



Sen. Mazie Hirono visited Center Drive Child Development Center and JBPHH Fitness Center as part of her visit to Joint Base Pearl Harbor-Hickam on April 2. Hirono was accompanied by Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, and Theresa Phillips, Fleet and Family Readiness Director. Her visit also included the Pearl Harbor Naval Shipyard and sites on Hickam. Photo by Mervin Oyafuso (Right) Cmdr. Andrew Hertel, USS Texas commanding officer, points out various aspects of the Texas project to U.S. Rep. Tulsi Gabbard and U.S. Sen. Brian Schatz on March 29. Gabbard and Schatz also received a command brief and visited the pumpwell located between dry docks one and two, shop 31 inside machine shop, photonics lab, emergency control center and fleet maintenance submarine during their visit to Pearl Harbor Naval Shipyard. Photo by David Tomiyama

Traffic and pedestrian safety remains priority at JBPHH

Story and photo by **Brandon Bosworth**

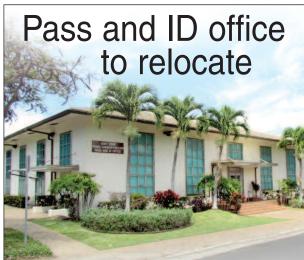
Staff Writer

A recent incident stresses the continued importance of traffic and pedestrian safety at Joint Base Pearl Harbor-Hickam.

On the morning of April 2, a Sailor was struck by a vehicle while in the crosswalk in front of the Fleet Store on Pearl Harbor Boulevard. The victim sustained a broken right arm, broken right leg and lacerations to the right elbow. The driver of the vehi-



cle was taken to security and In the wake of a recent accident, drivers and pedestrians are reminded to pay attention and cited for causing an accident heed JBPHH traffic regulations.



As of April 15, the Joint Base Pearl Harbor-Hickam pass and ID office will be relocating to the Ward Field/Bloch Arena parking lot for temporary operations while building 3455/pass and ID office undergoes renovations.

The temporary pass and ID office will continue to issue vehicle decals, short term/long term passes, gold/agent cards as well as RAPIDGate credentials.

All personnel requesting restricted area badges

involving bodily injury, inattention to driving, having no driver's license, and subsequently released to his command.

As a result of this accident, a 25 mph speed limit was immediately implemented on Pearl Harbor Boulevard. The basewide speed limit is 25 mph unless otherwise posted. The speed limit for housing areas remains at 15 mph.

The Navy Region Safety Department offered the following to help remind pedestrians and drivers of their responsibilities.

Tips for drivers

• Drivers need to pay full attention when driving. The use of cell phones or other hand-held electronic devices

while driving is prohibited on ard. An immediate hazard base.

• Portable headphones, earphones or other entertainment listening devices should not be worn while operating a vehicle on base.

• Distractions such as eating, adjusting the radio, shaving, applying make-up, or reading while driving can lead to accidents and are discouraged.

Tips for pedestrians

responsibilities.

• At crosswalks with no signals, a pedestrian should not suddenly leave a place of safety, such as a curb, and proceed into the path of a vehicle that is so close as to constitute an immediate haz-

occurs if pedestrians are not able to make it safely to the other side of the road without the oncoming vehicles slowing down or stopping for them.

• Inattentiveness while in a crosswalk, such as texting, talking on cell phones or just not paying attention to oncoming vehicles, can jeopardize a pedestrian's safety.

• Be sure to make eve con-Pedestrians also have tact with the vehicle driver and make sure that vehicles approaching the crosswalk have stopped or clearly show signs of stopping before entering the crosswalk.

• Never assume that a driver sees you and will stop for you

"Drivers must be aware and pay attention, especially in high traffic areas at dawn and dusk," said Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam. "Most accidents happen at these two times.'

"Pedestrians should also use extreme caution and cross the street only at crosswalks," he added.

Both drivers and pedestrians are also reminded that failure to abide by JBPHH traffic rules can result in serious consequences, such as appearing before traffic court or revocation of base driving privileges.

(See related story on page B-7.)

(RABs) should report to Hickam/building 1113/Vickers Ave. for RABs issuance during the hours of 9 a.m. to noon Monday to Friday.

All customers are asked to be patient with the employees, as the temporary offices are much smaller and accommodates fewer customers. All customers are asked to plan accordingly as wait times may increase compared with previous pass and ID visits. A follow-up announcement will be made upon completion of the project. For more information, call



Wing run highlights SAAM

Shari Freeman, sexual assault response coordinator at Joint Base Pearl Harbor-Hickam, and her two-year-old son Davis encourage runners during the monthly wing fun run held April 5 at joint base. The Sexual Assault Prevention and Response Program reinforces the Department of Defense's commitment to eliminate incidents of sexual assault through awareness and prevention training, education, victim advocacy, response, reporting and accountability. The Department of Defense promotes sensitive care and confidential reporting for victims of sexual assault and accountability for those who commit these crimes.

Col. Johnny Roscoe, 15th Wing commander, gives opening remarks at the monthly wing fun run held April 5 at Joint Base Pearl Harbor-Hickam.

U.S. Air Force photos by Staff Sgt. Terri Paden





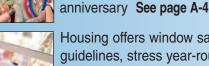


Looking for a bargain? NMCRS Thrift Shop re-opens See page A-2



U.S., foreign officers exchange ideas during Pacific Unity See pages A-4





Housing offers window safety guidelines, stress year-round awareness See page A-6

Vietnam POWs on 40th

Operation Homecoming honors



All-Navy boxers train for success See page B-1



Hours updated for pools See page B-9

USS Charlotte departs for western Pacific deployment

Story and photos by MC2 Steven Khor

Commander Submarine Force U.S. Pacific Fleet Public Affairs

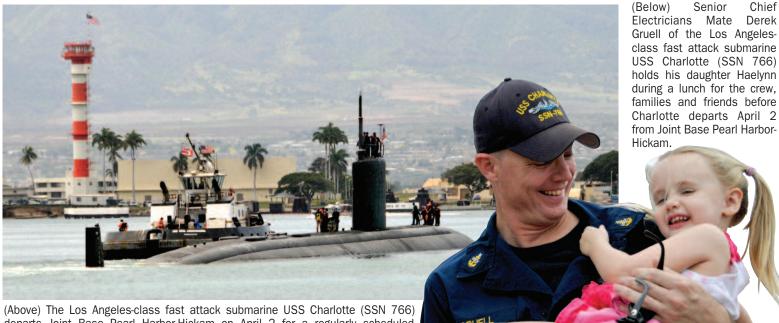
Families and friends said their good-byes April 2 at the submarine piers at Joint Base Pearl Harbor-Hickam as the Los Angeles-class fast-attack submarine USS Charlotte (SSN 766) departed Joint Base Pearl Harbor-Hickam for a scheduled six-month deployment to the western Pacific region.

While deployed to the U.S. 7th Fleet area of operations, the submarine will conduct peacetime missions while providing forward presence to the operational commander.

Cmdr. Andrew Miller, Charlotte's commanding officer, said that the submarine and her crew are ready for the deployment.

"We have materially prepared the ship, certified our crew and prepared our families for deployed operations in the 7th Fleet," said Miller.

Miller said of the 130



with the sacrifice of

Charlotte's families, has

resulted in a highly capa-

ble team that is ready to

conduct forward-deployed

operations in support of

national security and the-

ater security cooperation

over

departs Joint Base Pearl Harbor-Hickam on April 2 for a regularly scheduled six-month deployment to the western Pacific region.

aboard, more than one- ignation or "dolphins." third of the crew will be going on their first deployment.

The submarine's priority will be to safely and effectively execute the tasking rigorous training and provided by the operational commander. While are ready to apply their on deployment, the crew knowledge and exercise intends to conduct training their skills to effectively and qualify new Sailors in attaining their submarine enlisted and 16 officers warfare qualification des-

Miller said his crew is very excited to deploy and conduct operations for which they have been preparing. After months of maintenance periods, they operate the submarine while deployed.

"I am very proud of the objectives."

crew and the improved Culinary performance of the ship the last several he is excited about his first months," said Miller. deployment. "Their hard work, along

"I feel good about my first-time deployment. I'm looking forward to going on can be fitted with Mk-48 our mission, hitting some torpedoes and Tomahawk good ports and feeling the missiles. whole experience," said For Sapida.

tember 1994, Charlotte is Fleet, visit www.navy.mil/ the fourth ship of the U.S. local/subpac/.

Specialist Navy to be named for Seaman Junnel Sapida said Charlotte, N.C. It is a Los Angeles-class nuclear attack submarine that is 360 feet long and displaces 6,900 tons. The submarine

more news from Commander, Sub-Commissioned in Sep- marine Force, U.S. Pacific

Culinary challenge pits chef against chef

Story and photo by **Brandon Bosworth**

Staff Writer

Destroyer Squadron (DESRON) 31 held its second "Top Chef" culinary competition April 8.

Competitors from five ships—USS Chafee, USS Hopper, USS O'Kane, USS Michael Murphy and USS Halsey-entered their culinary creations. Chafee, Hopper and O'Kane also participated in the inaugural DESRON "Top Chef" competition in December 2012. Michael Murphy and Halsey were first-time contestants at the April contest.

The rules of the completion were simple. Chefs were given three ingredients they had to use in their dishes. The ingredients this time around were curry powder, peanut butter and pecans. The ship's chefs didn't know what the ingredients would be until they were delivered to their galleys shortly before the start of the event. Ingredients were chosen at random. From three ingredients, the chefs created a wide range of different dishes. The array of meals included spinach pecan salad, chicken and shrimp curry, peanut butter chicken mole, risotto stuffed peppers, grilled chicken breast with curry and balsamic vinegar fragrant peanut butter pecan noodles, curried spinach, pecan rice pilaf, and fragrant curry rice. Deserts ranged from peanut butter bread puddings with pecans to peanut butter chocolate chip cookies.



Chef Cameron Lewark hands out special spice blends and chats with Culinary Specialist Seaman Tony Wilson, USS O'Kane. O'Kane was the winner of the first DESRON 31 "Top Chef" competition.

The three-judge panel consisted of Wallace Lovely, commodore, to make?" he said. "But tests, this is the first one in DESRON 31; Senior Chief everything came out real which he has participated in Culinary Specialist Brandon good, with good taste and that was specifically for mili-Parry, Commander, U.S. Pacific Fleet; and Chef Cameron Lewark, manager, Spago Four Seasons Resort Chef" competition. Maui.

"My first thought was, Capt. what in the world am I going judge at other culinary con-

While he has served as a



Volunteers Louisiana Rodrigues, her daughter Chrissie, and Lorna Keanui sort through donations at the NMCRS Pearl Harbor Thrift Shop.

Looking for a bargain? NMCRS Thrift Shop re-opens

Story and photo by **Brandon Bosworth**

Staff Writer

business.

said.

After closing last December for renovations, the Navy Marine Corps Harbor Thrift Shop re-opens once or twice a day."

items. Nearly every item in the store is priced at \$1 or less

All of the thrift store merchandise is donated.

"We receive an unbelievable amount of donations,' said Belanger. "Our donation Relief (NMCRS) Pearl bin has to be emptied at least

The NMCRS Pearl Harbor

The judges tried each of received a trophy, a cookthe many dishes and chatted with the contestants.

After much discussion and deliberation, the judges made their decision. The winner was the team from USS Halsey (DDG 97), led by Culinary Specialist 2nd Class Larry Lovell. His meal included Thai curry roasted drummettes, pecan roasted vegetables and a peanut butter pudding.

"I was very excited to win," said Lovell.

He was initially unsure what to do with the ingredients.

good texture.'

the first DESRON "Top

The winning team book, and an assortment of spices and other special cooking ingredients.

Lovely came up with the idea for the "Top Chef" competition last year. He noticed that enthusiasm for the event keeps growing.

"Whenever I visit the ships, people ask me when we will be having the next one," he said."

Lewark flew in from Maui just to be a judge at the "Top Chef' competition.

"I'm up to do anything involving the U.S. armed services," he said.

tary chefs. He was pleased Lovell also participated in with their performance.

"I was very impressed," Lewark said. "They showed a lot of skill, more than I could have imagined. The food was very well executed."

Senior Chief Culinary Specialist Brandon Parry was also highly impressed.

"I recently took a team to participate in the Military Culinary Arts Competition at Fort Lee," he said. "Any of the chefs here today could

compete there." Lovely is already looking forward to future DESRON

> 31 "Top Chef" competitions. "They keep getting better," he said. "Round Two was better than round one, and round three will be even bet-

ter."

today. The thrift shop is located in building 1492 on the

Paul Belanger, director of

"Being right next to the

The renovated shop now

features separate rooms for

men's and women's uni-

forms, household goods, toys,

children's clothing, men's

called the location "ideal."

thrift shop served more than 8,200 customers and raised lower level of a barracks more than \$90,000 from building near Utah Hall. sales in 2012. These funds The building itself is still are used to assist Sailors, undergoing work, but the Marines, family members thrift store is now open for and retirees in time of need.

Volunteers operate the NMCRS Pearl Harbor Thrift Shop, and additional volun-NMCRS Pearl Harbor, teers are always needed. Those interesting in volunbarracks and near the ships teering are encouraged to contact Lorna Keanui at makes it perfect for Sailors who want to come by," he 473-028.

The NMCRS Thrift Shop is open from 8 a.m. to 1 p.m. Thursdays and Fridays. It is located at building 1492, Joint Base Pearl Harbor-Hickam. Anyone with base and women's clothing, books, access is welcome to shop CDs, DVDs and many other there.

Commentary

Breaking cycle of child abuse – for a lifetime



Rear Adm. Frank Ponds

Commander, Navy Region Hawaii and Naval Surface Group Middle Pacific

This week I had the pleasure of initiating Child Abuse Prevention Month for the Navy in Hawaii -"Breaking the Cycle Ohana Through Connections."

With children of our military and civilian families, and with help from some caring and concerned educators, leaders and shipmates, we signed a banner and planted a circle of pinwheels. But this was not just a symbolic gesture; it is our commitment of solidarity to remove child abuse and neglect from our society, our communities and our Navy.

Child abuse/neglect is not an issue for one month – it is

Diverse

"What is your fondest childhood

an issue for a lifetime. The solution is our responsibility, and the solution can be achieved through education, action and accountability.

Studies show that child abuse is a learned behavior. As such, it can be unlearned by teaching good parenting practices and life skills. Education is the most important key to breaking the cycle of neglect and abuse.

Another key is support to parents. We must ensure we're providing that support. This is especially important for our young military families, who deal with deployments, PCS moves and separation from extended family support networks.

I need your help, and we *Commentary* need to help each other: Know the warning signs inside and out. Know where to turn. Don't be afraid to self refer; that takes courage

but it's the first step among many.

The good news - and my most important message to you – is this: There are resources available on line, by phone, or within reach who can and will help.

Families should not be afraid to ask for advice from the Military and Family Support Center, command ombudsmen, teachers, chaplains, shipmates, families and friends. You may be surprised at the resources and caring connections in the community who are available to help our ohana.

CNIC recommends the website www.childwelfare.gov, which is packed with resources, information and help. Let's move out and It's about a lifetime.



take action to break the Rear Adm. Fernandez Ponds, commander of Navy Region Hawaii and Naval Surface Group cycle. It's not about a month. Middle Pacific, signs a child abuse awareness banner at a pinwheel planting ceremony April 10 at the Center Drive Child Development Center on Joint Base Pearl Harbor-Hickam.

EF aims to combat sexual assault

Office of Secretary of Defense

of Defense"s Office of General Counsel to review Article 60 of the Uniform Code of Military Justice (UCMJ) after a commander dismissed an Air Force officer's court-martial conviction for sexual assault, using the authority provided by Article 60.

That review, conducted in conjunction with military justice experts in the military services, the judge advocates general of the military departments, the service secretaries and service chiefs, is now complete. Today I am directing the Office of General Counsel to prepare legislation for Congress to amend Article 60 in two ways:

First, eliminating the discretion for a convening authority to change the findings of a court-martial, except for certain minor offenses that would not ordinarily warrant trial by court-mar-While convening authorities tial. would no longer have the ability to dismiss charges for serious offenses like sexual assault, defendants would con- crime is damaging this institution. tinue to have access to a robust system of appeal rights.

authority to explain in writing any and that is unacceptable. The current

changes made to court-martial sentences, as well as any changes to find-Last month, I asked the Department ings involving minor offenses. The intent is to ensure that convening authorities are required to justify-in an open, transparent and recorded manner—any decision to modify a court martial sentence.

These changes, if enacted by Congress, would help ensure that our military justice system works fairly, ensures due process and is accountable. These changes would increase the confidence of service members and the public that the military justice system will do justice in every case. The changes have the full support of the Joint Chiefs of Staff and the service secretaries. I look forward to working with Congress on these proposals and others to improve accountability for these crimes.

Despite the attention and efforts of leaders throughout the senior Department of Defense, it is clear the department still has much more work to do to fully address the problem of sexual assault in the ranks. This There are thousands of victims in the department, male and female, whose Second, requiring the convening lives and careers have been upended,

situation should offend every single service member and civilian who, like me, is proud of their association with the United States military.

I am currently reviewing other options and actions to strengthen the department's prevention and response efforts and will announce those decisions and actions soon. Consistent with the 2013 National Defense Authorization Act, I will soon be naming individuals to sit on independent panels to review and assess the systems used to investigate, prosecute and adjudicate crimes involving sexual assault and judicial proceedings of sexual assault cases. I will closely review their recommendations when complete.

I am committed to implementing measures that bring about tangible change and real results. Addressing the problem of sexual assault will remain a top priority for the department"s leaders for as long as this crime continues to hurt our people and weaken the force.

Department of Defense Sexual Assault Prevention and Response Initiatives can be found at http://www.defense.gov/news/DoDSexu alAssaultPreventionandResponseIniti atives.pdf.



wound up on the back seat of our car." Susan Martinez 8th Intelligence Squadron

"My fondest childhood memory is riding on our homemade Fourth of July float.

Our entire neighborhood would get together every year, dress up (I was the Statue of Liberty), and pull the floats (with riding lawn mowers) all around the neighborhood. All the kids had a blast and the parents could provide a

> Maureen McFerrin HQ PACAF



'Buffalo' fighter plane maintained in Ewa

"Hanging with my family in the yard in Kalihi, playing in the stream, picking fruit

and running around. It was just so awesome to be together and having fun!"



history lesson.'

Radioman 3rd Class Randy Keeton Joint Base Pearl Harbor-Hickam

"My fondest memory is probably fishing with my grandpa. I don't get to see him that often, so it's nice to think back to when we could spend time together."

Senior Airman Ronald Overton 352nd Network Warfare Squadron



"At Nellis AFB, Las Vegas, Nev, neighborhood children and I were outside playing near fire ants. We thought we could kill them all. The group of us attempted to stomp out all of them. I started feeling tin-

gling and stinging. "The mountain of ants were climbing as I was stomping and biting me. I ran into the house crying. My dad had to slap them off of me with a fly swatter. After a saving whoopin', I learned not to step on the ants again. This taught me a lesson and is a funny story."



Aircrewmen Operator 2nd Class Annika Little Joint Base Pearl Harbor-Hickam

"My mother took my brothers and I on a trip to San Francisco when I was about 13. I really remember seeing things like Fisherman's Wharf.'

Senior Airman Lester Noa Jr. 747 Communications Squadron



"My fondest memory was when I was in fourth grade and our pool had just been built in our backyard. I spent almost every day of that summer with friends and family swimming. Definitely the best summer of my childhood."



Fire Controlman 3rd Class Deborah Rosen Joint Base Pearl Harbor-Hickam

"It would be the first time playing an ice hockey game. I was goalie. Another kid came straight at me and sent a shot down the middle. I stopped it with using one of the most difficult blocks in hockey."

> (Provided by David Underwood Jr. and Brandon Bosworth)

Want to see your command featured in Diverse Views? Got opinions to share? Drop us a line at editor@hookelenews.com or karen.spangler@navy.mil



Official U.S. Navy photograph, National Archives collection A Brewster F2A-3 "Buffalo" fighter, probably from Marine Fighting Squadron 212 (VMF-212), receives maintenance in a camouflaged revetment at Marine Corps Air Station, Ewa, Hawaii on April 25, 1942.

HO'OKELE

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U.S., foreign officers exchange ideas during Pacific Unity

Tech Sgt. LuCelia Ball

PACAF Public Affairs

Pacific Air Forces Airmen hosted civil engineers (CE) and security forces (SF)personnel from several Asia-Pacific nations as they participated in a subject matter expert (SME) exchange as part of Pacific Unity/Defender. The event was held April 1 through 5 at Joint Base Pearl Harbor-Hickam.

Members of the Republic of Singapore Air Force, Japan Air Self-Defense Forces, Royal Thai Air Force (RTAF), Royal New Zealand Army and Royal Cambodian Air Force participated in the exchange, part of U.S. Pacific change for the CE person-Command's Theater Security Cooperation Program, senior civil engineering and security forces personnel from PACAF.

"The purpose of the event to build partnership capacity with foreign nations so we can interact with them more efficiently," said Capt. Khary Davis, the topics that were dis-



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

Larry Brown, U.S. Pacific Command non-lethal weapons program liaison officer, demonstrates how a taser works to members of the Royal Thai Air Force and Royal New Zealand Army as they participated in a subject matter eZxpert exchange April 13 as part of Pacific Unity/Defender.

nel.

PACAF Installations and which was co-hosted by Mission Support partnered with PACAF International Affairs Division to develop an event curriculum and select a list of attendees. About five SME exchanges take place every year at PACAF.

"Depending on some of

country," said Davis.

During the event, 12 foreign participants began with an overview of PACOM and PACAF and then toured military units and civilian organizations to observe key facilities and programs, training, tactics and techniques used by CE and SF personnel.

"At the moment, I'm

SME exchange in a different helps to understand the area of where PACOM has interests and where PACAF has bases and where they engagements," said do Royal New Zealand Army Maj. Jono Meldrum, who is participating for the first time. "These are things that New Zealand does as well. It was good to get an understanding of how it works here.'

The group toured facili- manders have a certain Unity/Defender program

Facility Hawaii's Command wastewater treatment plant, the 647th Explosive Ordnance Disposal Flight The center is an organizarelations and understanding among the people and nations of the United through cooperative study, research and dialogue.

learn about U.S. capabilities for infrastructure, disaster response and security non-lethal weapons options, and discuss each other's methods for the same. The event also allowed for a forces units are set up, and greater understanding of how they execute policy and how civil authorities and military members work hand-in-hand in some situations.

"We visited the (93d Civil Support Team) unit, and it was interesting to learn how they are one of the few the federal government," said Meldrum.

"There are some similari-PACAF CE planner, who cussed in a previous year, working in an operation- The group toured facili- manders have a certain Unity/De facilitated the SME ex- we may also schedule a level headquarters, and it ties such as the Naval authority to respond in a manager.

Engineering similar manner," he said. The relationship also made an impression with the members of the RTAF.

"I was amazed at the and the East West Center. unity of command and control and the level of cooperation that promotes better tion between the military and civilian units," said RTAF Wing Commander Watchara Sakunrat, who States, Asia and the Pacific works in his unit water and sanitation division. "This is something that our country Each person was able to is trying to strengthen."

On the security side, the personnel learned about basic military security missions, how U.S. security development from PACAF headquarters.

"The purpose of the event is to foster relationships with our partner nations, get to know their capabilities as well as limitations, and they in turn learn ours U.S. units who can respond so that when we go out on for the state as well as for future engagements, such as contingency operations, we know how each other operates," said Frank ties with how it happens Deniz, security forces readiback home. Our local com- ness specialist and Pacific

Operation Homecoming honors Vietnam POWs on 40th anniversary

Staff Sgt. Mike Meares

Joint Base Pearl Harbor-Hickam Public Affairs

Using tap code to communicate with other prisoners Prisoner of War/Missing at the Hanoi Hilton in in Vietnam, Navy Capt. Jerry Coffee sent messages each night for seven years to the other captives in the camp. Those messages frequently included tapping out the letters of their motto, "R-E-T-U-R-N W (with) H-O-N-O-R."

Coffee demonstrated those "taps" during a speech at a commemorative ceremony marking the 40th anniversary of Operation Home-coming, held April 4 at Joint Base Pearl Harbor-Hickam (JBPHH).

On that day in 1973, the last Vietnam conflict prison- tion paid tribute to those veter of war was indeed "returned with honor" and landed at what was then and sacrifice in prisoner of Hickam Air Force Base, Hawaii.

C-141 Starlifters on this very spot," Coffee said.

More than 300 service members of the 15th Wing, Pacific Air Forces Headquarters and Joint Action Accounting Command at joint base gathered to honor the returnees from the historic operation. Era video of the disembarkation showed the younger Coffee walking down a red carpet with hundreds gathered around. He stopped, knelt down on his hands and knees, and kissed the ground. This was the moment when he returned to United States soil, a place he thought he would never see again.

"I was so glad to be home," he said.

Last week's commemoraerans who endured, in some cases many years of torture war camps during the Vietnam conflict.



Department of Defense photo by U.S. Air Force Tech. Sgt. Michael R. Holzworth

Chief Warrant Officer 4 William Thomas (left) and U.S. Navy (ret.) Capt. Jerry Coffee (right) place their hands over their hearts during the singing of the National Anthem at the commemorative ceremony marking the 40th anniversary of Operation Homecoming held April 4, 2013 at Joint Base Pearl Harbor-Hickam. In 1973, the last Vietnam conflict prisoner of war landed on what was then Hickam Air Force Base.

heroes, having served with They persevered through the ed extraordinary personal

dignity and courage through most unconscionable condi- courage and steadfast devothe worst of human circum- tions-starvation, isolation, tion to their values, their just tickled to death to be stances," said Maj. Gen. torture and the ever present family and their country,"

Vietnam signed the treaty ending the Vietnam War in Paris on Jan. 27, 1973. As part of the agreement, North Vietnam provided the U.S. with the names of POWs held by their forces.

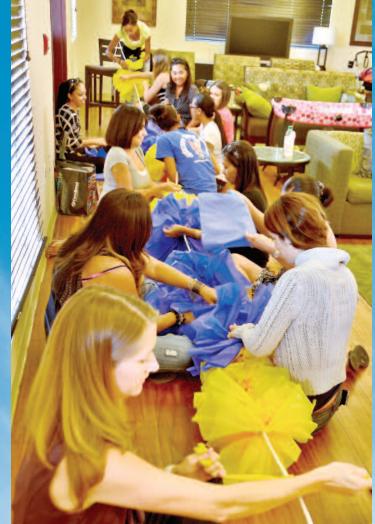
By the end of that month, North Vietnam provided 617 names, including 55 who died in captivity. Eventually, 591 POWs, including U.S. and allied servicemen and civilians, were released by Vietnam and North returned. Forty years ago, returning POWs landed at Hickam's Military Airlift Command terminal, located on the northeast end of the main ramp. There, they stepped from the planes and onto U.S. soil for the first time.

Whether I was the first or last, it didn't make any difference," said Army Maj. (ret.) Bob White, who was one of the three to be the last to leave Vietnam. "I was out."

"Indeed it was 40 years "America's former prison-ago that I stepped off one of ers of war are among the commander." Kelly K. McKeague, JPAC threat of death. Yet even Kelly said. during their darkest hours, The Un during their darkest hours, The United States and those big, beautiful Air Force nation's most venerated "These men persevered. they virtuously demonstrat- the democratic Republic of See POW, A-7

Coffee, who spent seven

Pearl Harbor-Hickam Highlights





U.S. Air Force photo by Staff Sgt. Terri Paden

(Above) Honolulu Mayor Kirk Caldwell shakes hands with Col. Johnny Roscoe, 15th Wing commander at Joint Base Pearl Harbor-Hickam, after the Sexual Assault Awareness Month proclamation and certificate ceremony held April 2 in the city council chamber in Honolulu. The purpose of the event was to demonstrate the military and local community's united stand against sexual assault.



(Above and left) In preparation for the return of guided-missile frigate USS Reuben James (FFG 57), family members of Sailors on the ship make traditional Hawaiian ribbon leis for each of the crew members and a sign to welcome them home. Reuben James departed Joint Base Pearl Harbor-Hickam on Oct. 3, 2012 for an independent deployment to the Western Pacific.



Photo by David D. Underwood Jr.

Airman 1st Class Yazmin Davila, 15th Medical Operations Squadron Pediatrics Clinic, demonstrates how to perform CPR on an infant to Radford High School students visiting the Hickam Clinic on April 4, Joint Base Pearl Harbor-Hickam, Hawaii. (See Story and additional photo on page A-8.)





(Above and below) Sailors from Construction Dive Detachment Alpha, part of Underwater Construction Team 2 (UCT-2) from Port Hueneme, Calif. remove wood forms during a structural pile restoration at the Hotel piers at Joint Base Pearl Harbor-Hickam. (See story on page A-6)

U.S. Navy photos by MC2 Sean Furey

U.S. Navy photo by MC2 Nardel Gervacio

(Above) Production crew members film Sailors assigned to Joint Base Pearl Harbor-Hickam (JBPHH) during simulated Navy SEALs training along with actors Alex O'Loughlin, Alan Ritchson and Terry O'Quinn on the set of the television series CBS's Hawaii Five-O. The episode was filmed in March and is scheduled to air April 15. (Visit www.facebook.com/NavyRegionHawaii for more photos.)



<image>

U.S. Navy photo by MC2 Nardel Gervacio

(Above) Capt. Jeff James, commander, Joint Base Pearl Harbor-Hickam (JBPHH), salutes after presenting a flag to an actor playing the part of a widow during a mock funeral service scene for the television series CBS's Hawaii Five-0. James was recruited for the role for an episode that filmed in March and is scheduled to air April 15.

Seabees perform underwater construction in Pearl Harbor

Story and photos by MC2 Sean Furey

Navy Public Affairs Support Element West, Detachment Hawaii

Seabees from Underwater Construction Team (UCT) Construction Dive Detachment Alpha out of Port Hueneme, Calif. conducted structural piling restorations on a refueling pier during a scheduled visit to Joint Base Pearl Harbor-Hickam (JBPHH) and also assisted in restoration efforts at the USS Arizona Memorial boat dock.

As part of the U.S. Navy's Naval Construction Group 1, underwater construction teams provide a capability for the construction, inspection, repair and maintenance of ocean facilities in support of naval and Marine Corps operations.

You have other diving units whose main missions are ships' husbandry, salvage or explosive ordnance disposal (EOD) support," said Equipment Operator 1st McVicar, Class James attached to UCT 2, Dive Detachment Alpha.

"With us, any type of structure that is in or around the water that needs inspec- pier was in need of repair tion, repair, installation or demolition, we handle that. It's a pretty diverse skill set that we have," he explained.



Builder 2nd Class Khiaro Promise from Construction Dive Detachment Alpha, part of Underwater Construction Team 2 (UCT-2) from Port Hueneme, Ca. removes a wood form during a structural pile restoration at the Hotel Piers at Joint Base Pearl Harbor-Hickam. (See additional photos on page A-5.)

of structural pile restoration quickly and efficiently enough to leave time to work on additional projects.

We were sent here to do a pile restoration on Hotel Piers. We've had detachments come out here for the past couple of years to try and stabilize and preserve it for the next couple of decades," said McVicar.

"We then found out through the park service that the USS Arizona Memorial and inspection. They didn't have the funding with the current fiscal climate to pay for a unit to come do it, so we

Sailors of UCT 2 were able to help. We spent a few after- and saved us a lot of time .historic monument." finish their original tasking noons and evenings diving and repairing what we could." he said.

The National Park Service expressed its gratitude to the Sailors for assisting with restoration efforts at the USS Arizona Memorial site. "The boat dock on the Arizona Memorial needed inspection and repair, but the money we usually used for things of that nature wasn't there at the time," said Scott Pawlowski, park dive officer and chief of cultural and natural resources for the USS Arizona Memorial.

'UCT 2 was able to use their extra time to help out. While in Hawaii, the decided we would go out and extra time for the memorial

and money," Pawlowski said. After working on the memorial's boat dock, the Navy divers were able to participate in a guided underwater tour of the wreckage of the battleship USS Arizona (BB 39). The ship sunk on Dec. 7, 1941, after an armorpiercing bomb hit her during the surprise attack on Pearl Harbor by Japanese Naval Forces.

"It was a humbling experience. I didn't understand the magnitude of the wreck until I got under the water and actual saw it firsthand," said Chief Construction Mechanic

Correa, only the second woman and the first African-American woman to qualify as a Seabee diver, is one of two female divers at UCT 2, Dive Detachment Alpha, the home command of two out of the five female Seabee divers in the Navy. Correa said that starting out in the dive community was tough but her perseverance paid off.

"Everybody was against me when I first decided to do this program. They thought the females couldn't keep up with the men," said Correa.

"Tve been in the program for over 15 years, and I tell Elisia Correa. "I'm just my younger troops that it's Every one of the divers put in happy I got the chance to all about strong mind, strong underwater go diving over such a body. I didn't let anyone else

dictate what I could and couldn't do."

According to the detachment's other female diver, Steel Worker 2nd Class Holly Ramirez, becoming a Seabee diver takes hard work and determination.

"Women couldn't be Navy divers until the 1980s, and there's only been five of us in the history of the Navy that graduated dive school. I was the last one to make it back in 2006. It involves a lot of physical training and continuous studying. You just really got to want it," said Ramirez.

Sailors from UCT 2 are currently on deployment in the western Pacific. They have recently departed Hawaii and are currently conducting operations in the Philippines and South Korea.

As qualified Navy divers, the UCTs apply their skills to a variety of construction projects in the ocean environment. Additionally, the teams have specialists in logistics, administration and diving medicine.

UCT 2 maintains the capability to dive scuba and/or surface supplied diving in a wide variety of environmental conditions: zero visibility, contamination, day and night operations, underice diving, rivers, harbors, and open ocean in support of construction operations.

Housing offers window safety guidelines, stress year-round awareness

Ann Holland

Navy Aloha Center

Karen S. Spangler

Managing Editor, Ho`okele

The National Safety Council (NSC) designated the second week of April this year to focus on the importance of practicing window safety in the home. It is designed to heighten awareness on how to prevent unintentional window falls and how windows can be properly used for emergency escape purposes.

"Our PPV [public private venture] housing partners, Hickam Communities (HC) and Forest City Residential Management engaged in promoting window falls. Of those, it is begins with the home safe-National Window Safety awareness year-round," said Darryl Nii, program director for public-private Hawaii. "Safety especially about window safety, is shared during move-in inspections, main- teaching children not to tenance visits and through play near windows, and social media. Residents are keeping windows locked encouraged to contact their when possible all contribute resident services offices to to a safer home environlearn of recommended win- ment," Quinn emphasized. dow safety products, either

ner or available at local retailers," Nii said.

"Window Safety Week is a good time to do a safety review around your home. We all know it only takes a second for a tragedy to a reminder for everyone, occur, and it is very easy to overlook the potential risks and dangers windows pose, especially to young children," said Steve Quinn, Hickam Communities' director of property management.

According to the Consumer Product Safety Commission, approximately 3,350 children, age five and under, are treated in emergency rooms each year (FCRM), for injuries sustained in our partnership with them

provided by the PPV part- that it is important for residents to be aware of the dangers that windows can pose to young children and to follow window safety guidelines

> "Window Safety Week is whether we live in PPV or in private market/downtown, whether we have children living [with us] or visiting us in our homes. Talk to your children often about window safety, practice emergency escape plans semi-annually, and follow the other window safety tips continuously," Nii said.

"The safety of our residents is paramount, and

Quinn said.

Cards with window safety available at all Hickam Community offices and community centers.

NSC offers these window safety tips to keep people safe year-round:

• Provide extra supervision to children when they are near windows, balconies or patio doors.

• When opening windows for ventilation, only open ones that children cannot access. (The American Academy of Pediatrics suggests that if opening windows, ensure they open no more than four inches.)

• Insect screens are designed to keep bugs out, not to keep children in. Do

closed and locked.

• Make sure nothing is "dos and don'ts" are blocking or preventing a visit www.fcnavyhawaii.com, window from being opened http://ow.ly/jWQAe, in the case of an emergen-

> • Install building codecompliant devices such as promise of safety" window window guards (with quick-release mechanisms http://ow.ly/jWQwN.

in case of fire). For more information,

www.nsc.org, and www.safekids.org. To download a free NSC "keeping the safety activity book, go to:

estimated that one out of ty video all residents view However, they stress this tion, and an average of safety stickers at second eight children die from floor windows are a basic their injuries.

> ing daily risks and keeping needing additional winsupervision, keeping furni- anytime at 423-2300," ture away from windows, Housing officials agreed

Week this past week. three require hospitaliza- upon arrival. Window falls. reminder to stay alert "Awareness and educa- when children are near and keep all exits clear of venture at Navy Region tion are critical to evaluat- windows. Any family hazards like cords or toys. information, our keiki safe. Direct dow stickers can call us around, make sure to keep

not rely on them to prevent

• Be sure to practice your family's emergency escape plan at least twice a year,

• If there are children all reachable windows

Family members of USS Reuben James Sailors honor Hawaiian traditions

Story and photos by **MC2** Daniel Barker

Navy Public Affairs Support Element West, Det. Hawaii

In preparation for the final return of guided-missile frigate USS Reuben James (FFG 57), family members of Sailors aboard made traditional Hawaiian lei for the ship and also for each of the crewmembers.

Reuben James departed Joint Base Pearl Harbor-Hickam Oct. 3, 2012 on an independent deployment to the western Pacific. The current deployment will be the last one for Reuben James, which is scheduled to decommission later this summer.

In preparation for the ship's return, members of the family readiness group (FRG) for Reuben James are keeping with a Hawaiian tradition by making a 65-foot blue and gold-colored lei to decorate the ship as Reuben James enters the waters of Pearl Harbor.

"It's will be especially amazing seeing the ship coming in during homecoming, seeing the lei hang-



In preparation for the return of guided-missile frigate USS Reuben James (FFG 57), family members of Sailors aboard make a large Hawaiian lei for the ship in the Navy colors of blue and gold. Reuben James departed Joint Base Pearl Harbor-Hickam Oct. 3, 2012 for an independent deployment to the western Pacific. It will be the last deployment from Hawaii for Reuben James, which is scheduled to decommission during the summer of 2013.

Ortiz, president of the Reuben James FRG.

Traditionally the canoes of ing there. It's just awesome Hawaiian chiefs were decorated

because I will know I was part of with large feather lei. Following it, the lei making, so I totally the increase of tourism to the enjoy making it," said Jaclyn islands, the lei came to represent ancient Hawaii and became a symbol of the islands to visitors worldwide.

worked on making the giant lei er. for the ship, and even more also worked on hand-making more ful that we have such a large than 200 ribbon simulated-feather lei, one for each of the Sailors aboard Reuben James.

"Just coming together as one group, the camaraderie behind it is awesome," said Toni Leugers, Reuben James FRG treasurer. "The support and making new multi-mission surface combatfriends is what matters the most. We have been supporting one fare (USW) and surface warfare another throughout this deployment."

The colors of the ribbon lei are the Navy's colors of blue and gold. Blue represents the oceans and seas while gold traditionally repthe blue lei are in five sections and the gold lei are in seven sec- of of Reuben James, 57.

Instead of using flower petals will allow the Sailors the opportunity to use the leis as keep-

reason for spouses of the Sailors naval Battle of Lake Erie in the More than 16 family members to come together and work togeth- War of 1812.

"It's a group effort. It's wondergroup that participates, puts all the functions together. We wouldn't have a good homecoming without all the family support, so

that's the most important thing,' said FRG member Holly Sulzer. Guided-missile frigates are ants, capable of under-sea war-(SW) missions. Reuben James is assigned to Commander, Destroyer Squadron 31 under Commander, Naval Surface Group Middle Pacific.

Reuben James is an Oliver resents integrity and valor. The Hazard Perry class frigate named numbers also have significance as after a hero in the Barbary Wars against piracy, who saved the life

Lt. Stephen Decatur. tions, reflecting the hull number Boatswain's Mate Reuben James went on to fight in the War of 1812, which commemorates its for the lei, the use of ribbons bicentennial this year. FFG 57 is the third ship to hold the name Reuben James. The first The sakes and memories of their Oliver Hazard Perry class of final deployment on Reuben frigates is named after the James and the return to Hawaii. American Commodore Oliver Making the lei also provided a Hazard Perry, the hero of the

Vietnam POWs remember years of captivity, coming home

Continued from A-4

years and nine days in the Hanoi Hilton, was the pilot of a sance aircraft. On Feb. 3, 1966, he was on an intelligence gathering mission against a heavily defended portion of North Vietnam when his aircraft was hit by enemy fire near the coast. He was held prisoner until Feb. 12, 1973.

Navy Capt. Jim Hickerson, who also attended the commemoration, spent one week Bob White, who was captured shy of five years and three months in captivity.. The then craft was hit while on a visual lieutenant commander was reconnaissance mission. He about 10 miles south of Hai ejected over South Vietnam Phong when his aircraft was after the aircraft caught fire. hit by a surface-to-air missile was captured on Dec. 22, 1967

war until March 14, 1973.

Marine Warrant Officer 4 William cages. He was not reported on April 4, 1973. The prisoners of Thomas spent 11 months in RA5-C Vigilante reconnais- captivity. Thomas was captured May 19, 1972 when, dur- a remote South Vietnamese years of their lives in captivity. ing a combat mission over South Vietnam, his aircraft was shot down a few miles from Quang Tri City, South Vietnam. Thomas was released March 28, 1973.

The last American to be repatriated during Operation Homecoming was Army Maj. Nov. 15, 1969 when his air-

During his time in captivity and he was forced to eject. He he spent approximately 19 months in a cage that was 4and remained a prisoner of feet-by 6-1/2-feet and only 4-

feet high. He estimated that he Homecoming, with the final Corps Chief spent 23.5 hours a day in those sortie arriving in Hawaii on the Paris POW lists and was later revealed as being held in tively given more than 16 village.

> delta,and evacuated by helicopter to Saigon where he was event as he continued to received by a C-9 aircraft. Finally, White arrived at Hickam in the early morning amplify each rap on the wood. hours of April 4, 40 years ago. Although his journey was long, members of the Hickam and Oahu community turned out in hundreds to welcome him home.

> "It was pretty special then," White said. "I have some really fond memories of that day." In 1973, U.S. Air Force C-141 Starlifter aircraft flew 36 tap...) , G-B-A, God bless sorties in support of Operation America."

war in attendance had collec-"Every night we would sign

White was released in the off by tapping," Coffee said during the commemoration demonstrate on the podium, making the microphones

> 'We had calluses on our knuckles because it was our primary means of communication. Every night you would tap to your neighbor in the next cell, or he would tap to you. We would always exchange (tap, tap, tap...) God Bless or G-B. (tap, tap, tap...), G-N, for good night, (tap, tap,

Live fire training planned

Pacific Missile Range Facility **Public Affairs**

PACIFIC MISSILE RANGE FACILI-TY – The Pacific Missile Range Facility's (PMRF) security department will conduct live small arms fire training April 9 through April 30 between the hours of 1 and 9 p.m. at the Kekaha Rifle Range.

All fishermen, surfers and beach users are cautioned to stay away from this area due to hazardous nature of live fire training. Red warning flags will be flown at the range during the live fire training. As a reminder, PMRF is a customer of the Kekaha Rifle Range which is a stateowned facility.

Questions concerning the upcoming exercise should be directed to PMRF's dispatch office at 335-4523.

Radford students gain real-life experience from Hickam Clinic visit

Story and photo by David D. Underwood Jr.

Joint Base Pearl Harbor-Hickam

Students from Radford High School visited the Hickam Clinic at Joint Base Pearl Harbor-Hickam on April 4 to gain real-life experience in the medical career field.

The students, who are interested in a possible career as a medical professional, received hands-on training in the skills needed to effectively care for a patient.

"The joint base is proud of its partnership with the local public schools," said Darren Dean, 647th Air Base Group, education program specialist and school liaison.



Airman 1st Class Jackie Wolf, 15th Medical Group, watches Radford High School student Kavanagh Bushnell (right) make a splint for the arm of Rachel Donnini, also a student at Radford, during their "The 15th Medical Group visit to the Hickam Clinicon April 4. (See additional photo on page A-5.)

like these are a wonderful actually learning a lot of way to showcase the many things I didn't know before.' different careers available and allow clinic personnel to 12th grader at Radford, said mentor the future work- she really enjoyed all the force," Dean said.

This year's event was Åpril Gaines, Sgt. 15th Medical Operations Squadron superintendent.

The Radford students visited various sections of the clinic including family health, the dental lab, radiology, the specimen lab, pediatrics and the human tions to evaluate if the miliperformance and rehabilita- tary route is one for them," tion center (HPARC). While in pediatrics, they were sur- ly enjoyed and appreciated prised by an on-the-spot all the hands-on activities infant emergency scenario that this field trip provided and had to perform CPR on and came back to school an infant CPR training really excited and with a manikin. "It's really interesting,"

hosts students every year at said Joco Villareal, a the Hickam Clinic. Events Radford 12th grader. "Tm

Marianna Fata, also a hands-on activities.

Tiffany Peterson, health headed by Senior Master services pathway instructor at Radford, said this was a wonderful opportunity for the students to witness firsthand the operations of a medical facility.

"They have the opportunity to interact with members of the military and ask quesshe said. "The students realnew perspective on their career path."

Federal Fire Department provides training/defibrillator for Hickam Elementary School

Fire Inspector Angela Sanders

Federal Fire Department Hawaii

Personnel from Federal Fire Department (FFD) Hawaii visited Hickam Elementary School on April 2 to provide two automated external defibrillators (AED).

The AEDs, which will be available in the event of any cardiac incidents that might occur, were requested after a 10-year-old child at the school was recently diagnosed with hypertrophic cardiomyopathy (HCM), a disease that affects the muscle of the heart.

FFD Regional Fire Chief Fletcher Dahman, Deputy Chief Gayland Enriques, Regional EMS Chief Dennis Yurong, EMS Battalion Chief Douglas Asano and Fire Inspector Shannon Gipaya presented the AEDs to the school and offered a demonstration on their use.

The Parent/Teachers Association at the school reached out to the Automated External Defibrillator (AED) Institute of America and the Hawaii Heart Foundation, requesting each link will be as strong as the next. Elementary School.

the school. The machine could provide immediate emergency care in the event that anyone went into sudden cardiac arrest.

"As a parent of a child with heart disease, I am extremely grateful to have two AEDs installed at Hickam Elementary," said Christine Cook, parent of the child with HCM.

According to the American Heart Association, sudden cardiac arrest can strike people of all ages and fitness levels, usually without warning. Many more lives can be saved if people are trained to act promptly, call 911, begin cardiopulmonary resuscitation (CPR), and provide defibrillation within minutes.

"To save an individual who experiences a cardiac arrest in the community, it takes a team of heroes to save this life. With the Federal Fire Department supplying the school with life-saving devices, Hawaii Heart Foundation teaching the staff and children how to respond, and partnering with the local professionals, the chain of survival will be strong and

support for an AED to be installed in Together we will turn the survival rates upside down," said Pamela Foster, founder of the Hawaii Heart Association which partnered with FFD to establish Hickam Elementary as a Hawaii Heart Safe School.

Federal Fire Department will maintain and provide support of the AEDs as well as provide CPR and AED training to the students and staff at the school.

"I know these AEDs will be a valuable asset to Hickam Elementary. Although I hope the AEDs never have to be put to use, I know my son, the Hickam Elementary community, staff, parents and students, all have a much better chance at survival if a heart attack should occur," Cook said.

For more information about the Federal Fire Department, contact Fire Inspector Angela Sanders at (808) 471-3303, ext. 617 or angela.sanders1@navy.mil.

Federal Fire Department Regional EMS Chief Dennis Yurong demonstrates an AED to staff members at Hickam



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Life& Leisure All-N

All-Navy boxers train for success

Story and photos by MC2 Class Sean Furey

Navy Public Affairs Support Element West, Det. Hawaii

At the end of the day when most Sailors are off-duty and can head home to relax, Chief Construction Mechanic Elisia Correa and Hospital Corpsman 2nd Class Antonel Cruz-Padilla meet at the gym to hone their boxing skills. They are both members of the All-Navy Boxing Team.

Correa is from Construction Dive Detachment Alpha, part of Underwater Construction Team (UCT) 2 out of Port Hueneme. Correa has been boxing in the 130-pound weight class for six years, with a Navy record of three wins and two losses. She is a coach for the All-Navy Boxing team, one of only five female Navy Seabee divers and the first African-American female Seabee diver.

"I've been helping with the team for about four or five years," said Correa. "Sometimes I am a sparring partner getting beat up, or delivering punishment, but mostly doing more mentoring."

A self proclaimed "one woman welcome aboard package," Correa not only acts as a boxing coach to Sailors who make the trip to California to train, but also helps them balance life as a boxer and Sailor.

Sailors who are selected to attend the trial camp compete for roster spots available on the All-Navy Team.

Once the All-Navy Team is selected, the boxers will continue to work hard during practice and compete in several matches prior to the Armed Forces Championships.

"In Navy boxing we're always Sailors first, then you're an athlete," said Correa. "We have to work really hard to balance our work ethic and training methods to make the cut."

As a seasoned veteran of the All-Navy boxing team, Cruz-Padilla knows the difficulties of performing his duties in and out of the ring. Cruz-Padilla is stationed at Naval Health Clinic Hawaii specializing in optometry, was the 2010 and 2011 All-Navy Boxing Champion and the 2012 Hawaii State Champion with more than 25 fights.

"You have to be prepared year-round and create a routine," said Cruz-Padilla. "You have to find a local gym and work with the coaches there. No matter what duty station you're at, you have to adjust to get you prepared for camp." Before a Sailor can entertain the idea of being part of the All-Navy boxing team, they must first meet certain criteria. You have to have at least five USA sanctioned fights under you," said Correa. "It's not just a number, it's a safety precaution that tells the club or the team that you know how to conduct yourself in the ring. It lets us know you are mentally strong." "You have to go out there and compete; you have to get exposed to the fight," said Cruz-Padilla. "The fight is what is going to tell you if you are prepared or not just the training.' Correa and Cruz-Padilla explained about their humble beginnings with boxing in the military. "My very first fight was in Al Assad, Iraq a long time ago," said Correa. "I fought a Marine girl. She was a Golden Photo illustration by Richard Onaha Hutter

Glove champ, and I pretty much had zero experience. I survived all three rounds and won. Ever since then I've been hooked."

As for Cruz-Padilla, his start in boxing came about while trying to stay in shape.

"I was stationed in Washington State, Whidbey Island in 2008. There wasn't much to do around there, so I found a boxing gym just to keep myself in shape and that's how it started," said Cruz-Padilla.

"I didn't have any intention to compete. I did nine fights before I realized that I had a chance. I made the Navy team and they took me to nationals in 2010 and also made it to the camp in 2011. It's been a fast road for me; it's been unbelievable."

Correa explained that while she is coaching, she favors finesse over brute force and likes to teach her Sailors how to win and lose with honor.

"I like to teach the individual to focus on basics. Amateur boxing isn't about knockouts; it's collecting points," said Correa. "You have to punch with the bunches. I start with basics, and then all the power will come naturally. It's about competing, but you have to win and lose and know how to do both gracefully."

With the cancellation of the 2012 All-Navy Boxing camp, Correa and Cruz-Padilla hope to spark interest in Navy boxing in the years to come.

"I hope we get more candidates to come. The biggest issue is that we don't have enough candidates to come to the camp and lack of command support," said Correa.

"I've been helping with the team for about four or five years. Sometimes I am a sparring partner getting beat up, or delivering punishment, but mostly doing more mentoring."



Hospital Corpsman 2nd Class Antonel Cruz-Padilla from Naval Health Clinic Hawaii and a member of the All-Navy Boxing Team box during training.



Chief Construction Mechanic Elisia Correa from Construction Dive Detachment Alpha, part of Underwater Construction Team (UCT) 2 out of Port Hueneme, Calif. and a coach the All-Navy Boxing Team, hits the speed bag during training.



Padilla hits the heavy bag during training.

----Chief Construction Mechanic Elisia Correa

"We have a lot of good athletes in the Navy, but they don't know the Navy boxing is available, or they can't get to the camp. This year we will get the word out that Sailors have an Olympic chance by being on the team. It's all about representing the Navy."

"I would like to go to camp one more time, take the experience I have and get that win for the Navy," said Cruz-Padilla. "If I go again it's not for the experience, no, if I go back it will be to win against anybody there. From there anything is possible."

All-Navy Boxing is an opportunity for Sailors with the appropriate skill set to compete at the highest level outside of the service academies.

All-Navy Sports strives to reach and develop Sailor athletes who have demonstrated the skills required to participate in higher-level sports competition and enable them to serve as goodwill ambassadors representing the Navy, while keeping with the highest traditions of the United States Navy.



Correa does pull ups during training.

Thousands of runners join Ford Island Bridge Run



More than 3,000 military and community members run across historic Ford Island during the 16th annual Ford Island 10K Bridge Run at Joint Base Pearl Harbor-Hickam. The Ford Island Bridge Run is the largest 10K run in the state of Hawaii.

Story and photo by MC2 Daniel Barker

Navy Public Affairs Support Element West, Det. Hawaii

More than 3,000 runners took part in the 16th annual Ford Island 10K Bridge Run held April 6 at Joint Base Pearl Harbor-Hickam.

The annual event has been the largest 10K (6.2 miles) run on Oahu since the opening of the bridge in 1998.

"We started the bridge run 16 years ago, and we were only going to do it one time when the bridge opened," said Rodney Gouveia, Morale, Welfare and Recreation (MWR) athletic program director. "That initial bridge run was so successful that we have done it every year since. The last five years have seen more than 3,000 runners register per year, which makes it the largest 10K run in the state.'

The run is basically put on with Joint Base Pearl Harbor-Hickam personnel from MWR who ran all the manned stations, and members of the Federal Fire Department really helped out with medical preparedness," Gouveia added.

The run began at the entrance of the Adm. Bernard Clarey Bridge, more commonly referred to as the Ford Island Bridge, and continued across the bridge and clockwise around historic Ford Island, ending can be found at the www.TimeLine at Richardson Field across from Hawaii .com website.

Aloha Stadium. Service members, family members and civilians of all ages participated in this year's scenic run.

Capt. Jeffrey James, commander, Joint Base Pearl Harbor-Hickam, assisted with personally presenting some of the winners with awards.

"It's a great opportunity for the community to come together and exercise," said James. "It's an awesome opportunity to bring people onto the base and do something that's healthy."

The bridge run would not have been possible without the efforts years ago of the late Sen. Daniel Inouve who led efforts for construction of the bridge to connect Ford Island to the rest of Oahu. Inouye, who passed away last year, was a Medal of Honor recipient who continuously represented Hawaii in the U.S. Congress since Hawaii achieved statehood in 1959 until his death in 2012.

"I like to think of this as a tribute to Senator Inouye, because he was the one that brought this bridge here," said James. "Every time I cross that bridge I think of him, and I would offer that other people do the same."

Overall winners this year were Douglas Kalmbach, Martin Anders and Jakob Dewald with times of 35:21, 35:53 and 36:59, respectively. A complete list of winners and times

Dirt Bags clean up on 96th ARS in season opener

Story and photo by Randy Dela Cruz

Sports Editor

Sparked by an inside-thepark homer from Builder 2nd Class Fabian Flores, the Construction Battalion Maintenance Unit 303 softball squad, nicknamed "Dirt Bags," broke open a close game and went on to defeat the 96th Air Refueling Squadron (96 ARS), 8-3, on April 9 in a Blue Division season-opening matchup at Millican Field, Joint Base Pearl Harbor-Hickam.

Clinging to a 1-0 lead in the bottom of the fourth, Flores stepped into the box with one out and delivered a line shot through centerfield.

The ball rolled to the fence as Flores circled the bases before beating the throw at the plate for a 2-0 lead.

"I saw them shift, so I decided that I wanted to go to center and that's where it went," Flores said. "I took advantage of it."

As Flores rounded third, teammates yelled to hold to third on another infield up, but the Dirt Bags' third error, before scoring on a baseman just put his head sacrifice fly.

The bang-bang play at home seemed to light a fire and final inning. Although the 96 went under the 303 as the squad's bat finally started

Class

Tech. Sgt. Joe Royer.

Mechanic 2nd

ber three.

top of the fifth.

with no outs.

Immediately after Flores

put the 303 up by two, the

singles before Construction

Andrew Baumann sliced

another single through the

infield to drive in run num-

The Dirt Bags tallied

their third run of the inning

to take a 4-0 lead, but the 96 finally broke up Dries'

shutout with a run in the

However, perhaps still

feeling the momentum from

the previous inning, the

Dirt Bags quickly reclaimed

In the bottom of the fifth,

an infield error by the 96

brought in the first run and

placed a runner on third

Department of Defense

civilian shortstop Michael Simpson bashed a double

for a 6-1 lead, then moved

the run and then some.

down in their first game of the season, the team to get to 96 ARS pitcher showed marked improvement over a squad that went 2-10 in 2012.

Royer said that after last team pared back-to-back season, the team hopes to raise the bar in the coming year.

OK with the way the game worked out. I think we started to play together as a team towards the end. That's what's important. Our goal is .500."

Flores also said that the 303 is looking to improve over last season and

"We're just learning as a believes that the off-season gave us the momentum to team," he admitted. "We're practices have definitely push forward." made the team better.

"I think it's a lot of practice between work and last year," said Flores about the team's fast start. "Everybody put a lot of effort into this game, and we got a lot of people with experience the same momentum going and I think that's what

Although it's only the first game of the season. Flores said that he likes what he sees and is keeping his fingers crossed that the 303 will make some noise this year.

"Hopefully, we can keep all year round," he said.



down and went for it.

"I blame that on the pitcher (teammate Chief Construction Electrician Baumann. Erik Dries)," Flores pointed out. "The only thing I heard top of the sixth with two from the dugout was him more runs, but after Royer saying, 'I think you can make it,' so that's what I took and went with it."

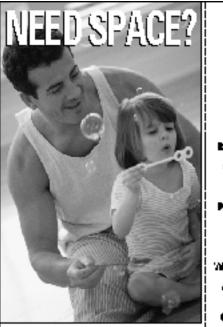
Later, Flores crossed home once again, only this time on an RBI single from

The 96 came back in the set down the Dirt Bags in order, the team's bats went cold in the seventh

Builder 2nd Class Fabian Flores slides safely into home to complete a solo inside-the-park homer for the Construction Battalion Maintenance Unit 303 softball team nicknamed "Dirt Bags."







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April 12, 2013 Ho'okele B-3 Chalk up another All-Military title for Hickam bowlers

Story and photos by **Randy Dela Cruz**

Sports Editor

Combining a mixture of veteran and rookie rollers, the All-Hickam bowling squad continued their amazing run of excellence by capturing their third consecutive Hawaii All-Military (HAM) Bowling Tournament, which concluded April 5 at the bowling center at Pearl Harbor, Joint Base Pearl Harbor-Hickam after four days of grueling competition

Even with the addition of the youngest bowler in the pack. the tournament, Hickam, which has also won four out Hamabata for first by only of the last five titles, proved that the team doesn't rebuild, it just reloads.

"It's not so much as the young guys, but it's about keeping interest in the sport," said Senior Airman Alfred Chock (624th Aeromedical Staging Squadron) about how the team keeps the momentum alive. "There's a lot of good bowlers out there, but they just don't know that the tournament is going on. It's just the fact that we had our youngest member come in. He was eligible, he tried out, did well and did really well in the tournament."

Once again, Hickam led the HAM from wire to wire and finished out on top with a total pin count of 43,509.

The surprising Retirees followed Hickam in second place with 42,304, while Navy, 41,841, Army, 40,616, and Marines, 38,101, rounded out the standings.

While newcomer Airman 1st Class Chasen Ardo (169th Aircraft Control and Warning Squadron) may have been the youngest at 20 years old, he bowled like a veteran and led the men on day two and day three after closing out day one in second place behind teammate Staff Sgt. Robert Brewster (747th Communication Squadron).

Ardo, who bowled nationally as a member of Junior Hickam team. "And as her Bowlers, said that camaraderie shared by everyone and happy, then I'm happy."

on the Hickam team played a huge role in his strong showing at the HAM.

"It was very important," he said. "Coming together helps a lot. If everyone is together, then we can all bowl our game. We also supported each other throughout the tournament."

Overall, Ardo placed third among the men, with only teammate Staff Sgt. Art Hamabata (Headquarters Hawaii Air National Guard) ahead of him at second and All-Navy team Senior Chief Culinary Specialist Derrick Pelekai Jr. (Commander, U.S. Pacific Fleet) leading

Pelekai edged out four pins at 4,843 to 4,839.

On the women's side, Master Sgt. Annette Gagarin (Headquarters Hawaii Air National Guard) took top honors, with 73 more pins than Navy retiree Bernadette Smith in second, and 219 pins ahead of Era Chock (Alfred's wife) in third place.

In recapping the team's latest championship, Gagarin said that the third one is the sweetest.

"The other two, I was just part of it. I wasn't really the leader," Gagarin admitted. "This time, I was the leader."

Although, Gagarin said it was hard to think up ways to keep everybody motivated, she was glad that it all came together in the end, which allowed her to just relax and bowl her best.

'I listened to music just to calm myself," she said. "And then, just having fun with everybody – not just Air Force, but with all the women. I made new friends."

Chock, whose wife Era ended up in the players pool after Navy entered the tournament needing one more bowler on its women's team, said that even though she was on a different squad, he only wished her the best.

"I wanted her to do well because if she did well, it would push our ladies," said Chock about Era, who usually is among the leaders on the husband, if she's doing well



Members of the All-Hickam bowling team flash the shaka after winning the Hawaii All-Military Bowling Tournament for the third consecutive year. Standing from left to right, Staff Sgt. Art Hamabata, Master Sgt. Gina Castillo, Airman 1st Class Chasen Ardo, Senior Airman Alfred Chock, Staff Sgt. Rena Sunaoka, Master Sgt. Annette Gagarin, Master Sgt. Kimberly Weiss, Staff Sgt. Sean Dell and Senior Master Sgt. Scott Fujioka.



All-Hickam bowling team member Senior Airman Alfred Chock watches as all the pins crash for a strike.

The third-place finish by Era did much to improve Navy, which jumped up two places in the standings from its rankings last year.

Master-at-Arms Seaman Chase Jones, a first-year member on the All-Navy, said that with longtime members, such as Pelekai and Logistics Specialist

2nd Class Michael Peters already committed to return, he believes that that the team's future is bright.

"It should be good," Jones said. "You miss a split here, you miss a spear there, but it's all consistency. Air Force is always consistent. Hopefully, next year we can take it home.'

As Hickam savored their third straight title, both Chock and Gagarin had a wait-and-see attitude about whether the team will make it four in a row.

Chock did acknowledge though that the All-Hickam team definitely has a good thing going on.

"I think the mere fact something right."

that we won it three times in a row, it makes it more satisfying," he said. "Win it once, you think great, win it again, you say, 'OK, maybe luck,' but you win it three times, then you think to yourself, we got something good. We got a good core of bowlers. We must be doing

Clutch hitting raises NAVSUP FLC past PACOM/JIOC

Story and photo by **Randy Dela Cruz**

Sports Editor

The game was the season opener for both teams and was the nightcap of a tripleheader at Millican Field.

"It feels great to come out, Naval Supply Systems come together and get that Command Fleet Logistics first win of the season," said Chief Logistics Specialist "We're trying to improve on our record this year and make it to the playoffs." NAVSUP FLC clung to a of the second and with two outs, it appeared that the score would remain tight going into the top of the third.

on to string three singles in a row to drive in a run and fill the bases with runners.

Turner, who drove in the team's first run with a single in the first, slammed a hot shot off of the third baseman's glove that ricocheted into left field to drive in two more runs. Pitcher Cmdr. K.A. Applegate followed up with a single to drive in another run and a 7-1 advantage.

Instead, the team went the team's clutch hits. "We just told them to relax and have fun. I know what abilities these guys can play Up with the bases loaded, and we showed it tonight."

While NAVSUP FLC eventually took an 11-1 lead, it was PACOM/JIOC that got on the scoreboard first after Staff Sgt. Kitrell Hill tripled in the first inning and was driven home on a single by Information Systems Technician 1st Class Billy Lewis.

for five runs in the second. Then in the bottom of third, NAVSUP FLC batters continued their timely hitting and added four more runs with two of the the fourth. tallies being scored after

gle for an RBI.

Down by 10 runs, PACOM/JIOC held off losing via mercy rule by scoring three runs in the top of

NAVSUP FLC almost put their opponent away for good with another four-run outburst in the bottom of the fourth for a 15-4 lead, but PACOM/JIOC refused to go down and forced the game to the distance after Marine Sgt. Michael Cox hit an inside-the-park homer that drove in two runs.

Center (NAVSUP FLC) rallied for five runs with two Larry Turner. outs in the bottom of the second inning to grab a 7-1 lead en route to a 15-7 win Pacific Command/ over Joint Intelligence Operation 2-1 lead going into bottom Center (PACOM/JIOC) on April 9. The Blue Division showdown was played at Millican Field, Joint Base Pearl Harbor-Hickam.

We know what we can do and are capable of doing," said Turner about

The lead was short-lived as NAVSUP FLC posted two runs in the bottom of the frame before exploding

two outs.

After picking up two runs in the third, Senior Chief Culinary Specialist Duane Adams stepped up to the plate with two outs and blooped a single into right field to drive in a run.

Military family member Michael Glass provided more clutch hits by connecting on another two-out sin-

Applegate, who posted goose eggs for four innings, said that although he was forced to make adjustments throughout the game, he gave credit to PACOM/JIOC for battling back at the plate. In addition, Applegate said that the solid play of his fielders allowed him to go after PACOM/JIOC hitters.

"They (fielders) are a huge confidence builder," Applegate said. "Knowing that, I can let them (batters) hit the ball. I don't have to try and paint the corners. I don't have to try and force pop-ups or ground balls. I know that when they put it in play, there's a good chance that the defense is going to pick it up."

While Turner mentioned a run to the playoffs might be possible, Applegate, despite the strong showing against PACOM/JIOC, wouldn't offer any predictions.

Applegate said he likes what the team brings to the field, but it's too early in the season.

These guys are fantastic," he said. "We struggled in a few spots last year, but we've filled the holes. We'll see. We don't know what the competition is like. We feel good about our chances, but we'll see what they throw at us.'



Chief Logistics Specialist Larry Turner, Naval Supply Systems Command Fleet Logistics Center (NAVSUP FLC), slides into third base and beats the tag of Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) Information Systems Technician 1st Class Billy Lewis. NAVSUP FLC beat PACOM/JIOC by a score of 15-7.



Live the Great Life

Golf lovers or beginners ... MWR has options for you

Wedge, nine or putter? MWR offers golf lessons for youth and adults, golf specials and more. Here are a few upcoming clinics and specials in April:

» Barbers Point Golf Course: Free golf clinic, April 13 at 9:15 a.m. Free ladies clinic, April 17 at 9:30 a.m.

» Navy-Marine Golf Course: Half-price green fees special, April 29 and 30.

» Keʻalohi Par 3 Golf Course: Pay for nine holes and get the second nine holes at half-price, Mondays–Wednesdays all month.

» Mamala Bay Golf Course: Half-price green fees special, April 15–21. Free junior golf clinic, April 27 at 9 a.m.

For more information, call Barbers Point Golf Course at 682-1911, Navy-Marine Golf Course at 471-0142, Ke'alohi Par 3 Golf Course at 448-2318, or Mamala Bay Golf Course at 449-2300.



Golfers practice at MWR's Barbers Point Golf Course.

Sign up for Outdoor Activities EXCURSION DATE/TIME COST SIGNUP Day hike: Waimano Pools 1 April 20 10 a.m. \$15 April 18

Snorkeling Sharks Cove 1	April 21	9 a.m.	\$30	April 18
Keiki & parent hand-pole fishing & reef walk ²	April 21	9 a.m.	\$8	April 19
Learn to stand-up paddleboard ²	April 21	9:30 a.m. 10:45 a.m.	\$20 \$20	April 18 April 18
Moonlight hike: Lanikai Pillboxes 1	April 26	5 p.m.	\$15	April 18
Note: Excursions subject to abando depending on weather conditions				

Note: Excursions subject to change depending on weather conditions

¹ Sign up with OAC

Sign up with ODR

For more information and to sign up, call the Outdoor Adventure Center (OAC) at 473-1198

or Outdoor Recreation (ODR) at 449-5215.

Your Weekly Fun with MWR

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

Free Golf Clinic Saturday, April 13 9:15 a.m. Barbers Point Golf Course Free Get some tips on improving you

Get some tips on improving your game at this clinic. For more information and to register, call 682-1911.

Lifeguarding Challenge Course Saturday, April 13 10 a.m.-Noon Scott Pool \$75/person This course is for lifeguards whose certifications are current but about to expire. Please bring your

are current but about to expire. Please bring your certifications when signing up and on the day of the challenge. Exams which will be given include Lifeguard, CPR/FA/AED (written) and Water Skills. For more information, call 473-0394.

Wine Tasting Tours: Springtime Wines Monday, April 15

6–8 p.m. Information, Tickets & Travel

\$25 per person (ages 21 years and older only) Sample new and exclusive wines to broaden your wine repertoire. It includes round-trip transportation from ITT-Hickam, five to six wine samplings and

light appetizers. For more information, call 448-2295. MWR Newcomers Luncheon Tuesday, April 16 11 a.m.–12:30 p.m. Tradewinds Enlisted Club Free New to Joint Base Pearl Harbor-Hickam? Enjoy a free buffet lunch, MWR information booths, sponsor tables and giveaways. Bring the whole family because there will be activities for the kids. For more information and to sign up, call 473-2570.

Ford Island Historical Tour Wednesday, April 17 8:30–10:30 a.m. Information, Tickets & Travel \$25 for adults \$20 for children (ages 3–11 years old) Free for lap children (ages 2 years and under) Visit the often-overlooked historical battle sites on Moku'ume'ume ("Island of Strife") and hear the untold stories of valor and sacrifice on this guided tour. For more information, call 448-2295. Free Ladies Golf Clinic Wednesday, April 17 9:30 a.m.

9:30 a.m. Barbers Point Golf Course Free Enjoy this introduction to the game of golf. For more information and to register, call 682-1911.

Movies with Liberty Thursday, April 18 Depart Liberty Express 4:45 p.m. Depart Beeman Center 5:30 p.m. Depart Instant Liberty 5:45 p.m. Depart Makai Rec 6 p.m. \$8/person

This event is for single, active-duty Sailors and Airmen only. For more information, call 473-2583.

Swim & Sun at Scott Pool with Liberty Friday, April 19 Depart Liberty Express 11 a.m. Depart Beeman Center 11:30 a.m. Depart Instant Liberty 11:45 a.m. Depart Makai Rec Noon Free

This event is for single, active-duty Sailors and Airmen only. For more information, call 473-2583.

Earth Day at Hickam Harbor Marina Camping on the Beach: Friday, April 19, 4 p.m.-9 a.m. \$30 for campsite at Hickam Beach \$35 for campsite at Foster Point Fun at the Beach: Saturday, April 20, 10 a.m.-3 p.m. Free

Watch a movie on the beach and make s'mores over a campfire on Friday night. Enjoy a day at the beach on Saturday with water activities for the entire family and Earth Day information booths. For more information, call 449-5215.

Texas Hold'em and Bunco Friday, April 19 5:45 p.m. Texas Hold'em check in 6 p.m. Bunco check in 6:15 p.m. Play begins Tradewinds Enlisted Club (Oahu Room) No cover

There will be drinks and free pupus at this membersonly event. All ranks are welcome, and reservations are encouraged. For more information, call 448-2271.

ADS

CLIMB ALPINE TOWERS WITH LIBERTY

There will be a free Alpine Towers climb with Liberty on Saturday. Departures are from at Liberty Express 8:45 a.m., Beeman Center at 9:15 a.m., Instant Liberty at 9:30 a.m., and Makai Rec at 9:45 a.m. This event is for single, active-duty Sailors and Airmen only. FMI: 473-2583.

YOUTH SUMMER SOCCER REGISTRATION

Youth summer soccer registration runs through May 10. It is open to children ages 5-15 years old. The cost is \$65 per registrant. FMI: visit www.greatlifehawaii.com or call 473-0789

LEARN TO STAND-UP PADDLEBOARD

Learn the basics of paddleboarding at 9:30 a.m. or 10:45 a.m. April 21 at Outdoor Recreation-Hickam Harbor. The cost is \$20 per person, and registration closes April 18. FMI: 449-5215.

SNORKELING SHARK'S COVE

There will be a snorkeling excursion to Shark's Cove on the North Shore at 9 a.m. April 21. Sharks' Cove is one of Oahu's premier snorkeling spots. The cost is \$30 per person, and the deadline for registration is April 18. FMI: 473-1198.

BENCH PRESS BODY WEIGHT CONTEST

A bench press body weight contest is scheduled for April 20. Weigh-ins begin at 9 a.m., and the competition starts at 10 a.m. Awards will be presented in two categories: men's/women's open and men's/women's 40-plus. Fitness attire must be worn during weigh-in (shoes off). The entry is \$10 per person, and the contest is open to military and civilians ages 18 years and older. Contestants can register at Joint Base Pearl Harbor-Hickam Fitness Center. FMI: 471-2019.

GLASS BOTTOM BOAT TOUR

A glass bottom boat tour of Kaneohe Bay will be held from 9:15 a.m. to noon April 20. The tour departs from Information, Tickets & Travel-Hickam. The cost is \$25 for adults and \$20 for children ages 3–11 years old. FMI: 448-2295.

CREATIVE WRITING CONTEST AWARDS

The winners of the base creative writing contest will be announced at 1 p.m. April 20 at Hickam Library. Prizes for both divisions (short story, poetry) will be awarded in all age categories (children, young adult, adult). FMI: 449-8299.

TOBY KEITH PERFORMANCE

Country music singer-songwriter Toby Keith will perform a free concert as part of his "Hammer Down Tour" May 3 at Club Pearl Paradise Lounge, Pearl Harbor-Hickam. Doors will open at 6 p.m. and the concert starts at 7:30 p.m. The event is open to military-affiliated personnel and their sponsored guests. Tickets are not needed although the venue capacity is limited. No outside food, beverage, pets, video or audio recording permitted. The event will be presented by USO, with support from Armed Forces Entertainment and Joint Base Pearl Harbor-Hickam's Morale, Welfare and Recreation. Other shows include 7 p.m. May 4 at Schofield Barracks' Weyand Field and 5 p.m. May 5 at Marine Corps Base Hawaii, Kaneohe Bay's Dewey Square. FMI: 473-2431.

APRIL NOW -Legal Se service" FMI: ema

Ommuni

NOW — The Joint Base Tax Center, run by the Region Legal Service Office, is now open. The tax center offers "selfservice" preparation, with the help of a trained tax volunteer. FMI: email Katherine.lake@navy.mil or call 473-4717.

12 — A Joint Base Pearl Harbor-Hickam Holocaust remembrance luncheon will be held at 11 a.m. at the Tradewinds Enlisted Club. The guest speaker will be Pierre Moulin, author of several World War II books. Sign up at the following link: https://einvitations.afit.edu/inv/anim.cfm?i=145559&k=0365470 C7E5E. FMI: Senior Master Sgt. Mike Vonahnen at 448-6239 or email michael.vonahnen@us.af.mil.

13 — The top 10 contestants from recent musical Idol auditions will perform at 7 p.m. at Hickam Memorial Theater. An after-party will take place at J.R. Rockers. FMI: 347-5157.

13 — The U.S. Air Force Band of the Pacific-Hawaii's Jazz Trio will perform a one-hour concert on the main stage for Discover Kakaako at Ward Centers from 6:30 to 7:30 p.m. The open-air event also features food trucks and a fashion show. FMI: 448-0281.

16 — Joint Base Pearl Harbor-Hickam Military and Family Support Center will hold a Child Abuse Prevention Month and Month of the Military Child event from 10 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange. Visit the resource table to find fliers, pamphlets and more information. FMI: www.facebook.com/JBPHH.MFSC

19 — The Chiefs on the Waterfront will be at the Pearl Harbor Navy Exchange and Fleet Store from 11 a.m. to noon to distribute handouts about alcohol responsibility awareness. FMI: 474-1930.

24 — A free family movie night event will start at 5:30 p.m. at Hickam Memorial Theater. Students from the Hickam Elementary School Choir will provide a special performance. After the children perform, the theater will have a special showing of "Brave." The movie will begin at 6 p.m. Refreshments will be available for purchase. FMI: Tyra Lamb at 474-1999, ext. 6010.

MAY

2 —Join your junior officer spouse *ohana* (U.S. Navy and U.S. Coast Guard spouses: CWO 1-5 and 01-04) for a "Space A" getaway. Learn the ins and outs of "Space A" travel from 5:30-8:30 p.m. at the fellowship hall in Pearl Harbor Memorial Chapel. Seating is limited, so RSVP by April 18. FMI: hawai-ijospouse@gmail.com or 474-1999.

10 — Henry Kapono and friends will perform in concert 7:30 p.m. at the Hawaii Theatre. The USO event is titled "Home in the Islands: I¹m coming home, a salute to our troops." VIP (a whole package with meet and greet)



costs \$78 or \$63.75 for military, level 2 tickets are \$48 and \$41.25 for military, level 3 tickets are \$38 and \$32.75 for military. FMI: 528-0506 or visit the website www.hawaiitheatre.com.

Movie Showlimes

ESCAPE FROM THE PLANET EARTH (PG) 3D

Astronaut Scorch Supernova is a national hero to the blue alien population. A master of daring rescues, Scorch pulls off astonishing feats with the quiet aid of his nerdy, by-the-rules brother, Gary, head of mission control at BASA. When BASA's no-nonsense chief Lena informs the brothers of an SOS from a notoriously dangerous planet, Scorch rejects Gary's warnings and bounds off for yet another exciting mission.

HICKAM MEMORIAL THEATER

TODAY 4/12 6:00 Escape from the Planet Earth (PG) 3D

SATURDAY 4/13 Closed

SUNDAY 4/14 2:00 OZ the Great and Powerful (PG) SHARKEY THEATER is closed for renovations until June.

Some MWR facilities and services may be subject to change. For more information, visit the JBPHH website at www.cnic.navy.mil/pearlharbor-hickam or the Navy Region Hawaii website at www.cnic.navy.mil/hawaii.

Reserve Sailors conduct physical readiness assessment



(Above left): Navy Reserve Sailors assigned to Navy Operational Support Center Pearl Harbor conduct their physical fitness assessment (PFA) April 7 at Bloch Arena, Joint Base Pearl Harbor-Hickam. (Above right): Navy Reserve Sailors run the 1.5-mile-run portion of the PRT.

MC2 Nardel Gervacio

Navy Region Hawaii Public Affairs

Navy Reserve Sailors assigned to the Navy **Operational Support Center** (NOSC) at Joint Base Pearl Harbor-Hickam held their semi-annual physical fitness assessment (PFA) during their drill weekend April 7.

While the PFA is nothing new to service members in the military, executing an event for Sailors who meet one weekend a month can be quite a challenge.

"It's not easy to coordinate an event that, on the surface, would seem routine. Everyone in the Navy completes the PFA, but bringing hundreds of Reserve Sailors in on a weekend to do so is a big job," said Cmdr. Neil McCown, commanding officer of NOSC Pearl Harbor.

"Unlike active duty Sailors, a significant number of service members are mand fitness leaders not involved with the Navy in their everyday life. So bringing them in to perform motivate Sailors to maxisomething like the PFA can mize physical readiness

be a challenging task requiring proactive risk management," McCown explained.

Successfully executing the PFA for Reservists entails months of advance planning and coordination to ensure it runs smoothly and safely.

"It's a lot more difficult and time consuming than you might expect at first glance," said Chief Boatswain's Mate (BMC) Toan Le, NOSC Pearl Harbor's command fitness leader (CFL).

"Our NOSC CFLs and 31 assigned unit CFLs must work together very closely. Without their support, the Reserve PFA would not be possible," Le said.

The goal of the Navy Physical Readiness Program is to ensure Sailors maintain a level of physical fitness required to support the Navy's overall mission readiness and meet minimum physical fitness standards for continued naval service.

CFLs or assistant com-(ACFLs) have the necessary tools and knowledge to

within their command.

"As a CFL, my job is to motivate our Sailors so they can push themselves to get the best possible score and not just be satisfied with achieving the minimum," said

Aviation Support Equipment ments help all Navy per-Technician 3rd Class (AS3) Dehussa Urbieta, currently assigned to NOSC Pearl Harbor. "I tell them to keep going and don't stop."

Physical fitness assess-



A command fitness leader watches as Reserve Sailors from NOSC Pearl Harbor conduct their physical fitness assessment.

sonnel in both the Reserve and active components maintain a minimum prescribed level of physical fitness necessary for worldwide deployment, whenever or wherever needed.

"CFLs are trained and qualified to lead an event that can be very stressful on the participants," said McCown.

"They make certain that the event runs safely and smoothly every time, for everyone. If an incident occurs, they are trained to step in and ensure the member's safety."

The physical readiness test (PRT) portion of the PFA consists of curl-ups, push-ups and a 1.5-mile run.

Some commands, including NOSC Pearl Harbor, offer bike, elliptical, treadmill and swim options at the commanding officer's discretion. The criteria for these events are contained in the physical readiness program instruction.

The events were held at various locations at Joint Base Pearl Harbor-Hickam. The 1.5-mile run was held at the running trail next to

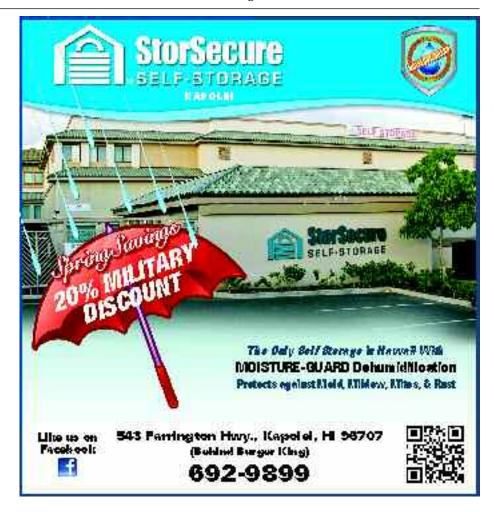
the Air Force's Missing Man Monument, while the swim was held at Scott Pool, and the bike and elliptical were held at Bloch Arena.

Approximately 400 Reserve Sailors participated in the PFA during the drill weekend. "We had a lot of help from the ACFLs to make this weekend PFA run smoothly. Everyone was on time for their assigned event and the PFA went really well," said Urbieta.

Sailors are able to prepare for the PRT using several tools offered by CFLs at command physical training (PT) paired with tools provided by the Navy Fitness Program training offered by Morale, Welfare and Recreation (MWR).

Participation in the semiannual PFA is required for all active duty and drilling Reserve Sailors, regardless of gender, age, rank, title or billet.

All Sailors are required to participate in one PFA per cycle for a total of two per year. Cycle one is Jan. 1 through June 30 and cycle two is July 1 through Dec. 31.



Window on Pearl Harbor-Hickam

karen.spangler@navy.mil

Crossing the street 101

Karen S. Spangler

Managing Editor

A young Sailor was struck by a vehicle as he crossed the street while in the crosswalk in front of the Fleet Store on Pearl Harbor Boulevard on the morning of April 2. Luckily, his injuries weren't life threatening, although he sustained a broken right arm, broken right leg and lacerations to the right elbow.

This came as no surprise to me. In fact, I have been expecting it—it was just a matter of time

On any given day, at any crosswalk at joint base, you may see pedestrians waiting to cross the street as drivers ignore the crosswalks and continue driving without stopping. In some instances, you may also see drivers talking on their cell phones while driving—even though the use of cell phones while driving has been illegal both on and off base for years.

Crossing the street safely should be a no brainer. If you're a driver, waiting for pedestrians to cross the street in the crosswalk should be a no brainer. So why isn't it? Maybe it's time for a refresher course. Let's call it crossing the street 101.

If you are a driver, and you see a pedestrian waiting at the crosswalk to cross or, even more importantly, a pedestrian is already in the crosswalk, stop! Don't try to play Frogger with the pedestrian.

Don't blast your horn at them to hurry. Just wait patiently until they cross the street—even if it is an elderly person with a walker who is extremely slow.

Pay attention when you are driving. Sitting behind the wheel of thousands of pounds of steel while cruising down the street is a huge responsibility. That's what your focus should be. In the split second that you look away to adjust the radio or the AC, rummage through your purse, or do whatever else it is that drivers sometimes do while driving is all the time it takes to miss some important details-such as the pedestrian who is trying to safely cross the street. So pay attention.

Now just because the posted speed limit is 25 mph or 30 mph or whatever, it doesn't mean that you have to achieve that speed limit. Your visibility might be a little hampered, maybe because of rain or other weather conditions.

Visibility at dusk and dawn is also reduced, and it might be difficult to see pedestrians crossing the street if they are wearing dark clothing instead of light clothing. Take all of these things into consideration and adjust your speed accordingly.

The responsibility isn't totally on the driver. Pedestrians also need to practice rules of good common sense and safety.

From an early age, I was taught to look both ways before crossing the street. That rule still holds true. Not only should pedestrians look both ways before crossing the street, but also they should continue to pay attention to approaching drivers. Does the driver see you? Is he going to stop for you, or is he going to try to beat you across the crosswalk?

At intersections where drivers can turn right on red, keep in mind that many drivers never completely stop, although they are supposed to completely stop unless signage indicates otherwise. Some drivers treat the right turn on red like a moving green.

That brings up another situation. Drivers run red lights. Even if you have the right of way, that isn't going to be much consolation as the ambulance races to the hospital with you, the victim of a driver who didn't yield.

Frequently-and it seems to be happening more and more-pedestrians cross the street totally inattentive to drivers. They are talking on their cell phones, talking to other people, staring into space deep in thoughttotally oblivious to oncoming traffic.

Do they not care? Are they silly enough to think that drivers are going to follow all of the traffic laws and stop? Good luck with that one!

So if you are a pedestrian, you have a responsibility to keep yourself safe. Be alert, be careful, and don't even think of playing chicken with the drivers.

Now, what it all boils down to is common sense and courtesy. The rules of the road for both drivers and pedestrians demand it. We need to look out for ourselves, and for each other.

If you're a driver, the life you save may be that of a pedestrian. If you're a pedestrian, the life you save might be your own.

Crossing the street 101 - easy!

(We welcome comments from readers. If you have comments, please send them to: Karen.spangler@navy.mil.)



Air Force, Navy volunteers help

clean up Pearl Harbor Bike Path

Sailors, Airmen and civilians from Joint Base Pearl Harbor-Hickam volunteered at a Pearl Harbor Bike Path cleanup held April 6. Joint Base Pearl Harbor-Hickam partnered with the City and County of Honolulu for the cleanup. More than 75 volunteers from the joint base, plus 28 Junior ROTC cadets and escorts from Atlanta, participated in the cleanup. Partnering with service organizations, churches and other community volunteers, several tons of trash were removed from the bike path and surrounding area.

Books on Bases literacy celebration to be held April 28

Walt Disney Company, is hosting a Books on Bases celebration of literacy from 1 to 3 p.m. April 28 at the Hickam Officers' Club, Joint Base Pearl Harbor-Hickam.

Children will receive free books and have the opportunity to participate in reading-related activates and meet and greet some special Disney VIPs.

The event is open to all military families, call 473-2920.

Blue Star Families, sponsored by the but is limited to the first 150 RSVPs. Once the first 150 RSVPs are taken, a waiting list will be started. There are no guarantees on the waiting list, but if slots open up on event day, people on the waiting list will be allowed in as spaces are available. RSVP at http://disneyhawaii.event brite.com.

> For more information, email Ensign Michelle Downs at cnrh.pao@navy.mil or

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Wednesday, April 17, 2013

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April 12, 2013 Ho'okele B-9



Artwork by Amber Williams

Events at joint base to celebrate Earth Day

activities around Joint kids' Base Pearl Harbor-Hickam appearances by "Coastie" this month will commemorate Earth Day.

Pearl Harbor Navy Exchange will celebrate Earth Day with a coloring contest and expo.

Children ages 12 and under of authorized patrons are welcome to show off their creativity by participating in the coloring contest.

Parents can pick up the official entry form now and drop off the finished entry by April 15 to either NEX mall aloha center or NEX Garden Center.

Entries will be judged on April 18 and the winner will be presented with a prize and award on April 20. All artwork will be featured in the NEX mall rotunda.

No purchase is necessary to enter the contest.

For more information, call 423-3287.

The NEX Earth Day Expo titled "Partnering for a Greener Future" will be held from 10 a.m. to 3 p.m. April 20 at the NEX. All authorized patrons are FAC and a local wetland invited to "think green" at the one-day expo.

demonstrations, informa- celebration, call 449-5215.

A series of events and tion booths, Earth Day games, special the friendly Coast Guard boat, awards presented to the coloring contest winner and new earth-friendly products. For more information, call 423-3274.

Hickam Harbor Marina on Joint Base Pearl Harbor-Hickam will host Earth Day celebrations April 19 and 20.

On April 19, there will be a campout at Fosters Point or on the beach. Participants can relax with family, while making s'mores and watching a movie on the beach.

On April 20, several activities for the whole family will take place, such as banana boat rides (\$5 for 15-miute ride), free sailing, bounce houses and tide/touch pools for the children and family alike.

Patrons can sign up to help keep local beaches clean and to visit Earth Day booths from the Department of Land and Natural Resources (DLNR), Bioenvironmental, NAVcleanup effort. For more information on

There will be eco-friendly the Hickam Harbor Marina

Naval Health Clinic Hawaii closed today

All Naval Health Hawaii sideration when scheduling operations will be closed today.

and dental facilities at April 15. For NHCH hours Branch Health Clinics Makalapa, Camp Smith, site at http://www.med Wahiawa, Marine Corps .navy.mil/sites/nhch. Base Hawaii Kaneohe Bay, Pearl Harbor Naval Shipyard a healthcare provider any-

care.

All clinics will re-open for This includes all medical regular business hours of operation, visit the web-

Beneficiaries can speak to



Changes to services and programs offered by Joint Base Pearl Harbor-Hickam have been announced as a result of impacts of the continuing resolution. Scott Pool and Hickam Pool Two are now the only pools open and their hours have been adjusted.

- Updated operating hours for Scott Pool are:
- Monday through Friday from 5 to 7 a.m. and
- 11 a.m. to 1 p.m., lap swim.
- Monday through Friday, 1 to 5 p.m., open swim.
- Saturday and Sunday, 10 a.m. to noon, lap swim.
- Saturday and Sunday, noon to 5 p.m., open swim.
- Holidays, noon to 5 p.m., open swim.

Updated Hickam Pool Two hours are:

- Monday and Tuesday, closed. • Wednesday through Friday, 1 to 5 p.m.,
- open swim. • Saturdays, Sundays and holidays, noon to 5 p.m.,
- open swim.



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and Pacific Missile Range Facility Barking Sands.

ing required training to ensure delivery of the best and most current patient asked to take this into con- cies, dial 864-4705.

time the clinics are closed by calling the "provider after-Providers will be attend- hours advice line" at 473-0247, ext. 3. For emergencies, dial 911 or go to Tripler Army Medical Center. For care. Beneficiaries are active duty dental emergen-

Sexual Assault Awareness Month events planned at JBPHH

April is Sexual Assault at 599-0382. Awareness Month and upcoming events to raise awareness include:

• April 13, 9 a.m. to 3 p.m., Pearl Harbor Naval Shipyard car wash fundraiser at the Fleet Reserve Center.

For more information, call MMC Maya Ault at 285-7378

Corps Base Hawaii 5K Run fundraiser at the base flight line. For more information, call HM3 Tasha Joseph at 407-687-6394.

• April 24, 1 to 3 p.m., Denim Day ceremony at the PSD classroom, room 143, 4827 Bougainville Road. For more information, call Shari Freeman at 352-8834.

• April 28, 10 a.m. to 2 p.m. "Ryde" Ágainst Sexual Assault Motorcycle Ride at Blaisdell Park. A barbecue will follow.

For more information, call Master Sgt. Charles Freeman 6215.

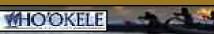
The Department of Defense Sexual Assault Awareness Month theme this year is "We own it...We'll solve it...Together."

Assault Victim Intervention Program (SAVI) is now called Sexual Assault Prevention and Response (SAPR). The name change • April 19, 6 a.m., Marine aligns with the mission of the program, underlining the importance of providing standardized and consistent sexual assault awareness and prevention efforts as well as response to survivors Navy-wide.

> To report a sexual assault, call the SafeHelpline at: 1-877-995-5247.

> For information on how to volunteer or participate in Sexual Assault Awareness Month events, call Freeman at 474-1999, ext. 6220 or Adam Sylvester at 474-1999, ext.

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