



U.S. military service members watch Vijay Singh, professional golfer, tee off at the 18th hole.

Military service members caddie for pro golfers at Sony Open



U.S. Marine Corps Sgt. Javier Marcano, right, Marine Aviation Logistics Squadron hazardous material coordinator, caddies for Matt Kuchar center, professional golfer.

Story and photos by Staff Sgt. Christopher Hubenthal

Defense Media Activity Hawaii

HONOLULU — Military families attended the Sony Open in Hawaii as part of the Birdies for the Brave military appreciation program from Jan. 15 to Jan. 19.

Thirty service members caddied for professional golfers during the Official Pro-Am Tournament held Jan. 14 as part of the Birdies for the Brave Military Caddie Program at the Waialae Country Club.

The program provided U.S. active duty service members from across the island of Oahu and all five military branches the chance to caddie for PGA Tour players for one hole during the Official Pro-Am Tournament.

U.S. Marine Corps Capt. Casey Ward, assigned to the 3rd Marine Regiment, used the volunteer opportunity to not only spend one-on-one time with pro golfers but also to contribute and better the event.

"Golfing has always been something I enjoy doing on my off time and being able to come out here and spend time with professional golfers, some of whom are in the golf hall of fame, is a phenomenal experience," Ward said. "Any opportunity where we can come out, contribute and give back is something we will always take the opportunity to do."

Ward sees the military caddie program as a unique chance for the U.S. Armed Forces and is humbled to volunteer.

"I think it is more of a product of opportunity that you can come out here and participate in these kinds of events," Ward said. "I'm very honored and blessed to have the privilege to do this because not everybody does."

Paul Goydos, professional golfer and winner of the Sony Open in 2007, took time to meet with service members and veterans at the Birdies for the Brave military appreciation tent during the Sony Open.

"These are heroes," Goydos said. "The real heroes at the Waialae Country Club at the Sony Open are sitting in this tent, not playing on the golf course. They are inspirational to me. These are people that have something in them that I obviously don't. For them to go out and do the things that they do, I come out here to inspire myself. These are good people."

The 2015 Sony Open marks the seventh year the Birdies for the Brave teamed with military service members during PGA Tour events across the United States.

"Active duty service members are invited by the PGA and the Friends of the Sony Charities to participate in the event by caddying for a pro on the 18th fairway," said Mike Connolly, Pasha Group Ocean Services Relocation Services vice president. He explained how the 30 military members selected participated during the Pro-Am.

"They will literally relieve the normal caddie of his bag and act as a real caddie for that 18th hole. This is just a wonderful opportunity for us to give something back as well and thank people for their service," Connolly said.



U.S. Navy Intelligence Specialist 1st Class Scott Torres, Fleet Intel Activity, caddies for Kyung-Ju Choi, professional golfer, at the 18th hole during The Sony Open in Hawaii Official Pro-Am Tournament Jan. 14 at the Waialae Country Club.



U.S. Marine Corps Sgt. Robert Rioux (center), 3rd Marine Regiment motor transport operator, caddies for Brian Harman (left), professional golfer.



U.S. Military service members caddie for professional golfers at the 18th hole during the Sony Open in Hawaii Official Pro-Am Tournament at the Waialae Country Club Jan. 14.

Pookela and Air Defense System earn hoop titles

Story and photos by
Randy Dela Cruz

Sports Editor, Ho'okele

After four months of hardwood wars, two teams emerged as champions in the Hawaii Air National Guard (HIANG) Intramural Basketball League.

In an exciting doubleheader, Pookela defeated C17 Maintenance Group (C17 MXG), 44-33, to win the master's division (ages 35 and up) championship, and 169th Air Defense System went to overtime to beat 15th Aircraft Maintenance Squadron (15 AMXS) Weapons, 39-37, for the open championship at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

During the master's showdown, Pookela fell behind early in the game, but midway through the first half, the team picked up its first lead when Capt. Barry Bicoy sank a long-range trey for an 11-10 advantage.

Later, with the game tied at 16-16, Sgt. Marvin Isidro connected on a three-pointer to put Pookela back out in front at 19-16 before going on to take a 24-19 lead into halftime.

With momentum on their side going into the half, Pookela continued to push the action in the second half on the hot shooting of Tech. Sgt. William Chang.

Chang, who scored four points in the first half, found his range coming out of the break and popped in nine points mostly on jumpers from the perimeter.

On the first possession in the second half, Chang calmly grabbed a pass just outside the arch and tossed in a perfect rainbow for three and a 27-19 advantage.

A minute later, Bicoy gave his team its first double-digit lead at 29-19 on jumper from outside.

A free throw by C17 MXG Master Sgt. Chris Adams finally broke the run, but the tough inside defense and the shooting of Chang, Bicoy and Isidro kept Pookela in charge and on their way to the title.

Chang said that a switch in strategy was the main reason why Pookela was able to pull away in the second half.

In the first half, the inside play of Adams and Tech. Sgt. Paul Kalama was able to keep C17 MXG in the game.

Chang said that Pookela was able to neutralize the duo by passing the ball around and being quicker.

"That was the game plan in the second half," Chang said. "They (Adams and Kalama) were hurting us, but we made the adjustment."

In the nightcap, things really started to heat up as the 169th ADS and Weapons went back and forth in a thrilling matchup that had everyone on the edge of their seats.

At first, it appeared that 169th ADS was going to walk away with an easy win by building up a nine point, 19-10, lead at halftime.

However, Weapons got out to a hot start in the second half and quickly turned the would-be rout into a game.

Fresh out of halftime, Weapons opened the second half on back-to-back treys by Staff Sgt. Donovan Olmos and Airman 1st Class Joe Nishimura to cut the lead down to



Tech. Sgt. Stephen Lorenzo goes up for a shot over the defense of Staff Sgt. Donovan Olmos. Lorenzo and his teammates on 169th Air Defense System won the open division basketball title in the HIANG Intramural Basketball League.

three at 19-16.

Weapons finally tied the score at 21-21 on a three-pointer by Staff Sgt. Gabriel Lanai and then took their first lead of the game on another trey by Olmos with 10:39 remaining in regulation time.

The lead changed five times during the rest of regulation before ending in a deadlock at 37-37.

In the two-minute overtime period, Weapons got the ball and was playing for the final shot when a turnover at midcourt handed the ball to the 169th ADS with 41 seconds on the clock.

As time ticked away, Senior Airman Shae Bryan Sylva took a pass at the top of the key and nailed the jumper at



Tech. Sgt. William Chang goes up for two of his 13 points to help Pookela win the master's division championship of the HIANG Intramural Basketball League.

the buzzer for the win.

Sylva said that as soon as he let it go from his hand, he knew the ball was going down.

"It felt good," he said. "I was just looking to get open and when I got the ball I just shot it."

Olmos, who led Weapons to the comeback in the second half, connected on four of the team's seven three-pointers.

He said that the plan was to hold the ball for the final shot, but it didn't work out.

"Unfortunately, we just turned over the ball," Olmos said. "It was miscommunication. It happens. We had a chance to stop them on defense, but they made a great shot."



Photo courtesy of Barbara Billand, monk seal responder volunteer

Monk seal returned to water after surgery

Benny, a Hawaiian monk seal, was returned to the ocean Jan. 16 after recuperating from surgery by veterinarians that saved his life. On Dec. 30, volunteers helped search for Benny who was rescued at White Plains Beach and taken to the National Oceanic and Atmospheric Ad-

ministration's Ford Island facility. An internal scan showed that a hook, monofilament and lead were stuck in its stomach. After a three-hour surgery to remove the foreign objects, Benny recuperated at the facility before being released back into the wild.

Blood drive schedule updated

January is National Blood Donor Month, and Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

- Jan. 26, 9:30 a.m. to 1:30 p.m., oceanside lobby entrance, Tripler Army Medical Center.
- Jan. 27, 9 a.m. to 1 p.m., NEX, Tripler Army Medical Center.
- Jan. 28, 8 a.m. to 3:30 p.m., blood donor center, Tripler Army Medical Center.
- Jan. 29, 8 a.m. to 1 p.m., Makalapa Clinic, Joint Base Pearl Harbor-Hickam.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil or check the website www.militaryblood.dod.mil.

Mokulele Flight Kitchen, Hale Aina Dining Facility collocate

647th Force Support Squadron

The Mokulele Flight Kitchen has collocated with the Hale Aina Dining Facility. The new Mokulele Flight Kitchen telephone order number will be 449-1666. The new meal pick-up location will be in the rear of building 1860 (across Kuntz Street from 24-hr AAFES Gas Station/Shoppette).

The flight kitchen will remain a 24/7 operation and continue to serve all current customers.

Additional patrons, including military shift workers and essential station messing meal card members will now be able to use the flight kitchen as flight line access will no longer be required.

Members authorized to eat at the Hale Aina Dining Facility and Mokulele Flight Kitchen include:

- Enlisted members on a meal card.
- Enlisted members receiving basic allowance for subsistence.
- Active duty officers.
- Temporary duty personnel (officers, enlisted and civilians) directed to dine at the dining facility on stated orders.
- Authorized Guardsmen and Reservists on unit training assembly drills and inactive duty for training orders.
- Spouses and family members accompanied by the military member.
- Authorized special groups and organizations.



Sense of community and fitness drives Stroller Warriors

Story and photos by Randy Dela Cruz

Sports Editor, Ho'okele

Finding a place to blend in can be a difficult task when you are constantly moving from one base to another.

The endeavor can be even more daunting if you're a mom with a newborn baby or even with one on the way.

The situation is no different at Joint Base Pearl Harbor-Hickam, but Kate Laing is the chapter coordinator of a unique program that reaches out to moms and their youngsters to form an on-base community that will make them feel at home.

Stroller Warriors is a free club that puts kids on wheels with their moms providing the muscle in a multifaceted exercise program that gives support, camaraderie and a sense of community.

Founded in 2010 by military spouse Stephanie Geraghty, the program has grown to include 18 chapters around the world, with Hawaii, under the leadership of Laing, entering two years ago.

"I launched the club in 2013," she said. "I was a member in Louisiana and when we got orders to permanent change of station here, I wanted to bring the club with me because I feel really passionate about it."

Laing added that while exercise and wellness is a major theme in Stroller Warriors, the club goes far beyond a workout.

"It's a community and I wanted to create a community where moms can get together with their kids," Laing stated. "We run, which is what brings us together, but we're a support network. It's a way for spouses to be able to have a platform to build a community. The friendships that form out of this are long lasting."

Toni McNulty, an Army spouse, was part of the original group that started off two years ago and is still going strong today.

From the very first meeting, she said that she was hooked by the workout and warm welcome she received from everyone there.

"At the time I had just moved to the islands and figured I had to do something because I had two boys (ages 1 and



4)," McNulty shared. "I just came to work out. I was really nervous, but it was really supportive."

Laing said that on any given day, the workouts, which include a 20-minute run and 15-minute strength training that focuses on your body's core, welcomes anywhere from 30-40 runners.

Workouts are geared to everyone's fitness level, so no one is pushed beyond their means.

"It's encouraging at all levels," said Megan Seeley, a Marine spouse. "The experienced ones encourage the beginners. We've all been there, so it takes encouragement."

For those who want to be challenged, the club has several options, including the Couch to 5K (C25K), which progressively takes a newbie on a nine-week program with the goal of finishing a 5K (3.1 miles) run.

Allison Chance, a Navy spouse, arrived at JPBHH last year and joined Stroller Warriors while she was three months pregnant.

Although Chance admitted that she wasn't a runner, she took the C25K challenge and completed the task while she was 26 weeks pregnant with her daughter Charlotte.

"This group just kind of motivates you," Chance pointed out. "It's been fun for me. My daughter was born in July and now she comes along with me."

Besides spending time pounding the pavement together, Laing said that members bond through other ways, such as providing community outreach to several charities.

"We always give back," she said. "We get so much as spouses. The military really provides well for us and so we reach out and do for others. We support (Tripler) Fisher House and held a 5K for breast cancer awareness."

Like Laing, who is helping spread the word about Stroller Warriors, other members are also determined to take their new-found community everywhere they go.

"We are worldwide now," McNulty said. "So wherever we move, we (Stroller Warriors) will be there."

Stroller Warriors meets at JPBHH every Tuesday at 9 a.m. and at Marine Corps Base Hawaii on Thursday at the same time.

For more information, visit Stroller Warriors @ Pearl Harbor on Facebook or email Laing at strollerwarriorspearlharbor@gmail.com.

'Mighty Mo' to host living history

Battleship Missouri Memorial Association

History will come to life from 9 a.m. to 4 p.m. Jan. 31 at the Battleship Missouri Memorial during a day of festivities for visitors of all ages to participate in Living History Day.

Guests of the Battleship Missouri Memorial at Ford Island, Joint Base Pearl Harbor-Hickam will see and experience first-hand a variety of historical exhibits and activities designed to be entertaining and educational, including:

- Displays of military vehicles, memorabilia and weaponry.
- Access to tour special areas of the Battleship Missouri, including the captain's cabin and the radio room.
- Military musical bands.
- Oral history presentations.
- Re-enactors in historical period dress and costumes.
- Static displays from active-duty military units.
- A vintage aircraft fly-over.

Admission is free for *kamaaina* (Hawaii residents), members of the armed forces and Mighty Mo members with valid I.D. The event is open to the public. Guests can visit the Pearl Harbor Visitor Center to get tickets on the day of the event.

Complimentary round-trip shuttle service for the



event will be offered from the Pearl Harbor Visitor Center beginning at 8 a.m. for those without base access.

Since opening in January 1999, the Battleship Missouri Memorial has attracted more than 6 million visitors from around the world with a tour showcasing the USS Missouri's unique place in history.

Located a mere ship's length from the USS Ari-

zona Memorial, the Mighty Mo completes a historical visitor experience that begins with the "day of infamy" and sinking of the USS Arizona in Pearl Harbor on Dec. 7, 1941, and ends with Imperial Japan's surrender aboard the USS Missouri in Tokyo Bay on Sept. 2, 1945.

For more information, call (toll-free) 1-877-644-4896 or visit USSMissouri.org.

HART utilities work near Makalapa Gate, Radford Drive to begin Jan. 26

Beginning Jan. 26, the Honolulu Authority for Rapid Transportation (HART) will begin work on Kamehameha Highway near Makalapa Gate and Radford Drive next to Joint Base Pearl Harbor-Hickam. The work will include single lane closures in the eastbound direction.

Drivers will experience staggered single lane closures along Kamehameha Highway in the eastbound direction for pole and camera installations and intermittent closures of the right lane exiting Makalapa Gate heading east.

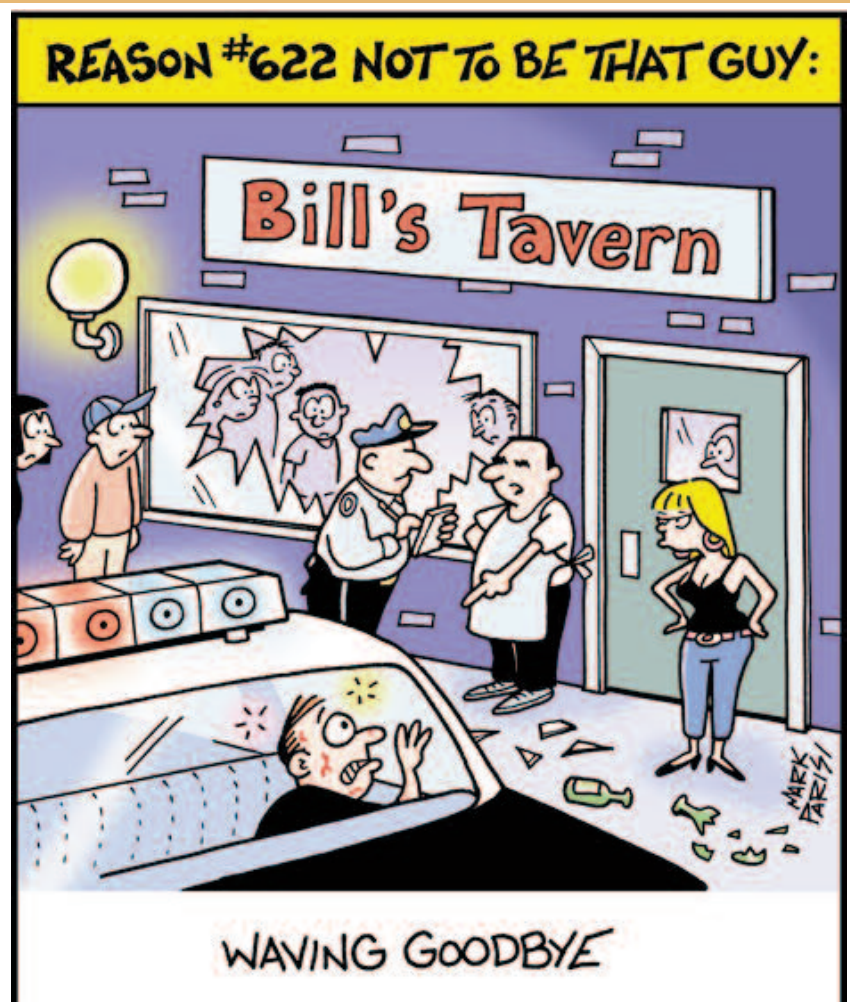
Right turns onto Kamehameha Highway will be controlled from the center lane by Honolulu Police Department officers.

HART began roadwork on the Airport

Section Utilities Project along Kamehameha Highway on Jan. 5. Work near Radford Drive includes staggered single lane closures in the westbound direction for potholing and utility probing. Construction work takes place from 8:30 a.m. to 2:30 p.m. Motorists should follow posted speed limits and other signs in the construction areas.

Contractor Nan Inc. is working closely with HART to provide weekly traffic updates.

For more information and traffic updates for all impacted areas relating to rail, visit HART's website, www.honolulutransit.org.



HO'okele
Life & Leisure
Oahu's natural wonders

'Navigate'
to Ho'okele website
www.hookele.com or www.cnic.navy.mil/hawaii



Live the Great Life



Photo Courtesy Ko Olina Ocean Adventures

Yoga is just one of the classes that attendees can try Saturday at the JBPHH Fitness Challenge.

New year means new you at JBPHH Fitness Challenge

Helen Ko

*Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation*

The end of the holiday season and the start of a new year often drives people to search for a way to improve their health and fitness. If you have made a resolution like this, you are not alone. Looking to try a new workout but not sure which to choose from? Joint Base Pearl Harbor-Hickam (JBPHH) Fitness Challenge 2015 will be ongoing from 9 to 11 a.m. Saturday at Joint Base Pearl Harbor-Hickam Fitness Center.

Patrons will be able to sample various classes, including kickboxing, Zumba, Shimmy Fitness, PiYo Strength and yoga. Each format will be showcased individually so that patrons can fully understand each

different class.

"Fitness Challenge is an annual event that I organize in January. It is a great way to kick off the new year and showcase the different class formats offered at JBPHH and Hickam Fitness Centers. Each class format is approximately 25 minutes long and the event is two hours," said Lori Gaynor, fitness manager at Wahiawa Annex.

PiYo Strength is a new class that will start in February at the JBPHH Fitness Center and the Hickam Fitness Center. The class incorporates Pilates and yoga in an athletic style workout. Attendees should be prepared to sweat and burn calories.

The fitness challenge is free to all eligible patrons. For more information, call 471-2019.



MWR Marketing photo

Raspberry cheesecake is one of the tasty ways to end a romantic dinner at Sam Choy's at Hickam Harbor.

Base eateries to offer Valentine's Day dinners

Reid Tokeshi

*Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation*

Valentine's Day may be three weeks away, but if a special night out for dinner is in the plans, reservations need to be made right away. Long one of the busiest nights of the year for restaurants, a romantic dinner for Valentine's Day can be hard to book if not done quickly.

What many people may not know is that two restaurants at joint base have special evenings planned for Valentine's Day. Each provides their own unique touch for a memorable Valentine's Day event.

Joint Base Catering will offer a Valentine's Day Sweetheart Dinner. Described as a romantic evening of live jazz music and elegant table service, the event happens at the Historic Hickam Officers' Club. All ranks are welcome. A set menu is available for \$45 per person. Reservations will be accepted beginning Jan. 26. For more information, call the catering office at 448-4608.

At Sam Choy's Island Style Seafood, Harold Beltran, executive chef, has created special menu items just for the occasion, including salads, entrees and desserts. These selections are available for dinner only, alongside the restaurant's regular menu. Reservations are recommended and being accepted now. Call 422-3002 for more information.

Your Weekly Fun with MWR

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



T.G.I.F. will be held from 4 to 6:30 p.m. today on the lanai at J.R. Rockers Sports Cafe. This after-work social event with a buffet, half-price pupus, music and prizes is free for Air Force Club members and \$9.99 for non-members. FMI: 448-2271.

The 2015 New Year's Lock-In for youth ages 13 to 18 years old will begin at 7 p.m. today to 7 a.m. Saturday at the teen center. Attendees can celebrate National Pie Month while enjoying games, snacks and prizes. The cost is \$25 or \$20 with a canned food donation. FMI: 448-0418.

Free Golf Clinic will begin at 9 a.m. Saturday at Mamala Bay Golf Course. FMI: 449-2304. Fitness Challenge 2015 will be offered from 9 to 11 a.m. Saturday at JBPHH Fitness Center. Patrons will be able to sample a variety of fitness classes, including kickboxing, yoga and Shimmy Fitness. This free workout session is open to all eligible patrons. FMI: 471 2019.

Wood Shop Safety class will be held from 4:30 to 7:30 p.m. Saturday at the Hickam Arts & Crafts Center. Students will be able to learn the proper and safe use of the tools and equipment in the wood hobby shop. Upon completion, participants will be issued a safety certification card enabling them to use the shop tools and equipment and to go on to more advanced woodworking classes. The cost is \$20. FMI: 448-9907.

Monday Night Kid's Night will be held from 5 to 9 p.m. Jan. 26 at Sam Choy's Island Style Seafood Grille. Children ages 12 years and younger can obtain a free kid's meal with the purchase of an adult entree. A

bounce house will be available for children from 5 to 7 p.m. FMI: 422-3002.

"On Location" Photography Workshop: Intro to Studio Lighting/Poses will be held from 6 to 8 p.m. Jan. 26 at the Hickam Arts & Crafts Center. Students will be able to gain experience and practice in photographing a variety of subjects under various lighting conditions. Tuition is \$25. FMI: 448-9907.

Beginning Glass Fusing class will be held from 3:45 to 5:45 p.m. every Tuesday from Jan. 27 through Feb. 17 at the Hickam Arts & Crafts Center. Students will learn how to cut and fuse sheet glass and other techniques. Tuition is \$75. FMI: 448-9907.

Preschool Story Time will begin at 9 a.m. Jan. 28 at the base library. The theme of this free program is "Hats, Caps and Bonnets." FMI: 449-8299.

Drawing with Glass class will be held from 3:45 to 5:45 p.m. every Wednesday from Jan. 28 through Feb. 11 at the Hickam Arts & Crafts Center. Students ages 12 years and older can learn to create their own expressive designs on glass with the flexibility of traditional media. Tuition is \$60. FMI: 448 9907.

Wild Wing Wednesday will be held from 5 to 8:30 p.m. Jan. 28 at J.R. Rockers Sports Café. "Rockers Wings" will be available with a variety of sauces from which to choose. FMI: 448-2271.

Kiln-Formed Vessels class will be held from 6 to 8 p.m. every Wednesday from Jan. 28

through Feb. 11 at the Hickam Arts & Crafts Center. Students will be able to build fully three-dimensional pieces. Previous glass experience is recommended. Tuition is \$60. FMI: 448-9907.

Mongolian BBQ will be held from 5:30 to 8 p.m. Jan. 29 on the lanai of the Historic Hickam Officers' Club. A variety of meats, vegetables and sauces will be available. Rice, noodles, soup, beverages and fortune cookies are included. FMI: 448-4608.

Hickam Historical Tour will be held from 9:30 a.m. to 1:30 p.m. Jan. 30 with visits to the original World War II Hickam Field buildings. The tour departs from Information, Tickets & Travel's Hickam office and from Royal Alaka'i Lodge and includes lunch. Tickets are \$45 for adults and \$40 for children ages three to 11 years old (there is an additional \$10 per person charge for pickup at the Hale Koa Hotel). Due to the nature of the tour, it is not recommended for children under six years old. FMI: 448-2295.

Makapu u Lighthouse Hike and Whale Spotting excursion will begin at 9 a.m. Jan. 31. Outdoor Adventure Center staff will take participants to the easternmost point of Oahu on a hike suitable for the whole family. Participants should bring a lunch and plenty of sunblock and water. The cost is \$10, and the sign-up deadline is Jan. 28. FMI: 473-1198.

Snorkeling at Hickam Harbor Cove excursion will begin at 9:30 a.m. Jan. 31. Outdoor Recreation staff will take patrons to explore

the outside reef at Hickam Harbor. Participants must know how to swim. The cost is \$15, and the sign-up deadline is Jan. 29. FMI: 449-5215.

Whale Watching Cruise will depart at noon Jan. 31 from the Information, Tickets & Travel-Hickam office for Ko Olina Marina. Participants will sail along the west coast of Oahu to search for humpback whales. Tickets are \$45 for adults and \$40 for children under 10 years old. FMI: 448-2295.

Women's Surf Lessons will begin at 9 a.m. Feb. 1 at Hickam Harbor. Women will learn the basics of surfing in a format similar to the regular group classes. Participants must be proficient swimmers and able to swim without a lifejacket. The cost is \$30, and the sign-up deadline is Jan. 29. FMI: 449-5215.

Snorkeling at Baby Makapuu excursion will begin at 9 a.m. Feb. 1. Outdoor Adventure Center staff will take patrons to Kaupo Cove, commonly referred to as "Baby Makapuu," just around the corner from Makapuu Point. Beginner snorkelers can stay near the shore for viewing, while advanced snorkelers can swim a bit further to the outer reefs. The cost is \$30, and the sign-up deadline is Jan. 29. FMI: 473-1198.

Moonlight Paddle at Hickam Harbor will begin at 6:30 p.m. Feb. 3. All paddling abilities are welcome. The trip is led by Hickam Harbor's Outdoor Recreation staff and includes all required gear. The cost is \$25, and the sign-up deadline is Jan. 30. FMI: 449-5215.

JANUARY**21ST CENTURY SAILOR OFFICE**

TODAY — Rear Adm. Richard Snyder, director of the 21st Century Sailor Office, will participate in an all hands call from 10:30 to 11:30 a.m. at Bloch Arena, Joint Base Pearl Harbor-Hickam. In addition, an all hands call will be held from 2 to 3 p.m. at the Marine Corps Base Hawaii Theater.

O'MALLEY VCC CLOSED TEMPORARILY

NOW — The O'Malley Visitor Control Center (VCC) is closed for approximately three months for renovation. All sponsors (except those authorized call-in privilege sponsorship) will need to meet their guests at the Nimitz VCC, building 3455 (also known as pass and ID), located outside Nimitz Gate for access onto the installation. During the renovation period, Nimitz VCC will be open 24 hours a day, seven days a week. FMI: 449-0865.

NEX FITNESS FAIR

NOW — Pearl Harbor Navy Exchange (NEX) will hold "A Better You" Fitness Fair will be held from 10 a.m. to 2 p.m. daily now through Jan. 27 at the NEX mall. NEX has partnered with health and fitness organizations to help patrons with healthy-living resolutions. Patrons include Naval Health Clinic Hawaii, TRICARE, Joint Base Morale, Welfare and Recreation fitness and others. FMI: 423-3287 or email Stephanie.Lau@nexweb.org.

STROLLER WARRIORS

NOW — Stroller Warriors Pearl Harbor is a free running club for military spouses living on Oahu. The club holds workouts twice a week, both beginning at 9 a.m. one at Joint Base Pearl Harbor-Hickam on Tuesdays and one at Marine Corps Base Hawaii on Thursdays. FMI: email strollerwarriorspearlharbor@gmail.com or www.facebook.com/Strollerwarriors or www.strollerwarriors.com.

HOSC SCHOLARSHIPS

NOW — The Hickam Officers' Spouses' Club is now accepting applications for scholarships. All college-bound military family members are eligible, including high school seniors, current students and spouses. Applications and eligibility information are available online at www.hickamosc.com. Applications need to be postmarked and mailed by March 9. FMI: email hoscscholarship2015@gmail.com.

ASMC SCHOLARSHIPS

NOW — The Aloha Chapter of the American Society of Military Comptrollers (ASMC) is providing college scholarships this year to Hawaii high school seniors entering a field of study directly related to financial/resource management, such as business administration, economics, accounting and finance. Applicants do not need to be affiliated with ASMC or the federal government. Applications are due March 6. Application and submission requirements are located at the chapter website at <http://chapters.asmconline.org/aloha/awards-4/>. FMI: email mary.c.garcia@navy.mil or call 473-8000, ext. 6320.

PASSENGER TERMINAL HOURS CHANGE

NOW — The Joint Base Pearl Harbor-Hickam Passenger Terminal's hours of operation have changed. The terminal will

remain open seven days a week, but it will be closed from 10 p.m. to 4 a.m. daily. Roll calls will be advertised between the hours of 10 p.m. and 4 a.m. The terminal will open one hour prior to the roll call time to allow passengers to sign up and mark themselves present for the flight. Passengers are able to sign up for travel using the remote sign-up process. All flight information will remain available through social media and the pre-recorded telephone services. FMI: https://www.facebook.com/HickamAMC?ref=br_tf or call 449-6833.

COLOR THE COSMOS DAY

24 — A ribbon cutting will begin at 2 p.m. for the grand opening of Pacific Aviation Museum Pearl Harbor's exhibit showcasing student enhanced astrophotography images. The exhibit is part of the Smithsonian affiliate "Youth Capture the Colorful Cosmos" program. FMI: 441-1007 or www.pacificaviationmuseum.org.

HICKAM BEACH RESTROOM RENOVATIONS

26 — Renovations on the Hickam Beach restroom, building 3470, will commence. During renovations the women's and men's restrooms will be closed to facilitate interior refurbishment. Renovations are tentatively expected through Feb. 13. During the closure, port-a-potties will be available adjacent to the restrooms. Alternate shower facilities will still be available for use until the renovations are complete.

HART UTILITIES WORK

26 — The Honolulu Authority for Rapid Transportation (HART) will begin work on Kamehameha Highway near Makalapa Gate and Radford Drive next to Joint Base Pearl Harbor-Hickam, which will include single lane closures in the eastbound direction. Drivers will experience staggered single lane closures along Kamehameha Highway in the eastbound direction for pole and camera installations, and intermittent closures of the right lane exiting Makalapa Gate heading east. Right turns onto Kamehameha Highway will be controlled from the center lane by Honolulu Police Department officers. HART began roadwork on the Airport Section Utilities Project along Kamehameha Highway on Jan. 5. Work near Radford Drive includes staggered single lane closures in the westbound direction for potholing and utility probing. Construction work takes place from 8:30 a.m. to 2:30 p.m. Motorists should follow posted speed limits and other signs in the construction areas. FMI: www.honolulutransit.org.

TAX ASSISTANCE CENTER

30 — The Navy Tax Assistance Center will open at the start of the tax season. The self-service model center will be located at the Navy College building, 1260 Pierce St., building 679, Joint Base Pearl Harbor-Hickam in classroom 11. The tax center will be open daily from 8:30 a.m. to 3 p.m. Volunteers are also being sought for the assistance center. FMI: Ursula.m.smith1@navy.mil or 473-0443.

FEBRUARY**PEARL HARBOR COLORS CEREMONY**

26 — A Pearl Harbor Colors Honors and Heritage ceremony will be held at 7:30 a.m. at the Pearl Harbor Visitor Center. The theme will be "African America History and Heritage" with a focus on Dorie Miller, the Tuskegee Airmen, Vietnam and civil rights.

**THE HOBBIT: THE BATTLE OF THE FIVE ARMIES (PG-13)**

This final battle brings to an epic conclusion the adventures of Bilbo Baggins, Thorin Oakenshield, and the Company of Dwarves. Having reclaimed their homeland from the dragon Smaug, the Company has unwittingly unleashed a deadly force into the world. Enraged, Smaug rains his fiery wrath down upon the defenseless men, women and children of Laketown.

SHARKEY THEATER**TODAY 1/23**

7:00 p.m. The Hobbit: The Battle of The Five Armies (PG-13)

SATURDAY 1/24

2:30 p.m. Night at the Museum: Secret of the Tomb (PG)

7:00 p.m. Black Sea (R)

Free to the first 400 authorized patrons. tickets will be distributed at 5:30 p.m. at the ticket booth of the Sharkey Theater. Active duty military card holder will be able to receive up to four tickets. Military retirees, military family members and DoD card holders can receive up to two tickets. All tickets will be by assigned seating.

SUNDAY 1/25

2:30 p.m. Night at the Museum: Secret of the Tomb (PG-13)

4:30 p.m. Into the Woods (PG)

7:00 p.m. Unbroken (PG-13)

THURSDAY 1/29

7:00 p.m. Unbroken (PG-13)

HICKAM MEMORIAL THEATER**TODAY 1/23**

6:00 p.m. Night at the Museum: Secret of the Tomb (PG)

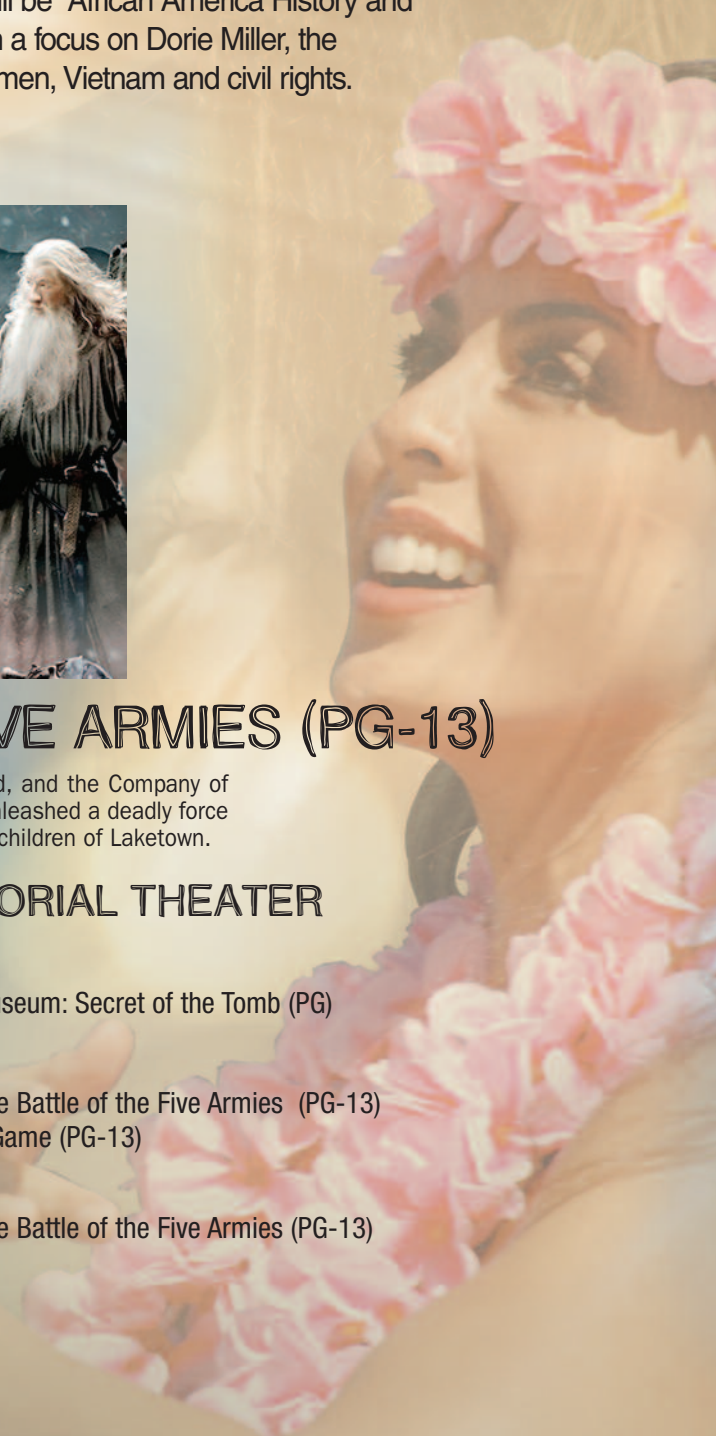
SATURDAY 1/24

4:00 p.m. The Hobbit: The Battle of the Five Armies (PG-13)

7:00 p.m. The Imitation Game (PG-13)

SUNDAY 1/25

2:00 p.m. The Hobbit: The Battle of the Five Armies (PG-13)





U.S. Navy file photo

Chief petty officer (CPO) selectees assigned to commands in the Hawaii region participate in a morning physical training (PT) session at Ford Island in 2008.

Center launches weight management initiative

Navy and Marine Corps Public Health Center, Public Affairs

The Navy and Marine Corps Public Health Center (NMCPHC) announced the launch of its weight management initiative Jan. 7 as part of "Healthy Weight" Month.

The initiative encourages Sailors, Marines, their families and health educators to access relevant healthy eating, active living, and psychological and emotional well-being resources that help achieve and maintain a healthy weight.

The timing of the announcement is aligned with NMCPHC's "Healthy Weight" Month and the "New Year, New You" Month observed by the Military Health System and Navy Medicine.

"Addressing healthy weight is important for Sailors and Marines because exceeding body composition assessment (BCA) standards can negatively affect their career and compromise mission readiness," said Cmdr. Connie Scott, the health promotion and wellness department head at NMCPHC. "Exceeding BCA can also be an impediment to readiness because extra pounds can decrease quality of life and increase health problems such as heart disease, diabetes, stroke and some types of cancer."

In support of the Secretary of the Navy's (SECNAV) 21st Century Sailor & Marine Initiative, NMCPHC's "Healthy Weight" Month increases awareness about the benefits of achieving and maintaining a healthy weight. It offers resources that equip Sailors and Marines to take charge of their weight management by developing lifelong healthy behaviors including healthy eating, active living and psychological and emotional well-being.

Weight management is part of the spectrum of wellness that maximizes each Sailor's and Marine's personal readiness. Resources offered include a comprehensive listing of posters and infographics; fact sheets; brochures and interactive tools, including quizzes and games developed by both NMCPHC and other leading health organizations. Newly created NMCPHC materials include One Day at a Time: 31 Day Challenge for a Healthier Life, a fact sheet series addressing the safety and health impacts of supplements and Better Eating Habits in Seven Days food log.

Sailors and Marines can also achieve weight management goals with the ShipShape Program, the official Navy weight management program that assists active duty and Reserve military service members, beneficiaries and government civilians with making healthy behavior changes in order to lose weight. The program consists of eight sessions that focus on three important components for weight management: mindset, nutrition and physical activity.

The ShipShape Program is highly recommended for active duty personnel who have failed or are at risk of failing their BCA standards. The program is managed by NMCPHC and aligns to the missions of the 21st Century Sailor and Marine Initiative and Navy Medicine to maintain a healthy, fit and ready force.

For more information and resources on weight management, visit NMCPHC's website at: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-january.aspx>.

For more news from Navy and Marine Corps Public Health Center, visit www.navy.mil/local/nmcphc/.

H-1 viaduct roadwork update announced

Hickam Communities

On behalf of Goodfellow Bros., Inc. and the state Department of Transportation Highways Division, Hickam Communities has announced work is scheduled for this weekend in the westbound direction of the H-1 viaduct.

The two right lanes on the viaduct, as well as the two right lanes on Nimitz Highway within the vicinity of Rodgers Street and Aolele Street, will be closed beginning at 9 p.m. today through midnight on Jan. 26. Both the Joint Base Pearl Harbor-Hickam offramp (15B) and the Valkenburgh intersection on Nimitz Highway will be open to traffic throughout the weekend. Motorists are advised to follow all posted speed limits in the construction area.

The following week (Jan. 26 thru Feb.

1), work will go back to the eastbound lanes. At this time, work is scheduled to occur on Tuesday, Wednesday and Thursday evenings starting at approximately at 7 p.m. and ending around 4:30 a.m.

These nights are in addition to the normal Friday night (9 p.m.) through Sunday (midnight) work schedule.

During these periods, motorists should note that the shoulder lanes will be used as travel lanes to keep traffic flowing.

In addition, the onramp originating from Joint Base Pearl Harbor-Hickam heading east will be closed each work night. Drivers will be asked to take Nimitz Highway to the airport and use the onramp originating from the airport to access the viaduct eastbound. There will not be any lane closures on Nimitz Highway on any of these work nights.

Story Ideas?

Contact Ho'okele editor for guidelines and story/photo submission requirements.

473-2890 / editor@hookelenews.com

The Gathering Place offers JBPHH Airmen perfect on-base retreat

Story and photo by
Tech. Sgt. Terri Paden

15th Wing Public Affairs

Dorm-dwelling Airmen at Joint Base Pearl Harbor-Hickam who are looking for a place to enjoy a free meal and kick back and relax with their peers after a long day's work need look no further than The Gathering Place.

The Gathering Place, a lounge conveniently nestled in the courtyard between the Airmen dorms, provides a neutral environment for Airmen to meet up and spend their leisure time.

In addition to comfy couches and free WiFi, The Gathering Place offers Airmen free use of several video game consoles, desktop computers, cable television, board games and books. The lounge is designed to make Airmen feel as though they are relaxing in the comfort of their own living room and also comes equipped with a full kitchen stocked with coffee, tea, Italian sodas and snacks.

Although The Gathering Places comes fully equipped, its motto, "It's not about the coffee, it's about the connection," speaks to the intent behind the chapel-backed facility.

"This is a lot of Airmen's first duty station and they show up here not knowing anyone or what to do," said Tech. Sgt. ShaDonna McPhaul, 692nd Intelligence Surveillance and Reconnaissance Group administrative support. "The Gathering Place is a spot they can come to meet people, socialize and occasionally get a free meal."

McPhaul said for many Airmen, The Gathering Place is a convenient and safe way to have fun in an alcohol and smoke-free environment.

"If you don't want to go downtown and party, you need a quiet place to study, or if you just don't want to be alone in your room, then The Gathering Place is for you," she said.

Currently, The Gathering Place is open from 6 to 10



Airmen enjoy pizza on the lanai at The Gathering Place during the weekly free meal Jan. 15 at Joint Base Pearl Harbor-Hickam.

p.m. Monday through Thursday and from 6 to 11 p.m. Friday and Saturday.

"Airmen usually come in for the home-cooked meals as a way to save money and enjoy something different than the dining facility," said Airman 1st Class Michael Taylor, 324th Intelligence Squadron network infusion analyst.

"It's a good hangout spot and way to meet people. A lot of Airmen are bored when they first get here and they don't know what to do for fun, but there's always something to do and people here."

For Senior Airman Zachariah Crisel, a 324th Intelligence Squadron network infusion analyst, The Gathering Place provides a way to give back to his fellow Airmen. He said he spends his time volunteering at the facility to keep it clean and help out with the weekly meals.

"This is a place where Airmen can come and let go and be themselves, away from smoking and drinking and

things that might otherwise make an environment bad," he said. "It's great volunteer work and I get to meet with almost every new Airman that lives in the dorms."

Though The Gathering Place is officially supported by the base chapel as part of the Single Airmen Ministry, McPhaul said it is a community effort that keeps the doors open. Much of the facility's equipment is provided by the Morale, Welfare and Recreation Center, and weekly meals provided by volunteer community organizations keep the Airmen coming back each Tuesday.

In addition to providing the weekly meals, The Gathering Place is also in need of additional volunteers to work the daily shifts, keeping watch over the facility. Two people are needed per shift, and volunteers can work as often or as long as they would like. For more information on The Gathering Place, contact Mark Schake at 808-457-0201.



My Favorite Photo...

John Burns, administrative support assistant for Navy Region Hawaii, took this photo earlier this week of workers harvesting watercress at Sumida Farm in Aiea. The workers piled the watercress into bright red wheelbarrows.

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