

USS Texas holds change of command

Former First Lady Laura Bush is guest speaker

Story and photo by
MC2 Ronald Guttridge

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

Cmdr. Andrew Hertel relieved Cmdr. Robert Roncska as commanding officer of the Virginia-class submarine USS Texas (SSN 775) during a time-honored change of command ceremony Feb. 1. The event was held at the submarine piers at Joint Base Pearl Harbor-Hickam.

Former First Lady of the United States and ship's sponsor, Laura Bush, praised Roncska, a native of Dunkirk, N.Y. and former naval aide to the president of the United States from 2006 to 2008, for his exceptional performance while commanding Texas, as well as the crew on their accomplishments under Roncska's leadership.

"USS Texas embodies the very best ideals of her namesake state: endurance, courage, loyalty and quiet strength. Nowhere are these virtues more visible than in her crew," Bush said. "Today we thank Cmdr. Roncska for his outstanding service and leadership as the commander of Texas. I see what the crew of the USS Texas knows well, that he is a great officer and a natural leader."

Rear Adm. Bruce Grooms, assistant deputy, operations, plans and strategy (N3/N5B) on the staff of the Chief of Naval Operations, also spoke to the assembled crowd. Roncska had served under Grooms' command aboard USS Asheville (SSN 758) from 1997 to 1999.



(Above) Laura Bush, former First Lady of the United States and ship's sponsor, speaks at the Virginia-class submarine USS Texas (SSN 775) change of command ceremony held at the submarine piers at Joint Base Pearl Harbor-Hickam on Feb. 1. Cmdr. Robert Roncska, former naval aide to the president of the United States from 2006 to 2008, was relieved as commanding officer of Texas by Cmdr. Andrew Hertel.



(Left) Cmdr. Robert Roncska is piped ashore after being relieved as commanding officer of the Virginia-class submarine USS Texas (SSN 775) by Cmdr. Andrew Hertel at a change of command ceremony held Feb. 1 at the submarine piers at Joint Base Pearl Harbor-Hickam.

crew and their hard work efforts.

"To the crew of Texas, you are the finest assembly of talent that I have ever had the privilege to work with," Roncska said. "Clearly, Texas accomplished some amazing feats while I was in command, but years from now I am not going to reminisce about these accomplishments and the impact we had to our

national security. What I will think about is the personal experiences we shared and the lifelong friends I have made."

Following his remarks, Roncska was awarded the Legion of Merit for his exceptional performance as commanding officer from July 2009 to February 2012.

In his closing remarks, Roncska reflected on his time on Texas and at sea.

"In many ways it seems like yesterday that I stood at the podium in Groton, Conn. to accept the responsibility of command, but when I recall my command experiences, I know it was not yesterday," he said. "Words cannot describe what it was like to be a part of this awesome Texas family, and it was truly an honor to be your commanding officer."

As Hertel assumed command of Texas, he addressed the crew about the future.

"Texas is a technical marvel of a submarine and more capable than any other platform at bringing the fight to the enemy," Hertel said. "We must maintain ourselves on the razor's edge, ensuring we are ready when the time comes to answer our nation's call."

Commissioned Sept. 9, 2006, Texas was the second Virginia-class attack submarine constructed and the first submarine to be named after the Lone Star State.

The state-of-the-art submarine is capable of supporting a multitude of missions, including anti-submarine warfare, anti-surface ship warfare, strike, naval special warfare involving special operations forces, and intelligence, surveillance and reconnaissance.

Roncska's personal awards include the Defense Superior Service Medal, Meritorious Service Medal, and Navy Commendation Medal (five awards).

He will report to the staff of Commander Submarine Force U.S. Pacific Fleet as the submarine command course prospective commanding officer instructor.

JBPHH units prepare for CUI, excellence is goal

Senior Airman Lauren
Main

15th Wing Public Affairs

This year marks an important year for Joint Base Pearl Harbor-Hickam, Hawaii. The 15th Wing, 154th Wing and 647th Air Base Group will all undergo the single most significant inspection in the Air Force: the consolidated unit inspection, or CUI.

CUIs are conducted approximately every four years and are carried out to evaluate compliance with federal statutes, Department of Defense directives and Air Force instructions.

"The CUI is vital to the success of our mission," said Col. Joe Dague, 15th Wing vice commander. "It ensures that we maintain the health of the fleet; compliance with policy, guidance and laws; and keeps us focused on safe and reliable mission execution."

Approximately 189 major command evaluators selected from across the Air Force, under the direction of Pacific Air Forces Inspector General, will assess each organization from the wing commander and staff down to individual offices in each squadron. In addition, the IG team will



evaluate an emergency management exercise that will test Joint Base Pearl Harbor Hickam's (JBPHH) emergency response capabilities.

With so many inspections and inspectors on base, John Tauber, chief of the Joint Base Exercise and Training office, offered a bit of advice to base personnel.

"The potential for traffic delays and a reduction in some customer service areas should be expected," he said.

The CUI is based on a five-tier inspection rating. The ratings are outstanding, excellent, satisfactory, marginal and

unsatisfactory. The evaluators will arrive on Feb. 4 and begin their assessment on Feb. 6. The inspection will last for a total of six days during which time the evaluators will use compliance performance checklists, which outline the ways a unit should be executing the mission in accordance with Air Force instructions.

Roncska acknowledged that the majority of the submarine's success during his time as commanding officer could be attributed to the

Hawaii-based Sailors attend Personal Readiness Summit



Guest speaker Ann Munch, a career prosecutor and advocate for victims of domestic violence, sexual assault and stalking, gives a talk to senior Navy leadership in Hawaii at Joint Base Pearl Harbor-Hickam as part of the Personal Readiness Summit. The Personal Readiness Summits focuses on drug and alcohol prevention to include discussions in sexual assaults, suicide and physical readiness.

Story and photo by
MC2 (SW) Mark Logico

Navy Region Hawaii
Public Affairs

A series of subject matter experts arrived in Hawaii to provide Sailors with current information regarding several Navy issues during a personal readiness summit at Joint Base Pearl Harbor-Hickam (JBPHH) and Pacific Missile Range Facility (PMRF) in Kauai from Jan. 31 to Feb. 3.

Subject matter experts from Commander, U.S. Pacific Fleet and the Office of the Chief of Naval

Operations provided up to date changes, policy guidance and interactive discussions on a variety of programs including drug and alcohol, sexual assault prevention and physical readiness.

Lanorfeia Holder, the deputy director for the Navy's alcohol and drug abuse prevention program, said that the summit is important because the fleet needs to think more from a preventive perspective to address issues concerning the Navy.

"If we can get them engaging early and providing intervention when we see the first sign of incident, then we can

eliminate the rise in number of what we are seeing: a lot of dysfunctional behaviors like sexual assaults, suicide, drug and alcohol abuse as well as sexual harassments," Holder said.

One of the guest speakers at the event was Attorney Ann Munch, a career prosecutor and advocate for victims of domestic violence, sexual assault and stalking. As subject matter expert for the Navy, Army and Air Force, she has worked extensively on the development of sexual assault prevention and response prevention and response prevention and response prevention

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NFL Pro Bowlers visit troops and families at JBPHH
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African Americans in aviation history will be profiled during February
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Service members from all branches honored during Pro Bowl
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AF Safety clarifies use of electronic devices for pedestrians on roadways
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VITA tax center opens as resource to help military
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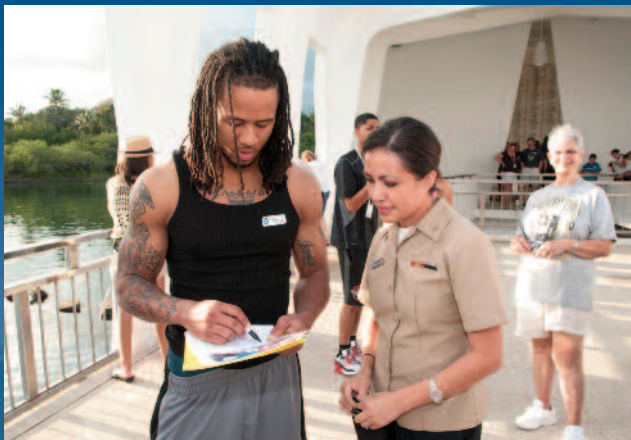


Fall in love with MWR Valentine's themed events at JBPHH
See page B-2

Sailors and Pro Bowl players visit Arizona

U.S. Navy photo by MC2 Mark Logico

Joint Base Pearl Harbor-Hickam in partnership with the National Park Service invited the 2012 Pro Bowl players, coaches, friends and family members for a boat tour around historic Pearl Harbor. NFL players not only learned more about the history of Pearl Harbor, they were able to interact with several Sailors and their families during the tour.



NFL Pro Bowlers visit troops and families at JBPHH

Story and photo by
Randy Dela Cruz

Sports Editor

Prior to Sunday's Pro Bowl, football fans from youngsters to adults were treated to a visit by some of the biggest names in the NFL during a couple of special events on Joint Base Pearl Harbor-Hickam on Jan. 26.

Early in the day, fans of the professional football league had a chance to watch representatives from the NFC and AFC Pro Bowl all-star squads participate in their first ever on-base practice session in Hawaii – courtesy of the United Services Automobile Association and the NFL.

The practice was held at Earhart Field and began with the AFC, which featured stars such as Pittsburgh Steelers quarterback Ben Roethlisberger and Baltimore Ravens line backer Ray Lewis, taking the field starting at 10 a.m.

An hour later, the NFC all-stars had their chance to work out before the standing-room-only crowd, with the



team's starting QB from the Green Bay Packers, Aaron Rodgers, leading the charge.

Later, school children from Aliamanu Middle School had the chance of a lifetime as the kids met and practiced with 20 Pro Bowl players in the NFL Play 60 Community Blitz at Ward Field.

The Blitz also included instruction by five members of the NFL Pro Bowl cheer-leading squad.

The youth enjoyed fun and instructional drills run by the visitors and also received T-shirts and other giveaways from the league.

This year's Pro Bowl was held Jan. 29 at Aloha Stadium.

Green Bay Packers quarterback Aaron Rodgers shares a moment of levity with several children from Aliamanu Middle School during this year's NFL PLAY 60 Community Blitz at Ward Field, Joint Base Pearl Harbor-Hickam on Jan. 26. Rodgers was one of 20 NFL Pro Bowlers participated in the Blitz, which preceded the league's annual all-star game.

AF Safety clarifies use of electronic devices for pedestrians on roadways

Staff Sgt. Mike Meares

15th Wing Public Affairs

If the game is to prevent mishaps and preserve combat capabilities, then Air Force safety Airmen are all in.

The Air Force Safety Center (AFSC) released a letter of interpretation Jan. 18 prohibiting the use of listening and entertainment devices, including single ear pieces and external speakers, when on a roadway.

The bottom line: the use of portable headphones, earphones, cellular phones, iPods or other listening and entertainment devices, other than hearing aids, are prohibited while walking, jogging, running, bicycling, skating or skate boarding on roadways. This is to ensure good situational awareness, resulting in a lower possibility of a mishap.

“Safety needs to be involved in everyone’s daily activities, to ensure we are meeting mission require-



ments,” said Tech. Sgt. Scott Yonushonis, 15th Wing ground safety. “Without safe and healthy Airmen, we will not be able to complete our mission.”

The AFSC preserves and enhances combat capability through resource preservation for both Airmen and equipment by attempting to eliminate mishaps. The center develops, implements, executes and evaluates Air Force aviation, ground, weapons, space and system mishap prevention and nuclear surety programs and policy.

The center oversees mishap investigations, evaluates corrective actions, ensures implementation, and maintains the mishap

database Air Forcewide. It also conducts research to promote safety awareness and mishap prevention and develops and directs safety and risk management education and media programs.

“It is not possible to prevent all mishaps, so that is why we do (operational risk management),” Yonushonis said. “The Air Force hasn’t had a spike in incidents due to electronic devices, but there have been studies done that show you lose your situational awareness when you are using these type of devices.”

The intent of the requirement is to prevent pedestrian-vehicle mishaps and applies only to roadways. The roadway is defined by the AFSC as a strip of land dedicated for the conveyance of vehicles, including the shoulder and median when present, as well as parking lots.

Personnel jogging or running on sidewalks or areas along the roadway not specifically designed for motor vehicle travel or parking are

not subject to this requirement. This includes grass, dirt and gravel pathways specifically designed as jogging trails, tracks and recreational areas. However, when crossing pedestrian walkways across active roadways, the instruction is not lenient.

“For some runners, listening to music motivates them and keeps their mind off the distances,” said Tech. Sgt. Jennifer Hutcherson, 647th Force Support Squadron NCOIC of the Hickam Fitness Center. “If they are running roadways, their attention to their surroundings is limited.”

The AFSC understands removing earphones while crossing roadways multiple times can be inconvenient and suggests, in this case, to find a more appropriate place to exercise where this hazard is not present.

“The treadmills and the elliptical machines are good options for those who require music when they run,” Hutcherson said.

Rear Adm. Ponds urges energy savings

Information was extracted from the following ALL NAVACTS message sent by Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, on Jan. 26:

The Energy Independence and Security Act of 2007 requires [Navy] Region

Hawaii to achieve a 21 percent energy reduction in fiscal year 2012.

Leadership from all commands, large and small, are strongly urged to review and re-energize the following conservation policies for information technology (IT) systems.

Air conditioning (A/C)

shall be set no lower than 76 degrees Fahrenheit in server rooms and Navy/Marine Corps Intranet (NMCI) points of presences (POP), or intermediate distribution frame (IDF) rooms.

You’re wondering when you should turn off your computer for energy savings? Here are some general guidelines to help you make that decision:

- Shut down computers at the end of each work day, or if the computer will be unused for more than two hours. This includes both NMCI and non-NMCI computers such as MWR

kiosks and standalone systems.

Computers also produce heat, so turning them off reduces building cooling loads.

- Shut down computer peripherals. Computer monitors, speakers, external hard drives and printers should be plugged into a power strip that can be easily turned off at the end of the work day, or when peripherals will be unused for more than two hours.

Turn off the switch on the power strip to prevent them from drawing power

even when shut off. If you don’t use a power strip, unplug extra equipment when it’s not in use.

- Equipment that requires standby capability, such as fax machines and computer network support equipment, should be programmed to use power save/standby options.
- As much as possible, select energy-star rated or energy efficient equipment for use.
- Reduce IT equipment whenever possible. Example: Are two printers located in the same office required?

It is our obligation, especially in this fiscal environment, for each of us to be responsible stewards of taxpayer dollars and our environment. We must be sensitive to the limited energy resources available and the environmental and fiscal impacts of overuse. By following prescribed policies, we will significantly impact and reduce Navy Region Hawaii energy usage.

Mahalo for your continued efforts to ensure that we build a strong energy conservation culture throughout Navy Region Hawaii.

Diverse Views



“February is African American History Month. Who is the African American person in American history who you admire the most and why?”



Lanorfeia Holder
Deputy, Navy Drug and Alcohol Prevention

“My favorite would have to [be] Mary McLeod. She was very instrumental in utilizing her working relationship with Eleanor Roosevelt to allow African Americans, which a lot of people know about the Tuskegee Airmen. She allowed us to make great strides in the military by being able to fight in the World War.”

Linda Boswell
U.S. Pacific Fleet



“Her name is Jean. She’s African American and she’s an educator. She works for the Department of Defense Education Activity, and they run the schools for our military children in foreign countries. I admire her for her love and commitment to education and to the children of this nation.”



Dominic Lewis
Navy Lodge

“Barack Obama because he is a role-model to the people, and he’s the first African American who proved that anybody can be the president.”

SrA Consuelo Accettola
HQ PACAF
Directorate of Operations, Plans, Requirements and Programs



“The African American person in America history who I admire the most is Thomas N. Barnes, the first African American chief Master Sergeant of the Air Force, also first African American Senior Enlisted Advisor. His great and successful Air Force career motivates me to further my education, CCAF degree. Also escalate my career in the Air Force and one day become Chief Master Sergeant of the Air Force.”



Tech Sgt. J. Patrick Lindor
HQ PACAF/A3OF

“I admire Aaron Douglas for his artistic style of using African and Egyptian design to express African heritage and African American folk culture in his paintings during the Harlem Renaissance.”

(Provided by David Underwood Jr. and MC2 Mark Logico)

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

Doris Miller receives Navy Cross from Adm. Nimitz



Official U.S. Navy photograph, National Archives collection

U.S. Navy Mess Attendant 2nd Class Doris Miller receives the Navy Cross from Adm. Chester W. Nimitz, at an awards ceremony held on the flight deck of USS Enterprise (CV-6) at Pearl Harbor on May 27, 1942. The medal was awarded for heroism on board USS West Virginia (BB-48) during the Pearl Harbor attack on Dec. 7, 1941.



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Navy Personnel Command leaders discuss transition issues with Hawaii Sailors

Story and photo by
MC2 Daniel Barker

Navy Public Affairs
Support Element West,
Hawaii Detachment

Representatives from Navy Personnel Command's fleet engagement team met with Sailors and their family members from Joint Base Pearl Harbor-Hickam on Jan. 20 at Sharkey Theater to discuss personnel policies and force management measures impacting the fleet.

Capt. Steven Holmes, director, community management branch, Bureau of Naval Personnel, discussed post-enlisted retention board (ERB) matters with an emphasis on transition benefits. Meeting directly with Sailors and their family members created opportunities to get feedback from fleet personnel and to share personnel policy information directly from the source. "We've changed what the Navy needs as a work force, and the requirements of each rating have changed over time," Holmes said. "We had a mismatch between our work force and our work requirements. That's what has resulted in a lot of these overmanned ratings."



Capt. Steven Holmes, director, community management branch, Bureau of Naval Personnel, discusses transition matters with Sailors and their family members at Sharkey Theater at Joint Base Pearl Harbor-Hickam. The all-hands brief was conducted for transitioning Navy personnel with specific information for Sailors not retained by the enlistment retention board.

"Because of all that, the Navy developed the enlisted review boards," Holmes said. "We've taken overmanned ratings from 35

down to about 11. We decreased some of the pressure on perform to serve (PTS). We've been allowed to change some of the poli-

cies so that we can retain the correct work force at PTS, and advancement opportunities should increase because we've done

away with some of that overmanning."

The representatives from the enlisted distribution division, enlisted communi-

ty managers and the Navy's ERB transition assistance coordinator conducted the all-hands brief geared for transitioning Sailors, including specific information for Sailors not retained by the ERB, as well as guidance specific to Sailors transitioning from overseas.

"The most important thing to do is to get started and get organized with transition assistance just like anything else," said Capt. Kate Janac, enlisted retention board coordinator for the chief of naval operations. "This needs to be on your coffee table, something you look at all the time, that you create some sort of organization method and make sure that as you get to areas you don't know about, that you get really proactive and find out."

The fleet engagement team also conducted a leadership roundtable for commanding officers and their command teams for commands that have ERB-affected Sailors.

The Navy is scheduled to conduct additional fleet engagement visits at San Diego, Pacific Northwest, Norfolk and Mayport/Jacksonville this year.

NFL Total Access films on USS Lake Erie



(Left to right) Capt. David Hughes, commanding officer of USS Lake Erie (CG 70), welcomes Fran Charles, host of NFL Network's NFL Total Access, and Tom Waddle, analyst, for a tour of the ship on Jan. 25. The NFL Total Access crew filmed several scenes for the Pro Bowl pre-game show.

Story and photo by
Ensign Kelly Ruane

USS Lake Erie (CG 70)
Public Affairs

NFL Network's NFL Total Access toured the guided missile cruiser USS Lake Erie (CG 70) and filmed several scenes for the Pro-Bowl pre-show on Jan. 25.

Fran Charles, host, and Tom Waddle, analyst, were greeted on board the warship by Capt. David Hughes, commanding officer, and Command Master Chief Brian Ortega. Along with their film crew, Hughes led them through the combat information center and the pilothouse, even letting Charles sit in the captain's chair.

The two NFL Network personalities were presented with command ballcaps. Waddle expressed his gratitude by exclaiming, "I have the con!" as he donned the hat.

Lake Erie recently exited

dry dock and is in the process of finishing a maintenance availability to prepare for sea trials.

The visit concluded with handshakes and a gift of a captain's coin from the commanding officer.

Hickam Dental Clinic establishes appointment cancellation email box

In order to better serve its customers, the Hickam Dental Clinic has recently established a dental appointment cancellation email distribution box.

This will allow patients who are unable to conveniently cancel or reschedule dental appointments by phone during normal clinic hours an alternative option. To cancel or reschedule an appointment, email requests to: 15MDG/DentalCancellations@hickam.af.mil

A dental representative will reply to your message promptly on the next duty day. Note that cancellations within 24 hours of a scheduled appointment is considered a broken appointment. Be advised that your chain of command will be notified of the broken appointment.

The clinic's normal hours of operation are Monday, Tuesday, Thursday and Friday from 7:30 a.m. to

4:30 p.m. and Wednesday from 7:30 a.m. to 3 p.m. The clinic is closed on all federal holidays, family days and every third Thursday.

To schedule an appointment, call 448-6371 during normal duty hours.

For an after-hours dental emergency, call 448-6000 and follow the prompts to reach the on-call provider.

Do not leave a voice message to cancel an appointment.

Pearl Harbor-Hickam Highlights



(Left) Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, meets Electrician's Mate 1st Class Francis Garcia, Pacific Missile Range Facility (PMRF) Sailor of the Year, while Boatswain's Mate 1st Class Isaac Burkhalter, PMRF Junior Sailor of the Year, stands by during Ponds' visit to PMRF on Jan. 27.

U.S. Navy photo by MC1 Jay Pugh

(Right) Charles Woodson, a Green Bay Packers cornerback, signs a "cheese head" for Airman 1st Class Steve Ladwig, 8th Intelligence Squadron, during Pro Bowl practice at Earhart Field, Joint Base Pearl Harbor-Hickam, Hawaii on Jan. 26. After each practice session, the players spent time with the service members and their families by signing jerseys, helmets, footballs, towels and even surf boards.

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

(Below) More than 200 Hawaii-based Sailors stand at attention on the Aloha Stadium field during the 2012 Pro Bowl Military Appreciation halftime show. American Football Conference (AFC) defeated the National Football Conference (NFC), 59-41.

U.S. Navy photo by MC2 Mark Logico



U.S. Navy photo by Jerry Lamar

(Above) Native Hawaiian practitioners Puni Patrick (left) and Caroline Newcomb assist noted Kauai kupuna, Aunty Aletha Kaohi (right), in performing a Hawaiian blessing ceremony during the grand opening of the advanced radar detection laboratory at the Pacific Missile Range Facility on Jan. 25. (See related story on page A-8.)



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

Philip Rivers, San Diego Chargers quarterback, warms up during the AFC conference practice on Earhart Field on Jan. 26 at Joint Base Pearl Harbor-Hickam, Hawaii. The Pro Bowl spent their practice sessions near Hickam's flightline and signed autographs for hundreds of military members and their families. Rivers is an eight-year veteran with 24,285 total passing yards and 163 touchdowns.



U.S. Air Force photo by SrA Lauren Main

Clay Matthews, outside linebacker for the Green Bay Packers, scoops up a turn over during the 2012 Pro Bowl at Aloha Stadium, Honolulu, Hawaii, Jan. 29. The 2012 Pro Bowl was the National Football Leagues all-star game for the 2011 season and was nationally televised by NBC.

African Americans in aviation history will be profiled during February

FORT GEORGE G. MEADE, Md. (AFNS) -- After more than a decade into the 21st century, our Air Force today is made up of a mix of ethnic backgrounds—people who work together for common goals and missions. But throughout our history, even throughout much of the 20th century, that hasn't always been the case.

The beginning of February kicks off African American History Month and to honor that heritage, we will profile a different man or woman each day, a different person in aviation or Air Force history who helped pave the way for the Air Force we have today.

We'll begin the series with



U.S. Air Force graphic by Sylvia Saab

Bessie Coleman, a young woman at the beginning of the 20th century who was forced to leave her country to fulfill her aviation dreams. We'll then showcase men like Eugene Bullard and William Powell who struggled against extreme prejudice and segregation to also fulfill their dreams.

Then there are the Tuskegee Airmen, men like Benjamin O. Davis Jr., Lee Archer and C.D. "Lucky" Lester, who proved through their valor and bravery in the skies that African Americans were just as important in the fight as their white counterparts.

We'll profile some of the important transitions of men and women who were early

pioneers in the Air Force, as well as others who are still making their mark today. There is even a TV and movie personality who transcended her role as a fictional pioneer in space to make great strides in recruiting African Americans into the NASA space program.

A total of 29 profiles in 29 days: Some may surprise you, others may be familiar favorites, some you may even know personally, but all were and are important role models and trailblazers not only for their race, but for aviation and the U.S. Air Force as well.

(Editor's note: Ho'okele will include some of these profiles during the month of February.)

Mighty Mo celebrates duo of anniversaries

Story and photo by
MC3 Dustin W. Sisco

Navy Public Affairs Support
Element West Det Hawaii

The USS Missouri Memorial held the 68th anniversary of its launching and the 13th anniversary of the ship's opening as a memorial on Joint Base Pearl Harbor-Hickam (JBPHH) during ceremonies on Jan. 28.

The event, which offered free admission to *kamaaina* and military personnel, included band performances, educational demonstrations and battleship game stations, as well as a toast on the pier to commemorate the Missouri's official christening.

"This is always a special day for us," said Michael A. Carr, the Missouri's president and chief operating officer. "Today is the 68th anniversary of the launching of the ship in 1944 and also is the 13th anniversary of us opening as a visitor attraction here at Pearl Harbor on Jan. 29, 1999." Carr added, "Sixty-eight years and



Attendees of the Missouri's anniversary celebration demonstrate one of the educational performances on the fantail of the ship. The Missouri celebrated the 68th anniversary of being launched and the 13th anniversary of it opening up as a memorial.

she's still an awe-inspiring beauty."

On the fantail of the Missouri,

attendants had the opportunity to participate in game stations and educational performances.

Dan Parsons, the education director for the Missouri, talked about the importance of younger

people visiting the memorial.

"They get a different view of the ship," Parsons said. "Rather than just a big hunk of steel, they see that it's kind of a living, breathing piece of history. They learn more about not only the Battleship Missouri, but the Navy and the military in general."

The toast on the pier began with horns from other ships honking and the striking of bells. Carr then gave a few remarks about the "Mighty Mo."

"May we forever strive to create and maintain a fitting memorial to her and to the people and historic events reflecting our nation's proud heritage and legacy of duty, honor, strength, resolve and sacrifice," Carr said.

Carr also expressed his gratitude toward those who volunteered to help keep the Missouri in good condition for future generations.

"We are also thankful for the *kamaaina* and military community for the 13 years of tremendous support they've shown since we opened as a memorial."

VITA tax center opens as resource to help military

Story and photo by
Jazzmin Williams

Contributing Writer

The Navy Tax Center held its ribbon cutting ceremony on Jan. 30. The center is a tax resource for all Sailors, Airmen, Soldiers and Marines, as well as retirees and dependents.

“My goal is that we get every Soldier, Sailor, Airman and Marine in here to do their taxes,” said Capt. Lawrence Scruggs, chief staff officer, Joint Base Pearl Harbor-Hickam (JBPHH). “They should not have to pay someone to do their taxes.”

The center is a JBPHH operation and is run by nine full-time volunteers. The volunteers are trained by the IRS in specific military-related



Alexandra Marin Legal Assistance Attorney and Defense Attorney for JAG (left) and Capt. Lawrence Scruggs, chief staff officer, Joint Base Pearl Harbor-Hickam (JBPHH) (right), join a volunteer of the tax center (middle) during the ribbon cutting of the Navy Tax Center on Jan. 30 as other center volunteers look on.

issues, so customers can receive help with any questions or problems

they may have relating to service.

“Our amount of volun-

teers shows the dedication and commitment they have to staying through

tax season [to help service-members],” said Legal Assistance Attorney and Defense Attorney for JAG and Alexandra Marin. Marin is also the officer-in-charge for the tax center.

The key difference in the tax center compared to previous years is that it is now a walk-in and self-service model. Customers sign in, and when a computer becomes available they log their taxes using an H&R Block program. Volunteers roam the room, helping with any tax-specific questions a customer may have.

“Tax laws have become very complicated,” Scruggs said. “They can take a few minutes off from work and receive extremely proficient and professional service here.”

The center is not limited to active-duty service members. Dependents and

retirees are welcome to the tax center, and there are initiatives to work with Tripler and the Wounded Warrior program to help those who cannot physically make the trip to JBPHH.

“This is a direct reflection on how we take care of our own,” Scruggs said.

The Navy Tax Center is open Monday through Friday from 9 a.m. to 4 p.m. The center is located in the Navy College building (building 679), room 11. The documents that are required for proper tax filing are a military ID, Social Security cards for all family members, last year's tax returns, a copy of active duty orders for reservists, and any other available tax documentation such as a form 1098 or 1099. For more information, call 473-4112.

JBPHH units prepare for CUI excellence

Continued from A-1

for Weather Operations (SEPWO), Airfield Operations Compliance Inspection (AOCI) and Aircrew Standardization/Evaluation Visit (ASEV).

“Each of the sub-inspections is designed to ensure quality assurance programs are effective and that units are performing their assigned missions, to evaluate each program's ability to comply with Air Force standards, and to identify negative trends,” said Maj. David Ericson, 15th Wing inspection preparation officer-in-charge. “Upon completion of the inspections, the positive practices and procedures that are viewed as successful will be highlighted and cross-fed to other Air Force units.”

He gave a brief explanation of the differences between the sub-inspections. “During the SEPWO, evaluators evaluate weather flight personnel in four areas: airfield support function, mission integration func-

tion, staff integration function and weather interest items,” Ericson said. “The AOI evaluates the ability of the airfield traffic systems to meet standards and operational requirements of military and civil users. And finally, the ASEV is an evaluation of aircrew performance and includes aircrew check rides of at least 20 percent in all crew positions and mission qualifications. This inspection also includes standardized testing for 100 percent of crew members with a required passing score of 85 percent or higher.”

1st Lt. Ammon Hennessee, 15th Maintenance Group executive officer, explained the LCAP.

“LCAP applies to Air Force units performing

duties across the full spectrum of logistics,” Hennessee said. “The purpose of the LCAP is to provide leadership at all levels with an evaluation of a unit's ability to perform key logistics processes in a safe, standardized, repeatable and technically compliant manner. The LCAP is focused on evaluating the effectiveness of personnel and logistics processes.”

Additionally, there will be an Information Assurance Assessment and Assistance Program Inspection (IAAP) which will happen at the same time, but is unrelated to the CUI.

The IAAP will be conducted by the Headquarters Air Force Network Integration Center and is not restrict-

ed to the units that are being inspected for the CUI. All units that are supported by the base information assurance and communications security (COMSEC) offices are subject to this inspection, which evaluates the base's security posture, according to Master Sgt. Michelle Nie-Martin, JBPHH communications security manager.

“The major areas receiving attention will include: emission security (EMSEC), computer security (COMPUSEC) and communications security (COMSEC),” she said. “These key programs encompass the classified and encrypted communications, physically and logically, that support numerous missions and units homed in Hawaii.”

Hawaii-based Sailors attend Personal Readiness Summit

Continued from A-1

grams in the military.

“The one thing I want people to take home with them is an understanding of what it's like for those victims who still don't have the ability to come forward and talk about what happened to them and what a great position the leaders are in to create a climate where we can really increase comfort to talk about something that they are not at fault for,” Munch said.

In Munch's presentation, she said that 57 percent of rapes happen on dates, 42 percent told no one of the assault, and only five percent reported to the police.

Munch said that one of the biggest contributors to the problem is the “unnamed conspirator,” who enables the unwanted behavior to go unnoticed.

“It is important to make sure that nothing that we do inhibits victims of this crime from getting the help that they need and from holding the offenders accountable,” Munch said.

On average, one or more Sailors are sexually assaulted every day. In 2010, a Department of Defense annual report estimated that 70-80 percent of all sexual assaults in the military go unreported.

Cmdr. Sheri Snively, the deputy region chaplain of Navy Region Hawaii, said that the summit is one of the best trainings she has attended.

“What it did was help all of us question our assumptions, help look at the way our society has conditioned us, and the summit gave us a lot of food for thought,” Snively said. “Munch's presentation was truly outstanding.”

PMRF holds ribbon cutting for new radar detection lab

MC1 Jay Pugh

*Pacific Missile Range Facility
Public Affairs*

PACIFIC MISSILE RANGE FACILITY, Barking Sands, Kauai-- A ribbon-cutting ceremony for an advanced radar detection laboratory (ARDEL) facility was held Jan. 25 at the Pacific Missile Range Facility (PMRF), Kauai, Hawaii.

The two-story ARDEL facility consists of a radar tower, mechanical and electrical rooms, radar chiller room, control rooms, equipment storage and loading areas, data processing room and other supporting spaces. The facility was originally designed and built to attain a “silver” designation of the Navy’s Leadership Energy and Environmental Design (LEED) building standards. However, with additional sustainability and energy



U.S. Navy photo by Jerry Lamar

The advanced radar detection laboratory at Pacific Missile Range Facility was dedicated Jan. 25. (See additional photo on page A-5.)

efficient design elements and other innovations the project moved toward LEED “gold.”

LEED is a certification system, developed by United States Green Building Council, for environmentally friendly construction, indicating

the project meets or exceeds government mandates as well as industry standards. Buildings can achieve certified silver, gold or platinum designation of LEED compliance. Each level corresponds to the number of credits accrued in five “green” design

categories: sustainable sites, water efficiency, energy and atmosphere, materials and resources and indoor environmental quality.

The Navy requires all construction and major renovation projects to be compliant to LEED silver standards or better. The final check for the facility certification will be done after the 100 percent construction completion.

According to the Department of the Navy’s environmental assessment of the project, the ARDEL facility will test and evaluate a new radar system planned for the next generation of surface combatant vessels. They strengthen the Navy’s ability to detect, track and provide information required to engage ballistic missiles at greater distances than current systems in use as well as more elusive long-range air threats. The advanced technologies of the new radar incorporate various

aspects of ballistic missile defense, air defense and surface warfare.

“The program is a major milestone for ballistic missile defense,” said Capt. Nicholas Mongillo, commanding officer of PMRF. “ARDEL will benefit the Navy’s ability to make our nation and our allies safer while strengthening PMRF’s status as an invaluable training and test and evaluation resource for our country.”

The ARDEL facility will have six permanent staff that could be augmented to the projected peak number of 40 persons during radar testing. The facility would be manned 24 hours per day, seven days per week, 365 days per year.

Naval Facilities Engineering Command (NAVFAC) Pacific awarded the \$18.5 million, firm-fixed price contract to Tomco Corp. of Honolulu for construction of the ARDEL facility.

KHON (FOX) TV 2 Hawaii Navy News upcoming segments

Feb. 9: Tripler Army Medical Center Patient Centered Medical Home Program

Feb. 16: Pearl Harbor Naval Shipyard

Feb. 23: N00 First 100 Days

March 1: To be determined

March 8: To be determined

(The segments currently air between 6:20 and 6:30 a.m. each Thursday. Previous segments can be viewed at <http://www.bit.ly/KHONNavy>)

Got a story for KHON Hawaii Navy News?

Email editor@hookelenews.com or call Navy Region Hawaii Public Affairs at 473-2875. Stories must have a Navy tie and be of interest to the general public.

Diamond Tips

Thinking about becoming a first sergeant?

**Senior Master Sgt.
John L. Dempsey**

*First Sergeant, USPA-
COM JIOC AFELM*

Everyone wants to become a first sergeant (aka “shirt”) for the front row parking spot, a cool office and even a free blackberry. You can also do three years, go back to your career field, and pretty much be guaranteed E-8.

Sounds like a vacation, doesn’t it? It’s not—it’s a vocation, and the difference between the two means far more than the placement of a single vowel – it’s a commitment toward caring for Airmen.

Taking care of Airmen is the responsibility of every level of leadership in the Air Force, but for a select group of SNCOs this is their primary mission. All Airmen, enlisted and officers, have to know you care about them, their families and their careers. Airmen are smart and can tell from a mile away if you are really passionate about their problems or just going through the motions. First sergeants must live a ‘vocation of care’ and must be all things to all people while emulating our core values. First sergeants come from varied backgrounds and are administrators, mechanics, logisticians, analysts, flyers and health care professionals, and they bring their functional expertise into the fight.

First sergeants must exercise fair judgment and employ sound leadership when dealing with sensitive matters. They are often perceived as mediators, mentors, magistrates or medics. They make

house calls, good calls, bad calls, cop calls and tough calls. They are the first to work emergency family issues like death or serious illness, to assisting Airmen with financial or medical referrals, to working STEP promotion or quarterly/annual award packages.

How many times have you heard a first sergeant or temp shirt brag they “kicked” an Airman out today? Don’t get me wrong, our Air Force is not cut out for everyone, but this is nothing to brag about.

I always ask, “What did you do in the past to help this Airman and prevent this day from taking place?” This doesn’t mean that the responsibility for someone’s failure or success rests solely upon individual or organizational leadership, but it does imply that leadership has the responsibility to assess, to refer and to do what they can for Airmen.

Bottom line—if you want to become a first sergeant for power or prestige, then you probably need a vacation in order to re-evaluate your priorities. If you want to become a first sergeant because it is a vocation to care for and serve Airmen, then you are doing it for the right reasons. Although an individual may have a number of reasons for applying, their passion for wanting to help others and take care of Airmen must be their number one priority. If these are your reasons, please think about applying today.

(Diamond Tips are provided by Air Force first sergeants to address concerns in the Air Force community and provide guidance to Airmen.)

SERVICE MEMBERS FROM ALL BRANCHES HONORED DURING PRO BOWL

**U.S. Army Pacific
Public Affairs and
Navy Region Hawaii
Public Affairs**

Military members from all branches of service were honored by the National Football League with a "Salute to Service" program Jan. 26 to 29 with weeklong events held on Oahu, leading up to the Pro Bowl game.

The NFL's "Salute to Service" program is part of the NFL's ongoing effort to recognize military servicemembers.

The activities started Jan. 26 with practice sessions held at Joint Base Pearl Harbor-Hickam for the first time where Pro Bowl players met with servicemembers, families and signed autographs after each practice.

"We were honored to be before you guys and for what you do on a day to day basis. We can never repay you," said Montel Owens, running back for

the Jacksonville Jaguars.

Pro Bowl players also visited Schofield Barracks Jan. 27, where they met Soldiers from the Warrior Transition Battalion and donated NFL Play 60 equipment to the Bennett Youth Center.

The Pro Bowlers held their final practices at Aloha Stadium Jan. 28 as part of "Ohana Day," which means "family" in Hawaiian.

The NFL brought out its best players, cheerleaders, and mascots for the leagues last practice before the game, said Maria Franklin, event director for the NFL. During Ohana Day more than 3,000 children from military bases were sponsored by the NFL and provided free transportation to experience activities at Aloha Stadium.

"It's an absolute honor to be here before the military on behalf of the Cowboys and being able

to perform and to give back to such a special crowd," said Ally Traylor, Dallas Cowboy cheerleader.

The Pro Bowl game kicked off Jan. 29 with a coin toss and singing of the National Anthem by Air Force Tech Sgt. Richard Vasquez during the opening ceremony.

The Joint Service Color Guard presented colors as part of the pre-game ceremony.

Participating in the coin toss were Marine Corps Lt. Gen. Thomas L. Conant, U.S. Pacific Command deputy commander, Army Maj. Gen. Rodger Mathews, U.S. Army Pacific deputy commander, and Air Force Maj. Gen. Darryll Wong, Adjutant General of the Hawaii National Guard.

During the half-time show, the NFL showcased more than 1,000 military members on the field as part of the

NFL's "Salute to Service." There were 200 Sailors and 200 Airmen who participated.

The U.S. Army Old Guard's Silent Drill Team from Washington, D.C. also performed during the half-time show.

"This is probably the biggest venue that we've done in a long time and we were more excited

than anything else to see all the fans and go out to put on a good show," said Spc. Andres Ryan, a senior soloist in the U.S. Army Drill Team.

"The men and women in uniform and their families have given so much for us, it's an honor to entertain them and try to give back to them," Traylor said.



Parkour: The art of movement taught

Story and photo by
MC2 (SW) Mark Logico

Navy Region Hawaii Public
Affairs

KAPIOLANI, Hawaii – Ozzi Quintero first cleared his mind before he took his jump. He knew he had bills to pay, a car to register, but he could not think about it then. The jump was only about five feet from ledge to ledge, but the drop was more than 20 feet deep. He emptied his mind, focusing on the patch of grass he needed to land on. He took a breath and jumped.

Ozzi, as he prefers to be called, is a 31-year-old Venezuelan who initially came to Hawaii to continue his desire to do break dancing. As a student of several different disciplines of movement, he soon learned about Parkour, the art of movement in both the natural and urban environments. The focus of Parkour is to move around obstacles with speed and efficiency.

For four years, Ozzi studied Parkour, and he learned that besides the workout, the ability to stay in shape and live a healthy lifestyle, Parkour is the ability to embrace obstacles and challenges.

“A lot of people would kind of run away from obstacles, the unknown, the challenges that life throws at us,” Ozzi said. “With the concept of Parkour, I’ve learned that with these challenges, these obstacles, we learn to grow whether you’re trying to broaden your jump distance or you’re trying to get a job.”



Parkour Instructor Ozzi Quintero attempts to land on top of a wall as he jumps off from another. The founder of the Hawaii Parkour scene holds classes at Ala Moana Beach Park on weekdays from 6 p.m to 7:30 p.m.

Today, Ozzi is A.D.A.P.T. (Art du Deplacement and Parkour Teaching) certified and the founder of Hawaii Parkour. He has since been a big influence on the development of Parkour in Hawaii, and he teaches Parkour to more than 20 students at a time at Ala Moana Beach in Honolulu.

“It’s super fun,” said Ozzi, “because not only am I teaching people to tune in to their body to get in shape, not only are they learning how to be mindful of their bodies, they are learning to accept difficulties in life and taking it as an opportunity to use it as a stepping stone for whatever next goal, whatever

next life is going to throw at you.”

Sgt. Joe Perez, a Marine stationed at Marine Corps Base Hawaii, Kaneohe Bay, has been deployed to both Iraq and Afghanistan. He asked Ozzi to help him improve his physical and mental conditioning before he headed back to Afghanistan.

“As infantrymen, we patrol through every terrain known to man, and we also go through or bypass obstacles,” Perez said. “Now with this training under our belts, obstacles are no match for our minds.”

Leanne Jenkins, a New Zealand native, was a former gymnast

before she took an interest in Parkour.

“I did gymnastics for a long time when I was growing up,” Jenkins said. “I had the opportunity to learn Parkour, and it kind of looks scary, but I thought that I would try it. I discovered that I enjoyed it far more than I expected to.”

Jenkins is now a member of the New Zealand Parkour Association and has been coaching and instructing Parkour for female enthusiasts in Hawaii.

“For me, the biggest thing that has come out of it is challenging fears,” Jenkins said. “I find that I can do a lot more physically than

mentally. So when I see a big jump, I have to overcome that mental challenge of doing it.”

Jenkins explained that sometimes even when she knows she can jump a particular distance with ease, adding more height to the same distance can be mentally intimidating.

“Now I find it easier to do more challenging things in life in general because I have Parkour,” Jenkins said. “I kind of practice overcoming that mental barrier. It definitely helped me with fear and overcoming fear.”

If anyone would like to try Parkour, Ozzi suggests trying to find somebody who is practicing.

“Try to find a community you can become a part of,” Ozzi said. “Communicate and try to do different things progressively. If you happen to have nobody around, it is a matter of playing, just go out there and discover what your body can do.

“The one thing I try to emphasize is Parkour is not about jumping off of things, but rather it’s to discover what your body can do and then from there, build up what you want it to do,” Ozzi continued.

When Ozzi landed safely from the five-foot ledge jump, he knew it was not simply a jump. It was something he had to build upon and improve. It is that training and repetition that allowed him to overcome the obstacle.

If you want to try out Parkour and see the different classes that are available, visit <http://hawaii.pk.com> for more information.

Fall in love with MWR Valentine’s themed events at JBPHH

Don Robbins

Assistant Editor

Whether it’s bowling, swimming, running, dancing or dinner, Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) features something for all lovers of Valentine’s Day.

For starters, from now through Feb. 12 at the Hickam Bowling Center and Naval Station Bowling Center, bowl for your chance to win a romantic dinner for two at Schooner’s Restaurant. Get one entry blank with every game bowled. A drawing will be



held Feb. 13. The second-place winner receives a box of chocolates. For more information, call 448-9959 or 473-2574.

A free preschool story time will be held from 8 to 10 a.m. Feb. 8 at Hickam Library. Hear stories with the theme of “Valentines.” For more information, call 449-8299.

A sweetheart (couples) massage special will be held from Feb. 11 to 18 at the Hickam Fitness Center. The cost is \$100 per couple for a one-hour session. Have your massage together. Different techniques can be requested (hot stone not available for this special.) For more information and to make your appointment, call 448-2214.

A free sweetheart 5K run will be held at 8 a.m. Feb. 11 at Hickam Fitness Center. The first couple to cross the finish line will receive a special prize. Awards will be given to first, second and third place finishers in men’s, women’s and kids’ (under 16) divisions. For

more information, call 448-2214.

A teen Valentine Dance will be held from 6 to 9 p.m. Feb. 11 at the Hickam Teen Center. The cost is \$5 per youth ages 13-18. For more information, call 449-3354.

Dress to impress because there will be a free night of music inspired by Venus, the goddess of love, at cupid’s ball from 10 a.m. to midnight Feb. 11 at Brews and Cues. “Like” the event on Facebook for photos and to post Valentine messages. For more information, call 473-1743.

A Valentine’s red and white ball will be held Feb. 12 at J.R. Rockers. Dinner is

at 5 p.m. and dancing starts at 9 p.m. There is no cover for the event. For more information, call 448-2271.

Join the sweetheart’s swim Feb. 13 and 14 at Scott, Richardson, Hickam pool one and Hickam pool two. The free event is for ages 16 and older. Come into any participating pool with your significant other and swim 500 yards each (1,000 yards total). Each couple that completes the swim will receive a prize. For more information, call 473-0394.

A free Valentine’s Day singles dinner with Liberty will

be held Feb. 14. Depart Liberty Express at 5 p.m., Instant Liberty at 5:15 p.m., Beeman Center at 5:30 p.m. and Makai Rec Center at 6 p.m. This event is open to single active-duty service members only. For more information, call 473-2583.

A Valentine’s sweetheart’s dinner will be held from 6 to 9 p.m. Feb. 14 in the Hickam Officer’s Club dining room. The cost is \$89.95 per couple with a \$10 members first discount. The event is open to all ranks. For more information and to make your reservations, call 448-4608.

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NIOC gets in the zone to defeat PACOM/JIOC

Story and photo by
Randy Dela Cruz

Sports Editor

Navy Information Operations Command (NIOC) shut down Pacific Command/ Joint Intelligence Operation Center (PACOM/JIOC) with a suffocating two-three zone to earn a double-digit 39-29 victory in the marquee nightcap of a Blue Division intramural basketball quadruple-header at Bloch Arena, Joint Base Pearl Harbor-Hickam on Jan. 30.

Switching from a man-to-man to the two-three defense early in the matchup, NIOC smothered the PACOM/JIOC twin towers of Navy Lt. Adam Hudson and Air Force Staff Sgt. Allen Birtcil to take a 21-11 lead at halftime en route to the impressive win.

In easily dispatching one of the divisional champs of last season, NIOC sent a strong message to the rest of the league.

"This team (PACOM/JIOC) was really good because they have good shooters and size," said NIOC head coach Master Chief Yeoman Darrin Bobbitt. "They were bigger than us, as far as height, so this was an important game."

Bobbitt said that he switched around his defense after seeing that PACOM/JIOC was more focused on establishing their perimeter game in the opening minutes of the contest.

"Me and my assistant coach Wynn (Chief Cryptologic Technician (Collection) Rasheem) noticed that they were collapsing on us and shoot-

Blue Division standings (As of Jan. 31)		
	W	L
1. 324 IS Tigers	2	0
2. Team NIOC	2	0
3. Hellraisers	2	0
4. Hangar 5	1	0
5. Poundtown	1	0
6. 735 AMS	1	1
7. PACOM/JIOC	1	1
8. 8 IS	1	1
9. 535 AS Tigers	0	1
10. 747 CS	0	1
11. TPU	0	1
12. Nasty PAC	0	1
13. HQ PAC	0	2
14. FACSAC	0	2

ing the threes," Bobbitt pointed out. "That's why we went to the zone."

The strategy paid off immediately as NIOC, which fell behind 3-0 on a three ball from PACOM/JIOC guard Intelligence Specialist 2nd Class Josh Kelly, used their defense to ignite a 9-0 run and take a six-point lead.

Although another three-point basket from Kelly tied the score at 11-11 with 7:25 to go in the first half, a one-handed monster dunk from center Senior Airman Sean Caddell gave NIOC back the lead at 13-11 and led to a 10-run to close out the half.

In the second half, PACOM/JIOC post-player Hudson began to find his range and came up with back-to-back baskets inside the paint to close the gap to six at 21-15.

However, just a few minutes later, with the lead at seven, NIOC guard Cryptologic Technician (Maintenance) 3rd Class Michael Lyles turned red hot and scorched the nets with three big baskets to seal the game.

Lyles sank a shot to



Navy Information Operations Command (NIOC) guard Cryptologic Technician (Maintenance) 2nd Class J'mese White takes the ball up for lay-up during a Blue Division intramural basketball game versus Pacific Command/ Joint Intelligence Operation Center (PACOM/JIOC) at Bloch Arena, Joint Base Pearl Harbor-Hickam on Jan. 30.

extend NIOC's lead back to nine at the 6:38 mark, and then came back on the team's next trip down court to stroke a trey and

give NIOC their biggest lead of the game at 32-20 with 6:03 left on the clock.

At the 4:33 mark, Lyles completed a basket-and-

one to raise the advantage to 13 at 35-22.

"I wasn't hitting anything in the first half," said Lyles, who added that

he needed to step up. "We felt really good. It's just hard work and determination."

For the game, Lyles chipped in 12 points, while teammate Caddell posted a game-high 13 points.

Kelly knocked down three shots from beyond the arch to lead PACOM/JIOC with nine points, while the usually potent duo of Hudson and Birtcil were held to a combined total of 10.

PACOM/JIOC also struggled from the charity stripe, where they missed their first eight shots and went on to sink only three out of 12.

"We're not used to this," said PACOM/JIOC head coach Senior Chief Logistics Specialist Latonya Veasley. "We're going to work hard. We know what the goal is and we're going to work hard to come together as a team. It's early yet. It's a learning experience, and we will learn from this. We're going to see them again."

Bobbitt praised his team for its solid effort and especially pointed to the hard work of his big men, who controlled the paint and boards.

Still, the NIOC head coach stated that with this game in the books, it's now back to work.

"We got to work on our defense and work on our organization of moving the ball," he said. "We got a couple of plays, but they kind of lost judgment on what they needed to do. We got to get that back into sync. We want to play fundamental, organized ball. Some guys want to just run up and down the court. We want to run onto that court with a purpose."

Weightlifters hoist heavy metal in all-military meet

Story and photos by
Randy Dela Cruz

Sports Editor

The sound of clanging raw steel mixed with heavy doses of grunts and groans filled the confines of Hickam Fitness Center, as members of all military branches pushed and pulled their way through a series of lifts at the New Year's Weightlifting Competition, Joint Base Pearl Harbor-Hickam on Jan. 28.

A total of 40 strength athletes, including eight women, competed in six weight classes that were divided into lightweight (150 and under for men, 125 and under for women), middleweight (151-175 for men, 126-150 for women), light heavyweight (176-200 for men), heavyweight (201-225 for men, 151-175 for women), super heavyweight (226-250 for men, 176 and over for women), and masters weight (251 and above for men) categories.

All weight divisions were modeled directly from standards established by the United States Powerlifting Association.

"All these guys come here and they work really hard, so that's why we worked to have a competition amongst the individuals that work out at the different military facilities," said Hickam Fitness Director BJ Bentley, who helped coordinate the meet with Air Force Tech. Sgt. Christopher Oliver and wants to make the meet an annual event. "This was a huge success. We were definitely overwhelmed by the 40 participants that we had today. And it was definitely well rounded between light, heavy, middleweight divisions. It's not all stacked in one weight division."

While each of the military services was well represented by members of their own branches, both Navy and Air Force lifters also moved some serious pounds throughout the competition.

At the meet, each lifter had three attempts to record their highest lift in the squat, bench press and deadlift.

The tournament was considered to be a raw event, as competitors were only allowed the use of knee and wrist wraps and a four-inch wide belt for support.

In the light heavyweight



(Above) Airman 1st Class Christopher Austin, 8th Intelligence Squadron, muscles up 365 pounds in the bench press portion of the New Year's Weightlifting Competition at Hickman Fitness Center, Joint Base Pearl Harbor-Hickam on Jan. 28. (Right) Construction Mechanic 3rd Class Mac Cruickshank, Construction Battalion Maintenance Unit 303, strains to deadlift 600 pounds on his final attempt. The 20-year-old, 224-pound Seabee totaled a competition best of 1,4 30 pounds.

division, Airman 1st Class Christopher Austin, 8th Intelligence Squadron, at a bodyweight of 199 pounds, wowed the audience by crushing a 365-pound bench press in his opening attempt.

He went on to complete a division-best 385 in the bench and 500 pounds in the deadlift, while placing second overall with a three-lift total of 1,230 pounds.

Meanwhile, Construction Mechanic 3rd Class Mac

Cruickshank, Construction Battalion Maintenance Unit 303, pulled an amazing 600 pounds to conquer the heavyweight division's deadlift category with a lift that was a 100 pounds more than his closes competitor.

He also totaled 1,430 pounds to earn the meet's Most Weight Lifted trophy.

Cruickshank, who is only 20 years old, said that while the sport is difficult on his body, he plans to continue powerlifting even though he will be changing duty stations in a few months.

"I think this was a pretty good event overall," he said following the meet. "I'm leaving for California in March, but if I'm here during the week that it's here, I'd definitely attend again. I had a great time."

The meet even drew the husband and wife team of Army Staff Sgt. William



Prince, Headquarters and Headquarters Company, 2nd Brigade, and his spouse Chelsea.

Prince, an active body-builder, said that with an upcoming physique contest only a few months away, he thought the event at Hickam would be a good way to get his competitive juices flowing.

For his efforts, Prince captured the light heavyweight division with a total of 1,295, while Chelsea won first place in the women's middleweight division with 440 pounds.

Although Prince was beat out by Austin in two out of

the three lifts, he pulled away from his Navy counterpart with a 475 squat, which was 130 pounds better than Austin.

Prince added that his dual-sport success is attributed to the support he gets from his wife and training partner Chelsea.

"It's good because I come home and tell her what I lifted, she comes home and tells me what she lifted," Prince said. "We give each other insight at the gym, and it helps with dieting. Also, our kids eat the proper diet and are active because we are always active."

Pacific Aviation Museum Pearl Harbor requests volunteers for education, airplanes

Pacific Aviation Museum Pearl Harbor

Pacific Aviation Museum Pearl Harbor's Education Department has new student education and tour programs for 2012 and requests volunteers to help deliver these programs, plus develop additional ones, help manage events, process data entry, research, transcribe oral histories, and work on the museum's successful outreach program to sixth graders, "Barnstorming."

Other volunteers are need in all areas of museum operations as well, from docents delivering tours to mechanics helping restore historic aircraft in the restoration shop.

The education programs target pre-school students through high school seniors and focus on math, science, social studies, technology and engineering connected to the principles of aviation and

history of aviation in the Pacific. The opportunities are perfect for those retired from the fields of education. The museum will train, and a minimum of at least one day a month is required to be a volunteer.

Volunteers receive many benefits, They work hands-on with aircraft, meet and talk story with veterans and experienced pilots and mechanics, receive free admission to the museum and to the other Pearl Harbor historic sites, receive discounts at the museum gift shop, free admission to all hangar talks and lectures, an annual "volunteer appreciation" party and more.

Contact volunteer coordinator Loretta Fung for more information and a volunteer application at 441-1008 or email Loretta.Fung@PacificAviationMuseum.org.

Volunteers must be at least 18 years of age or partnered with a parent. The museum will provide documentation for service hours.

Armed Services Blood Program seeks donors

Tripler Army Medical Center Blood Donor Center has scheduled upcoming blood drives.

As part of the Armed Services Blood Program (ASBP), the official United States military blood program, a donation serves as a vital link to military service members and their

families worldwide. The drives include:

- Feb. 15 at Space and Naval Warfare Systems Command (SPAWAR) Hawaii.
- Feb. 16 at U.S. Coast Guard Sand Island.
- Feb. 22 at University of Hawaii ROTC Air Force.
- Feb. 27 at Naval

Submarine Support Command (NSSC).

- Feb. 28 at Navy Exchange Hawaii (NEX)
 - March 14 at the Federal Detention Center.
- For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil

Star Advertiser

Valentine

LOVE LINES

Place a personal message of love!



Your Love Lines will appear in the Honolulu Star-Advertiser on Tuesday, February 14.

Submit your Valentine Love Line Today!

- PHONE** - Call (808) 521-9111 and a friendly staff member will help you place your Love Lines.
- E-MAIL** - e-mail your message and picture to: perfecteditions@staradvertiser.com with a contact number where you can be reached or that of your business/office.
- IN-PERSON** - Stop by our office located in Hahaione, Room 7-7, Box 5 (500 Ala Moana Blvd. 12th fl.) helped by a friendly staff member.
- CALL OUTLINE PHONE** (available and read by love line: 500 Ala Moana Blvd., Room 7-500, Honolulu, HI 96813)

Only for use and not to be removed by owners.



Anniversary & Birthday
We love you both, in the moon and back.
Happy Valentine's Day!
Ellen & Don

Dear Grandma & Grandpa
We love you with all of our hearts.
Happy Valentine's Day!
Malia & Ian

PACKAGE A 4-inch ad with a graphic row of hearts
(\$42 plus tax)

PACKAGE B 4-inch ad with photo and plus a graphic row of hearts
(\$56 plus tax)
*All must have at least 2 columns x 2" to add a photo.

Star-Advertiser's Love Lines

6-lines minimum, subject to sales tax

Star-Advertiser

1/2-inch ad - \$20	2-inch ad - \$40
1-inch ad - \$30	4-inch ad - \$72

A approximately 20 spaces per line. Payable in advance.

PRINT YOUR MESSAGE HERE FOR YOUR VALENTINE LOVE LINE

☐ **YES**, for an extra \$ 10, please add a "lovely touch." I've printed the emblem I would like to use.

01  02  03  04 

☐ **YES**, Please add an extra heartrow (available for ads 1" and up)

☐ A row at the top - \$7 | ☐ A row at the bottom - \$7
☐ Both - \$12

☐ Heartrow #1  08/0X01

☐ Heartrow #2  08/0X02

Your name _____
Address _____
City _____ State _____ Zip: _____
Day phone _____ Home phone _____
Email: _____
Amount enclosed \$ _____ ☐ Visa ☐ American Express ☐ Mastercard ☐ Discover
Card #: _____ Expiration Date _____
Signature _____

MAIL THIS COMPLETED FORM AND PAYMENT TO: LOVE LINES, 500 Ala Moana Boulevard 7-500 Honolulu, Hawaii 96813. For a photo return, please include a self-addressed stamped envelope.



Every Valentine Love Line is automatically entered to Win A Champagne Dinner for Two at Michel's

Prize not redeemable for cash. One (1) winner selected at random from all ads. Winner will be contacted. No phone calls please.

MICHEL'S
Michel's Restaurant
on the Beach at Colony Surf
2805 Kalakaua Avenue
923-6852

PEARL HARBOR-HICKAM

Maniawa Nanea

LEISURE

Morale Welfare & Recreation

OAHU HIGHLIGHTS TOUR

There will be tours of east and central Oahu every Thursday in February. Tours are from 8:30 a.m. to 3 p.m. and include lunch at the Olomana Golf Course. Tours depart from Information Tickets and Travel-Hickam (ITT-Hickam), with an option of a 9 a.m. pick up from the Hale Koa Hotel. The cost is \$45 for adults and \$40 for children 3 to 11 years old. FMI: 448-2295.

SCRAPBOOK MARATHON NIGHT

A scrapbook marathon night will be held from 6 p.m. to midnight Saturday at the Hickam Arts and Crafts Center. The cost for the marathon night is \$5 per person and includes supplies. This event is for ages 16 and up. FMI: 448-9907.

SUPER BOWLING SUNDAY

From 1 to 4 p.m. on Sunday there will be a bowling special at the Naval Station Bowling Center. This includes two games of bowling, a personal pan pizza, chicken wings, onion rings and French fries for \$15 per person. There will also be free popcorn. FMI: 473-2574.

SUPER BOWL MOVIE SPECIAL

Active-duty personnel with a valid military ID receive free admission to the 2:30 p.m. movie on Sunday at Sharkey Theater. FMI: 473-0726.

INTRAMURAL RACQUETBALL TOURNAMENT

There will be a free racquetball tournament 6 to 8 p.m. from Feb. 6 to 9 at the Hickam Fitness Center racquetball courts. The tournament is limited to commands from Joint Base Pearl Harbor-Hickam. FMI: 448-4641.

PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m. Feb. 8 at Hickam Library. The theme for story time will be "valentines." FMI: 449-8299.

LT. DAN BAND

Gary Sinise and the Lt. Dan Band will perform on Feb. 10 at the Freedom Tower Mall. The event opens for access at 5:30 p.m. and the show starts at 7 p.m. Food and beverages will be available for purchase, and there will be round trip shuttle service to and from Freedom Tower. FMI: www.greatlifehawaii.com.

DIVE-IN MOVIE

There will be a free dive-in movie showing from 6 to 9 p.m. Feb. 10 at Hickam pool two. There will be free popcorn and patrons are encouraged to bring their own pool floats. FMI: 448-2223.

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

Community Calendar

February

3 ~ Joint Base Pearl Harbor-Hickam and the Hickam African American Heritage Association are hosting a luncheon to celebrate "Black Women in American History and Culture" at 11:30 a.m. Feb. 3 at the Hickam Officers' Club. Capt. Lawrence Scruggs, chief staff officer, Joint Base Pearl Harbor-Hickam (JBPHH), will give opening remarks. Lt. Nikita Martin of the 96th Air Refueling Squadron is the guest speaker. Tuskegee Airmen, Philip Baham and Romaine Goldsborough, are honored guests. FMI: 449-8182 or 449-4575.

11 ~ The 20th annual Seabee Run will be held at 7 a.m. at Ford Island at Joint Base Pearl Harbor-Hickam. The cost of the event is a \$25 registration fee, \$10 for children. FMI: go to Active.com or contact Luke Dragovich at luke.dragovich@navy.mil or call 473-7818.

11 ~ The Hickam African American Heritage Association (AAHA) will hold a free night at the Apollo talent show at 5 p.m. on Feb. 11 at Paradise Lounge at Club Pearl on Joint Base Pearl Harbor-Hickam (JBPHH). The theme is African American legends of music. Performers and volunteers for the event are being sought. FMI: Staff Sgt. Kimberly Blackmon 449-8612 or email Kimberly.blackmon@hickam.af.mil

18-19 ~ An airsoft fundraising tournament for founded warriors will be held at the Schofield Barracks MOUT (Military Operations on Urban Terrain) site from 8 a.m. to 5 p.m. on Feb. 18 and 19. Entry fee is \$25 per person. Registration forms can be completed on the day of the event or be downloaded from www.airsoftwarriors.org. FMI: 733-4263 or email Stanley.toy@us.army.mil

21-23 ~ The Military Family Support Center will host a "recalibrate your career" seminar for Sailors and spouses affected by the enlisted retention board and other force shaping tools at the Aloha Center, room 294. It will include a resource fair from 10 a.m. to 2 p.m. Feb. 23. FMI: 473-0838.

24 ~ The Honolulu Navy League is hosting an individual augmentee (IA) recognition luncheon for all returned "boots on the ground IA/overseas contingency operation support assignment (GSA) Sailors and their spouses, or guests" from 11:30 a.m. to 1:30 p.m. Feb. 24 at the Ala Moana Hotel. Completed registration forms must be brought to the Military and Family Support Center (MFSC). Pick up tickets until Feb. 10 at \$40 per person. FMI: 474-1999.

At a glance —

The Hickam Officers' Spouses' Club is now accepting applications for the 2012 scholarship award program. All military dependents residing in the local area who are attending or planning to attend an accredited undergraduate and/or graduate program are eligible to apply. Specific information regarding eligibility and the forms to apply is now available on the website at: www.hickamosc.com. The deadline for submission is March 15.

Movie Showtimes



Mission: Impossible - Ghost Protocol (PG-13)

After he is framed for the death of several colleagues and falsely branded a traitor, a secret agent embarks on a daring scheme to clear his name in this spy adventure.

SHARKEY MOVIE THEATER

TODAY
7:00 PM The Sitter (R)

SATURDAY
2:30 PM Alvin and the Chipmunks: Chipwrecked (G)
4:45 PM Hugo (PG)
7:00 PM We Bought a Zoo (PG)

SUNDAY
2:30 PM Sherlock Holmes: A Game of Shadows (PG13)
Super Bowl Special: Free to Active Duty Personnel
5:00 PM Alvin and the Chipmunks: Chipwrecked (G)
7:00 PM Mission: Impossible - Ghost Protocol (PG-13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Sherlock Holmes: A Game of Shadows (PG-13)
8:30 PM We Bought a Zoo (PG)

SATURDAY
4:00 PM Alvin and the Chipmunks: Chipwrecked (G)
7:00 PM Sherlock Holmes: A Game of Shadows (PG-13)

SUNDAY
2:00 PM Alvin and the Chipmunks: Chipwrecked (G)
For more movie information, visit www.greatlifehawaii.com.