

WHO'OKELE
PEARL HARBOR HICKAM
Life & Leisure



**HAWAII WELCOMES
2015 WOUNDED
WARRIOR
PACIFIC TRIALS**

U.S. Navy photo by MC2 Diana Quinlan

Fire Controlman 2nd Class Brandon Byers participates in race chair practice during the 2015 Wounded Warrior Pacific Trials at Quick Field at Joint Base Pearl Harbor-Hickam.

Patty Babb

*Navy Installations Command,
Navy Wounded Warrior -
Safe Harbor*

The 2015 Wounded Warrior Pacific Trials — which are hosted by Commander, Navy Region Hawaii and Navy Wounded Warrior (NWW) — Safe Harbor — launched March 10 in Honolulu and concludes today in a closing luau ceremony from 4 to 8 p.m. at the Hale Koa hotel.

The event, which is also supported by U.S. Pacific Fleet, brings together 60 seriously wounded, ill and injured Sailors and Coast Guardsmen, who hail from around the country. The athletes are joined by more than 20 family members and caregivers.

"I'm most looking forward to getting back in shape and getting healthier.

The sports are my favorite part; I'm very competitive," said retired Navy Aviation Support Equipment Technician 2nd Class Marlon Bevens, who was injured in a motorcycle accident in 2011. "But it's like a big family reunion when I come here, and that's a lot of fun."

After two days of practice, competition formally kicked off with archery and shooting (pistol) trials on March 10. The wounded warrior athletes are vying for a slot on the Team Navy roster and advance to the annual joint-service Warrior Games.

In addition to archery and shooting, wounded warrior ath-

letes went head-to-head during the trials in cycling, sitting volleyball, swimming, track and field, and wheelchair basketball. Hundreds of local spectators attended the events taking place at Joint Base Pearl Harbor-Hickam and Iolani High School in Honolulu.

There will be 40 athletes who will advance to the Warrior Games, which will take place in the summer. The final Team Navy roster will be announced in the coming weeks after coaches and NWW staff members assess results from the trials.

"It feels good to be here. I'm nervous because it's a competition and, even at my age, I still get nervous," said retired Navy Construction Mechanic 1st Class Rory Aguilar, who suffered several injuries as a result of a combat deployment. "I really enjoy being with these men and women because we can relate to one another."

"The competition is great. But everyone here has a similar story — something they have to overcome — and we understand each other. That's the best part of this event," he added.

Each athlete has been assigned a sponsor from a local command, who helps them feel at home on the island and cheers for them during competition. In addition to the 60 sponsors, more than 100 volunteers assisted with event execution.

"I'm really excited during Rory's time off to try to get him out on the island and to see some new places," said Navy Sonar Technician, Surface 1st Class Justin Merrill, who is Aguilar's sponsor. "He's very athletic and wants to stay competitive, though, so we won't take him away from practice too often."

"I'm just excited to be around all these great people this week," added Merrill, who is



U.S. Navy photo by MC2 Diana Quinlan

Retired Chief Yeoman Javier Rodriguez Santiago assists Chief Gunner's Mate Hector Varela during the track and field throwing practice at the Wounded Warrior Pacific Trials events held at Quick Field, JBPHH.

assigned to Center for Surface Combat Systems Detachment Pearl Harbor.

The wounded warrior athletes at the trials are active duty and retired service members with upper-body, lower-body and spinal cord injuries, serious illnesses, traumatic brain injuries, visual impairment, and post-traumatic stress.

All of the athletes are enrolled in NWW, the Navy and Coast Guard's wounded warrior support program. NWW links enrollees to a variety of adaptive sports opportunities to keep them active and connect them to new friends.

"I'm excited to be here, and I feel a lot better than I did the last time I was here, when I was pretty sick," said retired Navy Hospitalman Shemariah Pradia, who was previously diagnosed with a serious illness. "I really hope to make the team, but that's not really what all this is about. It's about not giving up."

For the latest news about the trials, follow NWW on Facebook (www.facebook.com/navysafeharbor).

Visit <http://safeharbor.navy.live.dodlive.mil> or call 855-NAVY WWP to learn more about NWW and the benefits of adaptive sports.



U.S. Navy photo by MC2 Diana Quinlan

Participants in the Wounded Warrior Pacific Trials warm up with a jog.



U.S. Navy photo by MC2 Diana Quinlan

Participants in the Wounded Warrior Pacific Trials stretch before their morning events.

Dominating second half leads NIOC to impressive win

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

After struggling in the first half, Navy Information Operations Command (NIOC) Hawaii seized full control of the game and ran away from 735th Air Mobility Squadron (735 AMS) to earn a 50-36 win on March 5 in a showdown of top teams in a Blue Division intramural basketball game at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

Clinging to a two-point advantage at halftime, NIOC's defense went to work and smothered the 735 AMS into submission to win their fifth game in a row without a defeat, while the 735 fell to 4-2.

"It's just communication," said Cryptologic Technician (Collection) 1st Class Jomario Thomas about the team's stifling defensive effort, which held the 735 to only 13 points in the entire second half. "If you got a strong defense and you're communicating, the rest will come. That's the simplest way to put it."

The first half was a battle with both teams going back and forth all the way until intermission.

A long jumper by Tech. Sgt. Jared Flores put the 735 ahead at 10-3 early in the first half, but the lead was erased on a two-point shot from Cryptologic Technician (Networks) 3rd Class Thomson Stephens that tied the game at 12-12 with 9:08 remaining before half-time.

On their next trip down court, NIOC got their first lead of the game on a basket by Cryptologic Technician (Collection) 1st Class Gabriel Young to make it 14-12.

Then Thomas, who was a member of NIOC's back-to-back championship team in 2012-13, began to assert his will inside the paint and came up with the team's next three baskets to pull ahead at 20-14.

"I'm one of the senior players, so as a senior player, we know what to do to provide that spark," Thomas said. "We just needed someone to come in and get the



Cryptologic Technician (Collection) 1st Class Jomario Thomas goes up for two of his 10 points to help Navy Information Operations Command (NIOC) Hawaii defeat 735th Air Mobility Squadron (735 AMS).

team to calm down and focus."

However, the 735 AMS rallied back to score the next seven points and regained the lead at 21-20 on a shot from Flores.

NIOC finished off the first half strong and took a 25-

23 lead into halftime and continued the momentum into the second half.

With NIOC's defense putting pressure on the 735, the team began to slowly pull away after the break.

A basket-and-one by Stephens put NIOC ahead by nine at 36-27 with 9:48 left in the game, and then a minute later, Stephens gave his team its first double-digit lead of the game at 40-30 on a putback with 8:22 left on the clock.

Three minutes later, Stephens finished off a break-away to the basket to give NIOC an insurmountable lead at 44-30.

For the 735, the outcome had to be disappointing for a team that came out only one game behind the lead leaders.

This was the second time that the 735 fell short against a top-tier team in the Blue Division despite starting off both losses with sizable leads.

Flores, who led the 735 with 13 points, said that NIOC's relentless pressure on defense was the key difference in the game.

"It threw our rhythm off," Flores admitted. "That put everybody in a bad position. We got to move more and get the engine running."

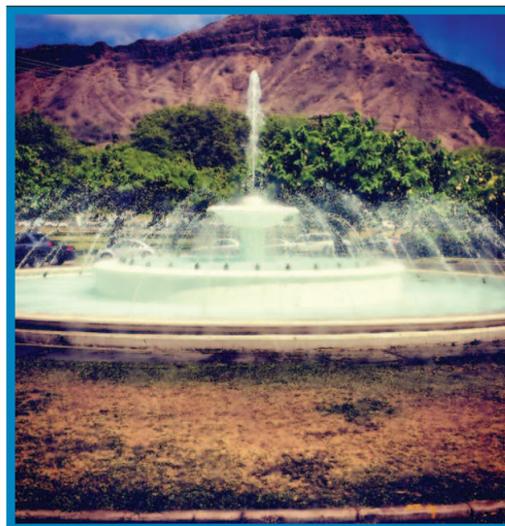
Despite the two losses, Flores said don't count out the 735 AMS just yet.

"We know we're good," he stated. "We know that we have all the pieces that we need. It's just putting a full game in. Our first half was strong. We need to have a strong second half as well."

For Thomas, after winning two of the past three base championships, he said that he believes NIOC can deliver on at least one more title before he leaves.

While the team looks like it is in a transition year, Thomas said this year's squad could go all the way.

"We got a lot of fresh legs," Thomas pointed out. "These guys will be the future of NIOC. I think this team is more than capable. We just need to keep building on the foundation that we have from previous years."



My Favorite Photo...

Air Force Staff Sgt. Carl D. Sanders, unit deployment manager for 690th Cyberspace Operations Squadron, took this photo of the fountain at Kapiolani Park.

How to submit: send your (non-posed) photos to editor@hookelenews.com.

State repaving outside Nimitz, O'Malley gates

Repaving will take place March 19 to May 21 on the inbound and outbound lanes at the Nimitz and O'Malley Gates.

The contractor will limit traffic to a single lane during construction.

Work on the outbound lanes will take place first from 7 a.m. to 2 p.m. Monday through Friday. On March 24, the outbound left lane onto Center Drive will be closed.

Work on the inbound lanes will follow beginning in April during the hours of 5 p.m. to 1 a.m. Monday through Thursday.

The work may include possible lane, exit and ramp closures.

All motorists and pedestrians are asked to plan accordingly.

Women's History Month events planned

Events have been scheduled for Women's History Month in March.

- Afloat Training Group Middle Pacific (ATG MIDPAC) will hold a Women's History Month observance beginning at 11:45 a.m. today in building 39 at Ford Island. The theme is "Weaving the Stories of Women's Lives." Rear Adm. Alma Grocki is scheduled to be the guest speaker.
- A Women's History Month luncheon

will be held from 11 a.m. to 1 p.m. March 30 at the Hale Aina Dining Facility. Food will be available for purchase. The guest speaker is Col. Eva Jenkins of Pacific Air Forces. Participants should RSVP by March 23.

For more information, email margo.ochoa@us.af.mil or call 449-0861/260-1223 or email Valerie.nededog@us.af.mil or call 448-1419.

Vice chairman of Joint Chiefs, USO, wrap up spring tour at JBPHH

Story and photos by SrAirman Christopher Stoltz

Joint Base Pearl Harbor-Hickam Public Affairs

Adm. James A. Winnefeld Jr., the vice chairman of the Joint Chiefs of Staff, along with celebrities, musicians, athletes and Miss America, wrapped up their eight-day, seven-country USO tour March 8 at Joint Base Pearl Harbor-Hickam.

The tour included Indianapolis Colts head coach Chuck Pagano; Colts quarterback Andrew Luck; Colts tight end Dwayne Allen; Pittsburgh Steelers guard David DeCastro; singers Phillip Phillips, Diana DeGarmo and Ace Young; actor Dennis Haysburt; Miss America 2015 Kira Kazantsev; and motion picture and television personality Jason "Wee Man" Acuna.

Before an appearance for the service members stationed at JBPHH, the celebrities visited the USS Arizona Memorial.

The USS Arizona tour, which was led by Navy Chief Machinist's Mate Michael Sears Jr. and Amanda Thompson of the National Park Service, provided the celebrities with the opportunity to learn more about the memorial, Pearl Harbor and the events leading up to World War II.

After the tour of the memorial, the stars made their way to Ward Field, where more than 1,200 fans awaited them. Luck, Allen and Pagano signed autographs and took pictures with Colts fans.

"Everyone keeps thanking us," said Luck. "However, we all feel it should be the other way around. The men and women in uniform we meet are inspiring, and we cannot thank them enough for their service and the sacrifices they make."

After signing shoes, hats and jerseys, and taking hun-



Indianapolis Colts tight end Dwayne Allen signs a fan's shirt after the USO variety show March 8 at Joint Base Pearl Harbor-Hickam.

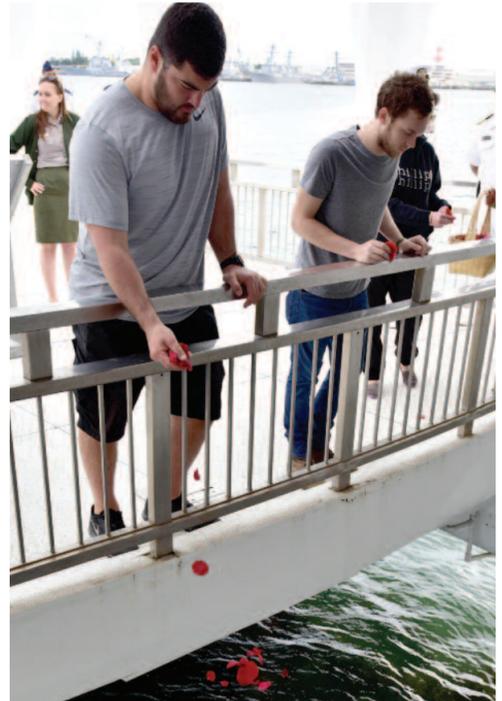
dreds of photos with fans, the Colts quarterback made his way, along with the other USO tour participants, to the stage as the variety show began.

Winnefeld thanked the service members for serving and the crowd for attending. He also pumped-up the crowd as he introduced singers Young and DeGarmo.

In addition, some of those in attendance at the event had the opportunity to catch autographed footballs from Luck, Pagano, Allen and DeCastro. The show included a finale by Phillips.

Phillips ended the night with his hit-song "Home."

As the spectators sang and all of the celebrities gathered on the stage, Winnefeld said to remember those who are serving and those who cannot make it home themselves.



Pittsburgh Steelers guard David DeCastro and singer Phillip Phillips release flower petals into the waters March 8 at the USS Arizona Memorial.

Port Royal notches biggest win of season

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

After three straight close games to open up the new season, USS Port Royal (CG 73) finally broke out of their doldrums to score a 43-29 win over USS Chosin (CG 65) on March 7 in an Afloat Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

Tied at 18-18 at halftime, Port Royal came out on fire and torched back-to-back triples from downtown by Logistics Specialist 3rd Class London Waldon and Quartermaster 3rd Class Dylan Hartfield to start off the second half with a 24-18 advantage before rolling to the 14-point victory.

The win kept the base defending champs Port Royal alone at the top of the Afloat Division with a record of 4-0, while Chosin dropped their second game against two victories.

Port Royal head coach Sr Airman Charlton Burton said that the fast start out of the gates to open up the second half was a huge boost to get the team's offense going.

"That was huge," Burton said. "We definitely wanted to come out in rhythm. I wanted to stress defense a lot more in the second half, but our offense translated to better defense."

The additional firepower from Waldon and Hartfield was a welcome relief to Port Royal, which was carried in the first half by Lt. Cmdr. Warren Hakes.

Hakes, who started in place of the injured Mana Hawkins, was red hot in the first half and picked up Port Royal's first 14 points of the game before teammate Boatswain's Mate 2nd Class Zach Robley chipped in with a basket in the paint at the 7:36 mark.

"He was definitely in rhythm," said Burton about the hot hand of Hakes. "We wanted to ride the hot hand and swinging him the ball. He took some great shots and knocked them down."

The basket by Robley gave Port Royal a 10-point lead at 16-6, but soon after, the momentum shifted to Chosin when Boatswain's Mate Seaman Fred Pippins began to find the range.

Pippins splashed down two three-pointers in a row to pull Chosin to within three points and then with time running out, Pippins completed the comeback with another three-point bomb at the buzzer to tie the score at 18-18 going into intermission.

"We played very lazy defense to finish the half," Burton admitted. "Unfortunately, they (Chosin) started knocking down their open shots."

While Port Royal star guard Waldon was held scoreless in the first half, he immediately opened up a three-point lead on a long-distance shot to start off the second half.

Then after Hartfield banged his three-pointer, Waldon came back with his second trey of the game to put Port Royal out in front at 28-21 with 14:38 on the clock.



Lt. Cmdr. Warren Hakes swoops into the basket for two of the 14 points he scored in the first half to lead USS Port Royal (CG 73).

Minutes later, Waldon was at it again and sank two free throws to make it an eight-point game.

With Port Royal in control, Robley added to the lead with a basket-and-one to make it 35-26.

The final dagger came with nearly four minutes remaining in the game when Electronics Technician 3rd Class Anthony Hawkins notched his third basket of the game to give Port Royal a commanding 39-28 lead.

Pippins, who led Chosin with 13 points, which included four treys, said that intensity was the key factor that raised Port Royal to victory.

"It was a good effort by both teams," Pippins pointed out. "They (Port Royal) just came out with a little more energy. We couldn't find a way to match it, but we tried our best and that's all I can ask from my teammates."

After winning by their largest margin this season, Burton said that he doesn't believe that things will get any easier for the defending champs.

While last year's title run came as a surprise to many, Burton stated that Port Royal wouldn't be able to sneak up on anybody this season.

"We're no longer the hunters," he said. "We're the hunted and everybody wants to beat us. At the end of the day, if we come out here and handle our business and play our game, we'll come out with a win."



Cryptologic Technician (Networks) Seaman Tomaras Wood shields the ball away from Staff Sgt. Kareem Alfred.

NIOC shuts out 15th Medical Group in season opener

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Navy Information Operations Command (NIOC) Hawaii kicked off the 2015 intramural soccer season on a positive note by beating the 15th Medical Group (15 MDG), 2-0, on March 7 in a battle of Red Division teams at Quick Field, Joint Base Pearl Harbor-Hickam.

After neither team scored in the first half, NIOC got on the scoreboard with a goal on a free kick from Cryptologic Technician (Networks) Seaman Vincent Puzar midway through the second half.

NIOC then sealed the game with only minutes remaining on the clock on a put-away shot from Cryptologic Technician (Collection) 2nd Class Ryan Matkowski.

On March 14, NIOC goes after their second straight win with a 9 a.m. game versus USS Port Royal (CG 73) at Quick Field, while the 15 MDG takes on Pearl Harbor Naval Shipyard at Ward Field starting at 2 p.m.

"Defense wins championships," said Matkowski after his team walked off the field with the shutout win. "Both teams were good. We just played solid ball."

Although neither team was able to get on the scoreboard in the first half, it

wasn't because of a lack of opportunities.

Both teams had numerous kicks on goal, but perhaps due to first-game jitters, no one was able to finish off a shot to the back of the net.

"It was just bad finishing," admitted 15 MDG striker Staff Sgt. Kareem Alfred. "We had opportunities to score. I had several but just didn't capitalize."

One play in particular had Alfred salivating at the chance to put his team on top.

Alfred took a pass on the left sideline and appeared to have a breakaway to the goal, but officials blew the whistle before he ever got the chance to shoot.

"It was offside," he said. "Basically, when I hit the ball past a player, my teammate was in the vicinity, but she wasn't playing the ball. She was coming away from the ball, so I kept running and they (officials) blew offside. That was my debate."

After intermission, things proceeded along much as it had in the first half.

However, Puzar changed the game in just one kick when he lined up for a free kick on the right side of the field and lofted a perfect shot that cleared the goalkeeper's reach and snuck just under the crossbar for a 1-0 lead.

Shortly after, Matkowski appeared to have given

NIOC a 2-0 lead, but his kick for goal was called back on an offside infraction.

Later, as time in the game was quickly running out, Matkowski got one more opportunity to score and this time, he made sure to put it away for good.

"It was a good pass," said Matkowski about how his shot was set up. "I was there at the right time."

While the outcome didn't turn out in the Medical Group's favor, head coach Tech. Sgt. Steven Mata said that he was very pleased by how hard his team played.

Even though the 15 MDG entered the game without any substitutions, Mata pointed out that his team more than held its own against a very deep NIOC squad.

The team's ability was further compromised when Alfred had to take himself out of the game after suffering an injury to his hamstring.

"I want to say that we gave it 150 percent - especially since we didn't have any subs," Mata said. "It's the first game. We still got to get together. I feel that we'll be good in the future, once we get a couple of games in."

Matkowski said that although it's great to get a win, everyone on NIOC would take it in stride.

"We're just here to have fun," Matkowski said. "If we win, we win."

St. Patrick's meal at Silver Dolphin

A St. Patrick's Day special luncheon will be held from 11 a.m. to 12:30 p.m. March 17 at the Silver Dolphin Bistro Galley.

Food items in the main line include pepper pot soup, apple glazed corned beef, Cornish hens, shepherds pie, wild rice, mustard sauce, scalloped potatoes, simmered cabbage, Irish glazed carrots, assorted desserts, ice cream bar, fresh salad bar and tropical fruit.

Food in the speed line includes hot dogs, burgers and French fries.

The meal is open to all military, their family members, Department of Defense employees and retirees.

For more information, call 473-2519.

Breakfast with Easter bunny

Breakfast with the Easter bunny will begin at 8 a.m. March 28 at the Pearl Harbor Navy Exchange mall food court lanai.

The event for authorized patrons only will include a pancake and ham breakfast, glitter tattoos, balloon art, prizes and crafts.

The cost is \$12 for children and \$10 for adults.

For more information, call 423-3287 or email Stephanie.Lau@nexweb.org.



Live the Great Life

Dining options for Easter on base



MWR Marketing Photo

Teams from all branches of service are represented in the Hawaii All-Military Bowling Tournament.

Teams set for bowling battle between branches

Helen Ko

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Teams for the Navy and Air Force are now set. The Hawaii All-Military Bowling Tournament's first week of tryouts at the Naval Station Bowling Center were completed on Feb. 20.

This year marks the 18th year of the tournament.

The Air Force and Navy teams made their cuts for the upcoming contest, running from March 31 to April 3. They will be competing against teams from the Marines, retirees, and Air National Guard and Reservists. Representing their respective branches are:

Air Force team

Capt. Kevin Hooker
Spc. Chris Ritter
Staff Sgt. Ryan Swindlehurst
Tech. Sgt. Brian Graf
Staff Sgt. Michael MacLeod
SrAirman Steven Parcel
Staff Sgt. Nathan Hummel

Navy team

Senior Chief Culinary Specialist
Derrick Pelekai
Chief Aviation Electronics Technician
Tom Berger
Chief Fire Control Technician
Patrick Mitchell
Engineman 2nd Class John Beach
Chief Interior Communications
Electrician David Ocain
Chief Construction Electrician
Erik Dries
Information Systems Technician 2nd
Class Aaron Williams

Last year, the retirees team took the title. "A few of the players come back and compete each year, especially the Guard and retirees teams," said Millie Gomes, Naval Station Bowling Center manager.

Those interested in watching the bowling tournament can catch it at four different bowling centers — March 31 at Naval Station Bowling Center, April 1 at K-Bay Lanes, April 2 at Schofield Bowling Center and April 3 at Hickam Bowling Center.

For more information, visit greatlifehaw.aaii.com or call 473-2651.

Reid Tokeshi

Joint Base Pearl
Harbor-Hickam
Morale, Welfare &
Recreation

Easter is only three weeks away, and many families will be looking for places to sit down for a relaxing meal. Two of Joint Base Pearl Harbor Hickam's Morale, Welfare and Recreation (MWR) facilities are stepping up with Easter brunches suitable for families.

Joint Base Catering is again holding its annual Easter brunch buffet on April 5. The traditional carved ham and carved round of beef lead the menu. Salmon or orzo and Caprice chicken on pasta add variety to those looking for other options. Breakfast offerings include an omelette station, waffle station and other favorites. Live musical entertainment will be provided for the crowd during the event.

Three seating times are available. Dining on the lanai overlooking the channel is at 10 a.m. and 1 p.m. Those preferring the air-conditioned comfort of the din-



MWR Marketing photo

Carved round of beef is on the menu for the Easter brunch at the Historic Hickam Officers' Club on April 5.

ing room can opt for the 11 a.m. seating time.

Prices are \$31.95 for adults, \$17.95 for children 7 to 12 years of age and \$11.50 for children 4 to 6 years old. Reservations are accepted beginning Monday. For more information, call 448-4608.

Those with a taste for brunch by the beach can look to Sam Choy's Island Style Seafood Grille at Hickam Harbor. A brunch buffet is offered from 10 a.m. to 3 p.m. and a dinner buffet will be from 5 to 9 p.m.

The brunch includes an omelette station, waffle and pancake bar, honey glazed ham and pot roast beef. The dinner buffet also offers ham, along with prime rib, pork loin roast and fish and chicken selections. The price for either buffet is \$32.95 for adults and children 6 to 12 years are \$19.95.

In addition, Sam Choy's will hold an Easter egg hunt for children ages infant to 10 years old. The egg hunt begins at 9 a.m. For reservations and more information, call 422-3002.

Your Weekly Fun with MWR

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



Youth Ocean Adventure Camps registration closes today. MWR Outdoor Recreation-Hickam Harbor's spring break camps will be held March 16-20. Activities will include swimming, fishing and kayaking. Each session will vary depending on weather, ocean conditions and the abilities of the group. The cost is \$65. FMI: 449-5215.

Liberty's St. Patrick's Day Dinner will be held from 5 to 7 p.m. March 17 at Beeman Center. This free corned-beef-and-cabbage dinner is open to single, active-duty military E1-E6 only. FMI: 473-2583.

St. Paddy's Day Parent Event will be held from 5:30 to 7:30 p.m. March 17 at the Hickam Teen Center. Teens ages 13 to 18

and their families are encouraged to wear as much green and St. Paddy's Day festive attire as they can to this free event. The most festive family will win a prize. FMI: 448-0418.

Intramural Softball Coaches Meeting will begin at 1 p.m. March 18 at the Joint Base Pearl Harbor-Hickam Fitness Center. The season starts April 13 and runs through June. The league is limited to commands from JBPHH. Active-duty members not belonging to a command team will come from a players' pool. There is no fee to participate. FMI: 473-2494 or 473-2437.

Kids' Book Club will begin at 2 p.m. March 18 at the Joint Base Pearl Harbor-Hickam

Library for youth in fourth and fifth grades. Group two (the "third Wednesday" group) will discuss "Tuck Everlasting." FMI: 449-8299.

Snorkeling at Hanauma Bay excursion will begin at 9 a.m. March 21. MWR Outdoor Adventure Center staff will lead a trip to this protected reef, once an active volcano, which now provides habitat for hundreds of species of sea life. Participants should bring a towel, sun block, water and snacks. The cost is \$30. The sign-up deadline is March 18. FMI: 473-1198.

Learn to Stand-up Paddleboard classes will begin at 9:15 a.m. and at 10:30 a.m. March 21 at Hickam Harbor. This introductory class will cover the basics of stand-up paddling.

The cost is \$25 for each session. The sign-up deadline is March 19. FMI: 449-5215.

Bottom Fishing excursion will depart at 2:30 p.m. March 21 from Hickam Harbor. This trip is for both experts and beginners and includes gear, bait, guides and boat. The cost is \$30. The sign-up deadline is March 19. FMI: 449-5215.

Women's Surf Lessons will begin at 9 a.m. March 22 at Hickam Harbor. Women can learn the basics of surfing in a format similar to the regular group classes. Participants need to be proficient swimmers and able to swim without a lifejacket. The cost is \$30. The sign-up deadline is March 19. FMI: 449-5215.

MARCH

A BETTER YOU

NOW TO 24 — The Pearl Harbor Navy Exchange (NEX) is partnering with health and fitness organizations for A Better You event from 11 a.m. to 2 p.m. daily throughout the NEX mall. Participating groups will include Naval Health Clinic Hawaii, TRI-CARE and JBPHH Morale, Welfare and Recreation. The free event for authorized patrons will include demonstrations, health analysis, program information and giveaways. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

SUPPORT FOR NMCRS

SATURDAY, 21 — Patrons can support the Navy-Marine Corps Relief Society (NMCRS) by buying a Koala Moa chicken plate from 10 a.m. to 5 p.m. at the food truck at the Pearl Harbor NEX parking lot. FMI: 423-3287.

GLOW RUN AND PARTY

SATURDAY — A free nighttime fun run and St. Patrick's Day party will be held at Turtle Cove, Bellows Air Force Station. Patrons are invited to dress in shamrock green or festive costumes and bring their glowsticks and LEDs. The party will be from 5:30 to 9 p.m. The glow run will begin at 7 p.m. with check in at 6 p.m. Prizes will be awarded for the glow run. Participants in the run should wear shoes and bring a flashlight or headlamp. The run is not recommended for those ages 7 and younger. FMI: 259-4112 or www.bellowsaifs.com.

TRAVELING EXHIBIT

SATURDAY — Pacific Aviation Museum Pearl Harbor will serve as the first stop of the "National Memories" United States tour. The exhibit brings to life the camaraderie that existed between Chinese and U.S. Soldiers as their countries joined forces during World War II. FMI: 441-1007 www.pacificaviationmuseum.org.

TEMPORARY GYM CLOSURE

16 TO 22 — The gym on the submarine side of Joint Base Pearl Harbor-Hickam will be closed from March 16 to 22 for required floor maintenance and will re-open on March 23. Patrons are asked to plan accordingly.

'KICK BUTTS DAY'

18 — Aliamanu Military Reservation youth sports, Pearl Harbor Navy Exchange (NEX) and other organizations will hold a Kick Butts Day event from 11 a.m. to 2 p.m. at the NEX mall. Kick Butts Day is a national day designed to empower youth to stand out, speak up and seize control against tobacco use. In addition, a two-mile walk-run will begin at 7 a.m. at the NEX. FMI: Brittany K. Bigham at 836-1923 or Stephanie Lau at 423-3287.

PEARL HARBOR COLORS

19 — The monthly Pearl Harbor Colors honors and heritage ceremony will begin at 7:30 a.m. at the Pearl Harbor Visitor Center. The monthly ceremony honors veterans, enhances public engagement and demonstrates naval heritage.

EXPLORERS CLUB

19, 20 — An Explorers Club science, technology, engineering and math (STEM) session about astrophotography at Pacific Aviation Museum Pearl Harbor will focus on learning about celestial objects and using technology to enhance images of the cosmos. The event is for students in grades three through eight. One-day registration is \$60 and includes all program materials. Students need to provide their own lunch. FMI: 445-9137 or visit www.pacificaviationmuseum.org.

THREE-POINT SHOOT-OUT

28 — Hickam Communities will host a Three Point Shoot-Out out from noon to 1 p.m. at Earhart Recreational Complex, intersection of Aupaka Street and Malick Avenue. The event is a fitness activity for youth ages 5 to 18 who can compete in a three-point and free throw competition to win prizes. FMI: www.hickamcommunities.com or 853-3776.

BREAKFAST WITH THE EASTER BUNNY

28 — Breakfast with the Easter bunny will begin at 8 a.m. at the Pearl Harbor Navy Exchange mall food court lanai. The event for authorized patrons only will include a pancake and ham breakfast, glitter tattoos, balloon art, prizes and crafts. The cost is \$12 for children and \$10 for adults. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

WOMEN'S HISTORY MONTH LUNCHEON

30 — A Women's History Month luncheon will be held from 11 a.m. to 1 p.m. at the Hale Aina Dining Facility. The speaker will be Col. Eva Jenkins of Pacific Air Forces. Participants should RSVP by March 23. Food will be available for purchase. FMI: margo.ochoa@us.af.mil or 449-0861 or 260-1223.

BLOOD DRIVE

31 — A blood drive will be held from 9 a.m. to 1 p.m. at Makalapa Clinic, Joint Base Pearl Harbor-Hickam. FMI: 433-6699, 433-6148 or email michelle.lele@amedd.army.mil.

APRIL

WALK TO SAFETY

1 — The Joint Base Pearl Harbor-Hickam Department of Emergency Management will host a one-mile "Walk to Safety" beginning at 11:30 a.m. at Aloha Aina Park. The walk will be in conjunction with the monthly tsunami siren test. The event helps promote tsunami awareness and demonstrates that people can walk to safety in less than 30 minutes. FMI: 448-2742 or larry.w.sabine@navy.mil or larry.sabatine.ctr@hickam.af.mil. All hands are invited to walk.

PEARL HARBOR BIKE PATH CLEANUP

4 — Joint Base Pearl Harbor-Hickam and other military volunteers can participate in the next Pearl Harbor Bike Path cleanup led by the City and County of Honolulu. Volunteers ages 12 and above should meet at the far end of the Best Buy parking lot in Aiea by 7:30 a.m. Volunteers should dress to get dirty. The city will also host Earth Month festivities at Neal Blaisdell Park starting at 11 a.m. FMI: Chief Master-at-Arms William Matteson at William.n.matteson@navy.mil or (209) 216-7190 or Tom Clements at 473-0662 or email tom.clements@navy.mil.



SELMA (PG-13)

This is the story of a movement. The film chronicles the tumultuous three-month period in 1965 when Dr. Martin Luther King Jr. led a dangerous campaign to secure equal voting rights in the face of violent opposition. The epic march from Selma to Montgomery culminated in President Johnson signing the Voting Rights Act of 1965, one of the most significant victories for the civil rights movement.

SHARKEY THEATER

TODAY 3/13
7:00 p.m. Seventh Son (PG-13)

SATURDAY 3/14
2:30 p.m. The SpongeBob Movie: Sponge Out of Water (PG)
4:40 p.m. McFarland, USA (PG)
7:20 p.m. Hot Tub Time Machine 2 (R)

SUNDAY 3/15
2:30 p.m. McFarland, USA (PG)
5:10 p.m. Seventh Son (3D) (PG-13)
7:10 p.m. Selma (PG-13)

THURSDAY 3/19
7:00 p.m. The Boy Next Door (R)

HICKAM MEMORIAL THEATER

TODAY 3/13
6:00 p.m. Jupiter Ascending (PG-13)

SATURDAY 3/14
4:00 p.m. Strange Magic (PG)
7:00 p.m. Project Almanac (PG-13)

SUNDAY 3/15
2:00 p.m. Strange Magic (PG)

THURSDAY 3/19
7:00 p.m. Jupiter Ascending (PG-13)



Women pilots 'soar' at aviation event

Story and photos by Pacific Aviation Museum

A Discover Your Future in Aviation event took place March 7 at Pacific Aviation Museum Pearl Harbor.

Participants talked one-on-one with aviation professionals and discovered more about the women and men who contribute to aviation. The event was targeted toward young people interested in aviation as a career, school groups, Scouts and families.

Speakers in the hangar 37 theater included Jessica Cox, the world's first licensed armless pilot. Rob Kelso, executive director of the Pacific International Space Center for Exploration Systems, and Lt. Col. Karen Fuller Brannon, the first female U.S. Marine Corps F/A 18 Hornet fighter pilot, also spoke at the event.

The event included aviation-related prizes, air-



craft flyovers, remote control demonstrations, aircraft open cockpits and hands-on aviation activities.

It also covered career information, interactive science exhibits and a scavenger hunt.

For more information on the museum, visit www.pacificaviationmuseum.org.



Pilot Jessica Cox (above) speaks at the Discover your Future in Aviation event. (Top and right) Attendees at the event experience the exhibits at Pacific Aviation Museum Pearl Harbor.



Public health center announces revitalized ShipShape Program

Navy and Marine Corps Public Health Center, Public Affairs

The Navy and Marine Corps Public Health Center (NMCPHC) on March 9 announced the launch of the revitalized ShipShape Program.

The ShipShape Program helps participants achieve healthy weight loss and maintain a healthy weight by facilitating changes in eating and exercise habits. The program aligns to the missions of the 21st Century Sailor and Marine Initiative and Navy Medicine to maintain a healthy, fit and ready force.

"We spearheaded an intensive ShipShape Program improvement initiative to enhance curriculum content, facilitator training, and participant involvement which we feel increases the value and impact of the program," said Cmdr. Connie Scott, health promotion and wellness department head at NMCPHC.

"We led an in-depth review to assess service member success rates after completing the program, surveyed current ShipShape Program facilitators on best practices and recommendations, reviewed ShipShape program participant evaluations, and conducted a contemporary literature review on management of overweight and obesity in our efforts to improve the program," Scott said.

"Additionally, we would like to recognize our ShipShape Program facilitators who are essential in providing the needed program outreach assisting service members in meeting readiness requirements and also providing a resource to improve the health of our beneficiaries and civilian staff," said Scott.

NMCPHC modernized the ShipShape Program curriculum and reporting forms, unveiled a new logo, adopted "Get Ready. Get Fit. Get Healthy" as its tagline, and redesigned the ShipShape Program website, which has garnered more than 6,000 unique visits since October 2014.

"Over the last two years, approximately 43 percent of active duty fitness enhancement program participants that successfully com-

pleted the ShipShape Program have met Navy body composition assessment standards within six months of completing the program," said Sally Vickers, ShipShape program manager at NMCPHC.

"Through the updated ShipShape Program, we look forward to helping more active duty and Reserve service members, beneficiaries and government civilians meet their weight management goals," she said.

The updated ShipShape Program curriculum ensures that each of the program's eight sessions cover three essential components for weight management: mindset, nutrition and physical activity. It also integrates engaging activities that promote both participant interaction and individual accomplishments.

Reporting form revisions include a consolidated attendance roster and reporting form, auto-population features for follow-up reporting, and other updated features that provide an easy-to-use tool for participant tracking.

"In addition to the overall redesign of the program, we also focused on increasing interaction between ShipShape Program facilitators and NMCPHC, as the program manager," said Vickers. "We established a forum via milSuite for facilitators to ask questions, share their experiences, and provide program feedback."

Since November 2014, NMCPHC has trained and/or recertified approximately 130 ShipShape Program facilitators from across the Navy.

The ShipShape Program is the official Navy weight management program that assists active duty and Reserve military service members, beneficiaries and government civilians with making healthy behavior changes to reach their weight management goals. The program is administered at local medical treatment facilities and clinics, shipboard commands and other ashore facilities.

To learn more about the ShipShape Program visit: <http://www.mednavy.mil/sites/nmcpHC/health-promtion/Pages/ship-shape.aspx>.

Temporary gym closure

The gym on the submarine side of Joint Base Pearl Harbor-Hickam will be closed from March 16 to 22 for required floor maintenance and will re-open on March 23.

Patrons are asked to plan accordingly.

Take a run: Distance makes heart grow stronger

Douglas H. Stutz

Naval Hospital Bremerton
Public Affairs

Jenni Osborne, a health educator assigned to health promotion and wellness department at Naval Hospital Bremerton (NHB), shared an article recently published in the Journal of the American College of Cardiology titled, "Running reduces risk of death regardless of duration, speed."

The premise of the article is that running for only a few minutes a day or at slow speeds may significantly reduce a person's risk of death from cardiovascular disease compared to someone who does not run.

In other words, running to the restroom at halftime might be better than nothing, but if a person dedicates a bit more energy, and is a little less sedentary, the benefits far outweigh the chips and dips.

"Exercise is a well-established manner to prevent heart disease and is essential to a well-rounded healthy lifestyle," said Osborne.

Researchers studied 55,137 adults between the ages of 18 and 100 over a 15-year period to determine whether there is a relationship between running and longevity. Data was drawn from the Aerobics Center Longitudinal Study, where participants were asked to complete a questionnaire about their running habits.

In the study period, 3,413 participants died, including 1,217 whose deaths were related to car-



U.S. Air Force photo by SrA Christopher Stoltz

Runners participate in the Joint Base Pearl Harbor-Hickam Resolution 5K Run in January.

diovascular disease. In this population, 24 percent of the participants reported running as part of their leisure-time exercise.

Compared with non-runners, the runners had a 30 percent lower risk of death from all causes and a 45 percent lower risk of death from heart disease or stroke.

Runners on average lived three years longer compared to non-runners. Also, to reduce mortality risk at a population level from a public health perspective, the authors concluded that promoting running is as important as preventing smoking, obesity or hypertension.

The benefits were the same no matter how long, far, frequently or fast participants reported running. Benefits were also the same regardless of sex, age, body mass index, health conditions, smoking status or alcohol use.

"Short of quitting smoking, staying physically active with something like running is the best thing someone can do for themselves," said Capt. Steven Kewish,

NHB director for medical services.

NHB's health promotion and wellness actively showcased the heart health theme at local events.

"By supporting these events we are able to show other commands and communities what we offer in the way of support groups, classes and other events which help individuals and groups meet or exceed their health and wellness goals. Our vision is to empower people to live healthier lives," explained Hospital Corpsman 2nd Class (Fleet Marine Force) Christopher Spangler, health promotion and wellness department leading petty officer.

Spangler said an event like a fun run offers an avenue for people to be healthy and have fun. These events eliminate the competitive spirit most fear by attending a marathon or race.

"This allows runners from beginners to advanced to compete but still have fun," Spangler said.

According to Spangler, there are some people who might have read or heard that running is over-

rated, bad or not good for knees, but not if a person is properly trained and prepared.

"The sweet spot for many appears to be five to 19 miles per week, spread throughout three or four sessions per week. Runners who followed these guidelines reaped the greatest health benefits. Their risk of death dropped by 25 percent, according to results published in the journal *Medicine & Science in Sports & Exercise*," said Spangler, adding that consistency is key.

Spangler said that for those unable (or unwilling) to run, even if they are able to participate at a fun run by walking they can have just as much fun and reap the benefits.

Starting up a program of running or walking, or combining both on a course, might be undertaken as a New Year's resolution or because the command's physical readiness training is around the corner.

There are even marathoners and ultra-distance athletes who understand that

adding a walk portion to a long run is okay. The bottom line is still putting one foot in front of the other.

"We forget the reason we do cardiovascular fitness is for the health benefits and to feel good. Moving around increases blood flow to our muscles, strengthens the heart and lungs, and teaches the heart to work more efficiently," Spangler added.

It is proven that cardiovascular exercise also benefits more than just a stronger heart and lungs. It promotes weight loss, increased bone density, reduced stress, reduced risk of heart disease and some types of cancer, temporary relief from depression and anxiety, according to Spangler. He noted that it also offers more confidence about how you feel and how you look, better sleep, more energy, and even the intangible element of setting a good example for children to stay active as they get older.

Studies have shown that running promotes heart health by helping to manage or prevent high blood pressure; keep arteries clear of plaque by boosting good cholesterol and lowering triglycerides (fats in blood), and lower risk of coronary artery disease (CAD), heart attack and stroke.

Running can also help prevent or manage other chronic conditions that greatly impact heart health such as diabetes, overweight and obesity, as it burns more calories than most other forms of aerobics.

MFSC to hold classes

The Military and Family Support Center (MFSC) at Joint Base Pearl Harbor-Hickam will hold upcoming classes.

- Million Dollar Sailor/Airman class will be from 7:30 a.m. to 3:30 p.m. March 17 and 18 at MFSC Pearl Harbor. This two-day class is designed for junior Navy and Air Force personnel who can learn about proper budgeting techniques, credit management, savings and investment options, insurance, military pay and allowances, consumer rip-offs, how to obtain a loan, credit scores, reports, and new and used car purchasing techniques. Participants can register online at www.greatlifehawaii.com.

- New Moms and Dads class will be held from 5 to 8 p.m. March 18 at MFSC Hickam. New and soon-to-be parents (or those who are thinking about becoming parents) can learn about the roles, responsibilities, demands and joys of being parents. The session will also include early childhood social, emotional and physical development, crying and consoling, basic care information, and what to expect in the first year. Participants can register online at www.greatlife.hawaii.com.

- Recruitment for the Central Intelligence Agency (CIA) will be held from 11 a.m. to noon April 20 at MFSC Pearl Harbor. A CIA representative will be on hand to discuss qualification procedures, the hiring process and answer questions. Registration opens March 16.