

# Hawaii welcomes USS Halsey

## Naval Surface Group Middle Pacific Public Affairs

The guided-missile destroyer USS Halsey (DDG 97) arrived Feb 14 at its new home port of Joint Base Pearl Harbor - Hickam after a successful “hull swap” with USS Russell (DDG 59) in San Diego in January.

Halsey joins 10 other surface ships of Commander, Naval Surface Group Middle Pacific. Russell is now homeported at Naval Base San Diego.

Halsey and Russell turned over their respective administrative and maintenance responsibilities last month, then executed a hull swap and exchanged commands. Hull swaps, or ship rotations, are part of the Navy’s long-term plan to routinely continue upgrading the fleet.

Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, welcomed Halsey and the return of the former Russell crew to Hawaii.

“I congratulate Cmdr. Gary Cave (CO of Halsey), Cmdr. Mike Weeldreyer (CO of Russell) and their crews on a smooth ship rotation—perfectly executed,” said Ponds. “We are glad to have Halsey home here in Hawaii, part of our MIDPAC waterfront team, ready to operate forward.”

Ponds said Halsey is expected to deploy in the future to provide maritime security and forward presence in the western Pacific.

“It is clear that we are committed to rebalancing forces to the Asia-Pacific. All U.S. Navy



Photo courtesy of USS Halsey

USS Halsey (DDG 97) arrives at its new homeport at Pearl Harbor.

ships in the Middle Pacific, including USS Halsey and her crew, protect strategic cross-roads and are well positioned to work with, and reassure, regional partners and to bring advanced combat capabilities if

required,” Ponds said.

Halsey joins Commander, Destroyer Squadron 31, led by Commodore Capt. Wallace Lovely.

“Hull swaps like this are the Navy’s way to innovatively and

efficiently upgrade capabilities of our older ships and at the same time optimize capabilities of platforms,” Lovely said.

“This is important in these lean fiscal times,” Lovely added. “Halsey brings strong warfight-

ing and theater security cooperation capabilities to our team.”

As a flight 2A destroyer, Halsey can embark helicopters to provide more robust response when it deploys.

Capt. Gary Cave, Halsey commanding officer, commended the men and women of Russell and Halsey for making the hull swap a success.

“Since January 25, when we concluded the hull swap, we have focused on getting to know the nuances of our new ship, especially during our time underway. This Halsey team has shown tremendous commitment, initiative and focus throughout the process,” Cave said.

“We are extremely grateful for the continued support and understanding of our Russell-Halsey families and friends throughout this process. We all look forward to getting back home to Hawaii and introducing Halsey to the Pearl Harbor waterfront,” he said.

Halsey was commissioned July 30, 2005 at Naval Station North Island and is named after U.S.

Naval Academy graduate Fleet Adm. William “Bull” Halsey Jr., who commanded the U.S. 3rd Fleet during much of the Pacific War against Imperial Japan.

USS Halsey provides deterrence, promotes peace and security, preserves freedom of the sea and assists in humanitarian/disaster responses in support of Commander, U.S. Pacific Fleet.

## Canadian sailors ready for exercise

Canadian sailors aboard HMCS Algonquin (DDG 283) arrive at Joint Base Pearl Harbor-Hickam to participate in the theater anti-submarine warfare (TASW) phase of the Submarine Commander’s Course (SCC) and a task group exercise (TGEX) with the U.S. Navy.

U.S. Navy photos by MC2 Daniel Barker



## Gate closures to occur Feb. 18 for Great Aloha Run

Gate closures will take place at Joint Base Pearl Harbor-Hickam on Presidents’ Day, Feb. 18, in support of the Great Aloha Run.

Borcher’s Gate will be closed during the race, and Luapele Gate will be open from 4 a.m. to noon.

In addition, Center Drive and

Radford Drive will not be accessible by Kamehameha Highway, including Makalapa Gate which will be closed from 4 to 9:45 a.m.

Several water aid stations will be available along the route, including a water aid station on Kamehameha Highway near Borcher’s Gate.

## Former Chief Master Sgt. of Air Force McCoy checks progress of 15th Wing



(Above) Kathy McCoy and her spouse, retired Chief Master Sgt. of the Air Force James McCoy, meet Feb. 7 for an office call with Col. John Roscoe, 15th Wing commander, and Chief Master Sgt. Leslie Bramlett, 15th Wing command chief at the 15th Wing headquarters building, Joint Base Pearl Harbor-Hickam. McCoy took the opportunity to share personal stories, past military experiences and words of wisdom. McCoy also spoke with the Noncommissioned Officer Academy students at the Binnicker Professional Military Education Center at JBPHH during his visit. McCoy served as the sixth chief master sergeant of the Air Force from 1979-1981.

(Right top) Staff Sgt. Tara Sherry, 15th Wing knowledge operations manager, shakes hands with retired Chief Master Sgt. of the Air Force James McCoy.

(Right) Penny M. Snelgrow, 15th Wing commander’s support staff, and Col. John Roscoe, 15th Wing commander, welcome retired Chief Master Sgt. of the Air Force James McCoy and his spouse Kathy.

U.S. Air Force photos by Tech. Sgt. Jerome S. Tayborn



Lake Erie and MDA conduct successful missile intercept test  
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690th NSS holds grand opening for new facility  
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Reuben James Sailors celebrate African American Heritage Month  
**See page A-3**



USS O’Kane Sailor receives Sea Warrior salute  
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Pilot For a Day  
**See page B-1**



Special events planned for African American History Month in February  
**See page B-3**



# Lake Erie and MDA conduct successful missile intercept test

## Missile Defense Agency

The Missile Defense Agency (MDA) and U.S. Navy Sailors aboard the USS Lake Erie (CG 70), homeported at Pearl Harbor, Hawaii, successfully conducted a flight test of the Aegis ballistic missile defense (BMD) system on Feb. 12, resulting in the intercept of a medium-range ballistic missile target over the Pacific Ocean by a Standard Missile-3 (SM-3) Block 1A guided missile.

At 11:10 p.m. HST, (4:10 a.m. EST) a unitary medium-range ballistic missile target was launched from the Pacific Missile Range Facility on Kauai, Hawaii. The target flew northwest toward a broad ocean area of the Pacific Ocean.

The in-orbit space tracking and surveillance system-demonstrators (STSS-D) detected and tracked the target and forwarded track data to the USS Lake Erie. The ship, equipped with the second-generation Aegis BMD weapon system, used launch on remote doctrine to engage the target.

The ship developed a fire control solution from the STSS-D track and launched the SM-3 Block 1A guided missile approximately five minutes after target launch. The SM-3 maneuvered to a point in space and released its kinetic warhead. The kinetic warhead acquired the target reentry vehicle, diverted into its path, and, using only the force of a direct impact, engaged and destroyed the target.

Initial indications are that all components performed as designed. Program officials will assess and evaluate system performance based upon telemetry and other data obtained during the test.

The event, designated Flight Test Standard Missile-20 (FTM-20), was a demonstration of the ability of space-based assets to pro-



U.S. Navy photo

A Standard Missile-3 (SM-3) Block 1A interceptor is launched from the guided-missile cruiser USS Lake Erie (CG 70) during a Missile Defense Agency and U.S. Navy test in the Pacific Ocean.

vide mid-course fire control quality data to an Aegis BMD ship, extending the battlespace, providing the ability for longer range intercepts and defense of larger areas.

FTM-20 is the 24th successful intercept in 30 flight test attempts for the Aegis BMD program since flight testing began in 2002. Across all ballistic missile defense system programs, this is the 58th successful hit-to-kill intercept in 73 flight tests since 2001.

Aegis BMD is the sea-based component of the MDA's ballistic missile defense system. The Aegis BMD engagement capability defeats short- to intermediate-range, unitary and separating, midcourse-phase ballistic missile threats with the SM-3 as well as short-range ballistic missiles in the terminal phase with the SM-2 Block IV missile. The MDA and the U.S. Navy cooperatively manage the Aegis BMD program.



Master Sgt. Jamie Munkelt (left), operations superintendent, and Sara Volle (right), project manager, cut the ribbon during a ceremony for the grand opening of the new 690th Network Support Squadron Det 3 Operations Facility held Feb. 7 at Joint Base Pearl Harbor-Hickam.

## 690th NSS holds grand opening for new facility

Story and photo by  
David D. Underwood Jr.

Joint Base Pearl Harbor-Hickam Public Affairs

The 690th Network Support Squadron (NSS), Detachment 3 at joint base celebrated the grand opening of its newest facility Feb. 7 with a ribbon-cutting ceremony and open house.

"The enterprise service desk is one of four help desks that provide one virtual environment delivering a single IT service desk for the Air Force Network," said Lt. Col. Harriet Campbell, commander, 690th NSS Det 3.

The others are located at Ramstein Air Base, Germany; Lackland AFB, Texas; and Maxwell AFB, Gunter Annex, Ala.

"What makes this one unique is if the cable underneath the Pacific gets cut, this is the only support to the Pacific Region, and this has been the case in many occasions," said Campbell.

"This was truly a 'joint' effort. The 690th NSS Det 3's operations facility was the first reconstruction project to go through the Joint Base Pearl Harbor-Hickam joint base process. The completion of this building established full operational capability. The Airmen, Sailors, Soldiers, civilians and contractors of JBPHH all worked together to make this building a success," she said.

The ribbon was cut by Master Sgt. Jamie Munkelt, operations superintendent, and Sara Volle, project manager. After the ceremony, a tour was given of the facility with briefings from the network technicians.

## STORY IDEAS?

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

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Commentary

# Hull Swap: Ingenuity, Innovation, Improvement

Rear Adm. Frank Ponds

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

(Yesterday USS Halsey (DDG 97) joined the waterfront in Hawaii after a ship rotation, or hull swap, with USS Russell (DDG 59) in San Diego.)

This week the guided-missile destroyer USS Halsey arrived to become part of our team at Naval Surface Group Middle Pacific at Pearl Harbor. The arrival is another signal of Navy's commitment to upgrade platforms, conserve resources and rebalance assets strategically to the Pacific.

The commanding officers and crews of USS Halsey and USS Russell executed a



Rear Adm. Frank Ponds

smooth ship rotation perfectly last month in San Diego. While the ship USS Halsey is new to the Pearl Harbor

waterfront, many of the crew members formerly served aboard USS Russell. Their families are welcoming them home this week, and we are all welcoming about two dozen new crew members and families to Hawaii and our ohana.

Here in Hawaii we are actively pursuing ways to significantly reduce and defer costs due to the fiscal challenges our Navy currently faces. Swapping the ship but not the Sailors, an initiative begun more than a year ago, is an innovative means of saving taxpayers approximately \$35 million. Savings were achieved through economy-of-scale repairs through mid-life upgrades. Simultaneously, the hull swap provided stability to our Sailors and

their families by allowing them to remain in the same homeport.

USS Halsey brings different, and in some areas improved, capabilities to the middle Pacific. Halsey is capable of embarking helicopters, as one example, and has improved air defense capabilities. While we honor the service and achievements of USS Russell, we look forward to the capability improvements USS Halsey represents.

USS Halsey's namesake is Fleet Adm. William "Bull" Halsey Jr., who was commander of the U.S. 3rd Fleet in the Pacific War against Imperial Japan. The ship belongs in historic Pearl Harbor, where Admirals Halsey, Spruance and Nimitz once served.

USS Halsey is expected to deploy to U.S. 3rd, 7th and 5th Fleet areas of operation in support of Commander, U.S. Pacific Fleet. All of our ships in the middle Pacific are positioned to protect strategic crossroads, to work with and reassure regional partners, to support humanitarian assistance missions, and to bring advanced combat capabilities if required.

From our strategic base here in Hawaii – center point for rebalancing to the Pacific – we are committed to maintaining warfighting readiness, operating forward and preserving freedom of the maritime domain.

(Editor's note: The 11 surface ships of MIDPAC include three guided-missile cruisers: USS Chosin (CG

65), USS Lake Erie (CG 70) and USS Port Royal (CG 73); seven guided-missile destroyers: USS Chafee (DDG 90), USS Chung-Hoon (DDG 93), USS Halsey (DDG 97), USS Hopper (DDG 70), USS Michael Murphy (DDG 112), USS O'Kane (DDG 77) and USS Paul Hamilton (DDG 60); and one guided-missile frigate: USS Reuben James (FFG 57). They are homeported at Joint Base Pearl Harbor-Hickam, on Oahu, and train at Pacific Missile Range Facility at Barking Sands, Kauai.

Read a recent commentary by Rear Adm. Ponds about the Continuing Resolution and its potential impact – "Region, MIDPAC: Opportunities Amidst Fiscal Challenges." at <http://bit.ly/Vj2esJ>.

## Reuben James Sailors celebrate African American Heritage Month

Lt. j.g. Damon A.D. Goodrich-Houska

USS Reuben James (FFG 57)

The Sailors aboard USS Reuben James (FFG 57) celebrated African American History Month during an observance held Feb. 1 on the ship.

Lt. Jordan White, Reuben

James' navigator, described the event as "a celebration of the accomplishments of Americans throughout history who have championed freedom and equality for all."

White stressed the importance of recognizing those whose altruism and dedication have led to great advances for both their cultures and the United States.

"We are all grateful for their hard work, and this month is in honor of them," he said.

Gas Turbine Systems Technician (Mechanical) 1st Class (SW) Neil Walker spoke about the importance of diversity as well as the accomplishments of Dr. Martin Luther King Jr. "I am amazed at how far we have come as a country and as a service in the U.S. Navy," said Walker.

"It is an honor and a privilege to be able to call each and every one of my shipmates brother, regardless of skin color, ethnicity, religion, gender or whatever," he said.

The celebration of African-American Heritage Month was topped off with a cake-cutting ceremony.

Reuben James is on a routine deployment to the U.S. 7th Fleet area of responsibility and will decommission this summer after 27 years of service.



U.S. Navy photo by LSI (SW) Froiland Poblete

Lt. Jordan White (left) and Gas Turbine Systems Technician (Mechanical) 1st Class (SW) Neil Walker (right) cut a cake during the observance of African American Historic Month held on USS Reuben James (FFG 57).

### Diverse Views

"What do you like best about your job with the military and why?"

Tech. Sgt. Donald Jones  
647th Civil Engineer Squadron



"I like a good challenge. Working within the joint base has opened my eyes to different ways of doing things and has made me a more versatile NCO, ready to tackle challenges of the 21st century.."



1st Lt. Chris Fosburg  
HQ PACAF

"The constant flow of new challenges. The Air Force keeps me on my toes. I am constantly learning new things, and I am provided unique opportunities."

Culinary Specialist 3rd Class  
Melvin Sibai  
Joint Base Pearl Harbor-Hickam



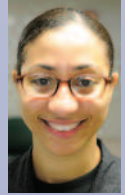
"As a cook in the Navy, I enjoy doing fruit carvings because I love art. It's all about the presentation in culinary arts. I also like the teamwork."



Maj. John Glass  
HQ PACAF

"Constant variety. I never come to work and have the same day twice. There is always a new challenge and new people to keep the military interesting."

Spc. Melissa Vasquez  
25th Infantry Division,  
Schofield Barracks



"I'm a food service specialist in the Army, and I like my job because I'm a people person and I get to interact with all types of people, race and ranks and it's great for social skills."



Senior Airman Erica Hollier  
17th Operational Weather Squadron

"I love the people and challenges of my job. I have not been in the military long, but I have made some amazing friends. I have always wanted to be a weather girl and the Air Force gave me that opportunity."

Andrea Favor  
Tailor Shop, Joint Base  
Pearl Harbor-Hickam



"I like my job with the military because I enjoy sewing and fixing uniforms, I've been doing this type of work now for 23 years."



Constante Jurado  
647th Force Support Squadron

"Working with people. The Air Force takes very good care of Airmen and their families. I am proud to have served both as an Airman and now as a civilian."

(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](mailto:editor@hookelenews.com) or [karen.spangler@navy.mil](mailto:karen.spangler@navy.mil)

## Tuskegee Airmen became elite group of pilots



U.S. Air Force photo

Advanced instruction turned these student pilots into fighter pilots at Tuskegee Army Airfield, Ala. The Tuskegee Airmen were an elite group of African American pilots in the 1940s. The term Tuskegee Airmen also refers to all who were involved in the Army Air Corps program to train African Americans to fly and maintain combat aircraft. February is African American History Month.

### HO'OKELE

PEARL HARBOR - HICKAM NEWS

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# JMSDF visits Pearl Harbor

Capt. James Childs (right), commander of Submarine Squadron One, shakes hands with Cmdr. Kaoru Yoshida, commanding officer of the Japan Maritime Self Defense Force (JMSDF) submarine Hakuryu (SS 503), after the submarine moored pierside at Joint Base Pearl Harbor-Hickam for a scheduled port visit Feb. 6. While in port, the submarine crew will conduct various training evolutions and have the opportunity to enjoy the sights and culture of Hawaii.

Japan Maritime Self Defense Force (JMSDF) submarine Hakuryu (SS 503) arrives at Joint Base Pearl Harbor-Hickam for a scheduled port visit Feb. 6.



U.S. Navy photo by MC2 Steven Khor



U.S. Navy photo by Cmdr. Christy Hagen

## STORY IDEAS?

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Electronics Technician 2nd Class (SW) Marc Batoon repairs an electronics component. Batoon is assigned to USS O'Kane and received a Sea Warrior salute for his efforts in saving the Navy money.

## USS O'Kane Sailor receives Sea Warrior salute

Story and photos by Lt. j.g. Kate Kazimer

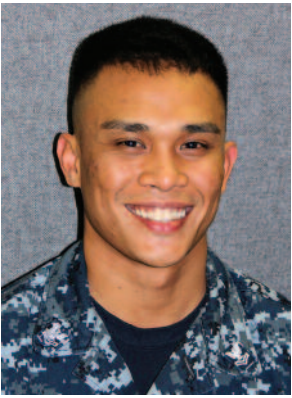
USS O'Kane Public Affairs

Electronics Technician 2nd Class (Surface Warfare) Marc Batoon of USS O'Kane (DDG 77) continues to impress as the premier miniature/microminiature module test and repair (2M/MTR) technician in the surface fleet (Atlantic and Pacific).

He has earned previous recognition as a leading 2M technician on three previous occasions. His record of sustained excellence in electronics repair dates to October 2011 when he took over the electronics repair shop on USS O'Kane (DDG 77).

Since then, his repairs have saved thousands of dollars, with a total still being tallied. In the last quarter alone, he completed 18 major repairs.

"He's a terrific Sailor," said Lt. Michael Arnold,



ET2 (Surface Warfare) Marc Batoon

the ship's electronics material officer. His entire chain of command had high praise for Batoon, who has been tinkering with electronics ever since his grandfather presented him with a build-your-own radio kit in the fifth grade.

"Much of the credit goes to the other technicians throughout the ship. For example, the fire controlmen can usually isolate a fault down to the specific circuit card assembly, and that saves me a lot of

time," Batoon said.

Training is also a major factor. "I think one of the best schools I went to was the advanced technology class we went to before A School. It was really hands-on and engaging," Batoon said.

The Navy's 2M/MTR program teaches how to repair circuit cards for all kinds of equipment, from engine control panels and sensor monitoring equipment to some of the most advanced radars and weapons systems in the Navy. Many circuit cards cost thousands of dollars each to replace, making Batoon's efforts even more important as the Navy faces a fiscally constrained environment for ship operation and maintenance.

In addition, Batoon's repair work has provided a significant boost to O'Kane's material self sufficiency, enabling her to make critical repairs underway and maintain mission readiness.



# Pearl Harbor-Hickam*Highlights*

(Right) The guided-missile cruiser USS Port Royal (CG 73) passes by USS Arizona Memorial and Battleship Missouri Memorial as it departs from Joint Base Pearl Harbor-Hickam to participate in the theater anti-submarine warfare (TASW) phase of the Submarine Commander's Course (SCC) and task group exercise (TGEX).

U.S. Navy photo by MC3s Diana Quinlan



(Left) Builder 2nd Class Raynoldo Castro from Naval Facilities Engineering Command (NAVFAC), Self Help, Hawaii, sands a wall at Mobile Diving and Salvage Unit One. The command has a workforce of approximately 1,353 highly-skilled civilian and 219 Navy and Air Force military personnel distributed throughout the Pearl Harbor area as well as leeward and windward parts of Oahu. A small number of employees work at Pacific Missile Range Facility, Kauai.

U.S. Navy photo by MC2 Sean Furey

(Right) Mass Communication Specialist 3rd Class Dustin Wayne Sisco from Navy Public Affairs Support Element (NPASE) West, Detachment Hawaii, shoots video while Builder 2nd Class Raynoldo Castro from Naval Facilities Engineering Command (NAVFAC), Self Help, Hawaii, sands a wall at Mobile Diving and Salvage Unit One.

U.S. Navy photo by MC2 Sean Furey



(Left) Senior Chief Cryptologic Technician (Networks) J.T. Piwonski, assigned to the U.S. Pacific Fleet headquarters staff, trains first class petty officers (FCPOs) on evaluation writing. The training is part of CPO 365, a year-long program separated into two phases. It is designed to guide prospective FCPOs physically, mentally and professionally to meet the expectations and responsibilities of a chief petty officer.

U.S. Navy photo by MC2 Jerine Lee

(Right) More than 168 members of the 3rd Marine Regiment participate in a Feb. 6 six-mile motivational conditioning hike around Ford Island. See additional photo on page A-6.

U.S. Marines photo by Lance Cpl. Roberto Villa





## 2nd Lt. Janet Hudson puts heart and soul into creating Yellow Ribbon program

**Master Sgt. Daniel H. Nathaniel**

*624th Regional Support Group*

When she accepted the job as family support specialist with the 624th Regional Support Group's (RSG) Airman and Family Readiness Program, 2nd Lt. Janet Hudson faced a major challenge: The program she was hired to run — Yellow Ribbon—didn't exist. She would have to build it from scratch.

And build it she did. Three years, and countless hours of hard work later, Hudson has established a program that is meeting the needs of Airmen and their families in Hawaii and Guam who are dealing with the multitude of issues resulting from long-term deployments. As a result, she gained recognition throughout Air Force Reserve Command.

Her journey began when her

fiancé received orders to Hawaii. Hudson, who was then a technical sergeant, decided to follow her future husband to Hawaii and started looking for a Reserve job.

Although she worked in the maintenance world, when she saw the job opening for a family support position with the 624th RSG, she jumped at the opportunity.

The Jacksonville, Fla. native had first become familiar with the work family support people do when she was put on active-duty orders for four years at Charleston Air Force Base, S.C.

Because she was single, the base's family support center kept her mother back in Florida informed of events going on in the area where her daughter was stationed. Hudson said her mother really appreciated the office staying in touch with her.

Hudson said she was determined to build her Yellow Ribbon Program on maintaining that kind of personal touch with Airmen and their families.

"The early stages were kind of

hit or miss," said Senior Master Sgt. Corinna Seitz, 624th RSG directorate of personnel superintendent.

"With no guidance at that time other than, 'Go forth and create a Yellow Ribbon program,' Janet did all the grunt work."

Despite encountering some obstacles along the way, Seitz said Hudson persevered and succeeded in giving the organization a first-class Yellow Ribbon Program that serves the needs of Airmen and their families.

Hudson's first official foray into Yellow Ribbon was a mid-deployment event in 2009 for the spouses and children of deployed members. The event made quite an impression on one of the guest speakers, Army wife Michelle Cuthrell, who is the author of the book "Behind the Blue-Star Banner: A Memoir from the Homefront."

"My time with her was absolutely amazing," Cuthrell said. "I have spoken at multiple Yellow Ribbon conferences throughout the country, and she put on one of the most intimate, smoothest running, most information-packed conferences of them all. The spouses who attended her conference left with so much

valuable information that was both practical and relevant to their lives."

Being in the middle of the Pacific Ocean, far away from the mainland resources and logistics, forced Hudson to be extremely efficient and streamline many processes to fit her local venues.

One of her innovations was preparing a three-ring binder with all the pamphlets and information tied to the various speakers with room for notes. The usual practice at mainland events is for participants to visit booths in between sessions to pick up pamphlets and information. With the binder, participants would always have a ready guide available should they need it in the future.

"She is a very organized, very dedicated professional," said Maj. Christopher Castaneda, Yellow Ribbon representative for the 477th Fighter Group at Joint Base Elmendorf-Richardson, Alaska.

"When it comes down to making sure things are done, she knows exactly what she needs to do. We started working on a lot of projects based on her experiences out in Hawaii where she was literally doing it

all by herself."

As she gets ready to bow out of the Yellow Ribbon Program to pursue a master's degree in aeronautical science, Hudson reflected on the importance of the program and why it is necessary to repeat essential information from finance to resiliency over and over again.

"As Reservists, we are always doing training, training and more training, and then we are making up training, so there is not really time on a drill weekend to get all of this. And when we do, a lot of the time because we heard it before, we kind of dismiss it," said Hudson.

"But now if you have your spouse, or family member or whoever your support system is, hears it for the first time they are going to say, 'Did you know that? Why didn't I know that? Have you done this?' They are going to get on you and move forward with this," Hudson explained.

Recognizing the importance of the Yellow Ribbon Program, the 624th RSG is in the process of selecting someone to replace Hudson, who is scheduled to oversee at least one more big Yellow Ribbon event in March.

## Manning the rails at Missouri

Members of the 3rd Marine Regiment manned the rails of the historic Battleship Missouri Memorial Feb. 6 after a six-mile motivational conditioning hike by more than 168 Marines around Ford Island. The trip served as a morale/team building exercise as well as giving the Marines a chance to learn of the Missouri's history. They also visited the Pacific Aviation museum.

U.S. Marines photo by Lance Cpl. Roberto Villa





# Life & Leisure

## Pilot For a Day

Staff Sgt. Terri Barriere  
15th Wing Public Affairs

Caleb Jensen has dreamed of becoming a pilot for as long as he can remember. He thought about it, talked about it and on Feb. 8 his dream came true.

Caleb, 15, was selected for the Pilot For a Day program after undergoing an intense battle with aplastic anemia, a condition which causes the body to stop producing new blood cells. After being admitted to Kapiolani Medical Center for Women and Children for treatment, he was identified by the hospital's child life specialist and nurses as a good candidate for the private organization, Pilot For a Day, and an experience with the 15th Wing, focused on children with serious or chronic medical conditions.

Capt. Todd Walker said Pilot For a Day invites children of all ages, military or civilian, to be guests of the wing and one of its flying squadrons for an entire day. In so doing, the mission is to give each child a special day and a break from whatever challenges they are facing.

"Pilot For a Day came at the perfect time," said Melissa Jensen, Caleb's mom. "It came at the end of his treatment and was really a good way for us to celebrate things getting back to normal."

Melissa said after finding out Caleb's diagnosis in June, setting up a bone marrow transplant between him and his sister in August, and home-schooling him while nursing him back to health for the remainder of last year; she knew Pilot for a Day would be perfect for him.

"I agreed to let him participate because I knew he'd love it," she said. "He's done nothing but talk about being a pilot and his love for flying for a while now. This was perfect for him."

After receiving a clean bill of health at his most recent medical appointment, Caleb was more than ready to leave the

doctors and hospitals in the past and engage in a little fun.

Caleb, who said he's not sure of anything else he'd like to accomplish other than becoming a pilot of "something big," is now considering the military as a possible avenue to fulfilling his life-long dream.

"This was really good timing, I'm feeling tons better," he said. "My favorite part of the day was definitely the KC-135 simulator. It's as close to flying as I can get right now, and it was really a lot of fun. I can't wait to tell my friends I got to fly a plane while they were at school."

To make the moment even sweeter for Caleb, his parents, brother and three sisters were able to share the experience. And just as his family rallied around him in support as he underwent his treatments, they were there to share the moment

he notably marks as one of the best days of his life.

"We've been through a really hard time together, so it's good to be able to experience the really good ones together as well," Melissa said of her family's participation in Pilot For a Day. "This will be a lasting memory my whole family shares, and it was a lot of fun."

Caleb's mother said that after the ups and downs of the past several months, it was refreshing to see her children having so much fun.

"Just watching their faces light up ... everyone had these great big smiles on their face," she said.

Col. Terry Scott, 15th Wing vice commander, said those smiles, in essence, are what the Pilot For a Day program is all about.

"I feel lucky, privileged, honored and very fortunate to participate in Pilot For a Day," he said.

"It's great to meet such good people who have overcome such obstacles. They've earned my respect and, it doesn't matter how old they are. It's respectable to see someone not giving up, not quitting, taking life by the horns and going out there and living — seizing life."

Scott said supporting programs like Pilot For a Day shows the compassionate side of the U.S. military, a point not lost on the Jensen family.

"Thank you so much for your generosity," said Caleb. "This was so much fun. I really would enjoy coming back to do it again. This was definitely the best Friday ever!"



U.S. Air Force photos by Tech. Sgt. Jerome S. Tayborn

Caleb Jensen sits in the pilot seat of the KC-135 Stratotanker simulator as part of the Pilot For a Day program at Joint Base Pearl Harbor-Hickam, Hawaii, Feb. 8, 2013.



Caleb Jensen, Pilot For a Day participant, operates a bomb robot as part of the Pilot for a Day program.



Caleb operates a bomb robot with the help of Senior Airman Vincent Irr, 647th Civil Engineer Squadron munitions apprentice.



Tech. Sgt. Bryan Dickson, 15th Operations Support Squadron, aircrew flight equipment, explains the steps for decontaminating military personnel infected after a chemical attack, to Caleb Jensen, his father Darwin and sister London as part of the Pilot for a Day program.



Col. Terry Scott, 15th Wing vice commander, presents a certificate to Caleb Jensen, whose dream it is to one day become a pilot.



# Strong defense leads Port Royal to blowout win

Story and photo by  
Randy Dela Cruz

Sports Editor

One week after beating USS Lake Erie (CG 70) “B” by 15 points, USS Port Royal (CG 73) “A” took their game to an even higher level by trouncing USS Chafee (DDG 90), 55-15, Feb. 9, in an Afloat Division intramural basketball game Feb. 9 at Joint Base Pearl Harbor-Hickam Fitness Center.

Down early in the first half, Port Royal took the lead at 4-3 on a basket by Quartermaster 2nd Class

3rd Class Robert Wood’s second three-pointer of the game for a 14-3 lead.

Port Royal added two more baskets to take an 18-3 lead before Chafee Chief Operations Specialist Tian Henry finally stopped the bleeding with a basket at 1:13 before intermission.

After the break, Port Royal continued to pour it on and took a 20-point lead on a fast-break lay-up by Waldon to make it 32-12 with 12:04 remaining in the game.

Seven minutes later, the lead ballooned to 30 points after Wood scored inside the paint on an assist from



USS Port Royal (CG 73) “A” guard Quartermaster 2nd Class Brian Myles fights to put up a lay-up.

was feeling it.”

Chafee guard Operations Specialist 3rd Class Seyron Hawkins disagreed with Waldon and stated that it was just one of those games that got away.

Hawkins admitted that the team wasn’t ready to face Port Royal’s defense and couldn’t make the necessary adjustments to turn the game around.

“That’s not the case,” said Hawkins about Port Royal being 40 points better. “We weren’t ready for the high two-three zone matchup. We haven’t played a team that did that. They ran us out the gym basically.”

Still, Hawkins said that he feels confident that Chafee, which fell to 1-2 in the division, has what it takes to get better in a hurry.

“There is a lot of growing up from here,” he said. “We have a big uprising now. We have a solid team.”

Besides Waldon, Port Royal got solid contributions from Wood, with 11 points, Operations Specialist 2nd Class Kevin Doran, 9 points, Garrison, 7 points, and Myles with 6.

A total of nine players scored for Port Royal in the team’s offensive eruption, but Waldon pointed out that it all started on defense.

“Defense is the key to winning games,” he said. “We just showed them different looks. We just came out and did what we were supposed to do. This is a team effort. I’m proud of all my teammates.”

“I’m telling you, it’s going to get better... We just got to come in and be aggressive.”

—Team captain Seaman London Waldon

Brian Myles with 13:41 before halftime and never looked back.

Team captain Seaman London Waldon said that the easy victory wouldn’t be the last one for Port Royal.

“I’m telling you, it’s going to get better,” said Waldon, who didn’t score in the first half, but exploded for a game-high 13 points in the second half. “We just got to come in and be aggressive.”

Following the go-ahead basket by Myles, Port Royal took their first double-digit lead at the 7:24 mark in the first half on Gunner’s Mate

Waldon to make it 42-12. The onslaught continued as Port Royal scored 10 more consecutive points to go up by 40 points at 52-12.

The 20-point run was capped off by a long-range bomb from beyond the arch by Seaman Casie Garrison with only a minute remaining on the clock.

While very few teams have ever claimed victory by 40 points in a game during intramural play, Waldon said that he wasn’t surprised by the rare feat.

“Yes, we’re 40 points better,” he said. “Everybody

# CES TEAM 2 slips past Fighting Geckos

Story and photo by  
Randy Dela Cruz

Sports Editor

Staff Sgt. Sean Ryan pumped in a go-ahead basket with 51 seconds remaining on the clock, then sealed the game with two free throws, as the 647th Civil Engineer Squadron (647 CES) CES TEAM 2 edged by the 17th Operational Weather Squadron (17 OWS) Fighting Geckos, 41-40, in a Blue Division intramural basketball game Feb. 4 at Joint Base Pearl Harbor-Hickam Fitness Center.

With the score tied at 37-37 late in the game, Ryan

got the ball on the right side of the lane and knocked down a 10-foot bank shot to put CES TEAM 2 up by a basket.

A free throw by Lt. Carl Densford drew the Geckos to within a point, but Ryan was fouled and calmly stepped up to the line and sank the front end of a one-and-one before securing the game by nailing the second shot for a three-point lead with only three seconds on the clock.

“He can position himself very well,” said CES TEAM 2 head coach, Department of Defense civilian Joe Ramirez, about the go-ahead shot. “So he was in

the right place at the right time.”

The win ended a frenzied matchup that saw the CES come from behind to take the lead at halftime, only to lose it with only 2:40 remaining on the clock.

Down by four at 14-10 in the first half, the CES scored the next six points to gain a two-point lead.

Senior Airman William Beck capped off the run with a fast-break lay-up off of an assist by Senior Airman Ibrahim Berete.

The Geckos tied the score on two free throws by Senior Airman Chris Ford, but Ryan came back down the floor and connected on the trey to put the CES up by three before going into halftime with a 22-18 lead.

In the second half, the Geckos started to press and

quickly cut the lead down to a point at 24-23 after Ford scored a basket at the 14:02 mark.

Later, Ryan put CES up by their biggest lead at six on a coast-to-coast lay-up for a 33-27 advantage with only 6:16 left in the game.

However, the press by Geckos paid off again with Densford converting two lay-ups off of steals with a minute left to help the 17th tie the score at 35-35.

Another steal led to another lay-up by Staff Sgt. Erik Davis to give the Geckos their first lead in the second half at 37-35.

A put-back shot by Berete tied the score, before Ryan gave the CES the lead for good with his clutch shot.

“Our main thing is to stay focused,” Ramirez said. “We moved the ball around a lot

better, and if we get it down to our big guy (Berete), I know he can create and shoot from the outside.”

Ramirez admitted that the press by the Geckos did cause problems, but quick adjustments allowed the CES to seize control back.

“They (Geckos) hadn’t done it all the game,” Ramirez said. “In the second half, they came out in full pressure and we weren’t quite ready for it. We were kind of lax, turnovers happened right off the bat, and we had to put a stop to it.”

The CES were led by Ryan with 11 points, with Berete and Airman 1st Class Michael Fusaro chipping in with 10 apiece.

Ford scored a game-high 20 points for the Geckos and was followed by Senior Airman Tony Oakley, who

was eight-for-eight from the charity strip, and Densford with seven.

Ford said that a better team effort helped the Geckos to the lead late in the contest, but missed opportunities in the closing minutes cost his team the game.

“We missed some crucial free throws,” Ford acknowledged. “It just came down to free throws and getting the extra rebound and making the extra lay-up.”

For Ramirez, he said that the win was especially sweet after the CES started off the season with two close defeats.

“We need this win,” he said. “We practice hard and we’ve lost two single-digit losses. That’s heartbreaking. This time we were able to hang on and hopefully we’re out of that.”



Airman 1st Class Michael Fusaro, CES TEAM 2, goes up for a lay-up against the Fighting Geckos.



# Combined submarine squad defeats the Marauders

Story and photo by  
Randy Dela Cruz

Sports Editor

Rallied by the long range sharp shooting of Machinist's Mate 1st Class Dean Marvin, the combined team of Commander, Submarine Squadron 1, Commander, Submarine Squadron 7 and Naval Submarine Support Center (CSS1, CSS7, NSSC) overcame an eight-point deficit in the first half and a four-point shortfall with four minutes in the contest to beat the 747th Communication Squadron (747 CS) Marauders, 50-48, in a Gold Division intramural basketball game Feb. 12 at Hickam Fitness Center.

Marvin torched the Marauders for 13 points in the first half and finished with a team-high 22 as the combined squad took the lead for good with only 1:41 remaining on the clock.

"Our biggest downfall has been inexperience and fatigue," said Marvin about the team's 0-4 start. "Today, we had a complement of players that allowed us to sub out and get some rest, and today, especially, we played together as a team."

Early in the game, the Marauders got out to a fast start behind the hot hand of Master Sgt. Jason Barlow, who collected two three-pointers and scored 10 of the team's first 12 points en route to a 12-2 advantage.

Marvin got his team back

in the game with back-to-back swishers from beyond the arch with 12:05 before halftime and connected on another downtown bomb to close the gap to two, 18-16, at the 5:36 mark.

The deficit remained at two points, as Chief Electronics Technician Michael Heffner scored on a lay-up, but Barlow came back with a three-pointer just before intermission to take a 25-20 lead at the break.

Six minutes into the second half, a basket by Yeoman 2nd Class Jeremy Jergenson cut the Marauders' lead down to one before two free throws by Hospital Corpsman 1st Class Jonathan Waite gave the combined squad its first lead of the game at 33-32 with 11:40 remaining on the clock.

The Marauders retook control on another trey by Barlow to open up a 39-34 advantage at the 7:15 mark, but a basket-and-one and two free throws by Jergenson, plus a hoop by Marvin, knotted the game up 41-41 with only 2:43 left in the contest.

A three-point shot by Waite was answered by a basket-and-one from the Marauders guard Staff Sgt. Rickey Nance to keep the game tied at 44-44.

However, the final minute belonged to the combined team as a basket by Marvin put the squad out in front before two clutch free throws by Jergenson and two more from the charity stripe by

Marvin sealed the game.

Besides Marvin, the combined team received solid contributions from Jergenson with 12 points and Waite with seven.

Barlow, who finished with a game-high 23 and Nance with 13, led the Marauders.

Marauders head coach Tech. Sgt. Steve Coleman said that although his team played one of its better games this season, the squad's struggles continue.

While the Marauders led throughout most of the game, a few slipups stopped their momentum and ultimately sent the team to its fourth loss in five tries.

"We ended up getting two technicals (fouls) that hurt us," Coleman admitted. "Those technicals hurt us, but moreso was our lack of boxing out on the defensive glass."

Normally a contender, Coleman said that the Marauders slow start has been tough, but he believes its not too late to turn things around.

"It's very frustrating," he said. "We can turn it around, but we all have to want it."

Marvin said he understands what it's like to go through some trying times early in the season, but is also hopeful that his team is ready for an about-face.

"We've been struggling all year as a team," he said. "I think that as long as we continue to get the participation levels, we can come back and make a run for the playoffs."



Yeoman 2nd Class Jeremy Jergenson goes up for two of his 12 points.

## Special events planned for African American History Month

Hickam African American Heritage Association has scheduled the following events for February, which is African American History Month.

- An "Apollo-style" talent show will be held at the Tradewinds Enlisted Club at 6 p.m. Feb. 16. There will be a cash prize of \$200.

For more information and to sign up for the show, email: aahatalentshow@gmail.com or call 449-8612.

- A GospelFest and Taste of Soul will be held at 6 p.m. Feb. 23 at the Hickam Main Chapel. All local choirs are invited to sing in the GospelFest and anyone can submit dishes for the Taste of Soul, which is a soul food competition. For more information, email april.gaines.1@us.af.mil.

- An African American History Month luncheon will

be held at 11 a.m. Feb. 27 at the Hickam Officers' Club with 15th Wing Command Chief Chief Master Sgt. Leslie Bramlett as the guest speaker. Tickets will be available by sending an email to brence.jenkins@us.af.mil.

In addition, Navy Region Hawaii has provided a slideshow observance presentation at the website [www.cnic.navy.mil/Hawaii](http://www.cnic.navy.mil/Hawaii). Scroll down to "around this region." It can also be viewed on social media sites on Commander Navy Region Hawaii Facebook: [www.facebook.com/NavyRegionHawaii](http://www.facebook.com/NavyRegionHawaii), Pinterest: [www.pinterest.com/navyregionhi](http://www.pinterest.com/navyregionhi), Twitter: [www.twitter.com/NavRegHawaii](http://www.twitter.com/NavRegHawaii) and SlideShare: [www.slideshare.net/CNRHpao/deomiblack-history-month-observance-presentation](http://www.slideshare.net/CNRHpao/deomiblack-history-month-observance-presentation)



Photo Courtesy of U.S. Air Force

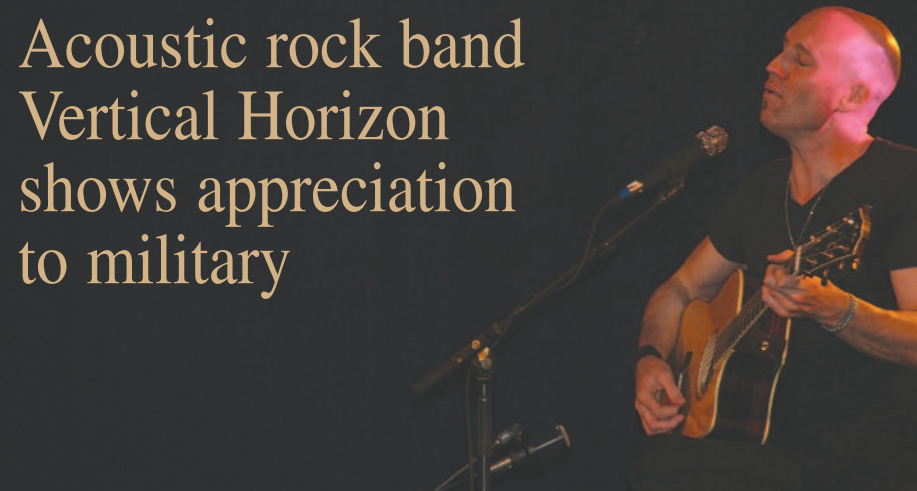
Capt. Charles B. Hall (left), the first Tuskegee Airman to shoot down an enemy plane, is congratulated by Maj. Gen. John Kenneth Cannon.



Photo Courtesy of U.S. Air Force

Fliers of a P-51 Mustang Group of the 15th Air Force in Italy talk in the shadow of one of the Mustangs they fly. Left to right: Lt. Dempsey W. Morgan Jr., Lt. Carroll S. Woods, Lt. Robert H. Nelson Jr., Capt. Andrew D. Turner and Lt. Clarence P. Lester. Circa August 1944.

## Acoustic rock band Vertical Horizon shows appreciation to military



Story and photos by  
Emily McNulty

Joint Base Pearl Harbor-Hickam  
MWR

Navy Entertainment and Joint Base Pearl Harbor Morale, Welfare and Recreation (MWR) brought the band Vertical Horizon to Club Pearl's Paradise Lounge at Pearl Harbor-Hickam Feb. 4. Vertical Horizon is best known for their hit songs, "You're A God," "Best I Ever Had" and "Everything You Want."

But lately the band is known for its support of the military and their families. According to Matt Scannell, lead singer and original member of Vertical Horizon, they recently completed two tours to Iraq culminating in 20-25 days of visiting troops and performing concerts.

This concert in Hawaii was the end of a three-date tour of the Pacific. They stopped in Okinawa, Japan and Guam before coming here.

"I have never served in the military and have never had to deal with the sacrifices our armed forces make, so I wanted to find a way to contribute as an American. Playing for the military is an honor and a privilege. We can't thank them and their families for all they do, but we can sing for them. It's our duty," Scannell said.

Members of Vertical Horizon said they didn't just want to come to Hawaii, they wanted to play for MWR on Joint Base Pearl Harbor-Hickam and added that they were thrilled when they were given the opportunity.

"It's always been a goal of mine to play music for the

military. If I can give them one night of normalcy, where they don't have to worry about the rules and regulations, push the thoughts to the back of their mind and just relax and enjoy the music, then I have done my job," said Scannell.

One highlight of their stay was when the band visited the Arizona Memorial. Only one member of the band, bass guitarist Steve Sidley, had been to the memorial before.

"It was a powerful experience. It really reminds you what the military has and will continue to sacrifice for the greater good and for us to be safe," Sidley said.

During their stay, Vertical Horizon also visited with the 647th Security Forces Squadron. The band members talked with the Air Force service men and women about their jobs and

about their lives.

Senior Master Sgt. Gregory Wasson also escorted Vertical Horizon to the Hawaii Air National Guard, which is getting ready to deploy to Al Dafra. The final stop was the Joint Base Pearl Harbor-Hickam military working dogs kennels.

When the band performed their free concert at the joint base Feb. 4, Wasson (who had volunteered to work security and brought his son along), announced the band on stage. "I was honored to have VH ask me to announce them. I saw them in Qatar in 2011, at the Waikiki Shell last year and here at Club Pearl tonight. They are an amazing band. All the guys are so humble, relaxed and grateful to sing for a living. They are how I



would want to be if I was famous," Wasson said.

Vertical Horizon arrived on stage at the concert to applause and cheering from more than 200 fans. After the performance, band members signed autographs and took pictures with fans.

A highlight of the show included the performance of "You're A God." Audience members joined the band in singing the song.

When the band performed "Forever," Scannell explained,

"When we were in Iraq, I had a Soldier approach me and ask me to play 'Forever' for his friend who had died in combat. Every time I sing this song, I think of him and his fallen friend."

The last song played before the encore was "Everything You Want."

"It was the easiest song to write. People knew it all over the world. It's an honor to play it. It changed everything for us," explained Scannell.



The band Vertical Horizon visited Joint Base Pearl Harbor-Hickam recently for a concert to support the military and tour of the base.





Sunrise, Lydgate Beach Park



Hindu Sacred Forest



Barking Sands Beach

# Scenic beauty of Kauai captured with photography

**Don Robbins**

*Assistant Editor*

Navy Lt. Cmdr. Allen Unger took these photos recently during a trip to the island of Kauai. Unger is employed at Naval Supply Systems Command Fleet Logistics Center Pearl Harbor.

Memorable scenes such as these from Kauai can be captured when exploring the islands. The photos taken by Unger show Russian thistle at Kokee State Park, Barking Sands Beach, the spouting horn, a forest scene, a leaf fish, and sunrise at Lydgate Beach Park.

Military members and their families are able to take advantage of what the islands of the state of Hawaii have to offer, through Joint Base Pearl Harbor-Hickam's Morale, Welfare and Recreation Information, Tickets and Travel (ITT) offices.

When planning a neighbor-island get-away adventure, ITT's Travel Connections agents can help put together a travel packages (air, room and car) to suit your needs, from value-packed to elaborate.

ITT can also help book activities for a destination such as snorkeling and fishing cruises, luau and helicopter rides. For more information, go to your nearest ITT office location.



Leaf fish



Russian thistle, Kokee State Park



Morale Welfare & Recreation

FREE GOLF CLINIC

The Barber’s Point Golf Course is hosting a free introductory junior golf clinic at 4 p.m. Wednesday. FMI: 682-1911.

ACTIVE-DUTY HICKAM HISTORICAL TOUR

A special Hickam historical tour will take place Saturday from 9:30 to 11:30 a.m. 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 as well as the chance to hear personal stories of the “Day of Infamy.” The cost is \$24 per person, and the tour departs from Information, Tickets & Travel-Hickam. FMI: 448-2295.

FORD ISLAND HISTORICAL TOUR

There will be a Ford Island historical tour from 8:30 to 10:30 a.m. Feb. 20. Ford Island played a significant role in World War II, and this tour will visit often-overlooked historical battle sites. The tour departs from Rainbow Bay Marina parking lot. The cost is \$25 for adults, \$20 for children 3-11, and free for children two and under who sit on an adult’s lap. Free pickup is also available at lodging (call for times). FMI: 448-2295.

FOOD DRIVE MONTH

On Feb. 22, single, active-duty Sailors and Airmen who donate a canned good at a Liberty Center will get a free slice of pie. FMI: 473-2583.

KO OLINA WHALE WATCH TOUR

There will be whale watching tours to Ko Olina from noon to 3: 45 p.m. Feb. 9, 16, 17, 23 and 24. The cost is \$40 for adults, \$35 for children ages 3-11, and includes round trip transportation from Information, Tickets & Travel-Hickam. FMI: 448-2295.

JUNIOR LIFEGUARD/OCEAN SAFETY

Registration for the junior lifeguard class runs through March 8. This program will give youth the opportunity for hands-on training and provides a foundation to become a junior lifeguard. The program is designed to allow young people to gain a basic understanding of pool/ocean awareness, water rescue techniques, physical conditioning skills, general first-aid and overall self-confidence. The session runs April through May, and the cost is \$95 per student. This program is for ages 11-17. FMI: FMI: 473-0789.

PEEWEE T-BALL

PeeWee T-Ball registration for children ages 3-5 years old starts Feb. 19 and ends March 15. The season runs April 13 to June 22, and the cost is \$35. FMI: 473-0789.



GANGSTER SQUAD (R)

Los Angeles, 1949. Ruthless, Brooklyn-born mob king Mickey Cohen (Sean Penn) runs the show in this town, reaping the ill-gotten gains from the drugs, the guns the prostitutes and—if he has his way—every wire bet placed west of Chicago. And he does it all with the protection of not only his own paid goons, but also the police and the politicians who are under his control. It’s enough to intimidate

even the bravest, street-hardened cop...except, perhaps, for the small, secret crew of LAPD outsiders led by Sgt. John O’Mara (Josh Brolin) and Jerry Wooters (Ryan Gosling), who come together to try to tear Cohen’s world apart. "Gangster Squad" is a colorful retelling of events surrounding the LAPD’s efforts to take back their nascent city from one of the most dangerous mafia bosses of all time.

SHARKEY THEATER

TODAY 2/15

7:00 PM Gangster Squad (R)

SATURDAY 2/16

2:30 PM Parental Guidance (PG)  
4:45 PM Les Miserables (PG-13)  
7:45 PM Zero Dark Thirty (R)

SUNDAY 2/17

2:30 PM Parental Guidance (PG)  
4:45 PM A Haunted House (R)  
7:00 PM Silver Linings Playbook (R)  
7:45 PM Zero Dark Thirty (R)

\*\$1 for 3-D glasses rental

HICKAM MEMORIAL THEATER

TODAY 2/15

6:00 PM Rise of the Guardians 3D (PG)

SATURDAY 2/16

4:00 Rise of the Guardians 3D (PG)  
7:00 Gangster Squad (R)

SUNDAY 2/17

2:00 Rise of the Guardians 3D (PG)

FEBRUARY

NOW

— The 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 tax staff are also needed. FMI: email Katherine.lake@navy.mil or 473-4717.

18

— Gate closures will take place at Joint Base Pearl Harbor-Hickam on Presidents’ Day, Feb. 18, in support of the Great Aloha Run. Borchers Gate will be closed during the race, and Luapele Gate will be open from 4 a.m. to noon. In addition, Center Drive and Radford Drive will not be accessible by Kamehameha Highway, including Makalapa Gate, which will be closed from 4 to 9:45 a.m.

21

— The Military and Family Support Center (MFSC at Joint Base Pearl Harbor-Hickam is receiving calls from commands concerning their civilian employees and possible furloughs. As a result, a financial awareness class titled “Balancing Your Finances — Furloughs and Beyond” will be held from 4 to 5:30 p.m. at the MFSC building. The location is subject to change depending on the number of participants registered. Registration is required. Spouses are welcome and encouraged to attend. FMI: 474-1999, ext. 6003.

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. Although the signup deadline for the golf tourney has passed, today is the deadline for lunch only. FMI: Jeffrey.wurm@us.af.mil or 449-8678, or michael.shannon.4@us.af.mil or 449-8591.

22, 23

— The USO is sponsoring free concerts by Gary Sinise and the Lt. Dan Band at Marine Corps Base Hawaii, Kaneohe Bay (MCBH) and Schofield Barracks next weekend. The MCBH concert will take place at 7 p.m. Feb. 22 at Dewey Square on E Street, across from the flagpole. In case of inclement weather, the concert will take place at hangar 103 at MCBH. The Schofield Barracks performance will take place at 7 p.m. Feb. 23 at Weyand Field. Doors open at 6 p.m. Concert-goers are welcome to bring folding chairs and blankets. FMI: MCBH at 254-7678 or Schofield Barracks at 655-0115. Visit the websites www.mccshawaii.com or www.facebook.com/mccshawaii.

26

— The 15th Wing annual awards breakfast will be held from 7:15 to 8:30 a.m. at the Tradewinds Enlisted Club on the Hickam side of Joint Base Pearl Harbor-Hickam. The cost is \$15 for club members and \$17 for non-club members. The buffet breakfast includes sausage, eggs, biscuits and fruit. The RSVP cut off date is Feb. 20. FMI: Master Sgt. Dwayne Graves at 449-2222 or dwayne.graves@us.af.mil or Tech Sgt. Vi Tu at 448-4043 or vi.tu@us.af.mil.

MARCH

8

— Air Force spouses are invited to joint the Military and Family Support Center (MFSC) from 7:45 a.m. to 1 p.m. at MFSC Hickam for a Heart Link seminar meeting. Free lunch will be provided and free childcare may be available. FMI: 449-0300.

Movie Showtimes

Community Calendar





## Bodybuilder, lion dance team to visit NEX

Pearl Harbor Navy Exchange (NEX) has scheduled several upcoming events. They include:

- Bodybuilder Jay Cutler will make a special appearance from 4 to 6 p.m. Feb. 15 at the NEX in the GNC section.

At an off-season weight of 295 pounds, Cutler defines the term “mass-monster” and he has a reputation as the hardest-working bodybuilder. A World’s Best Bodybuilder and Mr. Olympia titleholder, Cutler will take pictures with fans, sign autographs and show off his famous stage poses. The event is free to all authorized patrons.

- A Chinese New Year lion dance performance will be featured at 10:30 a.m. Feb. 17 at the NEX. Lung Kong Physical Culture Club Hawaii will perform the dance demonstration, welcoming the Year of the Snake. This is a free event for authorized patrons.

- Celebrate Girl’s Day



U.S. Navy photo by Lt. Cmdr. Allen Unger

with Hello Kitty from 10 a.m. to 1:30 p.m. March 2 in the NEX children’s department. The event will include balloons and photos with Hello Kitty.

- Breakfast with the Easter bunny will be held from 8 to 9 a.m. March 23 at the NEX food court lanai. The breakfast will

include French toast and ham. Following the meal, there will be entertainment, games, prize giveaways, a jelly bean guessing contest, face painting and balloon-twisting. Tickets will go on sale in the first week in March.

For more information on the events, call 423-3287.

### My Favorite Photo...

RP1 (FMF) Brian Schoffstall of Navy Region Hawaii/Middle Pacific recently took this picture of the moon.



#### How to submit

Email your (non-posed) photos to [editor@hookelenews.com](mailto:editor@hookelenews.com)

## Solutions for dealing with stress

Andrea Hantman

Joint Base Pearl Harbor-Hickam  
Civilian Employee Assistance Program

Everyone experiences stress at times.

Stress is a reaction to change, whether the change is a positive or negative one. Anxiety is when we jump into the future with fear.

The fight or flight response is the body’s built-in survival mechanism when danger is perceived, whether the danger is real or imagined. The muscles tighten, blood pressure rises, the heart speeds up, and adrenaline rushes through our system so we can quickly and effectively fight or flee.

When the fight or flight response is continually triggered over a long period of time, we become tense, jumpy, anxious and then simply exhausted. We may get sick. We may feel “burned out.” We may become depressed or turn to alcohol or an addictive behavior to relieve the stress.

We may get angry at an innocent bystander. We may gossip or blame others, projecting blame rather than taking responsibility for our own feelings and “working them through.” None of these reactions work to our benefit.



When the body is tense we need to physically reduce tension. This is why exercise is a perfect stress reliever. Jog, go to the gym, or walk.

“When the fight or flight response is continually triggered over a long period of time we become tense, jumpy, anxious, and then simply exhausted.”

Slow deep breathing triggers the relaxation response, which is the opposite of the stress response. The stress response and the relaxation response can’t exist at the same time. Breathe slowly and deeply, and you will find that you cannot get angry in that moment. You cannot “over-react.” Just continue to bring yourself back to the breath.

Remove yourself from the situation. Stretch, walk and emotionally detach.

You may need to do this early on rather than “stuff the feelings.”

Talk with supportive and trusted friends, journal, listen to music, read something inspirational, or distract yourself with a puzzle.

Try to change the situation, file it away for a while, or find a way to accept the situation with grace. Think of things you can do to take care of and strengthen yourself in a healthy way. Brainstorm solutions and make a plan.

In addition, talk to your Civilian Employee Assistance Program (CEAP) providers. They are there to help.

CEAP counseling is confidential and at no cost to civilian employees. To obtain CEAP information, referral or schedule an appointment, call centralized scheduling at 474-1999, ext. 6201 or 6202. Inquire about no cost at-your-site training.

A CEAP class on anger management will be held from 8 to 11 a.m. Feb. 26.

Call your CEAP counselor or contact the customer service desk at 474-1999 to register for a class.

## Financial awareness class scheduled

In response to concerns regarding possible furloughs of civilian federal government employees, a financial awareness class has been scheduled.

The class, titled “Balancing Your Finances—Furloughs and Beyond,” will be held from 4 to 5:30 p.m. Feb. 21 at the Military



and Family Support Center building. The location is subject to change, depending on the number of registered.

Registration is required. Spouses are welcome and encouraged to attend.

For more information, call 474-1999 ext. 6003.




## Commissaries announce Presidents’ Day holiday hours

In observance of Presidents’ Day on Feb. 18, the Pearl Harbor Commissary will be open from 9 a.m. to 5 p.m. The Hickam Commissary will be open from 10 a.m. to 6 p.m.

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

### WHO SAID IT?

“A dream doesn’t become reality through magic; it takes sweat, determination and hard work.



*Last Week’s*

**WHO SAID IT?**

“It’s not whether you get knocked down, it’s whether you get up.”

—*Vince Lombardi*

### ***This Week’s Trivia***

What is the naval origin of the term boot camp?

#### **Last Issue’s Question:**

When did the first flight of a TF-102A of the Hawaii Air National Guard’s 199th Fighter-Interceptor Squadron occur?

#### **Answer:**

The first flight took place on Jan. 21, 1961. In May, the new aircraft replaced the old F-86s on alert status.