

JBPHH holds grand opening for Peltier Child Development Center

Story and photo by
MC3 Dustin W. Sisco

Navy Public Affairs Support
Element West Det Hawaii

Sailors, Airmen and civilians attended the Peltier Child Development Center's grand opening ceremony at Joint Base Pearl Harbor-Hickam (JBPHH) on March 8.

After opening remarks from Col. Dann Carlson, deputy commander of JBPHH, Capt. Jeffrey James, commander of JBPHH, talked about the development center.

“There is a saying in higher education circles that no nation is so wealthy that it can squander its youth and the promise of its youth,” James said.

“The seeds of learning must be sown and encouraged to blossom. One-on-one engagement is the spark that lights the lifelong fire of inquisitiveness and a search for knowledge – and that’s what the dedicated professionals who were carefully selected to do the work to care for our children here and facilities like this do,” he said.

Once James was finished with his remarks, Kahu Kekua offered a traditional Hawaiian blessing for the center.

“What you see here today is a sign of the future,” Kekua said. “We need to take care of our Sailors, our Airmen and their



Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam (JBPHH), speaks at the grand opening ceremony of the Peltier Child Development Center at JBPHH on March 8.

ohana – their family – and that’s what we’re doing today.” The Peltier Child

Development Center, with an enrollment of 134 children, is the first of three others to open

in Hawaii. The center provides child care for children from ages six weeks to 12 years who

are family members of service members and Department of Defense personnel.

Service members volunteer in community at River of Life mission

Story and photo by
MC3 Sean Furey

Navy Public Affairs
Support Element West,
Detachment Hawaii

HONOLULU – Service members volunteered at the River of Life Mission in the historic Chinatown district of Honolulu on March 6.

Sailors, Marines and civilians prepared an assortment of food and drink in addition to holding a church service for the guests.

“A lot of the Navy is philanthropy and helping reach out to the community,” said Ensign Jennifer George, the anti-submarine warfare officer of the guided-missile frigate USS Reuben James (FFG 57). “We do that in our day-to-day job, but you never really get the gratifying

experience of seeing what your result is and actually being able to see firsthand how you can help people.”

The purpose of River of Life Mission is to restore broken lives through rescue, rehabilitation and reintegration services.

“This is a great foundation. I’m amazed that they feed these people three meals a day and it’s purely by donation and volunteers. It’s outstanding,” George said.

The River of Life Mission has had close ties with local military installations for years.

“This group has been coming in for about 18 years in different forms,” said Tracy Clay, the night operation manager of the River of Life Mission. “We have new faces now, but we have some core



guys. They know what’s going on. The guests start to recognize people because they come on a regular basis, so there’s a relationship there.”

The mission is a member of the Association of Gospel Rescue Missions, a national network of more than 400 missions throughout the United States dedicated toward providing for the most immediate needs of the homeless and needy.

Service members prepare food to serve at the River of Life Mission. The River of Life Mission is a not-for-profit organization that provides their guests with a variety of goods and social services free of charge.



Hickam Elementary participates in Read Across America

Col. Joe Dague, 15th Wing vice commander, reads a book to a kindergarten class March 1 at Hickam Elementary at Joint Base Pearl Harbor-Hickam. Dague read to the children as part of the Read Across America program honoring Dr. Seuss' birthday March 2.

U.S. Air Force photo by SrAirmen Lauren Main

Chairman of Joint Chiefs, Secretary of Defense at JBPHH next week

Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, will host a town hall meeting today for Sailors and Airmen at

Joint Base Pearl Harbor-Hickam while he is here for the U.S. Pacific Command change of command. Secretary of Defense Leon

E. Panetta will speak at the change of command when Adm. Robert Willard, who will retire after 39 years of active service,

relinquishes command to Adm. Samuel J. Locklear. Panetta will also visit the USS Arizona Memorial to lay a wreath in honor

of our fallen heroes and re-enlist four service members. (See next week's *Ho'okele* for complete coverage of these events and more.)



Indonesian tall ship visits Hawaii
See page A-2



USS Chafee arrives in Philippines
See page A-2



Air Force women trace history to World War II
See page A-4



AF, other military services expand drug testing to include abused prescription drugs
See page A-6



Early comeback leads Crommelin to huge win
See page B-1



Support sought for March 23-24 Relay for Life
See page B-3

USS Chafee arrives in Philippines

USS Chafee (DDG 90) Public Affairs

ILOILO, Republic of the Philippines – Guided-missile destroyer USS Chafee (DDG 90) arrived in Iloilo, Republic of the Philippines on March 2 for a port visit and to participate in the U.S. State Department program, America in 3D.

The program highlights American culture, values and services in the Philippines. The three-day event kicked off with an opening ceremony. Throughout the weekend, people were able to attend classes on applying for an American visa, studying in America and more.

The visit allowed Chafee Sailors to engage and interact with the local community. Sailors said they are excited to be in Iloilo during America in 3D because it gives them a chance to not only learn about the Philippine culture, but it encourages them to teach others about the United States.



U.S. Navy photo by Ensign Caitlin Smith

Ship's Serviceman Seaman Jametric Sumeral (center) and Interior Communications Electrician Fireman Raquel Lopez, (right) assigned to USS Chafee (DDG 90), participate in the color guard presentation at the opening ceremony for America in 3D program. The program highlights American culture, values and services in the Philippines.

"It's an honor and pleasure to be in Iloilo supporting America in 3D,"

said Cmdr. Justin Kubu, Chafee's commanding officer. "This weekend is a

great opportunity to highlight the friendship and shared values between

the Philippines and the United States while also enhancing understanding

of the Navy's mission."

"The men and women from the Philippines and of Filipino descent contribute significantly to the professional culture of the U.S. Navy, and their service exemplifies the strong bond between our two countries," he said.

While in port, Chafee Sailors will take part in multiple community relation events with local organizations, including helping to refurbish an elementary school, planting mangroves as part of a city-wide initiative to clean up the Iloilo River, and providing soccer and basketball clinics in partnership with the National Sports Federation for soccer in the Philippines.

The ship's culinary specialists will also present an exhibit called "Presentation of Cooking Aboard a U.S. Navy Ship."

Chafee is on an independent deployment from its homeport of Joint Base Pearl Harbor-Hickam, Hawaii.

Indonesian tall ship visits Hawaii

MC2 Daniel Barker

Navy Public Affairs
Support Element West,
Detachment Hawaii

The Indonesian Navy tall ship, KRI Dewaruci, arrived at Joint Base Pearl Harbor-Hickam on Feb. 29 for a brief port visit while en route to the U.S. mainland.

Dewaruci began her cruise from Surabaya, East Java, Indonesia on Jan. 14.

KRI Dewaruci was invited by the Chief of Naval Operations to participate in the International Operation Sail (OpSail) 2012 to commemorate the bicentennial of the War of 1812. Dewaruci will join other tall ships, naval vessels and the Navy's Blue Angels holding demonstrations this spring and summer in New Orleans, Baltimore, Boston and Norfolk, Va.

"This is the bicentennial year of the War of 1812 and an opportunity to reflect on how far our Navy has come since then. Just as they are today, the ships of America's Navy in 1812 were a global force for

good, combating piracy, protecting national commerce and supporting freedom of the seas," said Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific. "It is a real honor to welcome the Indonesian ship KRI Dewaruci to Joint Base Pearl Harbor-Hickam this week."

Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, greeted Indonesian Cmdr. Bima Haris and the Dewaruci crew upon their arrival.

"It's great to have our allies and our friends participate in our celebrations," James said.

Members of the Indonesian community were also on the pier to greet the Dewaruci and to participate in tours of the ship.

"We are very happy that they can come back here to Hawaii to visit us and that we can see the Indonesian culture," said Franky Pudja, an Indonesian resident of Hawaii.

While in port, the crew of more than 80 Indonesian Navy sailors



visited Hawaii and replenished supplies for their ship. They provided tours of the 60-year-old ship for DoD ID cardholders, their families and sponsored guests.

Dewaruci is the only tall mast ship of the Barquentine class owned and operated by the Indonesian Navy. She is used as a sail training vessel for naval cadets and is the largest tall ship in the Indonesian fleet. The Dewaruci also serves as a goodwill ambassador for the country of Indonesia to the rest of the world.

An Indonesian sailor aboard the Indonesian navy tall ship, KRI Dewaruci hoists up a flag as it arrives at Joint Base Pearl Harbor-Hickam, Hawaii, Feb. 29, for a brief port visit while en route to the U.S. mainland. Dewaruci began her cruise from Surabaya, East Java, Indonesia, Jan. 14, as part of International Operation Sail (OpSail) 2012 to commemorate the bicentennial of the War of 1812.

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

JBPHH instruction explains rules for bicyclists

647th Air Base Group

Current Joint Base Pearl Harbor-Hickam bicycle rules and regulations in accordance with JBPHH Instruction 5560.1, JBPHH Traffic and Parking Regulation, dated Jan. 12, 2012, have been announced.

The definition of a bicycle is any device, having two tandem wheels, propelled solely by human power upon which a person may ride or any device generally recognized as a bicycle.

All persons, including minors, riding bicycles on JBPHH will observe the same traffic rules as are required of a motor vehicle operator. All persons operating a bicycle on JBPHH are also subject to all bicycle requirements set forth in the Hawaii Revised Statutes (HRS). The following applies to bicycles being operated

on JBPHH.

All persons operating bicycles through any JBPHH installation gate should avoid the normal flow of vehicle traffic whenever possible and utilize available bike paths and side streets.

Sidewalks may be used by bicyclists when bicycle riders do not pose a hazard to pedestrians. All bicyclists under the age of 18 will dismount their bicycles at intersections and walk the bicycles across the street, whether or not a crosswalk is present.

All riders will wear approved ANSI or SNELL Memorial Foundation certified bicycle helmets. Workers riding bicycles in areas requiring the use of ANSI approved helmets (hard hats) for protection from falling and flying objects are required to wear the ANSI approved helmets instead of SNELL approved bicycle helmets.

This exception does not include commuting to and from work, or any other trips requiring passage through installation gates (e.g., Nimitz, Makalapa, O'Malley, etc.).

Every bicycle when in use at night (from 30 minutes before sunset to 30 minutes after sunrise) shall be equipped with a white light on the front which shall be visible for at least 500 feet ahead, and a red reflector or red light on the rear which shall be visible for a distance of at least 600 feet.

Bicyclists are highly encouraged to equip their bicycle with a bell or other device capable of being heard for a distance of at least 100 feet. Sirens and whistles are prohibited.

All bicyclists shall wear light colored clothing. During restricted visibility conditions, reflective

clothing or vest will be worn by all bicyclists.

Bicycles will be properly parked and secured by use of a chain and padlock or bicycle cable lock to an approved bike rack.

No bicycle will be ridden on any sidewalk within business areas (i.e., Hickam Base Exchange, Navy Exchange, commissary, bank, credit union, etc.) or on the Mokulele pedestrian overpass.

Bicycle operators are prohibited from using any crosswalk, sidewalk, driveway or any other area not designated as a traffic lane for the purpose of bypassing a traffic control device, to circumvent the flow of traffic, or to cross over lanes of traffic unless already legally operating on a sidewalk. All bicyclists under the age of 18 will dismount their bicycles at intersections and walk the bicycles across the street,

whether or not a crosswalk is present.

Bicycles are prohibited on any portion of the Kuntz Avenue overpass or on O'Malley Boulevard from the Air Mobility Command (AMC) Terminal Road to the Kuntz Avenue exit.

Licensing and display of tags

All privately owned bicycles must be licensed with the Division of Licenses, City and County of Honolulu, in accordance with HRS 249-14.5. Bicycle registration license tags are the same type as the auto renewal tag and must be affixed to the upright post of the bicycle frame, facing the forward direction. Persons residing on JBPHH are not subject to the bicycle licensing requirement of the City and County of Honolulu as long as the bicycle is owned and operated on the installation only.

Naval Legal Service Office Pacific offers expanded walk-in hours

Sarah Courageous

Naval Legal Service Office
Pacific

Naval Legal Service Office
Pacific (NLSO) has announced

the expansion of its legal assistance hours to include walk-in attorney services Monday through Thursday from 8:30 to 11 a.m.

Walk-ins have proved popular for many individuals because

they may see an attorney quickly without the wait time involved for scheduled appointments.

In keeping with its mission to provide quality legal assistance, NLSO believes the expanded

walk-in hours will better serve the client's needs and enhance the experience of visiting NLSO.

Defense and power of attorney/notary services remain as before (defense on Tuesday and Thursday from 9 to 11 a.m.;

power of attorney and notary on Monday, Tuesday, Thursday and Friday from 8 a.m. to 3:30 p.m., and Wednesday from 8 a.m. to 1 p.m.) For more information, call NLSO at 473-4717.

Navy's CPO-365 efforts take root in Hawaii

Bill Doughty

Navy Region Hawaii Public Affairs

HONOLULU (NNS) -- Twenty-five Navy chiefs teamed with 25 first class petty officers Feb. 28 to clear 3.5 tons of brush from a culturally significant bike path in Hawaii.

The area, near the International Hula Institute Halau Hula Olana, had become overgrown after many years, attracting unlawful and unsafe activities, according to Olana Ai, of the hula school.

"It was also a constant eyesore to us and to those who walked or jogged or rode their bikes on the Pearl Harbor Historic Trail," Ai said. "To those who took the bus to work and had to use the trail late at night, it felt unsafe."

Now the area has been

transformed.

"We are looking forward to having our hula students come to study hula and look out into the whole of Hau'ula, 'Ewa and Pu'uloa," Ai said. "We are hoping to revitalize the area sacred in ancient as well as in modern times and to bringing to the little community of houses a sense of homage and pride."

The Sailors conducted the project as part of MCPON's "CPO-365" - a program instituted by Master Chief Petty Officer of the Navy (SS/SW) Rick D. West - to ensure prospective chief petty officers receive good training with their chiefs.

"Residents were overwhelmed with gratitude at the work we were accomplishing," said Region Hawaii CPO-365 coordinator, Chief Utilitiesman Shane Ouimette. "An older man

who was walking his dog stopped to say how grateful he and his neighbors were for our efforts in making the area a better and more useful space."

The 50 Sailors filled 55-gallon trash bags, loaded a five-ton truck and discarded brush and trimmings in green waste bins for proper recycling and disposal.

"Our chiefs believe in service to the community, teamwork and giving back," said Navy Region Hawaii Command Master Chief Marc Sibal. "There is no match for good teamwork and the power of leadership by example."

In a letter to Sibal, Howard and Olana Ai wrote, "Your efforts in taking the bush away on the water's edge will really be the start to shoring up a community effort to improve our neighborhood. We will forever be



grateful and look forward to a healthy relationship with you as time goes by.

"It was very touching to get such sincere thanks from Halau Hula Olana and to know that our chiefs and first class petty officers made a difference," Sibal said.

"I volunteered for this project because I hold near and dear the fact that we as Navy are visitors temporarily assigned, and I like to show my appreciation for being afforded the opportunity to serve here," Ouimette said.

The girls of Halau Hula Olana (School of Living Hula) perform a traditional hula dance for the arrival of the Virginia-class attack submarine USS Hawaii (SSN 776).

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

Copying your CAC is a crime - use alternative options

Staff Sgt. Jacob Barreiro

19th Airlift Wing Public Affairs

LITTLE ROCK AIR FORCE BASE, Ark. -- According to Title 18, US Code, Part I, Chapter 33, Section 701, Official Badges, Identification Cards, Other Insignia, the photocopying of military identification is illegal and violations of this law are punishable by fine or imprisonment.

The pertinent part of section 701 says that any reproduction, replication, manu-

facturing or imitation of any government identification or insignia will be punished by a monetary fine, imprisonment up to six months, or both.

As noted in the security bulletin recently distributed throughout the Air Force, many military members, family members and Department of Defense employees are unaware of this law. Many commercial establishments ask for photocopies of military identification as proof that an individual is entitled to a discount or other benefit. However, this request is a

violation of 18 USC 33 § 701. Commercial establishments may request to see a military ID, but cannot photocopy it for their records.

"This is important for anyone with a military ID to know," said Greg Call, base operational security manager. "Commercial companies will ask for it, but under no circumstances should you give them a photocopy."

Call said businesses like cell phone companies, hotels or car companies may ask to

photocopy a service member's ID for their records when issuing a discount. However, this is explicitly against a code that takes precedence over any place of businesses practice.

"If a place insists on photocopying your ID, you should contact their corporate offices," Call said. "Never let anyone copy your card because you don't know what they'll do with the information on it."

Furthermore, Call said all

service members should protect their ID at all times and inventory their wallet to ensure they are not carrying anything that, if lost, could cause them undue consternation or difficulty.

There are several alternative options for providing a commercial entity proof of service:

- State driver's license or other photo ID.

- Written statement of verification of military service from member's chain of com-

mand (no form letter provided, just a signed letter confirming member's current military status.)

- Proof of service letter found in vMPF under self-service actions/personal data- confirms service dates.

- Statement of service from local personnel office- signed letter confirming military status.

(Note: If using a letter of service verification, ensure member's social security number is not included.)

Diverse Views



Do you have any pets? What kind and why did you choose them?



SrA Nicole Osmundson
15th WG/JA

"Two cats, both domestic shorthair, easier to take care of for a dual military couple with not a big yard."

Lewis Moore
Ship's Engineering Maintenance Assistance Team (SEMAT)



"I have a rough collie and a Belgium ter-vuren. The rough collie was my son's choice. We are lucky to have them. They have become a part of the family."



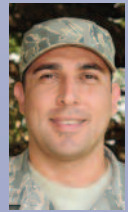
Maj. Jacob Lukens
65th Airlift Squadron

"One standard poodle. My wife grew up with poodles and needs a pet that does not shed. I wanted a big dog. A standard poodle was available."

Alfredo Sucaldito
Ship's Engineering Maintenance Assistance Team (SEMAT)



"We have a lhasa apso. We bought it at Kunia Park. We were just going to take a look, and this dog came up to us. We played with it, and it was very friendly. When we'd leave, it would follow us. We came back later to buy it."



Master Sgt. Abraham Garcia
647th Civil Engineers Squadron

"One dog, an American bulldog. My wife was 'hounding' me about a baby so I bought myself some time with a dog."

Ramon Enriquez
Ship's Engineering Maintenance Assistance Team (SEMAT)



"Japanese chin-pug mix. My daughter gave it to us. My wife was depressed because we have to put one of our dogs to sleep. So last Christmas, my daughter surprised us with this new dog."

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

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

Civilian instructor pilot stands by her plane



U.S. Air Force photo
Cornelia Fort (shown here with a PT-19A) was a civilian instructor pilot at an airfield near Pearl Harbor, Hawaii, when the Japanese attacked on Dec. 7, 1941.

HO'OKELE

PEARL HARBOR-HICKAM NEWS

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Air Force women trace history to World War II

Martha Lockwood

Defense Media Activity

FORT GEORGE G. MEADE, Md. (AFNS) -- The Air Force's acceptance of women into the force dates back to long before the first "Women's History Week" celebration in 1978.

In 1942, the U.S. Army Air Corps (USAAC) took the unheard-of step of forming and employing two women's aviation units. That same year, a unit of flight nurses who had not yet quite finished their training, were sent into North Africa on Christmas Day following the Allied invasion in November of that year.

And the history of women—civilian and military—was forever changed. **WASPS, WAFS and a willingness to serve**

Originally, the idea of using women pilots was first suggested in 1930, but was considered "unfeasible," according to information maintained at the National Museum of the Air Force in Dayton, Ohio.

Then, in mid-1942, an increased need for World War II combat pilots favored the use of experienced women pilots to fly aircraft on non-combat missions.

Two women's aviation units, the Women's Auxiliary Ferrying Squadron (WAFS) and the Women's Airforce Service Pilots (WASPs), were formed to ease this need. More than 1,000 women participated in these programs as civilians attached to the USAAC, flying 60 mil-



U.S. Air Force graphic by Ylvia Saab

lion miles of non-combat military missions.

These two units were merged into a single group, the Women Airforce Service Pilots (WASP) program in August 1943, and broke ground for U.S. Air Force female pilots who would follow in their footsteps decades later.

Of the more than 25,000 women who applied for pilot training under the WASP program, 1,830 were accepted, 1,074 were graduated and 916 (including 16 former WAFS) remained when the program was disbanded in December 1944. WASP assignments were diverse,

as flight training instructors, glider tow pilots, towing targets for air-to-air and anti-aircraft gunnery practice, engineering test flying, ferrying aircraft, and other duties.

Although WASPs had the privileges of officers, they were never formally adopted into the USAAC. In November 1977, 33 years after the WASPs program was disbanded, President Carter signed a bill granting World War II veterans' status to former WASPs.

"Winged Angels"

It was a slightly different story for flight nurses who were members of the mili-

tary from the beginning. As it was with so many advances and innovations resulting from World War II, the USAAC radically changed military medical care, and the development of air evacuation and the training of flight nurses were advanced to meet this need.

After the invasion of North Africa in November 1942, the need for flight nurses exceeded the supply, and women who had not yet finished their training were called into action and sent to North Africa on Christmas Day. Finally, in February 1943, the first

class of Army Nurse Corps flight nurses graduated.

Unlike their stateside-stationed counterparts in the WASPs, flight nurses (nicknamed "Winged Angels") in the Army Nurse Corps served in combat. They were especially vulnerable to enemy attacks because aircraft used for evacuation could not display their non-combat status.

These same aircraft were also used to transport military supplies. In anticipation and preparation for almost any emergency, flight nurses were required to learn crash procedures,

receive survival training, and know the effects of high altitude on a vast array of pathologies.

Of the nearly 1.2 million patients air evacuated throughout the war, only 46 died en route. About 500 USAAC nurses (only 17 died in combat) served as members of 31 medical air evacuation transport squadrons throughout the world.

When President Harry Truman signed the National Security Act of 1947, creating the Department of Defense, the U.S. Air Force became a separate military service. At the time, a number of Women's Army Corps (WACs) members continued serving in the Army but performed Air Force duties.

The following year, some WACs chose to transfer to the Women's Air Force (WAFs) when it finally became possible to do so.

Originally, the WAFs were limited to 4,000 enlisted women and 300 female officers, all of whom were encouraged to fill a variety of ground duty roles—mostly clerical and medical—but were not to be trained as pilots, even though the USAAC had graduated the first class of female pilots in April 1943 during wartime.

In 1976, when women were accepted into the Air Force on an equal basis with men, the WAF program ended, but not before many milestones were achieved and marked along the way in preparation for today's Air Force woman. *(to be continued in next week's issue of Ho'okele.)*

SPAWAR brings IT training and configuration teams to COMDESRON 31

Space and Warfare Systems Command

The Space and Warfare Systems Command (SPAWAR) reserve component recently provided information technology training and configuration validation (CONVAL) support to Destroyer Squadron 31 and other units during a visit to Joint Base Pearl Harbor-Hickam.

A group of reservists from NETOps (NST) fly away team provided classroom training in security+ and networking while another team of reservists with the (CONVAL) team went aboard USS Chung-Hoon, USS O'Kane, USS Paul Hamilton, USS Crommelin and USS Chosin to map out systems to ensure functional interface diagrams were updated to current configuration.

The SPAWAR NST and



U.S. Navy photo by Jazzmin Williams

From left (clockwise): Electronics Technician 2nd Class Jay Donlin, Information Systems Technician 2nd Class John Jamora, Chief Information Systems Technician Reginald Alisasis, Electronics Technician 1st Class Patrick Bonner and Information Systems Technician 1st Class Jose Medellin work on updating functional interface diagrams.

CONVAL teams are made up of reservists who are attached to the SPAWAR Reserve Program at multiple sites across the country. "The SPAWAR Reserve Program provides unique military and technical capabilities in support of team SPAWAR's mission, contingency response and resolution of C4ISR issues that impact current and future fleet readiness" explained Cmdr. Eric Stoeckel, detachment officer in charge.

"There are networks aboard ships. So if you have a computer at home, like if you have a wireless network, the ships have their own networks. So those people in there getting trained are responsible for those networks, keeping them secure. They're teaching security+. All the tools that they're learning in there they're going to go back

and apply to the ship and say, 'You know, we need to make the ship more secure,'" Stoeckel said.

By the conclusion of the detachment, the team had provided more than 800 student hours of classroom instruction to 24 students while the CONVAL team provided updated FIDS to five COMDESRON ships.

"Anytime we can provide free training to the fleet they love it. Hopefully based on this knowledge the objective is that these guys would go out, register for the exams, take it and pass it so that the fleet would be that much more ready in their IT departments," he continued.

For future training requests, contact Cmdr. Marty Riley for NST at martin.riley@navy.mil or Cmdr. Stephanie Nordoff, stephanie.nordoff@navy.mil for CONVAL support.

Supply Corps celebrates 217th birthday on USS Lake Erie

Story and photo by Ensign Kelly Ruane

USS Lake Erie (CG 70)

Capt. John Polowczyk, commanding officer of NAVSUP Fleet Logistics Center Pearl Harbor, visited USS Lake Erie (CG 70) on Feb. 23 to celebrate the Supply Corps' 217th birthday.

To commemorate the day, Polowczyk thanked the Lake Erie Supply Department for their service and congratulated them on being a part of a grand Navy tradition. A

blue and gold cake, baked and decorated by Culinary Specialist 1st Class (SW) Alfredo Medina, was brought to the mess decks. Polowczyk invited the oldest and youngest member of the department to cut the first slice with him.

The Supply Corps was originally established in 1795 to support the original six Navy frigates. Today, the Sailors of the Supply Corps support both shore and afloat commands by managing logistical transport and delivery of repair



parts, food, clothing, ammunition and more to ships and bases worldwide.

(Left to right) Operations Specialist Seaman Desmone Garrett, the youngest member of Lake Erie's supply department; Capt. John Polowczyk, commanding officer of NAVSUP Fleet Logistics Center Pearl Harbor; and Chief Logistics Specialist Kevin Ball, the oldest member of the Lake Erie supply department, cut the birthday cake in celebration of the Supply Corps 217th birthday.

New service enables visitors to book all four of the Pearl Harbor historic sites

Planning a trip to the Pearl Harbor historic sites is now easier through the National Park Service and Recreation.gov. Visitors for the first time can now make reservations for the USS Arizona Memorial tour for a \$1.50 non-refundable, convenience fee per ticket.

Recreation.gov, in conjunction with the Pearl Harbor historic sites and the National Park Service, now offers three Pearl Harbor ticket options: the USS

Arizona Memorial tour, the USS Arizona Memorial audio tour and the new Passport to Pearl Harbor.

"For almost 32 years, tours to the USS Arizona Memorial have been offered on a first come, first served basis. This new service will enhance the visitor experience by giving individuals and groups the option to make advance reservations for their visit to Pearl Harbor historic sites, saving them time and hassle," said Paul

DePrey, superintendent for World War II Valor in the Pacific National Monument.

"For anyone without access to online booking, visitors can call Recreation.gov toll free at 1-877-444-6777 and a limited number of walk-in tickets will still be available daily," DePrey said.

The Passport to Pearl Harbor is for those looking to get the entire Pearl Harbor experience for one price. The passport provides access to

all primary Pearl Harbor historic sites for \$55 per adult and \$30 per child. For \$10 more, the passport holders can upgrade to a two-day pass that allows them to return to Pearl Harbor within a seven-day period.

"From remembering the attacks of Dec. 7, 1941 at USS Arizona Memorial, learning about the nation's first aviation battlefield at the Pacific Aviation Museum Pearl Harbor, boarding the USS Bowfin submarine,

affectionately nicknamed the Pearl Harbor Avenger, and seeing the spot of Imperial Japan's unconditional surrender aboard the Battleship Missouri Memorial the Passport to Pearl Harbor is the best way to get the whole story of WWII in the Pacific," said Michael A. Carr, president and chief operating officer of the Battleship Missouri Memorial.

The Passport to Pearl Harbor includes:

- The USS Arizona Memorial

audio tour.

- USS Bowfin Submarine Museum and Park museum admission and audio tour.
- Pacific Aviation Museum Pearl Harbor admission.
- Battleship Missouri Memorial admission and the choice between four tours.

Upgraded tour options at the Battleship Missouri Memorial and Pacific Aviation Museum Pearl Harbor are available for an additional fee.

Pearl Harbor-Hickam Highlights

(Right) Cmdr. Kevin Long, commanding officer of the "Skinny Dragons" of Patrol Squadron (VP) 4, speaks to students during a career day at Aikahi Elementary School. VP-4 sponsors Aikahi through the Partnership in Education (PIE) program, a community-outreach initiative that partners a Navy command with a local public school.

U.S. Navy photo by MC1 Nathan Laird

(Below) Rear Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, and Capt. Jeffrey James (right), commander of Joint Base Pearl Harbor-Hickam, meet with Col. Sam Barrett, commander of 15th Wing, for an Air Force Partners Mission Orientation at Joint Base Pearl Harbor-Hickam on March 7.

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



A sea-going crane lifts a Navy A3 Skywarrior from pier K-10 to a waiting barge. Afterward, the barge transported the Skywarrior to Ford Island where it will eventually be housed in the Pacific Aviation Museum. The museum is a fitting location for the Skywarrior as Ford Island was the refueling point for many an A-3 during their 39 years of naval service (1952-1991). Due to their size and weight, Skywarriors earned the nickname "whales." They were the largest and heaviest aircraft ever designed for use on aircraft carriers. The Skywarrior was transported from San Diego to Pearl Harbor on the deck of the amphibious assault ship USS Bonhomme Richard (LHD 6). The crane move took place on March 13.

U.S. Navy photo by Jim Murray



(Left) Sailors aboard the Los Angeles-class attack submarine USS Columbus (SSN 762) shift colors after pulling into the Republic of Korea naval base Jinhae. Columbus, homeported at Pearl Harbor, is on a scheduled six-month deployment to the western Pacific region and currently supporting Foal Eagle exercise 2012.

U.S. Navy photo by MC1 Travis Simmons

AF, other military services expand drug testing to include abused prescription drugs

Jon Stock

Air Force Surgeon General
Public Affairs

WASHINGTON (AFNS) – The Air Force and other military services will expand their drug testing to include testing for commonly abused prescription drugs beginning May 1.

On Jan. 31, the Secretary of Defense gave a 90-day advance notice of the drug testing expansion which aims to counter the nation’s growing epidemic and encourage those abusing prescription medications to seek treatment before official testing begins.

“Abuse of prescription drugs is the fastest growing drug problem in the United States and, unfortunately, this trend is reflected in the military services,” said Maj. Gen. Thomas W. Travis, deputy Air Force Surgeon General. “While pain medications are highly effective in alleviating suffering from injuries, they are dangerous and potentially addictive when used outside medical supervision.”

Taking controlled medications in a manner other than how they were prescribed poses a risk to the person’s health and safety and can put others



U.S. Air Force graphic by Sylvia Saab

at risk as well.

Prescription medications should be taken only for the purposes for which they were prescribed and at the dose and frequency prescribed. Additionally, Airmen are reminded never to take a medication prescribed for someone else.

“Members who need help discontinuing use of these drugs are encouraged to seek care at a military treatment facility immediately,” Travis said.

The policy being addressed is not new to Air Force personnel. In accor-

dance with Air Force guidance and existing law, the knowing use of any prescription or over-the-counter medications in a manner contrary to their intended medical purpose or in excess of the prescribed dosage may have negative health consequences and may also violate the Uniform Code of Military Justice.

AFI 44-121, Alcohol and Drug Abuse Prevention and Treatment (ADAPT) Program provides limited protections under certain circumstances for voluntary disclosure of prior

drug use or possession to unit commanders, first sergeants, a substance abuse evaluator or a military medical professional. Once an Airman has been ordered to provide a urine sample as part of the drug testing program, any disclosure is not considered to be voluntary.

“There are no changes to procedures that will directly affect drug testing collection sites and military members who are selected for testing,” said Lt. Col. Mark Oordt, chief, alcohol and drug abuse prevention and treatment

and drug demand reduction. “The changes will occur at the drug testing labs where the standard panel of substances each specimen is tested for will be expanded.”

Scope of the problem

- The Centers for Disease Control report 52 million Americans ages 12 plus years old had used prescription meds non-medically in 2009, with seven million Americans having done so routinely.

- Prescription medications appear to be replacing marijuana as the top “gateway drug.” Six of the top 10 abused substances among high school seniors are prescription drugs; 20 percent of high school students have taken prescription medications without a prescription.

- Military data also suggests increases in prescription drug misuse. The DoD Health Behaviors Survey shows self reported misuse of pain meds for non-medical purposes by service members (all services) increased from 2 percent in 2002 to 7 percent in 2005 to 17 percent in 2008.

How to dispose of prescription drugs

“Patients are encouraged to dispose of prescribed medications once they are no longer needed for their prescribed

purpose,” Oordt said. “The Drug Enforcement Administration (DEA) prohibits pharmacies from taking back controlled substances. However, the services collaborate with law enforcement agencies in the DEA drug take back days which occur several times each year in most communities.”

For more information on drug take back days, visit http://www.deadiversion.usdoj.gov/drug_disposal/takeback/.

The Food and Drug Administration also offers guidance on disposal of prescription drugs before consumers throw them in the garbage.

Take the medication out of their original containers and mix them with an undesirable substance, such as coffee grounds or kitty litter. The medication will be less appealing to children and pets and unrecognizable to people who may intentionally go through your trash.

Put medications in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.

For more information on how to properly dispose of medications: Prescription Drug Disposal: <http://1.usa.gov/xOgLe6>.

Traumatic brain injury program to hold open house March 14

Pacific Regional Medical
Command

In an effort to help educate beneficiaries on what brain injury services and support are available, a Brain Injury Awareness Open House will be held from 1 to 3 p.m. March 14 in room 9B114 at Tripler Army Medical Center.

The Pacific Regional Medical Command’s (PRMC) traumatic brain injury program, a comprehensive program which provides a continuum of integrated care and services for active duty service members and other beneficiaries with traumatic brain injuries, or TBI, will sponsor the open house.

Traumatic brain injuries are a disruption of function in the brain resulting from a blow or jolt to the head or penetrating head injury. Not all blows or jolts to the head result in TBI.

The severity of TBI can range from mild, more commonly known as a concussion, to severe, involving an extended period of unconsciousness or amnesia. TBIs are a major health issue for the military. Unlike other injuries that change appearance, you cannot see a brain injury.

According to the U.S. Army’s TBI Program, the majority of people with TBI recover with little or no specific medical intervention because most TBIs are mild, which are also known as mTBIs.

“The Defense Department maintains a traumatic brain injury database, which shows that 202,281 service members sustained a TBI between 2000-2010,” said Dr. Sarah Miyahira, director, traumatic injury program, Pacific Regional MedicalCommand. “Approximately 85 to 90 percent of combat

exposed troops who sustain a mild TBI experience a complete resolution of symptoms within the first several days to weeks after the incident.”

However, some people with TBI require specialty evaluation and intervention if they had a more severe injury or are not recovering quickly from a mild injury. Beneficiaries requiring extra care will work with a diverse team of health-care professionals.

The medical team may vary, depending on the type and severity of injury and the needs of the patient. The team may include a wide range of physicians, nurses, behavioral health specialists and rehabilitations specialists.

“We utilize a family-centered approach, to include educational and group treatment programs for both Wounded Warriors and their spouses,”

said George Husky, liaison officer, traumatic injury program, PRMC. “Our program provides state-of-the-art continuously improving care for Wounded Warriors with TBI and mTBI in order to optimize functional outcomes and facilitate a return to duty.”

The Department of Defense’s (DoD) TBI research portfolio has grown, reflecting the department’s understanding of these injuries, which will translate into improved clinical care and outcomes. TBI research continues to be fast tracked to assist our service members in improved care in collaboration with the line, medical and research communities. DOD will continue to provide a continuum of TBI screening and care from in-theater to post-deployment, including transitions to Veterans Affairs, ensuring the military health

system properly screens and cares for service members with TBI.

Prevention of TBI is the safest and most cost-efficient course of action. DOD and each of the branches of service are working diligently to improve today’s helmet designs, reduce the risks of blunt impact, provide greater ballistic protection and guard against blast injury.

“Most TBIs occur in non-deployed settings,” Husky said. “So the Defense Department has launched an aggressive TBI prevention campaign emphasizing the use of seatbelts and protective eyewear and gear when service members are engaged in daily and recreational activities.”

For information about signing up for either a support group and/or an educational group, call Galsomenia (Gale) Nathan at 433-6405.

Sailors react to SECNAV announcement of 21st century Sailor and Marine initiative

MC2 (SW/AW)
William Jamieson

Navy Public Affairs
Support Element, East

NORFOLK, Va. (NNS) - The secretary of the Navy held an all hands call aboard USS Bataan (LHD 5) which was televised and streamed live on the web to the fleet March 5, announcing the establishment of the 21st Century Sailor and Marine initiative.

Secretary Ray Mabus explained that the initiative consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness. The programs are divided into five categories or areas: readiness, safety, physical fitness, inclusion and continuum of service.

“The new defense strategy will put increased responsibilities on the Navy and Marine Corps in the years to come,” the secretary said. “You are the department’s most essential asset, and it is the duty of the department’s leadership to do all we can to provide each individual Sailor and Marine with the resources to maintain that resiliency.”

For Sailors in attendance, the message was clear. Logistics Specialist 2nd Class Jessica Vestal from Bataan said she left the all hands call feeling excited for the future of the Navy.

“I thought the new initiatives really show how far the Navy has come,” Vestal said. “We, as Sailors, need all the support we can get, and I feel like I heard a lot today that will have a real deck-plate impact.”

Various programs fall under the readiness area, all of which help ensure



U.S. Navy photo by MCC Sam Shavers

Secretary of the Navy (SECNAV) Ray Mabus answers questions during all-hands call aboard the amphibious assault ship USS Bataan (LHD 5) at Naval Station Norfolk. Mabus was in Norfolk to unveil a new initiative designed to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat effective force in the history of the Department of Navy.

we have the most mentally prepared service members and family in department history. Continued emphasis on the responsible use of alcohol, zero tolerance for drug use, suicide reduction, family and personal preparedness, and financial and family stability all work together to prepare Sailors, Marines and their families for the challenges that they may face and reinforce healthy alternatives on liberty or off-duty.

A new initiative will include breathalyzer tests when Sailors are stationed onboard ships, submarines and at squadrons report for duty and randomly elsewhere to reduce the occurrence of alcohol-related incidents that can end careers and some-

times end lives.

Gas Turbine Systems Technician 2nd Class Eric Smith from Assault Craft Unit 4 said the new initiatives were a welcome continuation of policies already in place.

“We have been moving towards a cleaner, smarter Navy, and I would tell my guys that this is just one more step towards that goal,” Smith said. “If you aren’t right, now is definitely the time to get right.”

In addition to ensuring the readiness of our Sailors and Marines, the initiative will aim to make the Navy and Marine Corps the safest and most secure force in the department’s history. All personnel in the fleet should expect to work in a safe environment, free from

harassment or hazards, and when confronted with these, have the resources available to immediately correct the problem.

The Department of the Navy (DoN) continues to work aggressively to prevent sexual assaults, to support sexual assault victims, and to hold offenders accountable. Part of this effort is implementing new training at multiple levels in both the Navy and Marine Corps.

“I was very encouraged to see the Navy and Marine Corps taking the lead on sexual assault prevention” Vestal said. “I’ve long been an advocate for the program, and I think it’s very encouraging that the Sailors coming into the Navy will find it to be a great working environment.”

While each of the five areas provide important support for department personnel, physical fitness can be viewed as having some of the farthest reaching beneficial effects. Sailors and Marines must be ready to meet the demands of performing in a tactical environment, and physical readiness is a crucial link to ensuring Sailors and Marines are ready to take on the challenges the Navy and Marine Corps faces today and will face in the future.

Ensuring all personnel, regardless of race or gender, are given every opportunity to excel and succeed is the hallmark of the program’s fourth area, inclusion. In order to operate globally, the Department of the Navy

will need diversity of ideas, experiences, areas of expertise, and backgrounds to fulfill a variety of missions, while remaining relevant to the American people.

A new DoN Diversity Office will be established, with the assistant secretary of the Navy (manpower and reserve affairs) serving as the DoN’s diversity officer. The diversity office will leverage, coordinate and formalize ongoing efforts within the Navy and Marine Corps and will include the heads of the Navy Office of Diversity and Marine Corps Office of Equal Opportunity and Diversity Management and the DoN Office of Civilian Diversity as team members.

The final area, continuum of service, aims at ensuring Sailors and Marines are provided the most robust transition support in department history. Whether retraining wounded warriors, providing voluntary education, or helping achieve civilian credentialing, the department will aim to provide personnel every opportunity for personal and professional growth.

Aviation Ordnanceman 1st Class Thomas Monfett from Bataan said he hoped to see his junior Sailors take advantage of the new programs.

“I always tell my guys [to] get what they can out of their time in the Navy,” Monfett said. “From stopping smoking to getting in shape, these new programs are going to offer ways for Sailors to better themselves and their families. I think it’s great.”

My Favorite Photo...

Photo by John Burns
This is a photo that John Burns took of a monk seal at the end of Kaena Point on the North Shore about a month ago. There were two other seals within a hundred yards, also sleeping on the rocks.



How to submit

Do you enjoy taking pictures and have a favorite photo? Would you like to see it featured in Ho'okele? Here is your opportunity. Submissions must be from people affiliated with the military services, including active duty, family members, Reserve, retired and Department of Defense civilians, etc.

Your favorite photo can be just about anything, but keep in mind

that it should be in good taste. We aren't looking for posed family shots or group shots. But if you have a photo that you think is interesting and creative, here is your chance to see it published.

Photo submissions will be reviewed by Ho'okele editors who will determine if/when they will run in the newspaper. Along with your photo, please send a little bit of information about the photo, such as

where it was taken or any interesting details. Also include the name of the photographer and contact information.

Please send your photos to editor@hookelenews.com and "cc" Karen Spangler, managing editor, at karen.spangler@navy.mil and Don Robbins, assistant editor, at drobbins@hookelenews.com.

Brush up on your photography skills. Ready, set, shoot!

KHON (FOX) TV 2 Hawaii Navy News upcoming segments

- March 15:** Marine Corps Base Hawaii – Ospreys and H-1s
- March 22:** Historic preservation/adaptive reuse
- March 29:** Pearl Harbor Naval Shipyard – Career Fair
- April 5:** Citadel Pacific Exercise
- April 12:** War of 1812
- April 19:** COMSUBPAC: Undersea Warfare
- April 26:** "Battleship"

(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

What would you do?

Master Sgt.
Eric L. Mixon

First Sergeant, 747th
Communications
Squadron

Have you ever seen the television show, "What would you do?" It's a pretty interesting show. It creates dynamic situations/atmospheres using actors and records how passers-by (unaware it's a show) react to it.

In one of the episodes, there is a couple getting into a physical altercation in a park, with the male pushing and grabbing his apparent "girlfriend." You watch as folks, who obviously witness the altercation, simply keep walking and do nothing. Fortunately, there are also some individuals who step in and act, either by removing the "girlfriend" from the situation, or trying to talk to the couple.

Another great setting for the show was in a bar where a male and female couple were enjoying a nice date. Then the female actress goes to the bathroom. The male actor reaches into his pocket and pulls out a couple of pills and empties them into his female

companion's drink. This is done in front of many people who witness this blatant act. The female returns, and you watch as individuals who witnessed the event just sit and do nothing. They simply watch as she drinks her apparently drugged beverage. Luckily, you also have those folks who step in and stop her from partaking of the beverage.

As Airmen, we face situations every day where we have to decide what we will do. This ranges from the trivial, such as spotting a piece of trash on the ground and deciding whether we will just "keep walking" or "act" and pick it up, to the big situation, such as watching a fellow Airman attempt to get behind the wheel after drinking and either "doing nothing" or "stepping in."

So the question I pose to you is, "What will you do?" when confronted with these types of situations? Will you be the one who simply keeps walking and does nothing, or will you be the individual others would be proud to "watch" and step in and do the right thing?

To report...

Fraud, Waste or Abuse

Contact Commander, Navy Region Hawaii's Inspector General

- ✓ We are here to help
- ✓ You can remain anonymous
- ✓ Remember to use your chain of command first

HOTLINE: 808-473-1782

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Life & Leisure

B

Early comeback leads Crommelin to huge win

Story and photos by
Randy Dela Cruz

Sports Editor

After falling behind by a score of 14-5 in the early minutes of the game, USS Crommelin (FFG 37) Indestructibles burst out to a 15-0 run and never looked back in defeating USS O'Kane (DDG 77), 58-43. The game was an Afloat Division showdown of second-place teams at Bloch Arena, Joint Base Pearl Harbor-Hickam, on March 3.

In beating O'Kane, Crommelin maintained their share of second place by raising their record to 5-1, while the O'Kane saw their Afloat mark drop to 4-2.

Led by a strong bench and Crommelin's high-scoring tandem of guard Seaman Raymond Dixon and forward Gas Turbine System Technician (Mechanical) 2nd Class Martin Houston, the team's combined attack offset O'Kane guard Fire Controlman 2nd Class Frank Lofton's 30 points to earn the lopsided victory.

Dixon scored 20 points, which included two clutch three-point shots in the first half, while teammate Houston, after a slow start, chipped in with 17.

"A lot of it had to do with some guys coming off the bench that don't get a lot of playing time," said Houston about the team's big win. "Beckford (Operations Specialist 3rd Class Jacarous) was out there, got a couple of steals, hustled for us, and I think that got everybody else motivated."

At first, O'Kane, behind Lofton's hot hand, started out on fire and opened up a nine-point lead at 14-5, with Lofton scoring 11 points on three three-point bombs and a basket.

However, a free throw by Houston cut the lead down to eight and four minutes later, a steal and a basket by Beckford narrowed the margin down to two at 14-12.

Then on the next trip down the floor, Dixon popped in a trey to give the Crommelin their first lead of the game at 15-14 with 5:25 remaining in the first half.

"That was pretty big because at first I wasn't doing anything," said Houston about Dixon's lead-changing shot.

Another basket by Dixon, followed by his second three-point shot of the half, extended Crommelin's lead to 20-14, before Information Systems Technician 3rd Class Zach Davis of O'Kane sank a shot with 2:13 remaining until half-time to finally break the run at 15.

"I hit our first 11 points, but then they just concentrated on double teaming me,"



Lofton said about losing the early lead. "When I'm dish-ing the ball out to my teammates, they got to try better to help me out a little bit because with just five players on the team, everybody got to hold their own."

While Lofton tried to keep O'Kane within striking distance after the break, Crommelin's balanced attack slowly put the game out of reach, as the team got 10 second-half points from Dixon, five from center Engineman Fireman Marcus Guffey, four from Boatswain's Mate Seaman Apprentice Davon Saunders, a basket each from Ship's Serviceman Seaman Angel Colonrivera and Beckford, and 13 from Houston.

Houston's basket at the 13:10 mark gave Crommelin their first double-digit lead at 33-23, before a trey and basket on successive trips down the court by the forward put the game on ice with a 15-point advantage at 9:22 left on the clock.

Lofton admitted that entering the game with only seven players took a huge toll on his team in the final minutes of the game.

"That hurt a lot," he pointed out. "We depend on our subs

because we run a fast team. Without subs, it's hard to get fresh bodies in there. Without fresh bodies, you can't do the things you did in the beginning."

Although Houston said that beating a solid team like O'Kane was very satisfying, he stated that the team wouldn't feel complete until it avenges its only loss of the season — a 46-37 defeat at the hands of Koa Kai — the team from USS Chung-Hoon (DDG 93).

"We feel pretty confident. It's something that we talk about on a regular basis," Houston said. "They (Koa Kai) beat us, and we got a little grudge against that. We know we can beat them. We're just waiting for that time to come."



Afloat Division standings
(As of March 6, courtesy of MWR)

	W	L
1. KOA KAI	6	0
2. CROMMELIN	5	1
3. LAKE ERIE	5	1
4. O'KANE	4	2
5. PAUL HAMILTON	3	2
6. USS HAWAII	2	2
7. REUBEN JAMES	2	2
8. CHOSIN	2	4
9. SANTA FE	2	4
10. SHELLZ	1	4
11. OLYMPIA	1	5
12. SEA WARRIORS	0	5

Former Shooters send FFRP to fourth straight defeat

Story and photo by
Randy Dela Cruz

Sports Editor

The Will Francia basketball team won their ninth game against only one defeat by holding off a tough and determined Fleet Family Readiness Program (FFRP) Bad Boyz squad in overtime, 51-44, in a Gold Division intramural basketball battle at Bloch Arena, Joint Base Pearl Harbor-Hickam, on March 6.

The Francias, which formerly played as the SEAL Delivery Vehicle Team-One (SDVT-1) Shooters, are competing this season under the name of their team captain Master-at-Arms 2nd Class Will Francia.

Against the Bad Boyz, which started the season on a five-game-winning streak, but have now dropped four in a row, the Francias’ fell behind late in the second half, but came back to force the extra period before taking full control in OT.

“We had two big wins last week, but we came out sluggish tonight,” admitted Francia forward Yeoman 2nd Class Clinton Miller, who led all scorers with 20 points, including a perfect eight-for-eight from the charity stripe and three big baskets in overtime.

Throughout regulation, the game was tight as the teams fought through four ties with the last draw occurring when Bad Boyz guard Yeoman 2nd Class Eric Quinn sunk a deep buzzer-beater from the left side as time expired.



Yeoman 2nd Class Clinton Miller, forward for the Will Francia basketball squad, goes up for a shot inside the lane during the team’s Gold Division intramural game versus the Fleet Family Readiness Program (FFRP) Bad Boyz at Bloch Arena, Joint Base Pearl Harbor-Hickam, on March 6.

Earlier, in the first half, Navy Diver 2nd Class Daryl Waldrup knocked down two three-pointers to give the Francias a 16-10 advantage, but the Bad Boyz

responded with three baskets, the last one from Culinary Specialist 2nd Class Travis Corder, to

knot the game up at 16-16.

Although the Francias went back up by four just before halftime, FFRP guard Ship’s Serviceman 2nd Class Wilson White followed up with his third three-point shot of the half to pull his team back to within one.

After intermission, the Bad Boyz trailed for the first 10 minutes, but a free throw by Culinary Specialist 2nd Class Ryan Armstead tied the score at 26-26, before another shot from the charity stripe by White gave FFRP their first lead of the game at 27-26 with 6:42 left in regulation.

The Bad Boyz clung to a two-point lead for the next three minutes, but a basket-and-one by Francia center Navy Diver 2nd Class Patrick Davis put the Shooters back out in front at 31-30.

Bad Boyz guard Operations Specialist 2nd Class James Darden retook the lead for his team on lay-up and a free throw to make it 33-31 in favor of FFRP.

However, the lead was short-lived as Francia, the squad’s captain, dribbled down court and swished a three-point shot to give his team a one-point advantage at 34-33.

A basket by Miller raised the lead to 36-33, but that’s when Quinn zeroed in on his three-point bomb to tie the game at 36-36 and send it to overtime.

While regulation play was nip and tuck from start to finish, the OT was all Francia, as the former Shooters squad

quickly put the game away by building up a 10-point lead at 51-41.

Miller said that having extra bodies on the bench really helped in overtime. He also pointed out that the team’s good night at the foul line played a big role in its win.

For the game, the Francias deposited 19 out of 25 shots from the charity stripe.

“All season, we only had like six or seven (players),” Miller said. “It was really nice to have a deep bench. I think that wore them out at the end.”

Although Bad Boyz head coach Culinary Specialist 1st Class Chad Bracewell said that having only seven players wasn’t a factor in their defeat, he did admit that the loss of one player may have cost the team a win.

“My biggest defender (Armstead) fouled out. That’s my fault because I didn’t pay attention to his fouls. That really hurt us,” Bracewell acknowledged. “We fought hard, got back into it, but then fell apart in OT.”

With only three weeks remaining in the regular season, the win should clinch at least one of the six available Gold Division playoff spots for Will Francia, but the Bad Boyz, at No. 6, have their backs up against the wall.

“Our confidence level is slowly dropped,” Bracewell admitted after seeing his team’s record fall to 5-4. “I believe that we can (make the playoffs), but I got to have them believe that they can. If they don’t believe, then it’s a lost season.”

Commentary

Window on Joint Base Pearl Harbor-Hickam

Karen S. Spangler

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‘Into each life some rain must fall’

Karen S. Spangler

Managing Editor

“Into each life some rain must fall” are lyrics from a song that was made popular in 1944 by Ella Fitzgerald and the Ink Spots. With the torrential downpours we have had in the islands the past week, we all can relate to those words.

I can remember that when I was a young girl, my mother frequently sang the words to the song:

“Into each life some rain must fall. But too much is falling in mine. Into each heart some tears must fall. But some day the sun will shine.”

As I watched the rain that pounded down from the skies the past few days, I thought about those words. Eventually the weather system that had been hovering over the state and causing our soggy conditions would leave the islands, and we would again see the bright sunshine and blue skies that are prevalent here in paradise.

Life is a lot like that, too. Some days, it seems like there is a lot of rain that falls in our lives, but not much sunshine.

But remember that just like rain is a good thing, providing much-needed water supplies and replenishing the earth, those “rainy days” in our lives serve to remind us that there are better days ahead. Sometimes we don’t know how long the “rain” will last, but we know that at some point, it will become sunny again.

There are times when I face those “rainy days” in a negative frame of

mind and allow myself to feel disheartened. Why can’t it be just a light shower and not a downpour? I sometimes ask.

Or maybe those “showers” keep recurring and I am impatient to see the sunshine.

It’s at those times especially that I remember something else my mother said. She told us that if we thought we were having a difficult time, we should pay attention to people around us, and we would see that other people had bigger problems than we did.

Her wise philosophy worked for me – and it still does.

Whenever I encounter those challenging days, when the rain pours down from the skies and doesn’t want to stop, I look around me and realize that my troubles are small compared to others. Certainly there are times that I wish that instead of a downpour, the rainy days in my life could be more like a drizzle or a gentle shower.

It’s important to realize that Mother Nature’s showers, just like the “rainy days” in our lives, have some benefit. We know that there will soon be sunshine, that better days are coming.

When the sun finally does pop out from the clouds, it’s a welcome sight.

The rain is like whatever problems I may be dealing with and when I am able to resolve them, things will be good again.”

Like the song says, “But some day the sun will shine.” I’m betting on it.

Have a fine Navy-Air Force day at JBPHH!



Photo illustration | U.S. Marine Corps photo by Chuck Little. U.S. Air Force photo by SRA Christopher Perez
Airmen from the “R.I.S.E. Above” team from Joint Base Pearl Harbor-Hickam participate in the Swamp Romp at Marine Corps Base Hawaii, Kaneohe Bay.

Airmen ‘rise above’ and climb to first place in Swamp Romp

Don Robbins

Assistant Editor

Although Airmen from Joint Base Pearl Harbor-Hickam crawled through the mud, dirt and sand of this year’s 18th annual Swamp Romp at Marine Corps Base Hawaii, Kaneohe Bay, their “R.I.S.E. Above” team wound up rising to the top and winning first place.

The team finished the competition in 53 minutes and 23 seconds. The letters in the team name reference the Air Force core values of “integrity first, service before self, and excellence in all we do.”

The five-mile course at Boondocker Training Area on Feb. 25 consisted of a run through Fort Hase Beach, Nuupia Ponds and along the roads on base. More than 2,400 runners from military installations and the community took part in the event.

This unique race, known as the “dirtiest race in Hawaii,” takes teams over and under the challenging obstacle-packed course that featured massive amounts of mud. It included low crawling, jumping, climbing and

falling in the sticky muck.

“The sand was a killer on your legs,” recalled R.I.S.E. Above team captain Senior Airman Christopher Perez of the 352nd Network Warfare Squadron. “The mud at the end was the thickest and deepest. The course was a lot tougher this year,” he added. “They said it was five miles, but it felt a lot longer than that. It was great to win, just to go out and do it. We were very excited about that.” Participants ran the course in backward order from previous years romps, and Perez said additional obstacles were added this year.

The other members of the team are Airmen 1st Class Scott Rippeth of the 352nd Network Warfare Squadron, Zac James and Jesse Ogden of 15th Maintenance Squadron, and Savas Rivera and Tony Oakley from 17th Operational Weather Squadron.

Perez and Oakley also competed in last year’s race on a whim. They had a good time and wanted to come back to win it this year. Last year, they wore fatigue pants and boots, which wound up weighing them down. This year, however, they wore short-shorts, swimwear and

running shoes. “It made a huge difference. We were not holding so much water or being saturated with mud,” Perez said.

My teammates, all of them, love to compete and we all just like to be physically fit,” Oakley said.

“I used to be obese when I was younger, and I used to be made fun of,” Oakley shared.

However, one summer in high school, he got tired of being made fun of and made a determined effort to eat better and start working out. Now he’s part of a team that wins races. “I encourage everyone to give it a shot. It’s a good team sport,” Oakley said.

Next, the team plans to run in the Hood to Coast Relay in Oregon this August to raise awareness and funds for the Wounded Warrior Project. The nearly 200-mile relay will stretch from Mt. Hood to the Pacific Ocean in Seaside, Ore. The race takes 24 hours to complete and includes 1,500 teams, Perez explained. “Hood to Coast is a big race. We were really lucky to get in. We want to spread the word about the Wounded Warrior Project,” Perez said.

Three-point goals shoot down Hangar 5

Story and photo by
Randy Dela Cruz

Sports Editor

Pacific Command / Joint Intelligence Operation Center (PACOM/JIOC) shooters pumped in a total of seven three-point baskets and earned a tough 51-45 win over Hangar 5 in a Blue Division intramural basketball game at Bloch Arena, Joint Base Pearl Harbor-Hickam, on March 5.

The victory helped the joint command keep pace with the top teams in the division by improving its record to 7-3 and stay only one game behind third-place Hangar 5, which owned a mark of 8-2 following the loss. “This was really big because only the top six teams get into the playoffs,” said Intelligence Specialist 3rd Class Gary Fry, who accounted for three of the team’s long-distance shots, including two in the first half. “We really needed this because I’m transferring out in a week, so we have to get our team ready.”

In the matchup pitting two divisional contenders, it was Hangar 5 that quickly broke out on top with three straight baskets to take a 6-0 lead.

However, as Hangar 5 settled down into a two-three zone, PACOM/JIOC shooting guard Intelligence Specialist 2nd Class Josh Kelly got the team’s shooting gallery on a roll by sinking a trey and a short jumper to cut the lead down to a single digit.

Hangar 5 stormed back ahead to take an 11-5 advantage, but Kelly ended another five-point run by knocking down his second three-point shot of the first half.



Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) guard Intelligence Specialist 3rd Class Gary Fry drives into the lane for a shot during a Blue Division intramural basketball game versus Hangar 5 at Bloch Arena, Joint Base Pearl Harbor-Hickam, March 5.

Moments later, Fry put PACOM/JIOC ahead at 13-11 with his first splashdown from downtown with 9:40 remaining in the first half.

Two minutes prior to halftime, Fry’s second basket from beyond the arch gave his team its first 10-point lead of the game at 27-17, which stood up to the break, as

Blue Division standings (As of March 5, courtesy of MWR)		
	W	L
1. TEAM NIOC	10	0
2. 324 IS Tigers	9	1
3. HANGAR 5	8	2
4. PACOM/JIOC	7	3
5. POUNDTOWN	6	4
6. HELLRAISERS	5	5
7. 747 CS	5	5
8. NASTY PAC	4	6
9. 8 IS ‘A’	4	6
10. 535 AS TIGERS	3	6
11. 735 AMS	3	7
12. TPU	2	7
13. HQ PAC	2	7
14. FACSFAF	0	9

PACOM/JIOC enjoyed a 31-21 advantage at intermission.

Although Fry finished off his three-point assault on the basket with his third and final trey on the team’s first trip down the floor in the second half, the rest of his teammates continued their aerial attack from the perimeter.

Besides a total of five three-pointers from Fry and Kelly, the team also received shooting support from beyond the arch from guard Logistics Specialist 2nd Class Marcus Burdios, who contributed seven points, and Lt. j.g. Spencer Christian.

Fry said that with the way PACOM/JIOC was shooting the rock, he was surprised that Hangar 5 continued to stay in their zone defense.

“We have a vast assortment of shooters on this team,” Fry said.

“So I think that (zone defense) played in our hands very well and allowed us to come back and eventually win this game.”

Hangar 5 forward Airman 1st Class Phillip Vandenberg, who scored a team-high 17 points and tried to lead a comeback, said that with the kind of shooting night that PACOM/JIOC was having, he thought that the guys would have made their shots no matter what.

“It’s easy to say that now, but they hit shots in the first half,” said Vandenberg about his team sticking with the zone defense. “They hit everything, so no matter how we played them, they were going to hit it.”

Despite the hot night by PACOM/JIOC, Vandenberg said that his team still could have come out on top if he and his teammates shot the ball better.

With the playoffs only three weeks away, Vandenberg admitted that the team couldn’t have any more breakdowns like it did against PACOM/JIOC.

“We still got some games left and things could happen,” he noted. “We just got to come out strong every game now, and we can’t lose another one.”

Despite earning a tough win, Fry said he is confident, but also concerned, as his team tries to nail down one of the division’s six playoffs spots.

Fry stated that he is scheduled for a permanent change of station in about a week, and the team may also lose a few more players before the postseason.

“We have enough shooters that I think they’ll cover my game,” he said. “I expect to hear from them that the team is set when I’m gone.”

Support sought for March 23-24 Relay for Life

Don Robbins

Assistant Editor

Air Force Master Sgt. Jeffrey Wurn is helping to spearhead the upcoming American Cancer Society Relay for Life of Leeward Oahu, which will be held March 23 and 24 at Kapolei High School.

“Leeward Oahu is our relay, our backyard, our community. It stretches from Joint Base to Waianae and from Barbers Point up to Wahiawa. We need to represent,” said Wurn, who is the sponsorship/fundraiser and acting logistic chairperson for the relay. Wurn is stationed at Joint Base Pearl Harbor-Hickam PACAF headquarters. Wurn’s wife, Delores, serves as the survivorship chairperson.

Relay is an overnight event consisting of teams of people



Photo courtesy of American Cancer Society Relay for Life

camping out around a track. Members of each team take turns walking around the track during the duration of the event in support of those whose lives have been affected by cancer.

According to Wurn, everyone

has different reasons for participating in the relay. He said for some, it is a way to give back to the community. For others, it is a way to raise funds for cancer research and development, patient care, beauty supplies,

and education campaigns.

“And for others, it is a way to witness the pain leave a cancer survivors’ face, if only for a few hours. We relay for our survivors ... they are our hope,” Wurn said. “We say ‘cancer never sleeps so neither do we’ for 12 hours. We commit our team to walking the track and being active in the event from start to finish,” Wurn explained. The event stretches from 7 p.m. March 23 to 7 a.m. March 24.

Wurn said all committee members are volunteers. He is looking for dedicated volunteers to head up or assist with various committees year round.

The next committee meeting is at 6:30 p.m. March 15. The next team (captain) development meetings are at 6:30 p.m. March 14 and 21. All meetings are in the Kapolei High School lounge next to the cafeteria.

Wurn also emphasized that teams and sponsors are the engine that propels the relay event. In addition, he said “We honor our cancer survivors and provide a wonderful survivors’ dinner ... every cancer survivor (no matter the type or severity) is encouraged to sign up and join us at Relay for Life. We would love to have them.”

And finally, he said volunteers are also needed to help with set-up and tear-down the day of the event.

For more information on teams or volunteering, email Pam Lawson, team development chairperson at pamela.lawson@hickam.af.mil or contact Wurn at 449-8678 or 782-7533 or email him at jdjd-home308@gmail.com.

Log onto the webpage at <http://bit.ly/xmiPFP> and click “volunteer.”

Recollections shared before and after Pearl Harbor

Betty “Tack” Blake,
(www.airman.dodlive.mil)

Courtesy of Department of
Defense News, Women’s History
Month

Betty “Tack” Blake was a Women’s Air Force Service pilot during World War II and a graduate of the first graduating class in 1943 near Ellington Field in Houston. She grew up in Hawaii and watched the Japanese attack on Pearl Harbor from her balcony.

There were lots of military in the islands in the Army Air Corps and Navy, so we were swamped with dates because there weren’t enough girls to go around. We were all so spoiled. We were having fun every night, and suddenly it all stopped.

I was at a party with this ensign at the officers club at Pearl Harbor on Dec. 6. I’d just had a birthday, so the ensigns and people on the ships invited me to the officers club that night to celebrate. My family didn’t

drink, so I’d never had a drink in my life. The next morning, when Pearl Harbor happened, I was in bed with the worst hangover.

Robert Tackaberry and I had been to the party, and it was a long drive from Pearl Harbor back to where I lived. I was the only one with a car because he was based on the ship, and my father didn’t want me driving home on that road because there were so many accidents on a Saturday night.

His cabin on the California was below the water line, and they dropped a bomb right in the water beside the ship. His roommate was asleep, and it killed him. So my father always reminded my future husband he’d saved his life.

We lived on a hill overlooking Honolulu and the water, from Diamond Head to Pearl Harbor. That morning, my younger brothers woke me up and we all went out to the balcony of my house to watch all these planes coming over the mountain behind us going toward the



U.S. Air Force photo

Women Airforce Service pilots Barbara Erickson (front left) and Betty Tackaberry (front right) walk in Women’s Auxiliary Ferrying Squadron uniforms at March Army Air Base in Riverside, Calif., in 1943.

ocean. When the planes went over, they were [Mitsubishi A6M] Zeroes, but they looked like AT-6s. They had big orange suns painted on the bottom of the

wings. Then we saw them as they started diving into the ocean in front of us. Their machine guns started going off, and you could see the bullets hit-

ting the water and bouncing up.

The secretaries for the officers were all wives of military personnel and after Pearl Harbor, they started shipping them by plane to the west coast. I had a cousin who was skipper of a submarine in Pearl Harbor that day, which fortunately wasn’t hit. He called our house and said, ‘You’ve got to take a job at Pearl Harbor. They’re desperate for people who can type.’ The very next day after Pearl Harbor, I went to work for the captain of the yard.

It was often after dark when I drove home, which was a 15-mile drive. They covered your lights on your car with blue cellophane, which left a little hole in the middle that wasn’t covered about the size of a 50-cent piece. So you could barely see, and I had to drive after dark most of the time I worked at the base. I’d get home and we’d go out on the balcony at night and look out toward the beach and see these little flickers of lights of the people who had permits to drive at night.

VA Center for Aging seeks support for terminally ill veterans

Don Robbins

Assistant Editor

For the past few weeks, Air Force Master Sgt. Paul Nelson of the 647th Logistics Readiness Squadron at Joint Base Pearl Harbor-Hickam has voluntarily visited with veterans at the Veterans Administration (VA) Center for Aging located on the campus of Tripler Army Medical Center.

“My grandfather and father are

veterans. I wanted to get involved on a more personal level, even share my stories with them,” Nelson said.

Although he’s a new volunteer locally, he previously served as a volunteer at a VA medical center in Delaware.

“I am excited to spend time and ‘talk story’ with my predecessors in the coming days,” Nelson said.

Nelson explained that as a first sergeant, he is a liaison for his group. He added that as a personal trainer, he is also interested in

helping the veterans in a sports or fitness capacity.

The VA Center for Aging houses a number of programs, including the community living center and the hospice program.

The local VA has the mission of comforting veterans at the end of life through a hospice and palliative care volunteer program.

“They need volunteers and help,” Nelson said. “We need to have representation from our base.” Nelson added that although he feels healthy now, he realizes

he could be struck by illness in the future.

According to the VA Center for Aging, volunteers might consider reading to a veteran, writing letters for them, assisting them in activities such as playing games, listening to them and offering moral support, or just sitting with them as a comforting presence.

Locally trained volunteers would provide direct contact to these terminally ill veterans needing a human touch. The VA provides a monthly volunteer training

whereby volunteers learn the means of comforting terminally ill veterans.

More than 1,800 veterans die each day, representing a quarter of all deaths in America, according to statistics from the National Coalition for Homeless Veterans.

For more information on volunteering time to provide comfort and support to these veterans, contact Joan Foley at Joan.Foley@va.gov or 433-7676 or Ralph Moreno at bettyralph2003@yahoo.com or call 728-4078.

A spending plan is an effective financial management tool

Military and Family Support Center, Accredited Financial Counselors

Everyone is concerned with the increasing cost of gas, food and just about everything else.

Financial counselors believe that a spending plan (another name for budget) is the most effective financial management tool available. It does not matter if you earn thousands of dollars a year, or hundreds of thousands of dollars.

It is important that you know how much money you have to spend and where you are spending it. A spending plan is needed to produce a desired result. With a plan, you can control your financial resources, set and realize goals, and decide in advance how your money will work for you. The idea behind budgeting is to save money up front for known and unknown expenses.

A good spending plan will allow you to know exactly how much money you have, even down to the penny, if you want.

Communication: A budget is a communication tool to discuss priorities for where your money should be spent.

Creating it together is key to resolving differences about money handling.

Control: A budget will allow you to take charge of your finances. You can be in control of your money instead of having your money limit what you do.

Hidden money: A budget will produce extra money for you to do with as you wish. Hidden fees and interest paid to outsiders can be eliminated forever. Savings, even small ones, can be accumulated and made to work for you. We have found it helpful to say, "put that debit card away." Try using cash for such things as eating out (based on what you allotted in your budget). Don't worry about the money when you know where it's going, it's the money that you have no clue where it went that is a concern. Have you ever pulled out \$100 from the ATM, and by the end of the day you say, "where did it all go?"

For assistance preparing a spending plan, the accredited financial counselors at Military and Family Support Center are available for free, confidential appointments. Call 474-1999 to schedule an appointment or check out financial classes that are being offered at www.greatlifehawaii.com.

Financial education classes are available through MFSC

Don Robbins

Assistant Editor

The financial counselors and educators at the Military and Family Support Center (MFSC) at Joint Base Pearl Harbor-Hickam offer many financial education classes/workshops. Times vary monthly to try to meet different work schedules.

Classes are offered for individuals, couples, spouses and children. All military, family members, Department of Defense civilians and contractors are welcome to attend classes. Here are the classes that are being offered in the next few weeks:

- "Million Dollar Sailor/Airman" from 7:30 a.m. to 3:30 p.m. March 12 at the Pearl Harbor MFSC. This two-day class is designed for junior military personnel who will learn about proper budgeting techniques, credit management, savings and investment options, insurance needs, military pay and allowances, consumer rip-offs, how to obtain a loan, and new and used car purchasing techniques.
- "Division Officers Financial Leadership Seminar" from 8 a.m. to 3:30 p.m. March 15 at Pearl Harbor MFSC. This one-day training is for non-CFS trained E-7s and above. It provides a basic understanding of typical military financial problems, develops skills in handling a financial crisis, and creates an awareness of resources available.

sis, and creates an awareness of resources available.

- "Financial Readiness for Air Force Supervisors" from 7:30 a.m. to 3:30 p.m. March 20 at the Hickam MFSC. Financial concerns are among the top issues leaders most likely will have to address with service members. This class is designed for E-6 and above/officers. It will provide supervisors with the skills/resources available to assist their service members. Topics will be: the need for personal financial management, making a spending plan, paying off debts, car buying strategies, insurance, savings and investments, thrift savings (TSP), credit cards, credit reports and credit scores.
- "Car Buying Strategies" from 5 to 7 p.m. March 21 at Pearl Harbor MFSC. This session tells you what you should know before purchasing a car, such as determining what you can afford, planning for the various expenditures of a car and learning to get the best deal on the purchase.

- "For Richer or Poorer" from 5 to 7 p.m. March 22 at Pearl Harbor MFSC. Financial communication is important in every relationship. This workshop provides information on budgeting, credit reports, money and credit management, as well as establishing financial goals for the future.

For more information and to register, visit the website www.greatlifehawaii.com or call 474-1999.



U.S. Coast Guard photo by Petty Officer 3rd Class Connie Terrell

Coast Guard Station Merrimack River's dog, Abby, "stands the watch" with a station crew member on Jan. 26. Coast Guard mascots have served just as their human counterparts have, with courage, honor and are "always ready" to go to those in need of assistance.

Are you ready for a pet?

(Editor's note: Navy Lt. Theresa Donnelly of U.S. Pacific Command has offered to share her pet-related knowledge.)

Lt. Theresa Donnelly

Pet overpopulation is a sad reality in the United States. Up to 7 million animals enter U.S. shelters every year, according to the American Society for the Prevention of Cruelty to Animals.

Of this number, about 60 percent of dogs and 70 percent of cats are euthanized, and less than 2 percent of cats and 15 to 20 percent of dogs are returned to their owners, according to the National Council on Pet Population Study and Policy.

Military families on the move should think carefully before taking in an animal to avoid contributing to this problem.

First, you should take into account your lifestyle and potential commitment to a pet. Are you an active family, with weekend hikes and daily runs, or do you prefer lazy weekends on the couch? Are you home enough to ensure your furry friend will get the exercise, training and attention they need?

An impending overseas move is another consideration. You may not be able to take your pet with

you. Many duty stations will only allow shipments of cats and dogs, so a pet rabbit may not be the wisest choice. And if you plan to live in housing, it's important to study military housing breed bans and pet limit requirements so you don't end up having to give up an animal because your community doesn't allow it.

As important as evaluating your family circumstances is choosing an ethical location to obtain your pet. Sadly, many pet stores in the United States aren't regulated and deny you the opportunity of personally inspecting the home of a responsible breeder.

"The biggest health consequence because of poor breeding is shortened life span and premature death," said Amanda Morgan, an Air Force spouse and veterinarian technician. "No one wants to spend thousands of dollars on a pet that will only live a few years. This is why potential buyers should do their research and select the best breeder of their future pet."

A great place to start looking for a forever pet is your local animal shelter. Some of these animals are perfectly well-behaved and healthy. They were just given up due to an irresponsible owner or

one who may have had a family emergency.

However, if you decide to seek a responsible breeder, ask detailed questions, such as what breed-specific health testing has been performed and what drove the decision to breed. You also should visit the home of the breeder to see firsthand how the puppies are raised. The Humane Society of the United States has a checklist of questions to ask when looking for the right animal.

As you consider your options, make sure you're aware of the types of animals that can accompany you on an airplane. Many airlines are prohibiting brachycephalic breeds, also known as snub-nosed dogs, due to their compromised respiratory issues that have caused deaths in flight. Just as important as deciding if you can take on a pet and seeking the right location is making sure that animal can go where you go.

While pets can be a wonderful addition to a military family, the decision to have one should be carefully thought out.

Pets depend on us to be their voice and look out for their best interests. By following some of the tips above, we can be sure we are doing right by these family members.

Joint base to host 15th annual Ford Island Bridge Run

Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam's Morale, Welfare and Recreation (MWR) will hold the 15th Annual Ford Island Bridge Run at 7 a.m. April 7.

The Ford Island Bridge will be closed from 6:50 to

7:05 a.m. on April 7 due to the run. During the closure, there will not be an alternate route.

This 10K run will start at the entrance of the Adm. Bernard "Chick" Clarey Bridge, continue across the bridge, around historic Ford Island and back over the bridge, ending at Richardson Field.

The entry fee is \$20 for military and their family members. Non-military pay \$25. All entries must be submitted on or before March 19. Any entries postmarked after this date will be \$30. Late entries will be accepted until, April 6, but no entries will be accepted on the day of the run. The race is open

to runners, walkers and strollers. No pets are allowed.

On the day of the run, limited free parking is available at Rainbow Bay Marina. Additional parking is available at the Aloha Stadium overflow parking lot, which is located across from the finish line. Richardson Field will

be open for spectators throughout the run.

Trophies will be awarded to first, second and third overall male finishers, overall female finishers, military male finishers, and military female finishers. Koa bowls will be awarded to first, second and third finishers in the following age categories:

under 10, 10 to 14, 15 to 19, 20 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69, 70 to 74 and 75 to 79, and 80 and older.

For more information on the run, call 473-0784, 473-2494 or 473-2437 or visit the website www.greatlifehawaii.com

Armed Services Blood Program to hold upcoming drives

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:

- March 5 and 6, Marine Corps Base Hawaii Kaneohe Bay.

- March 12, Schofield Barracks.
 - March 13, Tripler Army Medical Center department "blood battle."
 - March 14, the Federal Detention Center.
 - March 15 and 21, Tripler Army Medical Center.
 - March 28, Joint Intelligence Operations Center (JIIOC).
 - March 30, Joint Base Pearl Harbor-Hickam.
- For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil

WHO SAID IT?

"Opportunities have never been better for those willing to take advantage of them. It makes no difference if you are a man or woman. If you are willing to grasp the opportunities the Navy has to offer and give it your full effort, then success will be yours."



Rear Adm. Grace Hopper

This Week's Trivia

On Feb. 24, 1952, the former Wheeler Air Force Base was reactivated following a period of minimum caretaker status since 1949. Why did this occur?



Last Issue's Question: On Feb. 24, 1812, Congress passed what act regarding support for the Navy?

Answer: On that date, Congress passed, "An act making appropriations for the support of the Navy of the United States, for the year one thousand eight hundred and twelve." Included in the appropriation for "defraying the expenses of the Navy" that year, Congress included monies for "premiums for enlisting men, musical instruments, bounty to music and other contingent expenses for the marine corps."

PEARL HARBOR-HICKAM **Mariawa Nanea** LEISURE

Morale Welfare & Recreation

🏌️ FREE GOLF CLINIC

There will be a free golf clinic at 2 p.m. Saturday at the Navy-Marine Golf Course. FMI: 471-0142.

🏌️ KOKO HEAD HIKE FOR TEENS

There will be a hike to Koko Head on March 13 for teens ages 13 to 18. The hike departs from the Hickam Teen Center and is from 9 a.m. to 3 p.m. Cost is \$5 per youth. FMI: 449-3354.

🏌️ PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m. March 14 at the Joint Base Pearl Harbor-Hickam Library. The theme will be “Dr. Seuss.” FMI: 449-8299.

🏌️ DAY HIKE

Sign up by March 12 to join a hike on March 14 to Nu`uanu Judd/Hidden Palace. The hike is from 3 to 6 p.m. The cost is \$10 per person. FMI: 473-1198.

🏌️ PEE WEE T-BALL REGISTRATION

Pee Wee T-Ball registration ends March 16. The season runs from April 7 to June 16 and is for children ages 3 to 5. The cost is \$35 per youth. FMI: www.greatlifehawaii.com.

🏌️ ENLISTED CLUB GOLF TOURNAMENT

The 18th Annual Enlisted Club Golf Tournament will be held March 16 at the Mamala Bay Golf Course. Check-in is at 10 a.m., and the shotgun start is at noon. The cost is \$80 for members and \$95 for non-members. Tickets are needed in advance to participate. FMI: 448-2271, ext. 226.

🏌️ ST. PATRICK’S DAY 5K

Hickam Fitness Center will hold its free St. Patrick’s Day 5K run at 8 a.m. March 17. Awards will be given to first, second and third place finishers for the men’s, women’s and children’s categories. Register at the Hickam Fitness Center. FMI: 448-2214.

🏌️ NEWCOMERS LUNCHEON

A free newcomers’ luncheon for military-affiliated personnel during their first six months of arrival will be held at 11 a.m. March 20 at the Tradewinds Enlisted Club and J.R. Rockers. An optional base tour will take participants to Morale, Welfare and Recreation locations around Joint Base Pearl Harbor Hickam (JBPHH) at 12:30 p.m. Separate registration is required for both activities. The event includes information booths, sponsor tables, children’s activities and prizes. FMI: www.greatlifehawaii.com.

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

Community Calendar

🌸 March

🌸 Today ~ Navy Region Hawaii and Joint Base Pearl Harbor-Hickam will celebrate Women’s History Month from 10 to 11 a.m. at the Pearl Harbor Memorial Chapel. This year’s theme is “Women’s Education, Women’s Empowerment.” The guest speaker is Beth Terry, a nationally recognized motivational speaker. She will provide insight into “thinking-about-thinking and problem solving tools to make life easier.” FMI: 471-0229.

🌸 Today ~ Air Force spouses are invited to join the Military and Family Support Center from 7:45 a.m. to 1 p.m. to meet other Air Force spouses. Spouses will participate in activities that will help them unlock the mysteries of the Air Force. Free lunch will be provided. FMI: www.greatlifehawaii.com or call 449-0300.

🌸 13 ~ The AFCEA Hawaii (Armed Forces Communications and Electronics Association) buffet luncheon will be held at 11 a.m. at Fort Shafter Hale Ikena Club. Speaker Sanjeev Bhagowalia, chief information officer for the state of Hawaii, will speak about the state’s IT transformation initiative. FMI: www.afceahawaii.org or call Ken at 441-8524.

🌸 13 ~ Joint Base Pearl Harbor-Hickam Passenger Terminal will be hosting a “space available” brief to anyone interested in exploring this benefit. The brief will be held from 2 to 3 p.m. at the Hickam Theater. FMI: 448-9949 or visit the terminal Facebook page at http://www.facebook.com/#!/HickamAMC.

🌸 15 ~ The Hickam Officers’ Spouses’ Club is now accepting applications for the 2012 scholarship award program. The deadline for submission is March 15. Specific information regarding eligibility and the forms to apply are now available on the website at: www.hickamosc.com.

🌸 31 ~ All military families (authorized patrons) and their children are welcome to join the Pearl Harbor Navy Exchange (NEX) for breakfast with the Easter bunny from 8 to 9 a.m. at the NEX food court lanai. Play games, win prizes, get a balloon and glitter tattoo, make crafts, and take home a goody bag. Tickets are on sale at the NEX Aloha Center main mall rotunda first floor. FMI: 423-3287.

🌸 At a glance

🌸 Participants will be guided through the Hickam Commissary by a Tripler Army Medical Center (TAMC) registered dietician each Tuesday in March at 3 p.m.

The program is open to all commissary shoppers and will include interactive learning activities, handouts and samples. FMI: 433-4950.

Movie Showtimes



Extremely Loud and Incredibly Close (PG-13)

The movie is a story of one young boy’s journey from heartbreaking loss to self-discovery, set against the backdrop of the tragic events of Sept. 11, 2001. Eleven-year-old Oskar Schell is an exceptional child: amateur inventor, Francophile, pacifist. He searches New York City for the lock that matches a mysterious key left behind by his father, who died in the World Trade Center on Sept. 11.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Extremely Loud
and Incredibly Close (PG-13)

SATURDAY
2:30 PM Joyful Noise (PG 13)
5:00 PM Contraband (R)
7:15 PM Haywire (R)

SUNDAY
2:30 PM Red Tails (PG 13)
5:00 PM Extremely Loud
and Incredibly Close (PG-13)
7:15 PM Underworld: Awakening (R)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Big Miracle (PG)
8:30 PM Man on Ledge (PG-13)

SATURDAY
4:00 PM Big Miracle (PG)
7:00 PM Red Tails (PG-13)

SUNDAY
2:00 PM Man On Ledge (PG-13)

