

Koa Kai

(Images clockwise from right)

Members of a Visit, Board, Search and Seizure (VBSS) team board guided-missile destroyer USS Paul Hamilton (DDG 60) from a rigid-hull inflatable boat (RHIB)

Sailors aboard guided-missile destroyer USS Paul Hamilton (DDG 60) raise a rigid-hull inflatable boat (RHIB) aboard.

Sailors assigned to guided-missile destroyer USS Paul Hamilton (DDG 60) perform maneuvers in a rigid-hull inflatable boat (RHIB).

Underway replenishment ship USNS Henry J. Kaiser (TAO 187) (left) and guided-missile destroyer USS Benfold (DDG 65) perform maneuvers during maritime exercise Koa Kai 12-2.

(Additional photo on page A-5)



Illustration | U.S. Navy photos by MC2 Daniel Barker

Anti-terrorism exercise set for April 9-12

Grace Hew Len

Joint Base Pearl Harbor-Hickam Public Affairs

Joint Base Pearl Harbor-Hickam (JBPHH) will participate in the Commander U.S. Pacific Fleet/Commander Naval Installations Command-sponsored Citadel Protect/Citadel Pacific 2012 (CP12) anti-terrorism/force protection (AT/FP) field training exercise from April 9-12.

CP12, being conducted on naval installations (and Navy-led joint bases) throughout the U.S. Pacific Command area of responsibility, is designed to exercise and evaluate ashore, afloat, installation and tenant command AT/FP integration, as well as fleet and family readiness, fire and emergency services, and emergency preparedness.

CP12 will be conducted across JBPHH in conjunction with the 647th Air Base Group/15th Wing/154th Wing (HIANG) Initial Readiness Response Exercise in order to leverage similar AT/FP exercise requirements. CP12 is not in response to any specific threat, but is a regularly scheduled exercise. JBPPH, as well as Pacific Missile Range Facility, will be among the installations throughout the U. S. Pacific Fleet area of responsibility that will be participating.

The exercise will include robust scenarios coupled with realistic props within the perimeter of the base that may be seen and heard on and off the installation. Measures have been taken to minimize any inconvenience to the surrounding community and disruptions to normal base operations, but there may be times when the exercise causes increased traffic around the base or delays in base access.

Across JBPHH, the Giant Voice public address system will be used and may be audible to residents who live or work near JBPHH. The exercise will include the outlying annexes of West Loch, Lualualei, Wahiawa and Makalapa, but will not affect operations nor limit visitation to the nearby WWII Valor in the Pacific National Monument, Battleship Missouri Memorial, USS Bowfin Submarine Museum and Pacific Aviation Museum.

For more information about the exercise, contact the JBPHH public affairs office at 473-2926.

See CITADEL PACIFIC, A-2

15th Wing aircraft, Airmen shine under Hollywood spotlight

Senior Airman Lauren Main

15th Wing Public Affairs

It was an abnormal day of duty for the Airmen and Soldiers at Joint Base Pearl Harbor-Hickam. The glamorous lights of Hollywood shined down around a C-17 Globemaster III as film crews and actors busily rushed back and forth between the director, shouting out the commands, "action!" and "cut!"

Approximately 15 Airmen and Soldiers from JBPHH and the 93rd Civil Support Team (CST) from the Hawaii Army National Guard had the opportunity to participate as "Hawaii Five-0" extras March 26 while the crew filmed a portion of an upcoming episode.

The professionalism and bearing of the military members involved contributed to the success of the show, according to Elwood Reid, co-executive producer of Hawaii Five-0.

"Our costume people can

copy your uniform exactly, we can give the [actors] the haircuts, but the bearing you guys have in the military, you can't buy," Reid said. "There's just a certain way that you guys look and hold yourselves that we can't teach."

The extras, who were asked to perform their regular, day-to-day jobs for the crew to film, now have a chance of appearing in the episode's final cut.

"It was a pretty unique experience seeing how they actually film and put it all together," said Army Sgt. 1st Class James Sturdivant, 93rd CST. "Plus it is great to represent the Hawaii Army National Guard. It was pretty cool. I enjoyed it."

The scene was filmed on the flightline at DV1, an aircraft parking spot normally reserved for distinguished guests. A 535th Airlift Squadron C-17 Globemaster III was specifically positioned nearby for a cameo in the scene. When the cameras began to roll, the extras filled the frame by, per the direc-

tor's command, performing their regular jobs and representing their units.

"I know the actors feel a lot more comfortable here in this environment than when we're shooting downtown," said Patrick Dawn, production assistant for the show. "Personally, it's a great pleasure working with the military. I have a great respect for the military and everything that it represents. It's so cool to be around it."

The more than 50-man film crew shot the scenes in less than three hours. Each scene included Scott Caan, a main character of Hawaii Five-0, as well as LL Cool J and Chris O'Donnell, actors from the show "NCIS: Los Angeles."

"Everyone has been very helpful with all of our requests," Dawn said. "It is different than what we often encounter. [The military] is going out of their way to accommodate us, and the hospitality is so welcoming. It really makes our job easier."

The episode is set to air in mid-April on CBS.

LL Cool J visits Arizona



U.S. Navy photo by MC2 Tiarra Fulgham

Capt. Lawrence Scruggs (left) gives a tour of the USS Arizona Memorial to rapper and actor Todd Smith (center), known as LL Cool J, and his family at Joint Base Pearl Harbor-Hickam. Smith and his family are in Hawaii for the filming of Hawaii Five-0.



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Airmen offer Pilates in honor of Women's History Month
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USS Chosin hosts change of command

Story and photo by
MC2 (SW) Mark Logico

Navy Region Hawaii Public
Affairs

The guided-missile cruiser USS Chosin (CG 65) hosted a change of command ceremony at Joint Base Pearl Harbor-Hickam on April 3.

Chosin bid farewell to Capt. David J. Sheridan and welcomed Capt. Patrick Kelly as the ship's new commanding officer in a ceremony at the pier.

Rear. Adm. Frank Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, was the honored guest and key speaker.

Ponds commended Sheridan for a job well done as the commanding officer of Chosin since March 2010.

"You leave a tremendous legacy," Ponds said.

"In a few moments you will witness the exchange of salutations and circumstance," said Ponds to those gathered. "The words 'I relieve you,' signals to Capt. Sheridan a job well done. For Capt. Kelly, this signals the beginning of a new chapter in his career, one that I'm sure he eagerly anticipates."

Sheridan was the weapons officer and combat systems offi-



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

Capt. David J. Sheridan departs USS Chosin's (DDG 65) change of command ceremony. Chosin bid farewell to Sheridan and welcomes Capt. Patrick Kelly as the ship's new commanding officer in a ceremony April 3 at the pier.

cer aboard Chosin during an Arabian Gulf and western Pacific deployment several years ago.

"I've been fortunate to have

two of the best tours of my career on this ship, one as a department head under the tutelage of Capt. Dennis Dean," Sheridan said. "Now I'm back

here again as captain. Capt. Dean, I'm proud to report that the 'war dragon' is back and in fighting shape. I've done my best to pass on all those lessons you

taught me to the next generation."

Sheridan said that Chosin has been a workhorse cruiser on Pearl Harbor for the last two decades with eight major deployments.

"As they say she's been rode hard, and she is rough around the edges, but like her namesake, the 'war dragon' has the reputation of being the ship that gets the job done," Sheridan said. "It's been an honor and privilege to serve with all of you. Thank you for coming today and supporting me in the effort to bring Chosin back where she belongs, a war dragon breathing fire at the tip of the spear."

After Sheridan's speech, the two captains read their orders and exchanged salutes as Kelly took over command of Chosin.

"USS Chosin's history draws its story spanning of two decades," Kelly said. "I am deeply honored to be in command of this mighty warship."

Kelly, a native of New Jersey, has served aboard USS Hayler (DD 997), USS Benfold (DDG 65), USS Hurricane (PC 3) as commanding officer, USS Mitscher (DDG 57) as executive officer and USS Momsen as commanding officer. He has also been an instructor at the U.S. Naval Academy.

Pinwheels for Prevention event held at Moanalua Navy Services Center

Jazzmin Williams

Contributing Writer

April is the Month of the Military Child. It is also Child Abuse Prevention Month. To bring light to the issue of child abuse, the Joint Base Pearl Harbor-Hickam (JBPHH) Military and Family Support Center (MFSC) held a "Pinwheels for Prevention" event at the Moanalua Navy Services Center on April 2.

"The Navy is doing a lot of public awareness prevention education," said Chet Adessa, family advocacy prevention specialist for the MFSC. "A lot of it has to do with education, keeping information out there and getting parents involved in the community."

According to the Prevent Child Abuse Hawaii website, each year nearly 6,000 cases of suspected child abuse are reported. Child abuse can fall under a large range of grievances and is defined as a non-accidental injury or pattern of injuries that can be physical, sexual, emotional or just plain neglect.

This year was the first Pinwheels for Prevention event at JBPHH. A group of 88 sixth graders from Pearl Harbor Elementary School attended, along with community and MFSC members. Adessa

explained to the children assembled the importance of child abuse prevention. He let them know that for each pinwheel they plant, they are pledging to help a parent, child or friend who is stressed out and may need help.

"They reacted pretty well," Adessa said. "They had a great time planting [the pinwheels], and the ground was a little hard but we figured it out."

Steven Zahl, regional family programs director for the MFSC, was the first to place a pinwheel at the Moanalua Navy Services Center. Everyone soon pitched in to line the lawn with silver and blue pinwheels, which spun in the wind.

"The Navy has been doing child abuse prevention for years, but in recent years it's been 'let's be more proactive,'" Zahl said. "Military [members], and especially new spouses, usually don't have extended families around them. So what we try to do is support them and become their extended family."

Pinwheels are the new symbol for child abuse prevention, replacing the previous symbol of a blue ribbon. The JBPHH MFSC is working with Prevent Child Abuse Hawaii and the Hawaii Children's Trust Fund to support community-wide efforts to prevent child abuse and neglect. There was a



Photo courtesy of Military and Family Support Center

Chet Adessa, family advocacy prevention specialist for the Military and Family Support Center, speaks to children at Moanalua Navy Services Center on April 2.

Pinwheels for Prevention event the day before in front of the state capitol and there will be another held at the Hickam MFSC on April 9.

Education and prevention are the keys to preventing child abuse, Adessa said. Based on

recent research, many people are not aware of how important a role they can play in preventing child abuse and neglect just by being a good neighbor or friend and reaching out to families under stress, he added.

"One of the things that every-

body can do in their own neighborhood is if they notice that parents are under a lot of stress, if they notice that the kids are under a lot of stress, just reach out to help them," Adessa said. "Just try to be understanding."

Citadel Pacific 2012

Continued from A-1

From the commander

"Anti-terrorism experts say that in the future there may be another attack against America or American interests. I say it is not a question of 'if' but 'when.'"

Protection of our military forces, their families and our communities remain one of my top priorities. The week of April 9 through 12, CNRH will conduct a series of drills and exercises on and around JBPHH and PMRF. The drills and exercises are designed to verify and validate our ability to prevent, react, respond and recover to a threat or act of terrorism. This realistic training will be conducted on, in and around our ships and installations. Planning the exercises included communication and coordination with local officials and emergency management and response teams to ensure that we (1) meet training objectives, (2) maximize public awareness, (3) minimize disruptions, and (4) exercise safely. In a word, this series of drills and exercises prepares us for the "when."

Although the exercise will be conducted within the confines of JBPHH and



Rear Adm. Frank Ponds

PMRF installations, you may be close enough to witness (see or hear) aspects of the exercise. For instance, you may hear loud noises or see teams responding to a simulated event. You may also hear exercise announcements or see smoke trails from afar. To invoke realism, you will likely see slight delays in traffic patterns in and around the installation. The intent is not to inconvenience but to establish an environment of realism. However, we are confident that any inconveniences will be minimum and of short duration. Your safety and protection is our most important concern, and I thank you in advance for your understanding and cooperation."

'Easter bunny' comes early to military keiki



Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, receives Easter Baskets from Mildred Courtney, Outrigger hotel's military liaison. The Easter baskets for military children were donated from employees of Outrigger hotels with an assist by the Girl Scouts and the USO.

A Sailor from Joint Base Pearl Harbor-Hickam helps gather Easter baskets in front of the quarterdeck of Joint Base Pearl Harbor-Hickam.



U.S. Navy photos by MC1 Donald W. Randall

Industry and energy conference offers networking for Navy, industry partners

Story and photo by
Krista K. Catian

Naval Facilities
Engineering Command
Pacific Public Affairs

The first Naval Facilities Engineering Command (NAVFAC) Pacific Industry and Energy Conference drew more than 450 people March 26-27 at the Hilton Hawaiian Village, Coral Ballroom, Honolulu, Hawaii.

Presentations, panel discussions and breakout sessions were the driving forces behind the conference for both days, which provided the opportunity for leaders in the public and private sectors to initiate an in-depth discussion with the Navy and Marine Corps.

“Networking between the Department of Defense, Navy, industry partners and financiers was one of the key accomplishments,” said Rear Adm. Kate Gregory, NAVFAC Pacific commander. “As we adapt to the new fiscal realities of the changes in



Douglas Lee, American Council of Engineering Companies of Hawaii, gave the opening remarks on both days of the NAVFAC Pacific Industry and Energy Conference held at the Hilton Hawaiian Village March 26-27. Both NAVFAC Pacific and American Council of Engineering Companies of Hawaii co-sponsored the two-day event.

the defense budget and our nation's renewed focus in the Pacific, it's important that we remain engaged with our partners in industry.”

The first day of the conference focused on industry and consisted of NAVFAC Marianas, Hawaii and Far East overview briefs given by each commanding officer,

an update of the Guam Buildup Program, and 16 breakout sessions ranging from NAVFAC administration issues, specific business/support line products and services, applying for construction contracts, Navy energy.

Rear Adm. Frank Ponds, commander of Navy Region

Hawaii and Naval Surface Group Middle Pacific, served as the keynote speaker on day one and provided a high level view of the Navy in the middle Pacific.

“The opportunity to have an effective and meaningful dialogue with the Navy is always a challenge, but this conference provided a great forum for our industry to collaborate with the Navy and find out what the Navy is currently doing and what they have planned in the future,” said Douglas Lee, president of American Council of Engineering Companies of Hawaii.

“This allows our industry to better understand the Navy's needs and to help us make better business decisions on what to focus our attention on and determine how the industry can best respond to support the Navy's mission,” Lee said.

The second day of the conference focused on implementing energy solutions and innovative financing. William Tayler, director for

shore energy, office of the deputy assistant secretary of the Navy, gave a brief on the Department of Navy energy goals and strategies.

“We have a lot of energy issues at stake, and resolving those issues are imperative to us,” Tayler said. “The Pacific area and NAVFAC Pacific has some unique challenges which are different from what we've come across in the continental United States. This conference has given us the opportunity to address these issues and where to go from here.”

Day two of the conference also featured a brief by Robert Griffin, NAVFAC Headquarters director of acquisition, based on Navy acquisition/procurement successes and challenges. Following this brief, a panel discussion on the Department of Navy energy case studies sparked the interest of the audience, along with an energy industry panel of private and public financiers. Afternoon

breakout sessions ranged from financing, procurement tools, and environmental.

Brig. Gen. Richard Stevens, commander and division engineer, U.S. Army Corps of Engineers, Pacific Division, served as the keynote speaker on day two and addressed both the overall Army energy program and current energy initiatives in the Pacific region.

As both days of the conference concluded, each attendee was asked to complete a conference evaluation form to help the Navy improve upcoming conferences and to better conduct business with the industry.

“The conference provided the opportunity to receive feedback and further develop our win-win-win partnership,” Gregory said.

“I believe it was a very well thought out, well-prepared conference and that NAVFAC Pacific did the Navy proud by the way they set it up,” Griffin said.

Hawaii's new task force seeks to improve care of women vets

Patricia Matthews

Dept. of Veterans Affairs
Pacific Islands Health Care System

HONOLULU – The newly formed Hawaii Women Veterans Task Force will go a long way in addressing the needs of women veterans, according to Ron P. Han Jr., director of the Hawaii Office of Veterans' Services.

While support for more than 11,000 women veterans residing in Hawaii has improved, there is a “strong need to develop programs and to address pertinent issues affecting this fastest growing group of veterans,”

Han said during the State of Hawaii Senate Committee on Public Safety, Government, Operations and Military Affairs on March 15.

The task force's mission is “to improve the lives of women who are serving or have served in the military, to identify and address the unique needs of women veterans, and to harness the power of women, influencing change.”

The task force will operate in partnership with the Department of Veterans Affairs and the Hawaii Office of Veterans Services – in conjunction with the Department of Defense – to

develop new comprehensive programs and services which address key issues facing women veterans. The task force will also build upon existing programs and services for veterans.

Integral issues include medical and mental health care, child care services, housing and financial assistance, among others, according to the Hawaii Senate Resolution passed Jan. 25. Progress made on the task force's development of comprehensive programs and services to address the needs of women veterans is due to the Hawaii Senate in January 2013.

Han is confident that the task force is off to a running start and said the task force showed “incredible dialogue during the initial meeting on March 23” and “the foundation has been laid.” “This important initiative has been brought to the forefront by the tremendous efforts of the Women's Military/Veterans Task Force members,” he said.

The task force includes 14 women veterans from the local community, a few of whom are currently serving as active duty members of the armed forces or the National Guard. The women represent all eras, services and professions, and many have served in combat. The members unequivocally believe in the strength of empowering women veterans through education and opportunities to improve and increase resilience.

“I am proud of my time in the service and respect the Army that gave me so many opportunities,” said Ann Freed. As a veteran, co-chair of the Women's Coalition and member of the Hawaii Women Veterans Task Force, Freed is an advocate for the provision of gender appropriate services for women veterans.

“There's no getting around it. Military experience affects how you think, how you perform, and I think it's embedded in you,” said Master Sgt. Roxanne “Rocky” Bruhn, task force vice chair. She has served 28 years with the Hawaii Air National Guard (HIANG) in the 154th Wing at Joint Base Pearl Harbor-Hickam and was the HIANG's first female aerospace ground equipment mechanic.

According to Air Force 1st Lt. Kathleen “Kat” Eisenbrey, who was elected

as the task force chair and is currently stationed at the 15th Wing, Joint Base Pearl Harbor-Hickam, the task force's mission will enable advocacy for women veterans locally. “By canvassing the community to recruit and gain support from women veterans who have served our country as Soldiers, Sailors, Airmen, Marines and Coast Guard personnel, social capital will increase exponentially,” Eisenbrey said.

“Increasing social capital leads to opportunities in employment and education that ultimately lead to empowering women veterans. The members of the Hawaii Women Veterans Task Force look forward to making a difference in the lives of fellow women veterans,” she said.

Diverse Views



“April is the Month of the Military Child. What can we all do to help make the quality of life better for military children?”



Camilla Menefee
Family member

“I think that the military should provide more extra-curricular activities and a fair with the military.”

Cmdr. Jon Brzek
Joint Base Pearl Harbor-Hickam



“Every adult has the responsibility to care for and protect children. It does take a village to raise a child, and I think in the military we do that a little better. Kids move around so often, and they move from school to school, so it's hard to have that tight bond of friends.”



Master Sgt. Daniel Rea
HQ PACAF

“Hickam has a fantastic teen center, but I don't think it gets the publicity it deserves. Teens, check out the center, lots of activities going on there!”

Culinary Specialist 1st class Sinoe Pante
Fleet Family Readiness Program, JBPHH



“What we're trying to do is put some extra effort, like this coming Sunday we're having giveaways and events for the kids. The guys that are on shore duty now, they are always out there doing something for us, so we make sure we take care of whatever's left behind.”



Master Sgt. David Becraft
1st Sgt
735th Air Mobility Squadron

“The Air Force has done an outstanding job taking care of the military family and JBPHH is no exception. In order for us to make the quality of life of our children better, we all need to fully utilize the benefits and programs offered. By doing this and interacting with the local community, our children will continue to reap the benefits they are entitled to.”

(Provided by David Underwood Jr. and Jazzmin Williams)

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

Long flight from Hawaii to New York remembered



U.S. Air Force photo

Air Force Col. Bob Thacker stands beside the North American F-82B Twin Mustang at the National Museum of the United States Air Force in Dayton, Ohio. Thacker flew the museum's F-82B, “Betty-Jo,” (named after his wife) from Hawaii to New York on Feb. 27-28, 1947. It was a distance of 5,051 miles, the longest non-stop flight ever made by a propeller-driven fighter.

HO'OKELE

PEARL HARBOR - HICKAM NEWS

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Hawaii-based CPOs celebrate Year of the Chief at JBPHH



Story and photos by
MC2 (SW) Mark Logico

Navy Region Hawaii
Public Affairs

Hawaii-based chief petty officers commemorated the 119th birthday of the CPO rank April 1 and 2.

The Hawaii CPO mess kicked off the Year of the Chief commemoration with a CPO Deckplate Leadership Run at Joint Base Pearl Harbor-Hickam, an observation of evening

colors at USS Missouri Memorial, and a cake-cutting ceremony at the U.S. Pacific Fleet boat house.

The CPO community Navy-wide celebrated the 119th birthday of the CPO rank which has provided deckplate leadership to the Navy since April 1, 1893. There are about 1,600 CPOs stationed in Hawaii.

During the traditional cake-cutting ceremony, the chiefs introduced Command Master Chief Bob Crossno and Chief

Hospital Corpsman (FMF) Chat Rice as the oldest and youngest chiefs, respectively, in attendance. The two chiefs cut the commemorative cake.

Crossno, who has been in the Navy for more than 20 years, said that the best advice he can give to any chief and to any would-be chief is to maintain the mentality of "not on my watch."

"Not on my watch am I going to let a Sailor go astray," Crossno said. "Not on my watch am I

going to fail on my command. Not on my watch am I going to lose my integrity or my honesty, and I will always maintain my courage and commitment."

Rice, who is assigned to Naval Health Clinic Hawaii, has been in the Navy for about 12 years, but she has been a chief for only a year.

"Being a chief means a whole lot to me," Rice said. "I am very grateful for the Sailors who have worked so hard alongside me and for my

mentors who always kept me in line with what I wanted to become in the Navy. When we call each other brother or sister, we just don't say it for the sake of saying it. It really means caring about each other and helping each other."

Chief Utilitiesman (SCW) Shane Daniel Ouimette, assigned to Naval Facilities Engineering Command Hawaii, said the best part of being a chief is capturing the look on a

Sailor's face when they succeed in meeting a goal that they have set for themselves.

"Hanging out with my brethren is the most fun I have had in my entire life," Ouimette said. "You will not meet anyone in any other organization that is more willing to call you family than a fellow member of the United States Chief Petty Officers mess."

Ouimette has been in the Navy for more than 20 years, and he has been a chief since 2007.

Pearl Harbor-Hickam*Highlights*



The officers aboard the guided-missile cruiser USS Chosin (DDG 65) participate in the ship's change of command ceremony. Chosin bids farewell to Capt. David J. Sheridan and welcomes Capt. Patrick Kelly as the ship's new commanding officer in a ceremony at the pier April 3.

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

Boatswain's Mate 2nd Class (SW) Robert Barrios stands by to ring the bell during the USS Chosin (DDG 65) change of command ceremony.

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



(Below) Sailors on watch aboard guided-missile destroyer USS Paul Hamilton (DDG 60) observe underway replenishment ship USNS Henry J. Kaiser (T-AO 187) during maritime exercise Koa Kai 12-2. Koa Kai is a semi-annual exercise in the waters around Hawaii designed to prepare independent deployers in multiple warfare areas and provide training in a multi-ship environment. This is the first year San Diego-based ships are also participating.

U.S. Navy Photo by MC2 Daniel Barker



Rear Adm. Frank Ponds (left), commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, and his wife Carol greet Kauai Mayor Bernard Carvalho Jr. and his wife Gina during a gathering with the Kauai community March 23 in Kapaa, Kauai, Hawaii that included government and business leaders. During the gathering, a certificate from the Hawaii State Legislature was presented honoring the Navy in Hawaii for winning environmental stewardship in several 2011 Secretary of the Navy and CNO environmental awards and "for environmental education, energy conservation and preservation of natural resources, on land and at sea." The gathering in Kapaa was the first opportunity for Rear Adm. and Mrs. Ponds to meet many of the community leaders on Kauai.

U.S. Navy photo by MC1 Jay Pugh



Homefront Heroes

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

Tech. Sgt. Sarah Peterson looks at certificates that Ethan and Zoe Peterson received during the Homefront Heroes ceremony at Joint Base Pearl Harbor-Hickam, Hawaii on April 4. The ceremony recognizes the sacrifice and support of the children of deployed sponsors.



Thalia Zaccheo holds the medal she received at the Homefront Heroes ceremony at Joint Base Pearl Harbor-Hickam, Hawaii on April 4. Her mom, Rebecca Zaccheo, looks on.

Events planned for Sexual Assault Awareness Month

Local events will be held for National Sexual Assault Awareness Month (SAAM) in April.

Events include:

- Today: Commander Submarine Force Pacific (CSP) Sexual Assault Prevention and Response (SAPR) stand-down at Sharkey Theater includes lining Nimitz Street to Sharkey Theater with 611 pairs of donated shoes. Each pair represents the number of sexual assault victims within the Navy in 2011. The shoes will then be donated to local charities after this event.
- 10 a.m. to 2 p.m. Saturday: “Bag” Sexual Assault at the Pearl Harbor Commissary. Volunteers will bag groceries while handing out information with emphasis on new SAPR policies.
- 9 a.m. to 1 p.m., April 14, Pearl Harbor Naval Shipyard Intermediate Maintenance Facility volunteers will host a car wash at the Fleet Reserve Association and collect donations for local rape/crisis response agencies.
- April 16: VP-4/VP-9 SAAM bake sale.
- April 17: Pacific Missile Range Facility 5K SAAM run.
- 9 a.m. to 1 p.m., April 22: “Ride Out” sexual assault. The Ruff Ryders, a local motorcycle club, will conduct an island ride to raise sexual assault awareness.
- April 25: “Denim Day.” As mission allows, various commands will wear jeans as a symbol of protest against erroneous and destructive attitudes about sexual assault.
- 7 a.m. April 28, “SAAM walk/run” JBPHH 5-10K walk/run for military, family members and civilian personnel.
- Noon to 8 p.m., April 28 “flag” sexual assault co-ed flag football tournament at Marine Corps Base Hawaii, Kaneohe Bay with military and civilian personnel. Donations will be accepted for local agencies that support sexual assault awareness and prevention.

Hawaii Sailor named Recruiter of the Year

Jazzmin Williams

Contributing Writer

Chief Machinist's Mate Ferlin Espinal, a recruiter at Navy Recruiting Station Pearlridge, earned the 2011 Recruiter of the Year Award for Enlisted (active component) in a recent ceremony in Washington, D.C., honoring only 15 recruiters out of approximately 5,000.

"[It was] something I will always remember," Espinal said. "It's something I will always carry. When I look at the Navy and how I feel about it, being in the Navy has forged me into the leader I am today."

Espinal, a native of Long Island and the son of two immigrants from the Dominican Republic, has embraced the Hawaiian culture and family lifestyle, allowing him to connect with fellow future Sailors.

Stationed in Hawaii for the past 12 years, Espinal is a former submariner. He did three tours from Pearl Harbor, serving aboard the



U.S. Navy photo by MC2 Dennis Irwin

Chief Machinist's Mate Ferlin Espinal (left), his wife August Grace Espinal (center) and Vice Adm. Dirk J. Debbink, chief of Navy Reserve, commander, Navy Reserve Force, gather to celebrate Espinal's award in this photo taken shortly before his promotion in Washington, D.C.

USS Key West (SSN 722), USS Columbus (SSN 762) and the USS Buffalo (SSN 715). During these deployments, Espinal operated and maintained steam turbines and reduction gears used for

ship propulsion and auxiliary machinery such as turbo generators, pumps and oil purifiers.

Espinal then realized what he really wanted to do in his role as a part of the Navy.

"I requested recruiting, specifically to be able to recruit out of Hawaii," Espinal said. "I have a real connection and sense of family ties in Hawaii. [I wanted] not only to recruit but to promote what I believe in."

"What opportunities the Navy has given me, I want to give young Sailors the same opportunities," he said.

Recruiting in a place like Hawaii, with such a diverse population and strong family ties, would be a daunting task to most recruiters. But Espinal flourished at his position. In 2011, Espinal recruited 69 future Sailors.

Espinal has credited his mentors, Navy Chief Counselors Urraca Romulo and Drake Michael, and the support of a tight crew at Pearlridge with his unprecedented success.

"The Navy has the opportunity [for anyone] to be a successful Sailor and every tool that you need," Espinal said. "The only thing that stops you is your motivation. I'm very motivated ever since I came in the Navy."

Recruiting is a prolonged procedure and requires long hours talking with an applicant and getting to know them. Every future Sailor is different and has a specific concern or need, according to Espinal. He attributed that understanding as part of the process.

"The main focus when I talk to an applicant is to really see and identify what motivates them, what they want to do with their life, both long and short term," Espinal said.

Espinal is also a mentor to his incoming Sailors. From the day he meets him or her to the day they leave for boot camp, Espinal stays in close contact with every recruit. With the power of Facebook, Espinal has also stayed updated on the successes and triumphs of those he brought into the Navy.

To make his duties even more stringent, Espinal recruits only Sailors specifically interested in the fields of nuclear engineering and special warfare, which are also two of the Navy's most

competitive career fields. He performed so well that he was promoted from machinist's mate first class to chief machinist's mate the same week he received the Recruiter of the Year award.

"For him to be selected out of such a large pool, the whole command is cheering for him," said Chief Mass Communication Specialist Anthony Briggs. "His being selected [for the award] and being promoted to chief petty officer is something that doesn't happen to a lot of people. So he is in rare company."

Espinal plans on staying in recruiting and hopes to transition over to become a full-time recruiter after finishing his naval career. He wants to continue to inspire future Sailors with the experiences he has had and bring in the best possible candidates for the Navy.

"The future Sailors that are coming in will be relieving me," Espinal said. "We want to forge leaders and make a difference. These are going to be the next leaders."

Diamond Tips: Fitness on a profile

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

Master Sgt.
Harold J. Frithsen

First Sergeant, 647th Force Support Squadron

Aches, pains, sprains, tears, wears, inflammations, abrasions, contusions and anything else that limits one's physical abilities can, and will, happen from time to time when you are physically active.

Of course, life tends to add to the mix by giving us unwanted variables which also inhibit our physical abilities. These minor bumps in the road can drive both short and long-term duty limiting conditions, resulting in a physical profile. Profiles are a tool for individuals to employ in recovering and rehabilitating from life's physical impediments. They are not to be feared or avoided, but embraced and utilized until you are fully fit for duty.

From a unit leadership point of view, I believe there are 3 Ps which enable you to maintain fitness while on a profile: Proactive, performance and persistence.

According to Merriam-Webster.com, "proactive" means to act in anticipation of future problems, needs or change. Living a physically fit lifestyle before ailments, surgeries and broken bones plague your body is the proactive beginning to success while on a profile. If you only exercise in preparation for your semi-annual fitness assessment, then you are setting yourself up for failure

due to unexpected circumstances. If you continually manage to just score somewhere between 75 and 80 points, then any alteration of your physical ability could jeopardize your assessment results.

However, by living a fit-minded lifestyle you will be prepared to weather life's bumps and bruises far better than if you do not. Most notably, you are less likely to sustain injuries and more likely to recover quickly if you have a healthy body composition.

I've seen a severely wounded EOD technician recover remarkably fast from an improvised explosive device blast, and the doctors attributed his recovery in large part to his excellent physical condition. The bottom line is that proactive physical preparation will set you up for success if life throws you a curve ball resulting in a physical profile.

The next "P" is performance. Exercise performance while on profile measured by quality is far better than performance measured by quantity. Simply stated, if you walk at a pace that barely raises your heart rate above resting for two hours, you will not achieve the same benefits as if you completed a 25-minute circuit training that keeps your heart rate in a zone to maximize cardiovascular and strengthening endurance.

The human performance

and rehabilitation center (HPARC) has the means to assist you in this area. By having your primary care manager (PCM) refer you to the exercise physiologist and the dietician, they can help you tailor an exercise regimen and diet to meet your specific needs within the constraints of your profile. Profiles are not a "get out of exercise free card." Instead, they often mean you need to be more creative and work harder to maintain and/or increase your physical conditioning.

So you may have to ride the stationary bike for 60 minutes instead of a 25-minute jog, or learn to swim laps if walking is not an option. Also, if you are severely limited from physical activity, then you need to increase the "push away" exercise where you "push away" from the dinner table sooner than normal, and watch your portion intake. Even so, when an event renders you on a physical profile, the sooner you engage in quality exercise performance, the more likely you will have a positive outcome.

Quality performance is enhanced by persistence. Persistence in achieving an optimal healthy body composition while on profile rests completely on you. When your PCM sets duty limitations and the HPARC determines acceptable exercises under the guidance of your profile, you must persistently operate to the intensity,

for the duration, and under the limits prescribed by their instructions.

This is an integrity check because neither your PCM, the physiologist nor your supervisor will be standing over your shoulder to ensure you are adhering to the plan. The proof will be in the pudding, and pudding is served on fitness assessment day. However, just diligently adhering to a well-designed plan may not be enough. You also need to be persistent in requesting follow-up care. This means make your follow-up appointments before you leave the clinic.

Sometimes the plan calls for certain actions to take

place over a six-week period, but after two weeks the plan is not producing the expected results or new problems have arisen. At this point, seek medical care or follow up with the HPARC to alter the plan immediately. Don't wait four more weeks when a telephone consultation can steer you back on track in 15 minutes. Be persistent in your rehabilitation while on profile.

While fitness on a profile can be arduous and difficult, you can maintain a healthy fitness lifestyle which will help you achieve and surpass the Air Force fitness standard. This is accomplished by being proactive and living in a way that prepares you

and sets you up for success before you are limited under a profile condition. Then by focusing on the quality of the exercise you are permitted to perform under profile and not merely the quantity of exercise, you will maintain, if not improve, your physical condition.

Couple this with a persistent attitude to heal, and correct the issue driving the profile by diligently adhering to a well-prepared plan and following up with medical care until the condition is resolved greatly improves success under a profile. Remember: proactive + performance + persistence = passing on a profile.

Energy tip

Every thermostat set wrong... light left on... or window left open waste energy that we will never recover. Every little action adds up: Maximum efficiency is maximum defense.

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Illegal dumping is prohibited on Joint Base Pearl Harbor-Hickam

Naval Facilities Engineering Command Hawaii

Misuse of government solid waste bins by military personnel, Department of Defense civilians and residents on Joint Base Pearl Harbor-Hickam (JBPHH) is a problem and must stop immediately. Capt. Jeffrey James, JBPHH commander, is directing that dumping illegal waste at the installation is strictly prohibited as it pollutes the environment, creates a burden for the dumpster’s owners, and is in violation of state and federal laws.

What is illegal dumping? It is the unlawful disposal of hazardous or nonhazardous material in an unpermitted area and typically occurs to avoid waste-handling fees or the time and effort required to dispose of

waste properly. This illegal activity most commonly happens at night or early morning when the person is least likely to be seen.

Solid waste dumpsters on military installations are allocated to specific activities that generate waste and are intended for “official use only.” Dumping of hazardous or nonhazardous waste is unlawful and strictly prohibited.

Common items illegally dumped:

- Building materials, construction and demolition waste (paint, roofing shingles, drywall, concrete, lumber, bricks).
- Appliances or electronic waste (A/C units, TVs, computers, refrigerators).
- Scrap tires, auto parts, bicycles, batteries.
- Hazardous household products.
- Yard and green waste.

- Furniture, mattresses, and other household items.
- Medical waste (potentially hazardous).

Why is it a problem?

Illegal dumping contributes directly to environmental pollution as waste can contain hazardous substances and cause other types of contamination. Disposal of materials in an unpermitted area can pollute our land, air and drinking water sources. It costs the government time and money to remove unlawful waste that should have been disposed of correctly the first time. Activities that use solid waste dumpsters pay for their use and are subject to additional costs/charges when people dump personal waste next to or into them.

Common problems attributed to illegal dumping:

- Dumped items are often

combustible and pose a fire hazard and can generate toxic fumes if burned.

- Heavy rains can leach hazardous chemicals into the soil, affecting waterways, wildlife, and natural resources. They can also carry debris toward waterways and obstruct drainage ways which makes areas more vulnerable to flooding.
- Discarded items attract rodents (rats, mosquitoes, flies) which may carry infectious diseases.
- Illegal dumping often attracts more illegal dumping and other criminal activity in the community and creates more costs to the government.

Enforcement:

Joint Base Pearl Harbor-Hickam is subject to Hawaii Department of Health inspections at any time, without notice. Enforcement action and

civil penalties of up to \$10,000/day may be assessed for each offense (§342H-9, HRS). For more information concerning State of Hawaii illegal waste activities, visit: <http://healthuser.hawaii.gov/health/environmental/waste/sw/index.html>.

Military and civilian personnel caught illegally dumping on JBPHH will be reported to base security and are subject to disciplinary action.

What is the solution?

Effective environmental management is the responsibility of our government, workforce and community, as well as our duty as citizens. We all enjoy the benefits of a clean environment to live and play. It is important to make the right decision when faced with the opportunity to dump illegally.

City & County of Honolulu convenience centers

Convenience centers are available for residential waste only and free to use. They are open seven days a week and accept most household items, including furniture, appliances, non-hazardous waste, tires and car batteries.

Two locations closest to Joint Base Pearl Harbor-Hickam:

- Waipahu Convenience Center 93-071 Waipahu Depot Road Waipahu

Hours: 7 a.m. – 6 p.m.

- Wahiawa Convenience Center 71-129 Wilikina Drive Wahiawa

Hours: 7 a.m. – 6 p.m.

For more information on how to dispose of waste legally or to check when the bulky item pickup occurs in your neighborhood, visit <http://www.opala.org/>.

Comebacks push Key West to win over La Jolla

Story and photos by
Randy Dela Cruz

Sports Editor

USS Key West (SSN 722) rebounded from two four-run deficits to earn a nail-biting 14-13 victory March 31 over USS La Jolla (SSN 701) in a season-opening Afloat Division intramural softball game at Millican Field, Joint Base Pearl Harbor-Hickam.

Key West fell behind by scores of 4-0 in the first inning and 13-9 going into the bottom of the final frame, but topped off an amazing comeback on a triple by Machinist's Mate 3rd Class Eddy Carter who drove in two runs for the win.

"It (pitch) was a little outside, so I was looking to hit it to the opposite field for sure," said Carter about the game-winning hit.

"There was definitely pressure."

Down early in the game, Key West started to chip away at the first four-run deficit by scoring two runs on three extra-base hits in the bottom of the third.

After trading single runs with La Jolla in the fourth inning, Key West exploded for six runs in the bottom of the fifth to go out in front by a score of 9-5.

The key hit in the inning was a base-loaded single by Machinist's Mate 3rd Class Kawika Hines

who plated two runs, which gave Key West their first lead of the game at 7-5.

However, the team's lead was short-lived as La Jolla stormed back to score eight runs in the top of the sixth and take a 13-9 advantage with time running out.

In La Jolla's big inning, Lt.j.g. Chris Donnelly's two-run single tied the score at 9-9 before pitcher Machinist's Mate 1st Class Jimmy Kruzan helped his own cause by following up with a base hit to put his team back on top at 10-9.

Although Key West entered the season with a reputation for staging come-from-behind wins after their strong showing in the league's pre-season tournament, pitcher Chief Engineman Chris Clark said after falling behind for the second time, he did have some doubts about being able to overtake a tough La Jolla squad.

"To see those runs come in like that and to go from being ahead to drop behind by four, it's frustrating," Clark said. "But you just got to keep in it and hope. It's pretty much, 'Come on guys we got to get in this, get some bats going and keeping it until the end.'"

After Key West scored two runs, Hines stepped into the box with a runner on third and the tying run standing on second base with two outs.

Hines proceeded to slap a grounder to shortstop for what appeared to be the final out of the game, but a bad throw kept Key West's hopes alive as Hines reached safely at first, while one run scored and the tying run moved to third base.

The missed game-ending putout set the stage for Carter, who stepped up to the plate and promptly drilled a line shot

into right field that skipped into the corner, which allowed two Key West runners to score and give the team a walk-off victory.

"We did it twice last week," said Hines about the team's comeback triumph. "We came in second in a tournament last weekend. We came from behind and won two, so we're getting used to it I guess."

In one of those victories, Key West faced a deficit of 10 runs, but still ended up on top to advance to the final round of the pre-season tournament.

Hines said that while luck does play a role in making a comeback, the team seems to be very good at paying attention to the little details when the going gets rough.

"Getting the right guys up at the right time helps, I guess," Hines admitted. "But everyone stays in the game, pays attention to what's going on, stuff like that."

In fact, said Hines, he believes that if everyone continues to come out to the games, Key West has a very good chance of being among the top teams in the Afloat Division.

"If we have 10 guys every game, I think we'll be right up there with everybody else," he said. "Forfeits have held us down in the past, so hopefully that's not something we'll have to worry about. Most of us have been together for three years now. I think the main core has been together two years. We got some good ball players out here."



Intelligence Squadron surprises Security Forces Squadron

Story and photo by
Randy Dela Cruz

Sports Editor

Only two weeks into the intramural softball White Division season, the 324th Intelligence Squadron (324 IS) accomplished what no team was able to do all last year – defeat Poundtown from the 647th Security Forces Squadron (647 SFS).

Last season the two squads finished up the regular season at the opposite ends of the standings, with Poundtown racking up 14 wins against no defeats and the 324 IS picking up the rear with a final record of 1-13.

Now armed with a new attitude and several additions at key positions, the 324 IS went a long way to prove that things will be different this year by earning a tough come-from-behind 7-6 win April 2 over the defending champ Poundtown at Hickam Softball Complex, Joint Base Pearl Harbor-Hickam.

The victory gave the 324 IS a record of 2-0 while Poundtown, which won a game earlier in the evening, saw the loss drop its mark to 2-1.

“This is my first year on the team and, from what I understand, this doubles the wins that we had last year,” said Airman 1st Class Randy Kondrath, who scored the game-winning run and tightened the 324 defense with his outstanding play in left field. “Every one is a good one.”

With the Poundtown bats getting off to a slow start, Kondrath put the 324 in front by driving in teammate Airman 1st Class Lothar Reck with the first



Staff Sgt. Doug Davenport strokes a single for the 324th Intelligence Squadron (324 IS) in the bottom of the third inning.

run of the game on a clutch two-out triple to left field.

An RBI triple by Tech. Sgt. Devin Stuckey kick started Poundtown’s offense and led to a 2-1 lead in the top of the third, but the 324 mounted their first comeback of the game to go back out in front with two runs of their own in bottom half of the inning.

As quickly as the 324

retook the lead, Poundtown, led by a triple by pitcher Tech. Sgt. Robert “Woody” Wooderson and a double by Senior Airman Ender Castro, scored three runs in the top of the fourth inning for a 5-3 advantage.

Then after a quiet fifth inning, things heated up once again as the 324 regained command of the

matchup by putting up three runs of their own for a 6-5 lead.

However, just as quickly, the 324 saw their margin reduced to zero when Poundtown tied the score with a run in the top of seventh and final frame.

With the game on the line, Kondrath found himself, once again, in the middle of all the action.

The 324 left fielder came up in the crucial half inning and stroked a single before moving to second base on a ground out by Staff Sgt. Doug Davenport for the second out of the inning.

Up next, Tech. Sgt. Andrew Small walked to the plate and smacked a bouncing ground ball to the Poundtown shortstop for

what seemed to be an easy out.

Instead, the ball skipped through the legs of the 647 infielder, which allowed Kondrath to round third base and score the game-winner.

“I’m looking for one solid pitch I could hit, and it came in and I swung and got it,” said Small about his at-bat. “At first I thought he (shortstop) had it. I was very happy he missed it. I’m very excited to get this win. This (Poundtown) is the No. 1 team in the league.”

Meanwhile, Kondrath said, “It’s two outs, so I just ran as fast I could.”

Although Stuckey said that while no one on Poundtown is happy about suffering a rare defeat, he is certain that the loss won’t affect the way they perform for the rest of the season.

He said that even though the personnel has changed a bit from last season, this year’s squad has enough talent to contend for a second title in a row.

“This team is a lot younger than last year’s team,” Stuckey pointed out. “But we have some great young talent and, as the season goes through and these guys get some games under their belt, that’s when we’re going to peak. We’ll be back and we’re not going to get beat again.”

As for the 324, while Kondrath admits that the season is young, he sees no reason why the team can’t go on winning.

“We practice twice a week, and we’re determined to get some wins this year,” he said. “If we keep the people on the ball, everything should be good.”

First-inning explosion catapults 96 ARS to victory

Story and photo by
Randy Dela Cruz

Sports Editor

The 96th Air Refueling Squadron (96 ARS) rallied for 10 runs in its first at-bat and went on to score a 17-3 mercy-rule win after five innings over the Direct Support April 3 (DIRSUP) Drillers in a Gold Division intramural softball game at Hickam Softball Complex, Joint Base Pearl Harbor-Hickam.

With both teams entering the contest looking for their first win, 96 ARS hurler Tech. Sgt. Joe Royer said a round of batting practice before the game might have been the trick to their early-inning outburst and initial victory of the season.

“Our last game we weren’t so successful. We just weren’t hitting the ball quite as well,” he pointed out. “We got out early and got some batting practice tonight and I think that helped a lot. It got everybody’s confidence up a little bit when they got up to bat.”

The cushion seemed to have a positive impact on Royer as well, who pitched three shutout innings, while only allowing one run in the first and two in the third on RBI singles for DIRSUP by Cryptologic Technician (Technical) 1st Class Tim Johnson and Cryptologic Technician (Collection) 2nd Class Ryan Grieb.

Royer said that the lead, plus some advice he got from his brother, certainly helped his performance on the mound.

“I texted my brother, who’s a real good pitcher, and he sent me a list of things to work on,” Royer admitted. “Things like pushing the upper limit, throw it high until the ump calls you on it, work it inside, outside, and work my feet to make my position work to the bat.”

Royer even got in on the team’s hit parade by launching a deep drive over the center fielder’s head, while



Staff Sgt. Matt Ison, third baseman for the 96th Air Refueling Squadron (96 ARS), gets ready to receive a throw, as Cryptologic Technician (Collection) 3rd Class Ryan Smith of the Direct Support (DIRSUP) Drillers slides into third.

leading off the second inning, for inside-the-park solo shot.

“I was definitely just trying to make good contact on the ball,” Royer explained. “As a batter on a small field like this, you really want to try and hit it out of the infield. I just happened to get under it a little bit and got lucky that it carried. That tailwind didn’t hurt at all either.”

After dropping its second game of the season, Cryptologic Technician

(Collection) 3rd Class Ryan Smith, shortstop for DIRSUP, said that with the team still searching for its identity, falling behind by 10 runs after the first inning made things that much more difficult to match up with the 96 ARS.

Besides some clutch hitting by the 96 ARS batters, Smith admitted that the first-inning nightmare was aided by fielding errors committed by a few of his teammates playing unfamiliar positions.

“We had a few of our starters that were not here, so we had to throw people, at the last minute, into unfamiliar positions, and that led to a few errors,” he said. “It’s difficult anytime you’re down. Trying to fight back and trying to keep your spirits up too is really hard. But we got a competitive bunch that’s going to fight until the end.”

Despite fielding a young squad, Smith said it’s that competitive drive that will help the team become

stronger as the season goes along.

“We don’t have much experience,” Smith noted. But if we can keep cracking on the fundamentals and focus on the fielding, we should be in good shape.”

In defeating DIRSUP, the 96 ARS unveiled a deep squad that features a solid batting order, with the likes of Staff Sgt. Matt Ison, Maj. Eric Alden and 1st Lt. Ken Burch.

Maintaining that depth, Royer said, will be the key to

a successful season for the 96 ARS.

“We’re a pretty busy flying squadron, so for us to keep a full team is going to be our most important point,” Royer stated. “I think it’s definitely possible (to reach the playoffs). I’ve seen some big squadrons that have some big teams and they really crush the ball. We’re real fast and I think that’s going to be our advantage – be aggressive and try to steal as many bases as we can.”

Airmen offer pilates in honor of Women’s History Month

Jazzmin Williams

Contributing Writer

In honor of Women’s History Month, two women decided to team up and give back to their fellow Airmen and offer free Pilates courses March 29 and 30 at Joint Base Pearl Harbor-Hickam.

“I chose to become a Pilates instructor as it is an unique opportunity to continue serving others,” said 1st Lt. Kathleen Eisenbrey, a public health officer for the 15th Aerospace Medicine Squadron who co-instructed the course. “Although I believe it is integral to demonstrate service to others, my experiences have led me to believe that I am most effective when I am able to affect health status on an individual basis.”

Eisenbrey taught the course along with Capt. Aspen Heger, physical therapist for the 15th Medical Group. The first day of classes was held at the Bloch Fitness Center, the second at the Hickam Fitness Center.

The method of Pilates taught, called Stott Pilates, is a form of Pilates developed by Lindsay and Moira Merrithew. According to the Stott Pilates website, it “builds on the essence and principles of the late Joseph H. Pilates’ work by incorporating modern knowledge about the body.”

Eisenbrey engaged in more than 375 hours of classroom instruction to be certified to teach proper

form and technique to students of any age and fitness level.

Staying physically fit is essential for Airmen and Sailors to continue to serve their mission. A critical portion of the required PT test is the one-and-a-half mile run. Although Pilates may not seem a traditional method of conditioning for running, it can prepare a person in different ways.

“The most important muscle for runners is core

strength,” said Jason Ham, exercise physiologist in the 15th Medical Group. “Sixty percent of the PT test score is based on running. It is best to be properly prepared.”

Pilates also focuses on proper head and neck control, neutral alignment, lower back strength and how to control breathing. According to Heger, her primary patients are active duty Air Force members and a majority of them have desk

jobs. Sitting properly with correct head and neck alignment can reduce pain and prevent strains. On base, lower back pain is the second most common physical therapy diagnosis, second only to knee pain.

Both days of classes were a success, with eager students and small class sizes lending themselves to a more personalized experience, the instructors said. Exercises utilized a supportive mat.

“We had the perfect combo, a licensed physical therapist and a certified Pilates instructor, Heger said. For beginners, that is a real treat.”

Air Force Lt. Col Marlene M. Kerchenski, 15 MDG/chief nurse, said, “I very much enjoyed the Intro to Pilates class. I wish the gym offered Pilates classes.”

As far as the future, Heger spoke of possibly coordinating more Pilates classes with the Navy. Eisenbrey con-

curred, noting that they looked forward to working with joint service partners to help Sailors and Airmen prepare for the PT test.

Both Eisenbrey and Heger combined their experience and knowledge to help students experience a free class not currently offered on base.

“Whether you’re Navy, Air Force or civilian, classes like this help promote physical and emotional well-being,” Heger said.



Photo by Maj. David Eisenbrey, 13 AF/ASX

Air Force 1st Lt. Kathleen Eisenbrey and Capt. Aspen Heger lead a Pilates class March 30 at the Hickam Fitness Center.

Easter services announced for JBPHH

Easter services have been announced for April 8 for Joint Base Pearl Harbor-Hickam (JBPHH).

They include:
• 9 a.m., Easter Sunday at Pearl Harbor Memorial Chapel (PHMC) (Catholic).
• 11 a.m., Easter worship at PHMC (Protestant service).
For more information, call 473-3971.

Easter services for the

Hickam side of Joint Base Pearl Harbor-Hickam have also been announced. They include:

Catholic services at the Chapel Center:
• Good Friday, 7 p.m. April 6.
• Holy Saturday (Easter Vigil Mass), 7 p.m. April 7.
• Easter Sunday, 10:30 a.m. April 8.
Protestant services at the Hickam Chapel Center

include:

- Contemporary Easter service, 8:30 a.m. April 8.
- Protestant services at Nelles Chapel include:
 - Good Friday Tenebrae service, 7 p.m. April 6.
 - Easter morning traditional service, 9 a.m. April 8
 - Easter morning gospel service, 10:45 a.m. April 8.

For more information, call 449-1754.

Easter sunrise service includes Army, Navy, Air Force chaplains aboard Missouri Memorial

An Easter sunrise service will be held at 6:30 a.m. April 8 aboard the Battleship Missouri Memorial.

The service will include representation from Army, Navy and Air Force chap-

lains. In addition, the event will include a prelude, closing hymn and postlude by the Pacific Fleet Band and special music by AMR Praise Team.

Hula no ke Akua will perform a hula service.

For more information, call RP2 (FMF) Benjamin Carter at 473-3971 or email Benjamin.a.carter2@navy.mil.

Marine Corps League offers college scholarships to high school seniors

HONOLULU — Marine Corps League’s Aloha Detachment 363 is offering college scholarships to eligible high school seniors again this year. Two weeks remain to submit applications.

Approximately 10 scholarships ranging from \$2,000 to \$4,000 will be awarded for the 2011-2012 academic school year based on academic achievement, community involvement, leadership, merit and recommendations.

This is the third consecu-

tive year the detachment has offered scholarships. Previous years’ scholarship amounts totaled \$43,000 and were distributed to nearly 20 local students.

To be eligible to apply for this year’s scholarships, applicants must be a high school senior in good standing, and must be part of one of the following criteria groups:

- Enrolled in either a Marine or Navy Junior ROTC program on Oahu.
- Be the son or daughter of an active duty Marine or

Sailor stationed aboard MCB Hawaii.

- Be the son or daughter of a retired Marine or Sailor employed by MCB Hawaii.
- Be the child of a MCL Aloha Detachment member.

The completed application must be postmarked no later than April 16 and mailed to:

Marine Corps League
Aloha Detachment
Attention: Scholarship Committee
P. O. Box 1101
Kailua, Hawaii 96734

The Scholarship Committee will review and evaluate each application before final selections are made. Applications postmarked after the deadline will not be reviewed. The scholarship committee selections are final. Those selected will be notified by early May.

For more information, call 227-9115, email jsachick@mac.com, or visit www.aloha363detachment.org.



This week in USAF and PACAF history

Charles Nicholls

PACAF historian

On April 3, 1939, President Franklin D. Roosevelt signed the National Defense Act of 1940, which provided the Army Air Corps more than 48,000 personnel, a \$300 million budget, and 6,000 airplanes. It also authorized the Air Corps to train black pilots.

“Flying the Hump” took place on April 8, 1942. A strategic objective of Allied forces in World War II was to supply Chinese forces fighting Japan. The Allies used an overland supply route that ran from India through Burma to China, but the Japanese cut this route in early 1942.

On April 8, two DC-3s (later purchased in huge numbers as C-47 Skytrains) transported gasoline and lubricating oil over the Himalaya Mountains from eastern India to southern China to begin World War II’s largest airlift operation.

On one of the earliest mis-

sions, eight airplanes carried the fuel and oil to service the B-25 bombers from the “Doolittle Raid.”

On April 7, 1945, the 20th Air Force launched the first fighter-escorted B-29 raid on Japan. Acquisition of the island of Iwo Jima, after heavy fighting in February and March, made this raid possible by providing a base within fighter range of Japan.

On April 3, 1967, the First Chief Master Sergeant of the Air Force (CMSAF) was installed. Chief Paul W. Airey was installed as the first CMSAF. During World War II, Airey was a radio operator and gunner on B-24 bombers and is credited with 28 combat missions in Europe.

He had to bail out of his flak-damaged aircraft, was captured, and became a prisoner of war from July 1944 to May 1945. Airey spent much of his career as a first sergeant. In 1966, the Air Force began a search for “the best qualified and most impressive individual” in the service to be the first



Above is a A-47 Thunderbolt of the U.S. Army Air Forces authorized by the National Defense Act of 1940. (Far right) In this historynet.com photo by Kathy Manney, U.S. armed forces assisted with the South Vietnam evacuation in 1975.

CMSAF.

The CMSAF serves as the personal adviser to the chief of staff and the secretary of the Air Force on the welfare, readiness, morale and proper utilization and progress of the enlisted force.

From April 4 to Sept. 16, 1975, South Vietnam evacuation took place. As communist forces took over South Vietnam, more than 130,000 refugees fled by sea and air. The Vietnamese refugee airlift, the largest aerial evacuation in history, included a series of overlapping operations: Babylift, New Life, Frequent Wind and New

Arrivals.

The U. S. Air Force, working with the Navy and private contractors, flew more than 50,000 refugees from Southeast Asia to islands in the Pacific Ocean and eventually to new homes in the United States. Aircraft involved included C-141, C-130, CH-53, HH-53 and C-9.

On April 4, 1975, a C-5 crashed in an emergency landing near Saigon while flying the first mission of Operation Babylift. It was carrying South Vietnamese children and their escorts from Tan Son Nhut AB in

Saigon to Clark AB. Only 176 of the 314 passengers survived the crash.

First Lt. Regina Aune, a flight nurse aboard the C-5, ignored her broken leg and other injuries to help evacuate nearly 80 children from the wreckage. She later received the 1975 Cheney Award. The C-5 pilot and copilot, Capt. Dennis W. Traynor III and Tilford W. Harp, received the Air Force Cross for extraordinary heroism.

From April 5 to 6, 1986, the Osan fuel explosion took place. After a tank of jet fuel exploded at Osan Air Base,

four C-141 Starlifters and one H-3 Jolly Green Giant helicopter from the 63rd Military Airlift Wing delivered fire suppressant foam to the base. The aircraft also evacuated burn victims to Seoul for treatment.

On April 5, 1991, Operation Provide Comfort began. From April 5 to July 15, Military Airlift Command units flew more than 7,000 tons of supplies to northern Iraq, southeastern Turkey and western Iran to help more than a million Kurdish rebels who fled from Iraq after being defeated by Iraqi forces.



Shipyard career fair to offer 150 apprentice and engineering jobs

Katie Vanes

Pearl Harbor Naval Shipyard

The Pearl Harbor Naval Shipyard (PHNSY) Apprentice and Engineering Career Fair will be held from 8 a.m. to noon April 14 at Honolulu Community College (HCC) main campus, 874 Dillingham Blvd. in Honolulu.

The event is open to all U.S. citizens interested in employment at the shipyard. Apprentice program applications are open to all U.S.

citizens, 18 years or older by Jan. 15, 2013, who graduated from high school.

Attendees will include:

- PHNSY trade and engineering representatives, current apprentices and engineers, program administrators and production resources personnel.

- Human resources to discuss both apprentice and non-apprentice job opportunities.

- HCC representatives.

Pearl Harbor Naval Shipyard officials expect thousands of hopefuls to attend the career fair April

14 to learn about approximately 150 job openings with Hawaii's largest industrial employer and largest employer of engineers.

In a change to the hiring process this year, applications for apprenticeships will be accepted only at www.usajobs.gov.

The apprenticeship application period will be in the late May to June.

Applications for engineering positions should be submitted at www.usajobs.gov. More information on the application process will be available at the career fair.

For more information about the career fair and the apprentice program, visit the website www.navsea.navy.mil/shipyards/pearl.



WHO SAID IT?

“Children are likely to live up to what you believe of them.”

This Week's Trivia

What happened on March 28, 1966 with regard to the Seventh Air Force?

Last Issue's Question: What happened March 27, 1799 in U.S. naval history?

Answer: The U.S.S. Constitution recaptured the sloop Neutrality from France. Later, during the War of 1812, Constitution won the legend “Old Ironsides” by defeating English warships.

Last Week's

WHO SAID IT?

“I may be compelled to face danger, but never fear it, and while our Soldiers can stand and fight, I can stand and feed and nurse them.”

Clara Barton

Springfest features multiple themes for children, families

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) will hold Springfest from 3 to 6 p.m. Saturday at Ward Field.

The free event is open to all military-affiliated personnel and their sponsored guests. The event will observe the Month of the Military Child, Easter and Earth Day.

Entertainment will include:

- 3:30 p.m., “One Strong Ohana” pledge in honor of Child Abuse Prevention Month.
- 4 p.m., “Hypersquad” high-energy dance group performing the hippest moves.
- 5 p.m., “The Day Prevails,” band members from the MWR Teen Center.

Activities

- Bounce houses, basketball and batting cages.
- United States Tennis Association (USTA) madness and fitness challenge.
- crafts and “food faces” for fun.
- Eggland — MWR's Easter fun.
- Easter bunny photo booth.
- Pinwheels for Prevention.
- Earth Day celebration featuring learning how to prepare, protect and restore the earth and its natural resources.
- Sponsor's row featuring local organizations that support the military.

In addition, in honor of Earth Day, free community paper shredding opportunities for business or personal use will be held from 10 a.m. to 3 p.m. today and Saturday at Bloch Arena parking lot.

For more information, visit the website www.greatlifehawaii.com.

Arizona Pool closed for repairs

Arizona Pool on Ford Island is closed for repairs.

During this time, patrons may use the other Morale, Welfare and Recreation pool facilities at Joint Base Pearl Harbor-Hickam.

PEARL HARBOR-HICKAM

Maniawa Nanea

LEISURE

Morale Welfare & Recreation

EASTER RELAY SWIM

There will be a free Easter relay swim at 10:30 a.m. Saturday at Hickam Pool 2. Groups of four will race to win “the golden egg.” Sign ups are at pool 2. FMI: 448-2223.

HICKAM HISTORICAL TOUR

The Hickam Historical Tour will continue to be offered by the Information, Tickets & Travel-Hickam (ITT-Hickam) office Wednesdays in April. The tour is from 9:30 a.m. to 12:30 p.m. and departs from ITT-Hickam. The cost of the tour is \$45 for adults and \$35 for children 3 to 11. A military ID is required for this tour. FMI: 448-2295.

DIGITAL PHOTOGRAPHY

A digital photography course focusing on digital SLR cameras will take place at the Hickam Arts and Crafts Center from April 10 to 24. Times and days for the course are either from 10 a.m. to noon on Tuesdays or from 6 to 8 p.m. on Thursdays. This class is for participants 16 and older. The cost is \$45 per person. FMI: 448-9907.

PRESCHOOL STORY TIME

The theme for this month’s story time is “Princes and Princesses.” Story time will take place from 9 to 10 a.m. April 11 at the Hickam Library. FMI: 449-8299.

TEEN LOCK-IN

A teen lock-in will be held from 6 p.m. to 8 a.m. April 13 at the Hickam Teen Center. A signed permission slip is required. The cost is \$20 per youth, ages 13 to 18. FMI: 448-0418.

LEISURE AND TRAVEL SHOWCASE

A “Leisure and Travel Showcase” will be held from 9 a.m. to 2 p.m. April 14 at the Pearl Harbor Navy Exchange (NEX) mall. The free event will feature prize giveaways and live entertainment. The theme of the showcase is “Exploring Hawaii and Beyond.” FMI: 473-0792 or www.greatlifehawaii.com.

BODYBUILDING CHAMPIONSHIP

The annual Armed Forces Hawaii Bodybuilding Championship will be held April 14 at Sharkey Theater. Doors open at 6 p.m., with prejudging and show at 7 p.m. The cost is \$10 for spectators and \$20 for competitors. FMI: 473-0784 or 473-2494.

FATHER-DAUGHTER DINNER DANCES

Father-daughter dinner dances will be held from 4 to 7:30 p.m. April 21 and May 5 at the Officers’ Club lanai. The cost is \$15 for each father/daughter pair and \$5 per additional daughter. FMI: www.greatlifehawaii.com or 474-1999, ext. 0

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



Community Calendar

April

7 ~ The Ford Island Bridge Run will be held at 7 a.m. The bridge will be closed from 6:50 to 7:05 a.m. on April 7 due to the run. FMI: call 473-0784, 473-2494 or 473-2437. Visit the website www.greatlifehawaii.com or http://www.active.com/event_detail.cfm?event_id=2006042.

7 ~ From 10 a.m. to 2 p.m., during “bag” sexual assault at the Pearl Harbor Commissary, volunteers will bag groceries while handing out information with emphasis on new Sexual Assault and Prevention policies.

20 ~ The Naval Supply Systems Command Fleet Logistics Center Pearl Harbor (NAVSUP FLC PH) Earth Day fair will be held from 9 a.m. to noon at Kilo 8/9 Pier, the pier warehouse behind building 475. The theme is “Partnering for a Greener Future.” The Federal Fire Department will set up a fire prevention exhibit and display the tools and equipment they use to respond to chemical and oil spills. NAVFAC Hawaii will set up displays on region environmental programs such as storm water pollution prevention, oil spill response, recycling and more. FMI: email luke.dragovich@navy.mil.

21 ~ Volunteers are encouraged to participate in a Pearl Harbor Bike Path cleanup from 8:30 to 11 a.m. April 21 in partnership with the City and County of Honolulu Department of Environmental Services at Neil Blaisdell Park and Kapakahi Stream. Volunteers can contact:MAC James Wooten at james.wooten2@navy.mil, or 472-7149, or 225-5347. FMI: Grace Hew Len, CNRH public affairs at 473-3926 or email grace.hewlen@navy.mil, or Patty Colemon, CNRH regional environmental coordination, 473-0369 or email patricia.colemon@navy.mil.

28 ~ Turn in your unused or expired medications for safe, anonymous disposal from 10 a.m. to 2 p.m. during the National Take Back Initiative at Pearl Harbor Navy Exchange (NEX) main lobby, 4725 Bougainville Drive. FMI: WWW.DEA.GOV or 541-1930.

Movie Showtimes



This Means War (PG-13)

Two top CIA operatives wage an epic battle against one another after they discover they are dating the same woman.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Safe House (R)

SATURDAY
2:30 PM Journey 2: The Mysterious Island (PG-13)
4:45 PM Ghost Rider : Spirit of Vengeance (PG-13)
7:00 PM Wanderlust (R)

SUNDAY
2:30 PM Journey 2: The Mysterious Island (PG-13)
4:45 PM Tyler Perry’s Good Deeds
7:00 PM This Means War (PG-13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Journey 2 : The Mysterious Island (PG-13)
8:30 PM Wanderlust (R)

SATURDAY
4:00 PM Ghost Rider : Spirit of Vengeance (PG-13)
7:00 PM This Means War (PG-13)

SUNDAY
2:00 PM Journey 2: The Mysterious Island (PG-13)

