver to packet pick-up on Feb. 15. If teams do not bring this form with all six signatures to packet pickup, they will not receive packets and timing chips.

For more information and to register, visit www.mccshawaii.com/swampromp.



Photos Courtesy of Marine Corps Community Services Hawaii

Recycling services to expand in Hickam Communities neighborhoods

Hickam Communities LLC

The new year brings changes to refuse and recycling collection services in Hickam Communities. Rolloffs Hawaii has been contracted to provide refuse and recycling services to residents, effective last month.

“We brought Rolloffs Hawaii on board to provide refuse collection because of its reliability and state-of-the-art collection vehicles as well as its ability to expand our recycling program,” said Steve Quinn, director of property management for Hickam Communities.

Refuse and recycling now takes place on Mondays in all Hickam Communities neighborhoods located at Joint Base Pearl Harbor-Hickam. Refuse is picked up each Monday and recyclables are picked up every other Monday, alternating

between Officer Field and Hale Na Koa one week, and Onizuka and Earhart Villages the following week.

At Hickam Communities Bellows AFB neighborhood, refuse pickup takes place on Tuesdays, and recycling is picked up every other Wednesday. A detailed refuse and recycling schedule is available at www.hickamcommunities.com/go/trash.

Refuse and recycling collection is now automated, meaning the containers are emptied by a truck with a mechanical “arm” rather than being lifted physically by a refuse worker.

“It makes for a more efficient and cost-effective operation,” Quinn said. The new vendor also gives Hickam Communities an opportunity to expand its recycling program and makes it easier for families to recycle.

“The small blue bins

have been replaced with one 95-gallon rolling cart and residents can place all their recyclables into one bin, eliminating the need to separate items,” Quinn said.

“Additionally, a wider variety of items can be recycled—plastic bottles, glass bottles, aluminum cans, bi-metal cans, newspapers, office-type paper, and cardboard.”

Residents are reminded not to place plastic grocery bags, telephone books, ceramics, polystyrene foam, toys, confetti, shredded paper or trash items into the recycling bins. These products are not recyclable by Rolloffs Hawaii, but many of these items can be taken to one of the base recycling centers.

For more information, log on to www.hickamcommunities.com/go/trash or call 423-2300.

Competitors do some heavy weight lifting

The annual Joint Base Pearl Harbor-Hickam New Year’s Powerlifting Competition took place Jan. 26 at the Hickam Fitness Center.

The event included bench, squat and deadlift, including men’s and women’s divisions. Top finishers included:

- Male light heavyweight (150 pounds and under), Brad Angel-Tiedermann. He had a squat of 340 pounds, bench of 205 and deadlift of 380.

- Male middleweight (151 to 175 pounds), John Baland. He had a squat of 365 pounds, bench of 280 and deadlift of 480.

- Light heavyweight (176 to 200 pounds), Christopher Austin. He had a squat of 385, bench of 370 and deadlift of 500.

- Heavyweight (201 to 225 pounds), Christopher Whorley. He had a squat of 400 pounds, bench of 400 and deadlift of 550.

- Master’s weight (251 and over), Joshua Slotnick. He had a squat of 450 pounds, bench of 385 and deadlift of 550.

- Female lightweight (125 and under), Ashlee Laing. She had a squat of 175 pounds, bench of 95 and deadlift of 205.

- Female middleweight (126 to 150 pounds), Kristie Pennington. She had a squat of 195 pounds, bench of 95 and deadlift of 245.



Photos courtesy Hickam Fitness Center

Competitors in the Joint Base Pearl Harbor-Hickam New Year’s Powerlifting Competition on Jan. 26 at the Hickam Fitness Center heave some “heavy metal.”

Hickam Recycling Center to get new roof



Photo courtesy of NAVFAC Hawaii

Navy and Air Force personnel who drop off recyclables at the Hickam Recycling Center (building 1715) on Joint Base Pearl Harbor-Hickam and use its HI5 redemption area are requested to delay delivery for approximately the next three weeks. During this period, the building will be reroofed and customer service will be sporadic. For more information, call 449–5754.

Morale Welfare & Recreation

YOUTH LEAGUE BOWLING REGISTRATION
Registration for the “Have a Ball” youth bowling league ends today. Teams meet every Wednesday and Friday during the season, which runs from Feb. 6 to March 15. Youths ages 5-17 years old are eligible. The \$120 fee includes end-of-season personalized drilled bowling ball. FMI: www.greatlifehawaii.com.

HICKAM HISTORICAL TOUR
Tours of historic Hickam will be held from 9:30 a.m. to 1:30 p.m. on Fridays throughout the month of February. The cost is \$45 for adults and \$40 for children ages 3 to 11 years old, and free for children 2 years and younger. Departures are from Information, Tickets and Travel-Hickam and Royal Alakai Lodge. FMI: 448-2295.

MOVIE ON THE LAWN
The movie “Groundhog Day” will be shown from 5:30 to 7:30 p.m. Saturday on the lawn in front of Pool Hickam2. 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.

UFC 156 IN HD
Watch the bout between Jose “Junior” Aldo vs. Frankie “The Answer” Edgar in high-definition at 4 p.m. Saturday at J.R. Rockers. Doors open at 3 p.m. for preliminaries. The event is free for members, \$10 for non-members. FMI: 448-2271.

KOOLINA WHALE WATCH TOUR
There will be whale watching tours to Koolina from noon to 3: 45 p.m. on Feb. 2, 3, 9, 16, 17, 23 and 24. The cost is \$40 for adults, \$35 for children ages 3 to 11, and includes round trip transportation from Information, Ticket and Travel-Hickam. FMI: 448-2295.

BOOT CAMP REGISTRATION
Registration for boot camp fitness runs through Feb. 7. The camp is modified to accommodate all fitness levels and includes nutritional guidance and workout routines. Sessions are held at the Hickam Fitness Center on Tuesdays and Thursdays from 9:30 to 10:30 a.m. and Mondays and Wednesdays from 4:30 to 5:30 p.m. Boot camp is open to all eligible patrons ages 16 years and older. The cost is \$150 per person for an eight-week session. FMI: 448-2214.

BASEBALL CLINICS WITH LIBERTY
Free baseball clinics with Liberty will be held on Tuesdays throughout February. Departures are from at Liberty Express 4 p.m., Beeman Center at 4:45 p.m., Instant Liberty at 5 p.m., and Makai Recreation Center at 5:15 p.m. This activity is for single, active-duty Sailors and Airmen only. FMI: 473-2583.

SWIM LESSONS
Pool 2 is offering a variety of swim lessons beginning Saturday. Hickam Classes are divided into three age groups: 17 and older, 5 to 16 years old, and 3 to 4 years old. Classes are held on Saturdays, and the cost is \$20 per student. Register online. FMI: www.greatlifehawaii.com.

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



CIRQUE DU SOLEIL: WORLDS AWAY (G)

From the big top to the big screen, Academy Award-nominated director Andrew Adamson and visionary filmmaker James Cameron invite audiences on an all-new 3D adventure -- Cirque du Soleil Worlds Away. Two young people journey through the astonishing and dreamlike worlds of Cirque du Soleil to find each other as audiences experience the immersive 3D technology that allows them to leap, soar, swim and dance with the performers.

SHARKEY MOVIE THEATER

TODAY
6:00 PM The Hobbit: An Unexpected Journey (PG-13)

SATURDAY
2:30 PM Monsters, Inc. (G)
4:45 PM Red Dawn (PG-13)

SUNDAY
2:30 PM Cirque du Soleil: Worlds Away (G)
4:45 PM Playing For Keeps (PG-13)
7:00 PM Killing Them Softly (R)

*\$1 for 3-D Glasses Rental

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Skyfall (PG-13)

SATURDAY
4:00 PM Hotel Transylvania (PG)
7:00 PM Playing For Keeps (PG-13)

SUNDAY
2:00 PM Skyfall (PG-13)

Community Calendar

FEBRUARY

NOW — Joint Base Tax Center, run by the Region Legal Service Office, is now open. The tax center offers “self-service” preparation with the help of a trained tax volunteer. Volunteers for the tax staff are also being sought. FMI: email Katherine.lake@navy.mil or call 473-4717.

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 event is not recommended for children. FMI: www.greatlifehawaii.com.

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 Feb. 4. 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.

13 — A family fun run will be held in the grassy mall area between the 15th Wing Headquarters building and Freedom Tower. Units should assemble no later than 6:55 a.m. Families, children and adults with strollers are welcome, but pets are prohibited.

15 — A Wings Over America Scholarship Foundation Golf Tournament will be held at the Kaneohe Klipper Course at Marine Corps Base Hawaii. The tournament will be “captain’s choice” format with a 12:30 p.m. shotgun start. The foundation provides scholarships to any dependent associated with naval aviation: officer, enlisted, retired and deceased FMI: www.wingsoveramerica.us

16 — The annual Swamp Romp run will take place at 7 a.m. at Marine Corps Base Hawaii, Kaneohe Bay. This is a six-member team event. The cost is \$140. FMI: <http://www.mccshawaii.com/swampromp>.

22 — HQ PACAF Maintainers will hold a Mardi Gras lunch and golf scramble. Lunch will be from 10:30 a.m. to noon at Foster Point. The golf tournament will be held at Mamala Bay with a 12:30 p.m. shotgun start. Sign up deadlines are Feb. 8 for the golf tourney and Feb. 15 for lunch only. FMI: Jeffrey.wurm@us.af.mil or 449-8678, or michael.shannon.4@us.af.mil or 449-8591.

Movie Showtimes



Battleship Missouri Memorial celebrates duo of ‘mighty’ anniversaries Feb. 2

Battleship Missouri Memorial Association

In celebration of the 69th anniversary of the launch of the USS Missouri (BB-63) from Brooklyn Navy Yard and the 14th anniversary of the ship’s opening as a memorial in Pearl Harbor, the Battleship Missouri Memorial is holding a day’s worth of festivities Feb. 2.

The event is free to *kamaaina* and military personnel. Ggates open at 8 a.m.

The day will feature numerous special events including band performances, educational demonstrations and activities, Battleship game stations, special tours and a volunteer recognition ceremony beginning at 10:30 a.m. on the ship’s fantail.

Anniversary festivities will run until 2 p.m. with normal tours continuing until 4 p.m.

Free admission includes one “Mighty Mo pass” per person and is valid for all active-duty and retired military personnel and military dependants with valid Department of Defense ID, as well as all Hawaii residents with state photo ID (such as driver’s licenses).

“The Battleship Missouri Memorial is a proud tribute to the military—the brave men and women who put it all on the line to protect our freedoms—and we welcome all of them to join us on Feb. 2 to celebrate two major anniversaries in the ship’s history,” said Michael A. Carr, the Missouri’s president and chief operating officer.

“We’re also taking this opportunity to thank our countless volunteers who keep the Missouri looking ship-shape, and our wonderful *kamaaina* who have been such generous hosts for the past 14 years.”

The Missouri is open daily from 8 a.m. to 4 p.m. For those without access into Joint Base Pearl Harbor-Hickam, shuttle buses provide round-trip transportation from the Pearl Harbor Visitor Center during operating hours.

Standard admission, which includes choice of a guided tour, is \$22 per adult and \$11 per child 4-12.

The Battleship Missouri Memorial, located a mere ship’s length from the USS Arizona Memorial, completes a historical visitor experience beginning with the “day of infamy” that saw the sinking of USS Arizona in Pearl Harbor and ending with Imperial Japan’s unconditional surrender aboard USS Missouri in Tokyo Bay.

For more information or to reserve a tour, call 973-2494 on Oahu, toll-free at 1-877-644-4896 or visit ussmissouri.org.



Battleship Missouri Memorial photo

See whales by taking a hike on Oahu trails

Rebecca Hommon

Navy Region Hawaii
Environmental Counsel

Earth Tip: If taking a boat offshore to see whales just doesn't sound like something your budget can afford, take a free hike instead.

If money is no object, the most active whale area is off the coast of Maui and in the waters between Maui, Molokai and Lanai.

But if the account marked “fun” is depleted, there are still ways to see Hawaii’s humpback whales without paying for airfare or a whale-watch cruise. Hike Makapuu Point some morning or evening.

Glassy conditions days are the best. Whales seem to be most active on the surface in the early part of the day and near sunset. So a morning hike up the Makapu’u Point Lighthouse



Photo by Navy Lt. Cmdr. Allen Unger

Trail on the far east end of Oahu between Hawaii Kai and Waima-nalo can yield enough tail slaps, leaps and mom/calf surface behavior to satisfy the checklist.

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation offers a discounted trip on one of the boats from Koolina but it's not free.

If going out to the lighthouse seems like a good idea, be sure to not leave valuables in your vehicle or to stray from the trail. Unfortunately, cars are often broken into and a young person just died from a fall after departing the trail.

Water, sunscreen and a hat are a must. Binoculars are maybe useful but sometimes a hindrance as you miss a breach just to the right of where you were looking.

The trail is paved so it’s a great family hike given

enough water and patience as the trail is a bit steep in some spots. Hiking sticks are a great add.

It’s not necessary to hike to the end of the trail to see whales as the trail goes

around the entire point , providing views to the ocean constantly. A view of Molokai is almost certain. For more information on the Makapuu Lighthouse Trail, visit: <http://bit.ly/eenrNP>

STORY IDEAS?

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

Phone: (808) 473-2890/2895

Email: editor@hookelenews.com

HO’OKELE

Scholarship applications due March 8 for high school seniors

American Society of Military Comptrollers Aloha Chapter

Applications are due for college scholarships provided by the American Society of Military Comptrollers (ASMC) Aloha Chapter. “Our local association is providing college scholarships this year to high school students who are furthering their education,” said Mary Garcia, ASMC Aloha Chapter scholarship chairperson.

College scholarships will

be for graduating high school seniors entering a field of study directly related to financial/resource management, such as business administration, economics, public administration, accounting and finance. The objectives of the ASMC Aloha Chapter Scholarship Program are to recognize graduating high school seniors for academic achievement and to provide financial assistance to seniors so they may accomplish their future financial management baccalaureate

educational goals.

The Aloha ASMC Chapter must receive applications no later than March 8 to be considered by the selection panel. Any applications received incomplete or after that date will not be considered for selection.

Award criteria/ submission requirements are as follows:

- Applicant must be a graduating high school senior in the final half of his or her school year or a high school graduate within six months of the application deadline.

- Applicant must be entering a field of study directly related to financial/resource management. Applications that do not fall within these fields will not be considered.

- Application must be submitted on the current official ASMC National Scholarship Form. Incomplete applications or submissions that do not follow the submission criteria will not be processed or considered for evaluation.

An applicant must have two letters of recommenda-

tion from a high school principal, academic dean, or guidance counselor and a high school teacher.

The application will include only the information requested in the application.

The applicant's scholastic achievements, leadership ability, extracurricular activities, career/academic goals and financial need will be considered and must be documented in letters of recommendation and summarized on the form.

A selection panel will review all applications

received and make final recommendations to the ASMC Aloha Chapter Board, who will approve the final award winners. All notification will be done in April. Checks will be mailed to the recipient in June once a college acceptance letter has been received.

For more information, including how to send submissions, e-mail Garcia of Aloha Chapter Scholarship/ Continuing Education at mary.c.garcia@navy.mil or call her at 473-8000, ext. 6320.

Well-baby doctor visits: Why they're so important

Shari Lopatin

TriWest Healthcare Alliance

You've missed your baby's scheduled well-baby doctor exam. Should you be concerned? Your baby isn't sick, so it's not that important ... is it?

Because babies grow so quickly, regular well-baby doctor visits help keep them happy and healthy. Well-ness visits start two days after discharge from the hospital and should continue on the following schedule: 2 weeks old, then 2, 4, 6, 9, 12, 15, and 18 months old.

These regular visits allow the pediatrician or nurse practitioner to check your baby's growth and development. They also give you—as the parent—important information about what to expect as your child grows up.

Identifying any growth or development issues early helps your child get additional specialty care if needed.

During a well-baby visit, your child will also receive any vaccinations that are due. Vaccinations are a big part of protecting your child from disease. If your baby isn't vaccinated, these diseases could make your child very sick, or even cause death.

Make the most during your regular well-baby visits. Write down any questions or concerns you may have about your child's development and bring them with you. This way you won't forget to ask the provider during the exam.

Well-baby visits are a TRICARE-covered benefit with no authorizations, cost-shares, co-payments, or deductibles for those eligible.

Super Bowl XLVII events planned at JBPHH Sunday

The 47th Super Bowl will take place in New Orleans on Sunday. Joint Base Pearl Harbor-Hickam will hold several events celebrating the big game.

J.R. Rockers will host a no-cover NFL Super Bowl Party with doors opening one hour before kickoff. There will be prizes, giveaways and a buffet. For more information, call 448-2271.

Doors open for the Club Pearl's Brews & Cues Super Bowl party at 11 a.m. There will be prizes, giveaways and games. For more information, call 473-1743.

Beeman Center will host

Super Bowl Sunday with Liberty at 1 p.m. Attendees will enjoy free snacks during the big game. This activity is for single, active-duty Sailors and Airmen only. For more information, call 473-2583.

Naval Station Bowling Center will celebrate Super Bowl Sunday from 1 to 4 p.m. For \$15 per person, patrons will get two games of bowling, including shoe rental, plus a personal pan pizza, chicken wings, onion rings and French fries from the Harbor Grill Snack Bar. There will also be free popcorn during the game. For more information, call 473-2574.

Blood drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives.

- Feb. 12, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center
 - Feb. 19 and 20, 8 a.m. to noon, Combat Logistics Battalion 3, Bldg. 1044, Marine Corps Base Hawaii
 - Feb. 21, 10 a.m. to 2 p.m., Schofield Barracks Tropics, Schofield Barracks
- For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.