

Life & Leisure



Women of Honor

Chief Musician Ryan Ringnalda, from Pacific Fleet Ceremonial Band, directs the band before an audience attending the Pearl Harbor Colors, honors and heritage ceremony March 19 at the Pearl Harbor Visitor Center.



All U.S. Navy photos by MCI Omari K. Way

Rebecca Hommon and Adelia Montgomery, hands on hearts, are among the civilians and service members showing respect for the flag during posting of colors at the ceremony.

Navy Region Hawaii honored the history of women in uniform during a Pearl Harbor Colors ceremony held March 19 at the Pearl Harbor Visitor Center.

March is Women's History Month. Eugenia Woodward, a member of the Women Accepted for Voluntary Emergency Service (WAVES), attended as guest of honor. Woodward received applause and thanks for her service during World War II.

The event also featured participation by Cmdr. Gina McCaine, commanding officer of the guided-missile destroyer USS O'Kane (DDG 77) and Cmdr. Linda Seymour, the commanding officer on the USS Halsey (DDG 97).



Visitors in attendance during Pearl Harbor Colors ceremony honoring women service members take photos with honored guest, Eugenia Woodward, a WWII veteran and Hawaii state director of Women Accepted for Voluntary Emergency Service (WAVES).



Navy Region Hawaii historian, Jim Neuman, presents Women Accepted for Voluntary Emergency Service (WAVES) veteran Eugenia Woodward with lei during Pearl Harbor Colors ceremony honoring women service members.



Sailors from guided-missile destroyers USS O'Kane (DDG 77) and USS Halsey (DDG 97) Honors and Ceremonial Guard stand ready to parade colors.

Scott Pawlowski, chief of natural and cultural resources with the National Park Service, and Eugenia Woodward salute while colors are posted.

Strong defense leads 690th COS back to winning track

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Leaving their starters on the bench for eight minutes of the first half, the 690th Cyberspace Operations Squadron (690 COS) fell behind by 10 points to Headquarters Pacific Air Forces (HQ PACAF).

Once the first stringers entered the game, the 690 COS dominated the action to beat HQ PACAF, 44-29, on March 12 in a Blue Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

"That was for our guys, who come in and work every day and sometimes aren't able to get in the game," said 690 COS point guard Staff Sgt. Carl Sanders about putting the subs in first. "It was just to let them know that we do respect them."

The win reestablished the 690 COS as one of the top contenders in Blue Division after the team suffered its first loss of the season during the previous week to the 647th Civil Engineer Squadron (647 CES).

"This was very big," Sanders said about the team's sixth win. "It (the loss) was a wakeup call. No one is unbeatable."

In allowing the subs to start off the game against HQ PACAF, the 690 COS found themselves down at 12-2 with 12:17 remaining in the first half.

Three minutes later, with the team's starters on the court, Airman 1st Class Spencer Davies knocked down a three ball to pull the 690 to within five at 13-8.

The long shot seemed to have shifted the momentum to the 690 as the team followed up with a basket by Sanders, a putback by 6-foot-10-inch center Airman 1st Class Theryn Hudson and then a free throw by Senior Airman Demetrius Harvey to tie the score at 13-13 at the 3:23 mark.

Sanders completed the comeback by downing a trey to give the 690 COS their first lead of the game at 16-15 before the team took a 20-17 lead into halftime.

While the insertion of the starters provided the catalyst for the comeback, Sanders said that it was just good old fundamental basketball that put the 690 back on track.

"We didn't do anything differently," he admitted. "We just came out with a game plan to play smart basketball. It was nothing different than normal. It was just coming in, run it down their throats, get the ball down low and keep pounding until the clock hits zero."

In the second half, with the 690 COS hanging on to a 23-20 lead, the team went on a spurt to put the game away for good.

A bomb from beyond the arc by Davies, his second of the game, got things going once again.

Following the shot, the 690 COS got a lay-up from Sanders and a basket from Airman 1st Class Robert Light to give the team its first double-digit lead of the game at 30-20 with 11:28 on the clock.

The 690 COS then went on to finish off a 13-0 run on baskets from Hudson and Light for a dominating 36-20 advantage.

While the team's offense was running smoothly, it was the defense that really crushed the hopes of HQ PACAF.

After falling behind at 12-2 in the first half, the 690 defense held HQ PACAF to only five points in the final 12 minutes of play before halftime and then gave up only three points in the first 12 minutes of play in the second half.

"Our guys are very defensive minded," Sanders said. "We know we have guys that can shoot, so we're not worried about offense. Defense is where we have to shine."

Surprisingly, the 690 racked up the easy win despite the fact that star forward Senior Airman Demetrius Harvey practically sat out the entire game and scored only two points on free throws.

Harvey, who admitted that he was bothered by sore ankles, said that the win proves that the 690 COS are much more than a one-man show.

"We have a lot of depth on our team. We have a lot of faith in our team," Harvey said.



Senior Airman Jaron Hyer, forward for 690th Cyberspace Operations Squadron (690 COS), drives to the basket against Headquarters Pacific Air Forces (HQ PACAF).

Shipyards shows off firepower in decisive victory

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Navy Diver 2nd Class Kirk Thomas recorded the rare hat trick with one goal in the first half and two in the second to lead Pearl Harbor Naval Shipyards (PHNSY) to a 9-0 win over the 15th Medical Group (15 MDG) on March 14 in a Red Division intramural soccer showdown at Ward Field, Joint Base Pearl Harbor-Hickam.

Thomas was among three players on PHNSY to score two or more goals in the win, which raised the team's record to 2-0, while the 15 MDG fell to 0-2.

"We've been playing together for two years now, so I think it's more chemistry than anything," said Thomas about the team's near-flawless game against the 15 MDG. "We know where each other is going to be on the field, and once we get going it's hard to stop us."

While neither team was able to score in the early minutes of the game, once PHNSY got on the scoreboard it opened the floodgates very quickly.

Gas Turbine System Technician (Mechanical) 1st Class Ismaila Lanase put away the first goal and was immediately joined by teammate Marco Fabara, a Department of Defense civilian, who finished off a breakaway to make it 2-0.

Shortly after recording his first goal of the game, Fabara made a picture-perfect pass to Troy Switzer, another DoD civilian, who caught up with the ball and shot it past the goalkeeper for a 3-0 lead.

"He's a really good player, so I have faith in him," said Fabara about Switzer's goal. "I would have given him a hard time if he missed that goal. Actually, I trust all of the guys."

The run by PHNSY finally came to end, when Thomas knocked in his goal of the game to give his team a 4-0 advantage going into halftime.

"Once you start figuring out your own team members, you start to actually playing as a team," said Thomas about the team's outburst in the first half. "Sports aren't about individual efforts. It's a team effort. Once we started making the right passes, the right runs, then everything clicked in."

The dominant first half was only a glimpse of what was to come, as PHNSY picked up right where they



Navy Diver 2nd Class Kirk Thomas gets to ball first before he boots in a goal past the defense of Tech. Sgt. Steven Mata.

left off after the break.

Once again, a goal started off a deluge of shots on goal that the 15 MDG just couldn't stop.

Fabara got things on the way with a breakaway goal to make it 5-0, before Gas Turbine System (Mechanical) 2nd Class John Lennon got his name in the scoring column on an assist from Lanase.

Lennon then turned around and lent a hand to Thomas for an assist and Thomas scored his second goal of the game to make it 7-0.

Finally, Lanase got his second goal of the game to make it 8-0 before Thomas closed the books for good with his third goal.

After winning the Summer Soccer League championship for the second year in a row, Fabara said that he believes that PHNSY has what it takes to challenge for this year's intramural title.

Having an idea of what each other can do, Fabara said, certainly helps to make PHNSY a contender.

"I guess we understand each other better," he said. "I think we got a good team. I hope we can win the championship."

Thomas also believes that PHNSY has the potential to win it all, especially when the team is at full strength.

"Some players are off island and we're missing some players," Thomas pointed out. "It's all about putting it all there and giving 100 percent all the time."

Joint Base Holy Week services announced

Brandon Bosworth

Assistant Editor, Ho'okele

Joint Base Pearl Harbor-Hickam Holy Week events have been announced. They include:

Jewish services

Joint Military Passover Seder, 6 p.m., April 3, Hale Koa Hotel Waikiki Ballroom. The registration deadline is March 27. For more information or to register, contact Dr. Daniel Bender at dab96744@gmail.com

Protestant services

Palm Sunday, March 29 8:30 a.m., contemporary worship service, Hickam Chapel Center

9 a.m., traditional Protestant service, Nelles Chapel 10:45 a.m., gospel service, Nelles Chapel

11 a.m. Protestant worship service, Pearl Harbor Memorial Chapel

Good Friday, April 3 5 p.m., Good Friday service, Pearl Harbor Memorial Chapel

Easter Sunday 6:30 a.m., joint sunrise service, Battleship Missouri Memorial

8:30 a.m., contemporary worship service, Hickam Chapel Center

9 a.m., traditional Protestant service, Nelles Chapel 10:45 a.m., gospel service,

Nelles Chapel.

11 a.m. Protestant worship service, Pearl Harbor Memorial Chapel

Roman Catholic services

Palm Sunday, March 28 5 p.m., Catholic Mass, Hickam Chapel Center

Palm Sunday, March 29 8:45 a.m., Palm Sunday Mass, Pearl Harbor Memorial Chapel

11 a.m., Palm Sunday Mass, Hickam Chapel Center

Holy Thursday, April 2 7 p.m., Holy Thursday Mass/feet washing, Pearl Harbor Memorial Chapel

7 p.m., Holy Thursday Mass, Hickam Chapel Center

Good Friday, April 3 7 p.m. Good Friday Holy Communion service, Pearl Harbor Memorial Chapel

7 p.m. Good Friday Holy Communion service, Hickam Chapel Center

Holy Saturday/ Easter Vigil, April 4 7 p.m. Easter Vigil Mass, Hickam Chapel Center

7:30 p.m. Easter Vigil Mass, Pearl Harbor Memorial Chapel

Easter Sunday, April 5 9 a.m. Easter Sunday Mass, Pearl Harbor Memorial Chapel

11 a.m., Easter Sunday Mass, Hickam Chapel Center.

'Navigate'
to Ho'okele website

www.hookelenews.com or
www.cnlic.navy.mil/hawaii

5k run at JBPHH honors Women's History Month

Story and photos by David D. Underwood Jr.

This month's Women's History Month observance at Joint Base Pearl Harbor-Hickam began with a 5k run March 12. The run started at the Missing Man Formation behind the Historic Hickam Officer's Club, and went to Porter Gate and back.

Gen. Lori J. Robinson, commander, Pacific Air Forces made opening comments before the run, and received a T-shirt bearing this year's theme, "Weaving the Stories of Women's Lives." The shirt was presented by 2nd Lt. Kellie Dowling, 647th Logistics Readiness Squadron.

This year's event was hosted by the Women's History Month Committee and put together by Master Sgt. Chandra Lewis, 747th Communications Squadron.

"The purpose was to celebrate women's history and collect food for the YWCA," said Lewis.

Anyone was eligible to participate — military,

civilian, and families.

Dowling said the event went very well.

"I was happy to have Gen. Robinson come out and speak," Dowling said. She added that it was a great turnout.

"A lot of people came out to support women's history," Dowling said.

Senior Airman Amori Colbert, 37th Intelligence Squadron said that it was very motivational. "People did great participating for the cause," she said.

March is proclaimed Women's History Month to show appreciation and pay tribute to women who have made an impact in society.

What began as Women's History Week in 1982, became a month-long observance in 1987, and Presidents Bill Clinton, George W. Bush and Barack Obama have continued this tradition by signing annual proclamations during the month of March.

For more information on women's history visit <http://womenshistorymonth.gov/about.html>.



Gen. Lori J. Robinson, commander, Pacific Air Forces, receives a themed t-shirt from 2nd Lt Kellie Dowling during a 5k run March 12 observing Women's History Month.



Participants run in the 5K event at JBPHH.

Chung-Hoon pulls away to defeat Jefferson City

Story and photo by Randy Dela Cruz

Sports Editor, Ho'okele

Very few players on base have the star power to go off every time they set foot on the court, but for USS Chung-Hoon (DDG 93) guard Yeoman 3rd Class Courtney Sims making baskets are like dropping dimes in a pond.

Against USS Jefferson City (SSN 759), Sims waited until the second half to explode, but when he did, the flashy point guard threw down 19 points in 10 minutes of play to lead Chung-Hoon to a 54-44 victory March 14 in an Afloat Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

The win kept Chung-Hoon in the hunt for the division's regular-season championship with a record of 4-2, while Jefferson City, which started off the season with back-to-back wins, now holds a record of 3-3.

"I'm not a selfish person," Sims said. "Half the time, as far as the point thing, I don't know what I'm doing. I want to score 40 but let everybody else play and give them a chance to gel."

While Sims was warming up in the first half, Jefferson City was able to stay within striking distance of Chung-Hoon.

A trey by Jefferson City Electronics Technician 1st Class Richard Wheeler tied the score at 16-16 with 4:45 remaining in the first half, but three-pointers by Logistics Specialist 3rd Class Nikita Mayo and Ensign Will Moore helped Chung-Hoon take a 26-19 lead into halftime.

After the break, Sims began to put on a show and started off the second half on fire.

Back-to-back baskets by Sims within the first minute of play gave Chung-Hoon a 31-19 advantage.

Then, after giving Chung-Hoon a 33-19 lead, Sims really took off and began to dominate play inside the paint with numerous putbacks over the course of four minutes.

"I'm not your typical guard," said Sims about his strong play under the



Yeoman 3rd Class Courtney Sims scored 25 points to lead USS Chung-Hoon (DDG 93) over USS Jefferson City (SSN 759).

basket. "I can go in there and box out with the big guys. That's where I pride myself. If I can't get the ball off the dribble to get my shot off, I'll just go get it."

Another basket by Sims at the 13:12 mark forced Jefferson City to take a timeout to try and neutralize the damage from the Chung-Hoon guard, who scored 13 of the team's first 16 points in the second half.

Sims scored his last basket with 9:53 remaining in the game before he took a seat on the bench with Chung-Hoon ahead at 52-28.

In only 10:07 of the second half, Sims pumped in 19 points to go along with the six he scored in the first half to finish with a game high of 25 points.

Mayo was the second leading scorer for Chung-Hoon with eight points, six of them coming on two long bombs from the perimeter.

With so much damage being done to Jefferson City inside the paint,

Wheeler said he believes that the team's choice of defense may have been its undoing.

"We were in a zone and it's hardest to block out when you're in a zone," Wheeler pointed out. "It was effective in the first half, but later in the second half you could see it kind of deteriorate. We should have went man earlier, but we didn't. We waited too long to make the defensive shift."

The loss had put Jefferson City on the bubble for a playoff berth, but Wheeler believes that there is still time to turn things around.

"We were down by three key players," Wheeler noted. "Every time we've had everybody here, we've won. We started off on top and we're going to finish on top."

Meanwhile, for Chung-Hoon, Sims promises that the best is yet to come.

"We're starting to get everything to gel," he said. "It's going to be a fun run."

Hickam Communities to launch annual resident survey

Hickam Communities

Hickam Communities will launch its annual resident satisfaction survey March 28. Its team will deliver "REACT R" surveys to families door-to-door, encouraging them to provide feedback about their living experience with Hickam Communities.

"It's vital for us to understand what's important to our residents. The 'Gimme 5' campaign is one way for us to measure how we're doing and it helps us identify areas that might need improvement," said Stephen Quinn, director of property management at Hickam Communities.

"Gimme5!" is a community outreach campaign that encourages residents to share their comments and suggestions. The REACT R survey, conducted by the real estate consulting firm CEL & Associates, Inc., takes about five minutes to complete and responses are

confidential.

"It's important our families complete and return the survey. Their comments and suggestions help our team plan and budget for valuable resident programs and services. Feedback from past surveys has helped us enhance and improve services and offer programs that our families really want and benefit from," Quinn said.

Residents who are able to complete their survey on March 28 are asked to seal it in the self-addressed, prepaid return envelope provided and leave it at their front door before noon. Hickam Communities' staff will then collect the surveys and leave behind five ice cream coupons to thank families for sharing their comments.

Families can redeem their coupons for ice cream at either Ka Makani or Earhart Community Centers from noon to 5 p.m. on March 28.

Residents who complete

and postmark their survey no later than April 4 will be entered into a random drawing for a chance to win a \$250 cash prize. One drawing will be held for each community — Hale Na Koa, Officer Field and Earhart.

The survey period ends on May 9, and all surveys must be post-marked and mailed or dropped off at any a Hickam Communities Community Center by this date.

In addition to the survey, Hickam Communities will host an activity for its young residents. The three-point shoot-out competition will be held from noon to 1 p.m. on March 28 at Hickam Communities Earhart Recreational Complex. Young people 5 to 18 years of age are invited to take part in a three-point and free throw competition to win prizes.

For more information about activities hosted by Hickam Communities, visit www.hickamcommunities.com or call 853-3776.

Navy nutrition: avoiding fad diets

MC2 Ashley Hedrick

Naval Submarine Base Kings Bay Public Affairs

Every once in a while, there comes a time when the numbers on the scale start creeping up. Before you know it, the pounds have packed on.

As a quick fix, some people turn to fad diets or a miracle pill, but is it really the smart way to go about losing weight? As part of Navy Nutrition Month, it is pertinent that service members attain the correct information about their nutrition and health lifestyle.

According to the establishing NAVADMN, the goal of Navy Nutrition Month is to increase awareness and transform food environments Navywide to facilitate and maintain better food and beverage options. Also, better food choices enhance physical performance, and contribute to the Navy's efforts to achieve a fit and ready force.

A fit and ready force does not entail losing a whopping 15 pounds a few weeks before the physical readiness test weigh-ins. According to Chris Schuff, a registered dietician for the Kings Bay Fitness Center, losing weight should be done gradually.

"Fad diets are all-or-nothing," said Schuff. "You're doing this extreme dieting that you will never be able to maintain for longer than when they tell you to do it. You will go through a deprivation phase of dieting. Afterward you engorge and could gain all of the weight back, if not more."

Advertisements on TV, the Internet, or in magazines may offer quick-fixes to effortless weight loss, but the reality is there is no such thing. Fad diets often eliminate or reduce one or more essential food groups, and only achieve temporary

weight-loss.

"Long term elimination of essential foods from your diet can lead to a malnourished state or vitamin deficiencies, which can lead to a multitude of medical problems," said Lt. Christopher Davis, a doctor at Naval Branch Health Clinic Kings Bay. "It's often seen in gastric bypass patients that are surgically placed in a state of improper food absorption."

Schuff recommends skipping the fad diets and utilizing a more balanced diet, in conjunction with regular exercise, in order to lose and maintain weight.

On the other hand, some may skip the diet and go straight to the weight-loss supplement. The Food and Drug Administration (FDA) claims many weight-loss supplements do not live up to their claim and can cause serious harm. Overall, dietary supplements are not approved by the FDA.

"Most are packed with stimulants that have drastic effects on the cardiovascular system, and may lead to conditions such as atrial fibrillation, coronary artery spasm, heart attack, and sudden death," Davis said.

Here's how to spot a fad diet:

- It requires people to spend large amounts of money to purchase special foods.
- It does not encourage at least 30 minutes of exercise at least three days a week.
- It recommends substituting two or more meals for liquid supplements.
- It eliminates one or more food groups or gives lists of "good" or "bad" foods.
- It does not include a long-term maintenance plan.
- It promises a quick fix or weight loss of more than one to two pounds a week.

For more information about fad diets and weight-loss supplements, visit www.med.navy.mil/ or www.fda.gov.



Live the Great Life



MWR Marketing Photo
Participants in ITT's Chinatown Food and Historic Tour sample Chinese food.

ITT Chinatown food, historic tour planned

Justin Hirai

Joint Base Pearl Harbor-Hickam
Morale, Welfare & Recreation

The Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) Information, Tickets & Travel (ITT) office announced the return of its Chinatown Food and Historic Tour for another year. The first tour for 2015 is scheduled for March 28.

During this guided walking tour, participants can see historic buildings, open markets and Chinese-style bakeries. They will also have opportunities to stop and sample Chinese foods along the way. The cost per adult is \$30 and \$20 per child ages

3 to 11 years old. The tour includes round-trip shuttle service from the Hickam ITT office and a dim sum lunch.

Check-in is at 8:30 a.m. at the Hickam ITT office and the shuttle is scheduled to return at approximately 1 p.m. Comfortable shoes and sun protection are recommended for this tour. Children in strollers are not recommended, due to the crowded and narrow walkways. The tour will run every last Saturday of the month, with the last tour scheduled for Nov. 29.

For more information, or to make reservations, call any ITT office: Fleet Store at 473-0792, Hickam at 448-2295, Pearl Harbor Navy Exchange at 422-2757, Barbers Point at 682-2019 or Wahiawa Annex at 564-4445/ 4446.

Abandoned vehicle auction to return Saturday

Justin Hirai

Joint Base Pearl Harbor-Hickam
Morale, Welfare & Recreation

Morale, Welfare and Recreation at Joint Base Pearl Harbor-Hickam will hold its second abandoned vehicle auction of the year from 8 a.m. to 2 p.m. Saturday at the abandoned car lot is located on Pearl Harbor on South Avenue. Parking will be available along the fence outside the lot.

Those without base access can park in the "pass and ID office" parking lot, just outside Nimitz Gate. There will be a free shuttle service providing transportation to the sale lot every half hour from 8 a.m. to 1:30 p.m.

The auction is open to all military personnel and the general public. Vehicles are sold as is, with all sales final and no refunds issued.

Only vehicles in the designated lot will be available for bidding. Completed bids need to be



MWR Marketing photo

Conditions of vehicles up for bid on Saturday will vary widely.

submitted on the day of the auction, from 8 a.m. to 2 p.m. No bids will be accepted after the auction closes. The minimum bid for all vehicles is \$150. Successful bidders will be notified beginning March 23 and will have to complete payment by the following business day after notification. Acceptable payments include cash, credit card, money order or cashier's checks. No personal checks will be accepted.

The vehicles are not in operating condition. They do not have keys and a towing company or appropriate transport will need to remove the vehicles. Vehicles cannot be towed by another vehicle with ropes, chains or tow bars.

For more information on a list of rules and pictures of vehicles available for auction visit www.greatlifehawaii.com and go to the auto skills page or call 471-9072.

Your Weekly Fun with MWR

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



Ford Island Bridge Run early registration deadline is today. This annual 10K race will begin at 7 a.m. April 4 at the Adm. Clarey Bridge. The entry fee is \$20 for active-duty military, military family members, retirees and Department of Defense civilians, and \$25 for all others. Late entries will be accepted until April 3 with a registration fee of \$30. Race day entries will be accepted until 6:45 a.m. with a registration fee of \$45. Pets are not allowed. The application is available for download at www.greatlife.hawaii.com. FMI: 473-2494 or 473-2437.

Learn to Spearfish class will be held from 9 a.m. to noon March 28 and March 29 with instructors from the MWR Outdoor Recreation-Hickam Harbor staff. On the first day, class is held at the pool. On the second day, depending on skill level, there may be two ocean dives from the boat. Mask, fins and snorkel are required; other equipment and transportation will be provided. The cost is \$60. The sign-up deadline is March 25. FMI: 449-5215.

Kayaking Haleiwa excursion will begin at 8 a.m. March 29. MWR Outdoor Adventure Center staff will lead a paddling trip along Anahulu Stream in Haleiwa. Transportation, instruction and equipment will be provided. The cost is \$30. The sign-up deadline is March 26. FMI: 473-1198.

Moonlight Paddle at Hickam Harbor will begin at 7:30 p.m. April 3. Participants of all paddling abilities are welcome. The trip will be led by Hickam Harbor's Outdoor Recreation staff and it includes all required gear. The cost is \$25. The sign-up deadline is March 26. FMI: 449-5215.

2015 Creative Writing Contest submissions will be accepted now through April 4 at the Joint Base Pearl Harbor-Hickam Library. Entries can be submitted in short story and poetry divisions (no more than one entry for each type). There are three age categories: children, ages 6 to 10 years old; young adults, ages 11 to 18 years old; and adults, ages 19 years and older. The

complete rules, entry form and details are available at www.greatlife.hawaii.com. There is no entry fee. FMI: 449-8299.

Easter Brunch Buffet will begin at 10 a.m., 11 a.m. and 1 p.m. April 5 at the Historic Hickam Officers' Club. The cost is \$31.95 for adults, \$17.95 for children ages 7 to 12 years old, \$11.50 for children ages 4 to 6 years old, and free for children 3 years and under. The reservation deadline is April 2. Reservations, FMI: 448-4608.

Spring Craft Fair Vendor applications will be accepted now through April 20 for mail-in civilian vendor registrations and through May 1 for walk-in and military-affiliated vendors. The 40th Annual Spring Craft Fair will be held from 9 a.m. to 3 p.m. May 2 at the Hickam Arts & Crafts Center. All items sold need to be handmade by participants. The cost is \$75 for a 15-foot-by-15-foot space, or \$105 for two to share a space. FMI: 448-9907.

Community Calendar

MARCH

NIMITZ, O'MALLEY GATES REPAVING WORK NOW — Repaving is taking place on the inbound and outbound lanes at the Nimitz and O'Malley Gates. The contractor is limiting traffic to a single lane during construction. Work on the outbound lanes takes place first from 7 a.m. to 2 p.m. through today. 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.

TEMPORARY GYM CLOSURE NOW — The gym on the submarine side of Joint Base Pearl Harbor-Hickam is closed until March 22 for required floor maintenance and will re-open on March 23. Patrons are asked to plan accordingly.

A-OK PROGRAM NOW — The Pearl Harbor Navy Exchange (NEX) gives back to students with good grades. Parents can bring their child's most recent report card to the NEX to register for the Project A-OK program. The child could win \$3,000, \$2,000 or \$1,000 from NEX. FMI: see the NEX Aloha Center in the mall rotunda or call 423-3287.

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— 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.

SAAPM CEREMONIES MARCH 24, APRIL 2 — Honolulu Mayor Kirk Caldwell will host a Sexual Assault Awareness and Prevention Month (SAAPM) ceremony at 2 p.m. March 24 at Honolulu Hale. A Joint Base Pearl Harbor-Hickam SAAPM proclamation signing ceremony will begin at 8:30 a.m. April 2 at Hickam Memorial Theater.

BLOOD DRIVES 25, 31— There are two upcoming blood drives at Joint Base Pearl Harbor-Hickam. The March 25 blood drive will be held from 9 a.m. to 1 p.m. at the Pearl Harbor Memorial Chapel. The March 31 blood drive will be held from 9 a.m. to 1 p.m. at Makalapa Clinic. FMI: 433-6699, 433-6148 or email michelle.lele@amedd.army.mil.

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 — 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.ocha@us.af.mil or 449-0861 260-1223.

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 COLORS 1, 23 — The Pearl Harbor colors honors and heritage ceremony will include a special event beginning at 7:30 a.m. April 1 at the Pearl Harbor Visitor Center commemorating the Chief Petty Officers' Birthday honoring Navy chiefs. Fleet Master Chief Ramirez will preside and offer keynote remarks. In addition, a Pearl Harbor colors ceremony on April 23 will have the theme of "Energy and Environment." It will include a display of renewable energy.

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.



THE SPONGEBOB MOVIE: SPONGE OUT OF WATER (PG)

SpongeBob goes on a quest to discover a stolen recipe that takes him to our dimension, our world, where he tangles with a pirate.

Movie Showtimes

SHARKEY THEATER

TODAY 3/20
7:00 p.m. McFarland, USA (PG)

SATURDAY 3/21
2:30 p.m. The SpongeBob Movie: Sponge Out of Water (3D) (PG)
4:40 p.m. The DUFF (PG-13)
6:50 p.m. Focus (R)

SUNDAY 3/22
2:30 p.m. The SpongeBob Movie: Sponge Out of Water (PG)
4:40 p.m. Black or White (PG-13)
7:10 p.m. Project Almanac (R)

THURSDAY 3/26
7:00 p.m. Seventh Son (PG-13)

HICKAM MEMORIAL THEATER

TODAY 3/20
6:00 p.m. Spongebob Squarepants Movie: Sponge Out Of Water (PG)

SATURDAY 3/21
4:00 p.m. McFarland USA (PG)
7:00 p.m. Fifty Shades of Grey (R)

SUNDAY 3/22
2:00 p.m. Spongebob Squarepants Movie: Sponge Out Of Water (PG)

THURSDAY 3/26
7:00 p.m. Fifty Shades of Grey (R)



Blood drives

Armed Services Blood Program drives include

- March 25, 9 a.m. to 1 p.m., Pearl Harbor Memorial Chapel, Joint Base Pearl Harbor-Hickam.
- March 31, 9 a.m. to 1 p.m. Makalapa Clinic, Joint Base Pearl Harbor-Hickam.

All blood types are needed, especially O Negative blood. For more information, call 433-6699 or 433-6148 or email michelle.Lele.civ@mail.mil.

Donor eligibility screening criteria

The Tripler Blood Donor Center would like to simplify the first step to a successful blood donation. The following criteria can be used to determine the eligibility of a potential blood donor. This information may not answer all questions and is continually updated, therefore direct specific questions to qualified blood donor staff at 433-6148.

Travel Issues – You can't donate if you have traveled or lived:

- From 1980 to 1996 in the United Kingdom for a cumulative period of three months or longer.
- A cumulative period of six months or longer from 1980 to 1990 in Belgium, Netherlands, or Germany; from 1980 to 1996 in Spain, Portugal, Turkey, Italy, or Greece; from 1980 to 1996 in Saudi Arabia.
- A cumulative period of five years or longer from 1980 to present in Europe including Saudi Arabia.
- In a malaria endemic area within the last 12 months.
- In a malaria endemic area for five consecutive years or longer (deferred for three years after departing the area).
- You have been deployed to Afghanistan, Iraq or Pakistan within the last 12 months.
- You have been stationed or traveled to North of Seoul, South Korea: in these areas Camp Bonifas (Boniface), Camp Casey, Camp Castle, Chunchon, Camp Dodge, Camp Edwards, Camp Esayons, DMZ, Camp Falling Water, Camp

Garry Owen (aka Pelham), Camp Giant, Camp Greaves, Camp Hovey, Camp Howze, Infiltration Tunnels, Camp Jackson, Joint Security Area (UN), Camp Kyle, KTC Airfield, Camp Laguardia, Camp Mobile, Multi Purpose Training Area, Munsan, Camp Nimble, Camp Page, Panmunjom, Camp Paju, Camp Red Cloud, Camp Rodriguez, Camp Sears, Camp Stanley, Camp Stanton, Tongduchon, Uijongbu and Warrior Base.

For five years or less you are deferred for two years after departing the area. For more than five years, you are deferred for three years after departing the area.

Other issues – You can't donate if

- You are participating in airborne operations in the next 72 hours.
 - You have donated blood in the last 56 days (at 57 days you can).
 - You have a cold, flu, or flu like symptoms, or do not feel well within the last 72 hours.
 - You're currently taking antibiotics or having dental procedures (root canal, oral surgery, or tooth extraction) within the last 72 hours.
- Further Clarification**
- You must be at least 17 years of age (with Parental Consent Form) unless active duty Soldier, and weigh at least 110 lbs.
 - Ear piercing done at a licensed facility is not deferred. Body piercing requires a one year deferral.
 - If you have had a tattoo, for more information visit www.militaryblood.mil or call 433-6148.

MFSC to hold upcoming events

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

- A Pinwheel Planting event will be held from 10 a.m. to noon April 2 at MFSC Wahiaawa (NC-TAMS).

The pinwheel serves as the national symbol for child abuse prevention. It is a reflection of hope, health, and safety – what should be desired for children everywhere. Pinwheels will be planted for children in honor of National Child Abuse Prevention Awareness Month.

- An Infant and Toddler Clothing Swap and Information Fair will be held from 10 a.m. to noon April 9 at MFSC Hickam.

The clothing swap is a way to get baby clothes for free. Families are encour-

aged to bring a bag of gently used children clothing for swapping and go home with the bag filled with new gently used clothes for their babies and toddlers. This event is designed to bring families together to strengthen their social connections and support.

- Recruitment for the Central Intelligence Agency will be held from 11 a.m. to noon April 20 at MFSC Pearl Harbor.

An agency representative will be on hand to discuss qualification procedures and the hiring process and answer questions. Because the class fills quickly, participants are asked to register online at www.greatlifehawaii.com.

For more information on MFSC events, call 474-1999.



My Favorite Photo...

John Burns, administrative support assistant for Navy Region Hawaii, took this panoramic photo of Pearl Harbor recently from the balcony of his home.

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