

Life & Leisure



Fitness Challenge showcases something for everyone

Story and photos by
Randy Dela Cruz

Sports Editor, Ho'okele

Since its beginning four years ago, the Morale, Welfare and Recreation Fitness Challenge has given an opportunity to Joint Base Pearl Harbor-Hickam families to sample a variety of the base's many fitness classes at JBPHH and Hickam Fitness Centers.

This year's event held Jan. 24 at JBPHH Fitness Center continued the tradition, and base families responded with enthusiasm.

For the first time, more than 100 people participated in the event that ran from 9 to 11 a.m. and featured cardio kickboxing, Piyo Strength, Zumba and yoga.

Piyo Strength is being added to the lineup of year-around fitness programs at JBPHH this year and is scheduled to begin in February.

"Each year, it's growing and shows that it's a successful event," said Lori Gaynor JBPHH fitness manager about the Fitness Challenge. "The primary reason that I hold this event year after year is to show the military community what we have to offer in the fitness department."

While getting back into shape can be intimidating, Gaynor said that the Fitness Challenge is a good way to introduce workouts that aren't tedious but are fun and entertaining.

"The classes are for everyone," she said. "If you're focusing on flexibility, yoga is ideal. It's good for stress relief. If you want something that's high intensity, where you want to work on burning calories, kickboxing and Zumba works all of the major muscle groups. We try to gear toward every individual."

It's not just the variety of classes that cater to the needs of just about everyone, but each workout offers variations that allows people to work out at their own pace.

Fitness instructor Amy Koncak, an Air Force spouse, led the Zumba fitness portion of the challenge and conducts classes at JBPHH Fitness Center every Tuesday and Wednesday from 4:30 to 5:30 p.m. and on Saturday from 9:15 to 10:15 a.m.

Koncak's classes, which follows the format of Zumba International, is a high-energy and fun-filled workout that keeps everyone hopping to a heavy Latin beat.

Though the music offers a rhythm to keep in step, Koncak said, like every other program highlighted at the challenge, individuals are encouraged to go at their own pace. "It can be for all variations," she noted. "It's for all levels and modifications are showed and then we bump it up."

For anyone thinking about getting in shape with a full-body workout, Koncak said that Zumba is a great way to get things done while having a great time.

"In Zumba, the cardio is mixed with dance and fitness," she explained. "So you use core strength and leg strength. It incorporates the fun factor with music and the music has to be fun."

After an hour and 30 minutes of workouts, retired Navy Capt. Karen McDonald finished off the fitness challenge by taking the remaining faithful through a 30-minute session of yoga.

She said that yoga was the perfect way to wind things down and added that it's a good way to supplement any exercise regiment.

"Since they were already warmed up, at that point, all of that hip and tightness in the upper body, I needed to stretch that out before they went home," McDonald said. "We all (instructors) talked before we did this. We wanted to give a big

variety and support each other for the entire two hours."

McDonald agreed with Gaynor that this year's event was the most successful in drawing its largest turnout ever.

She said that the challenge is a great way to expose people to something that they've never done before and judging by how many people stayed for the entire two hours, she believes that they must have been having fun.

"We had over a hundred people here," she pointed out. "We still have 70 for the very last 30 minutes. That's pretty amazing that people stayed and were able to participate for that long."



Hickam Airman a defender on base, basketball court

Staff Sgt. Alexander Martinez

15th Wing Public Affairs

Ever since he was a child, Senior Airman Lortavius Smith always knew he wanted to join the Air Force, and he has always loved playing basketball.

With his hard work on the basketball court and with the support of his leadership in the 647th Security Forces Squadron (SFS) at Joint Base Pearl Harbor-Hickam, he was able to be one of 12 Airmen selected to be part of the Air Force Men's Basketball Team.

"It's been great to be part of something so big," Smith, a 647th SFS defender, said. "I get to represent the Air Force and the U.S. in something I love doing."

Smith has always been passionate about the Air Force and basketball. He played in high school in Georgia, while at the same time a member of his school's junior reserve officer training corps. He continued to play in college at Cleveland State Community College before joining the Air Force.

The process of making the Air Force team took about a year and a half because when he first made the team for

the 2014 season, sequestration kicked in, cancelling the season. He applied again in October 2014, tried out and made it.

Recently, he and his teammates participated in the Armed Forces Men's Basketball Championship Tournament in San Diego, beating out the Army, Navy and Marines to win gold for the Air Force the seventh year in a row.

"We played well and worked well together as a team," Smith said. "It's a good feeling to continue the Air Force's winning streak."

Smith's skills earned him a spot on the U.S. Armed Forces Men's Basketball team. His first event as a member of the team was the SHAPE International Basketball Tournament Dec. 6, in Belgium where they beat out Italy, Kuwait, Latvia, France, Canada, United Kingdom, Belgium, and the reigning champions, Lithuania, for the gold.

Smith said his teammates and their dynamic attitude helped them win.

"[The U.S. Armed Forces Men's Basketball Team] is the best team I've played on in my entire life," Smith said. "It was just amazing how we all came together. No-

body was selfish and everybody contributed. I knew the tournament was big, but I didn't realize it until we started to play."

As security forces defender, Smith has the responsibility of ensuring the safety and security of the joint base populous and said he was very thankful for the support he has received from the 647th SFS.

"The Joint Base Security Department is very proud of his selection to the armed forces team. It speaks volumes of his commitment as a defender and Air Force member," said Master Sgt. Russel Raymundo, 647th SFS first sergeant.

Up next for the U.S. Armed Forces Men's Basketball team is the 6th Conseil International du Sport Militaire World Military Games which will be held Oct. 2 to 11 in South Korea.

Smith said he is excited about his future of playing with the Air Force and the U.S. Armed Forces teams.

"I'm just going to continue to play and do my best to see where it leads me," Smith said. "Being in the military I think our military bearing and discipline will help us through. It helps us work together and win."



My Favorite Photo...

"Larry Bird" the budgie laughs as Don Robbins attempts to take his picture recently.

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

History month events planned for February

Navy Region Hawaii and Joint Base Pearl Harbor-Hickam will celebrate the following events for African-American History Month in February.

• Feb. 19, 2 to 4 p.m. A poetry showcase will feature poets presenting their written poetry at Ka Makani Community Center.

• Feb. 26, 7:30 a.m. The Pearl Harbor Colors ceremony will be held at the Pearl Harbor Visitor Center. The monthly Navy history and heritage event will feature music by Pacific Fleet Band, and the guest speaker will be Capt. Stan Keeve, Joint Base Pearl Harbor-Hickam commander.

• Feb. 26, 9 a.m. An African-American History Month special observance will be held at Sharkey Theater. The guest speaker will be Alphonso Braggs, president of the NAACP.

Braggs is a U.S. Navy veteran with 26 years of service and a social justice advocate.

• Feb. 26, 11 a.m., special luncheon at the Silver Dolphin Bistro.

• Feb. 28, 3 p.m. A Gospel Fest & Taste of Soul will be held at Nellis Chapel.

According to the Defense Equal Opportunity Management Institute, to commemorate and celebrate the contributions to the nation made by people of African descent, American historian Carter G. Woodson established Black History Week in 1926. Woodson chose the second week of February for this celebration to coincide with the birthdays of abolitionist/editor Frederick Douglass and Abraham Lincoln. In 1976, as part of the nation's bicentennial, the week was expanded into Black History Month.

My favorite photo...

Do you enjoy taking pictures and have a favorite photo? Would you like to see it featured in Ho'okele? Here is your opportunity.

Your favorite photo can be just about anything, but keep in mind that it should be in good taste. We aren't looking for posed family shots, but action and candid shots of family members and pets are fine. If you have a photo that you think is interesting and creative, here is your chance to see it published.

Photo submissions will be reviewed by Ho'okele editors who

will determine if/when they will run in the newspaper. Along with your photo, please send a little bit of information about the photo, such as where it was taken or any interesting details. Also include the name of the photographer and contact information.

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

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

To report...

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Photos courtesy of MWR Marketing

ITT to offer Chinese New Year tours

Justin Hirai

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

Hawaii is known as a melting pot because of its unique culture based on a mix of different nationalities and ethnicities. The islands' people have adopted many cultural celebrations as well, including the celebration of Chinese New Year.

Unlike New Year's Day, which falls on Jan. 1 of every year, the Chinese New Year date changes since it is based on the Chinese "lunisolar" calendar. The celebration can last up to 15 days with different events including lion dances, fireworks, family get-togethers, special meals and more.

This year's Chinese New Year falls on Feb. 19 and will be the Year of the Sheep. Every year is marked with one of the different zodiac animals: the ox, tiger, rat, snake, dragon, horse, sheep, monkey, rabbit, dog, pig or rooster. Each animal sign has a set of different characteristics and is said to reflect upon people who are born in that year. Those who are interested can find out which animal their birth year falls in online.

One place to attend the Chinese New Year festivities is in Chinatown, located in downtown Honolulu. There are a variety of stores and restaurants selling Chinese goods and foods. The Chinatown community hosts a large block party to celebrate Chinese New Year, with live entertainment, a lion dance, pole jumping and food vendors along the streets.

Chinatown festivities tend to be crowded with minimal parking. However, the Joint Base Pearl Harbor-Hickam MWR Information, Tickets & Travel (ITT) office will offer tours with round-trip transportation provided for the Chinese New Year celebrations. Two tours will be on Feb. 14. Tours include round-trip transportation from the Hickam ITT office.



The first Feb. 14 tour will be held from 8:30 a.m. to 1 p.m. The cost is \$33 for adults, \$25 for children ages 3 to 11, and free for children under age 3 on an adult's lap. The event will include treat samples, street festivities and a Chinese-style lunch.

The second Feb. 14 tour will be from 2 to 6:30 p.m. The cost is \$37 for adults, \$30 for children ages 3 to 11, and free for children under age 3 on an adult's lap. The tour will include treats samples, a street festival, dragon parade and dinner.

Malls throughout Hawaii also celebrate Chinese New Year. Most hold a lion dance performance that goes through the center and visits participating stores in hopes of bringing good fortune. Some even have larger events with pole jumping performances and kung fu demonstrations.

For more information on the MWR tours, call an 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.





Live the Great Life



MWR Marketing photo

Brews & Cues at Club Pearl is one place to watch the Super Bowl on Sunday.

Multiple MWR spots available to watch big game on Sunday

Reid Tokeshi

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Football fans will have many places to watch the Super Bowl, football's biggest game, this Sunday. Depending on their preference, viewers can find a venue to suit their taste.

Those looking for a party atmosphere can go to Brews & Cues at Club Pearl with big screen TVs, pool tables and darts. Customers can be winners also with a giveaway bonanza happening at halftime. The event is open to patrons 18 years of age and older. For more information, call 473-1743.

If lots of seating, food and TVs everywhere are desired, then JR Rockers is an

option. Doors open at 12:30 p.m. and a special menu will be available. For more information, call 448-2271.

For single active-duty service members from E1-E6, Liberty will hold a Super Bowl tailgate party at Beeman Center. Customers can watch the game on the large theater projector screen in the main room. Free appetizers will also be offered.

Shuttle vans from the other Liberty Centers will be available to take the service members to the event. For more information, call 473-2582.

Fans who want a spot where they can just sit back and enjoy the game can go to the 10th Puka at Kealohi Golf Course and the Hapa Bar at Sam Choy's.

For more information, call the 10th Puka at 448-9890 or the Hapa Bar at 422-3002.



MWR Marketing photo

Thousands cross the Adm. Bernard "Chick" Clarey Bridge at the start of last year's run.

Registration opens for Ford Island Bridge Run

Helen Ko

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Fitness fanatics and casual exercisers alike have a little more than two months to get ready for one of the biggest runs on base. The 18th Annual Ford Island 10k Bridge Run is set for April 4.

The run will start at the Adm. Bernard "Chick" Clarey Bridge and across to Ford Island and circle the island on a scenic flat course. Runners then cross back over the bridge and finish at Richardson Field.

Organizers expect roughly 3,000 runners and walkers to participate this year.

The entry fee to participate is \$20 for military or their family members and \$25 for non-military. A \$30 late entry fee will be accepted after March 20. Pack pick-up will be from 8 a.m. to 4 p.m. on March 28. Packets include a race number and a T-shirt.

Participants can go to any fitness center or Information, Tickets & Travel office at Joint Base Pearl Harbor-Hickam to pick up the application, or they can download the application at www.greatlife-hawaii.com or register online at <https://endurancecui.active.com/event-reg/select-race?e=11397653>.

For more information, visit greatlife-hawaii.com or call 473-0784/2494/2437.

Your Weekly Fun with MWR

Visit www.greatlife-hawaii.com or subscribe to MWR's digital magazine Great Life Hawaii.



Chill & Grill Plus 9-Ball Tourney will be held from 6:30 to 8:30 p.m. today at Brews & Cues. Patrons can have food from the grill and play in a pool tournament. There is no charge to participate. FMI: 473 1743.

Pre-Teen Backwards Day for youth ages 9 to 12 years old will be held from 10 a.m. to 1 p.m. Saturday at Makai Rec Center. Attendees can wear their clothes backwards and eat dessert before lunch. The cost is \$5. FMI: 449-3354.

Wood Shop Safety class will be held from 4:30 to 7:30 p.m. Saturday at the Hickam Arts & Crafts Center. 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.

Super Bowl Party will be held Feb. 1 at Brews & Cues. Patrons can watch the Patriots vs. the Seahawks and receive half-time giveaways. There is no charge to attend. FMI: 473-1743.

Valentines Are for Lovers bowling promotion runs from Feb. 1 through Feb. 10 at Hickam Bowling Center and Naval Station Bowling Center. Patrons can sign up to win a lunch date or dinner date for two. The second-prize winner will receive two movie passes to Sharkey Theater. Winners will be notified Feb. 11. FMI: 448-9959 or 473-2574.

Junior Lifeguard/Ocean Safety Registration period for youth ages 11 to 17 years old opens Feb. 2 and closes March 6. The spring session runs April through May. The fee is \$95, and registration is available at www.greatlife-hawaii.com. FMI: 473-0789.

Bowled Over by Books reading program for youth in kindergarten through 12th grade will

begin Feb. 2 and run through May 16 at Joint Base Pearl Harbor-Hickam Library. Children receive a bookmark with 10 empty spaces on the back. Once the kids have accumulated 10 stickers, they win a free one-hour bowling party for six people, which must be redeemed by June 30. FMI: 449-8299.

Intramural Racquetball Tournament will be held from 11 a.m. to 1 p.m. Feb. 2 through 6 at Hickam Fitness Center. The tournament is limited to joint base active-duty, Department of Defense civilians and their family members over 18. There is no charge to participate. Admission is free for spectators. FMI: 473-2494 or 473 2437.

Monday Night Kid's Night will be held from 5 to 9 p.m. Feb. 2 at Sam Choy's Island Style Seafood Grille. Children ages 12 years and younger can receive a free kid's meal with the purchase of an adult entrée. A bounce house will be available for children to play in from 5 to 7 p.m. FMI: 422-3002.

Knitting for Beginners class will be held from 6 to 8 p.m. every Monday from Feb. 2 through March 2 at the Hickam Arts & Crafts Center. Students ages 9 years and older can learn knitting basics, including casting on, knitting, purling, increasing and decreasing stitches, and binding off, while working on simple washcloths. Tuition is \$30. FMI: 448-9907.

Hawaiian Quilted Pillow class will be held from 9 to 11 a.m. every Tuesday from Feb. 3 through Feb. 24 at the Hickam Arts & Crafts Center. Students can learn the "snowflake" method of cutting out a Hawaiian motif and the technique of needle-turn appliqué to apply the design to a background fabric. Tuition is \$35. FMI: 448-9907.

Young Artist Hand-Building with Clay class will be held from 3 to 4:30 p.m. every

Tuesday from Feb. 3 through 24 at the Hickam Arts & Crafts Center. Tuition is \$45. FMI: 448-9907.

Paint 'n' Jam: Colorful Skull class for students ages 12 to 16 years old will be held from 3:30 to 5:30 p.m. Feb. 3 at the Hickam Arts & Crafts Center. Youth can create painted artwork on stretched canvas while "jamming" to music. Tuition is \$25 which includes supplies. No experience is necessary. FMI: 448-9907.

Adult Hand-Building with Clay class will be held from 5 to 8 p.m. every Tuesday from Feb. 3 through 24 or from 9 a.m. to noon every Saturday from Feb. 7 through 28 at the Hickam Arts & Crafts Center. Tuition is \$55 for each session. FMI: 448-9907.

Colorful Abstract Painting class will be held from 5:45 to 7:45 p.m. every Tuesday from Feb. 3 through 24 at the Hickam Arts & Crafts Center. Students can learn innovative methods of creating and applying acrylics on canvas. Knowing how to draw or paint is not required. Tuition is \$80. FMI: 448-9907.

Painting Water (Still Waters I) - Composition, Design and Technique class will be held from 6 to 8:30 p.m. every Tuesday from Feb. 3 through 24 at the Hickam Arts & Crafts Center. Classes will focus on waters found in ponds and tide pools. Tuition is \$100. FMI: 448-9907.

Ford Island Historical Tour will be held from 9:30 a.m. to noon Feb. 4. Points of interest on this guided tour include the USS Utah and USS Oklahoma Memorials, the Navy Club Memorial honoring the USS Arizona, historic Nob Hill officer homes, and bombing and bullet strafing reminders. Round-trip transporta-

tion from the Information, Tickets & Travel (ITT) Hickam office is included. Tickets are \$25 for adults and \$20 for children ages 3 to 11 years old. FMI: 448-2295.

Wii Wednesday will be held from 2 to 4 p.m. Feb. 4 at the Joint Base Pearl Harbor-Hickam Library. The new Wii U consoles will be available for use free by youth ages 6 to 16 years old. FMI: 449-8299.

Golf Demo Day will be held from 3:30 to 6:30 p.m. Feb. 4 at Navy-Marine Golf Course. Patrons can try out some of the latest golf equipment for free at the driving range. FMI: 471-0142.

Paint 'n' Sip will be held from 5:30 to 8:30 p.m. Feb. 4 at the Historic Hickam Officers' Club. An experienced instructor will lead patrons through the featured painting of the night. All art supplies are included for \$40, and cocktails and food are available for purchase at the Koa Bar. Advance registration and a \$20 deposit are required with the balance payable in cash on event night. FMI: 448-9907.

Alteration & Custom Sewing class will be held from 6 to 8 p.m. every Wednesday from Feb. 4 through 25 at the Hickam Arts & Crafts Center. Students can learn how to do simple to advanced alterations on clothing. Tuition is \$60. FMI: 448-9907.

Lanikai Pillboxes Full Moon Hike will begin at 7 p.m. Feb. 4. MWR Outdoor Adventure Center staff will take participants on a trail with semi-steep terrain and moonlit views of the Mokulua Islands and the windward coast. The cost is \$15. The sign-up deadline is Feb. 1. FMI: 473-1198.

JANUARY

TAX ASSISTANCE CENTER

TODAY — 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, 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.

LIVING HISTORY DAY AT BATTLESHIP MISSOURI

SATURDAY — A living history day event will be held from 9 a.m. to 4 p.m. at Battleship Missouri Memorial at Ford Island. The event will include military displays, tours of the memorial, military musical bands, oral histories, a vintage aircraft flyover and other activities. FMI: 1-877-644-4896 or visit ussmissouri.org.

WATCH THE GAME AT BELLOWS

SUNDAY — Patrons can watch the Super Bowl beginning at 1 p.m. at Bellows Air Force Station Turtle Cove lanai. Hot dogs, hamburgers and nachos will be available for purchase while supplies last. The event is open all Bellows AFS guests and eligible patrons including active duty military, military retirees, Reservists, National Guard members, current and retired Department of Defense civilian employees with an authorized ID card and their families. FMI: 259-4112 or visit www.bellowsafs.com.

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.

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. at Joint Base Pearl Harbor-Hickam on Tuesdays and at Marine Corps Base Hawaii on Thursdays. FMI: email strollerwarriorspearlharbor@gmail.com or www.facebook.com/Strollerwarriors or www.strollerwarriors.com.

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.

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.asmonline.org/aloha/awards-4/. FMI: email mary.c.garcia@navy.mil or call 473-8000, ext. 6320.

HICKAM BEACH RESTROOM RENOVATIONS

NOW — Renovations on the Hickam Beach restroom, building 3470, have begun. 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

NOW — The Honolulu Authority for Rapid Transportation (HART) has begun work on Kamehameha Highway near Makalapa Gate and Radford Drive next to Joint Base Pearl Harbor-Hickam, which includes 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. 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.honolulustransit.org.

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 American History and Heritage" with a focus on Doris Miller, the Tuskegee Airmen, Vietnam and civil rights.



NIGHT AT THE MUSEUM: SECRET OF THE TOMB (PG-13)

Get ready for the wildest and most adventure-filled Night At the Museum ever as Larry leaves New York City for London, uniting favorite and new characters while embarking on an epic quest to save the magic before it is gone forever.

SHARKEY THEATER

TODAY 1/30
7:00 p.m. The Gambler (R)

SATURDAY 1/31
2:30 p.m. Annie (PG)
5:10 p.m. Into the Woods (PG)
7:50 p.m. Night at the Museum: Secret of the Tomb (PG)

SUNDAY 2/1
2:30 p.m. Into the Woods (PG)
5:10 p.m. Unbroken (PG-13)
8:00 p.m. Woman in Black 2 Angel of Death (PG-13)

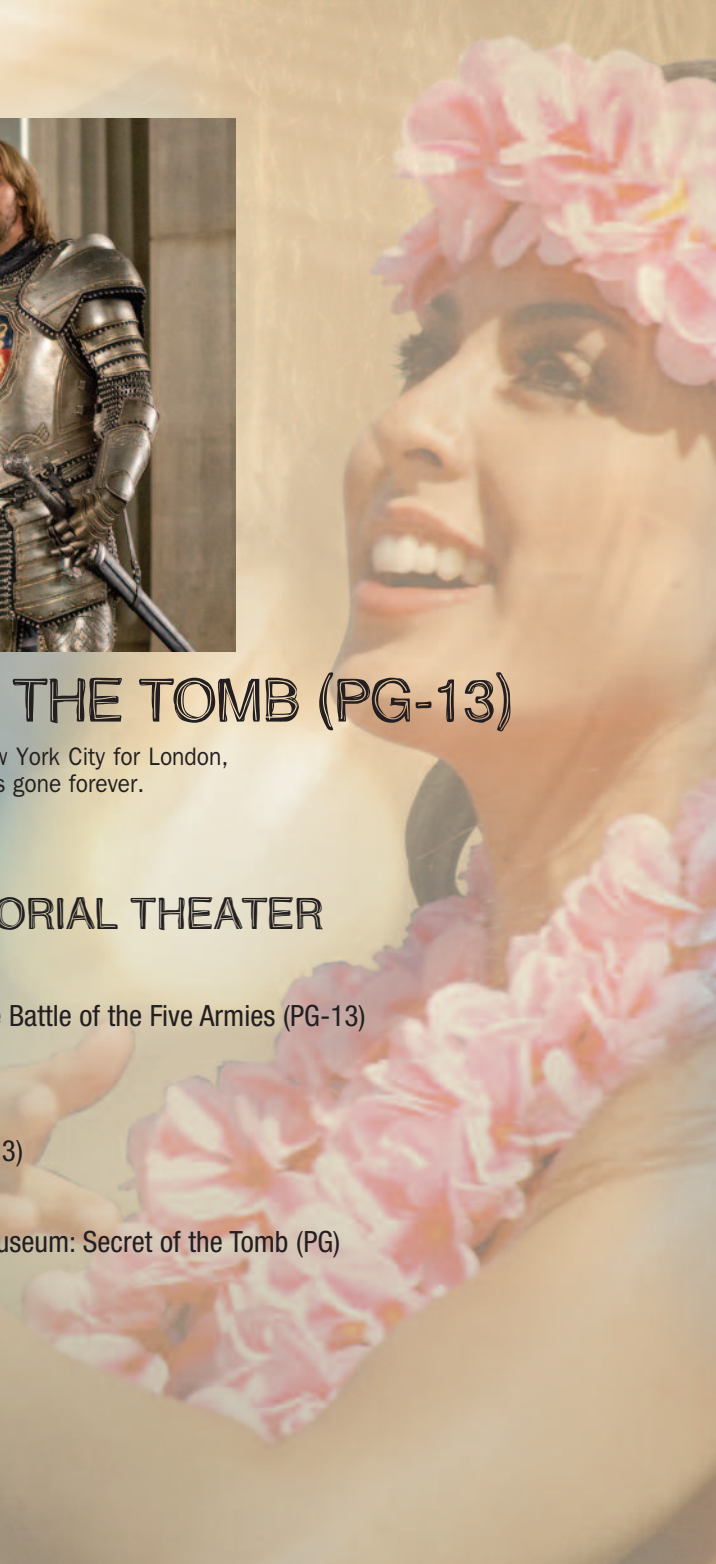
THURSDAY 2/5
7:00 p.m. The Gambler (R)

HICKAM MEMORIAL THEATER

TODAY 1/30
6:00 p.m. The Hobbit: The Battle of the Five Armies (PG-13)

SATURDAY 1/31
4:00 p.m. Annie (PG)
7:00 p.m. Big Eyes (PG-13)

SUNDAY 2/1
2:00 p.m. Night at the Museum: Secret of the Tomb (PG)



New division but same results for Pound Town

Story and photo by
Randy Dela Cruz

Sports Editor, Ho'okele

Last season, 647th Security Forces Squadron (647 SFS) Pound Town claimed the Blue Division regular-season basketball title with a perfect 7-0 record.

While Pound Town tipped off this year in the Red Division with an opening-game matchup against Company I from Camp H.M. Smith, the results were the same as the team raced its way to a lopsided 50-25 blowout on Jan. 28 at Joint Base Pearl Harbor-Hickam Fitness Center.

Although the team played without two of its leaders from last season in Airman 1st Class Vincent Kruzona and all-Navy player Airman 1st Class Lortavius Smith, head coach Senior Airman Charlton Burton said no matter who the team puts on the court, everyone comes to play.

"We always rely on team effort regardless of what players are here and what players aren't," Burton stated. "It usually starts with defense. We pick up the intensity and that just gives us the opportunity to get out and run."

True to his word, Pound Town came out on fire and immediately suffocated Company I with a full-court pressure that quickly provided dividends.

Pound Town pushed the ball upcourt on every possession and scored almost at will in the first few minutes of the game.

The team scored seven straight baskets to take a 14-0 lead before Staff Sgt. Jacob Hayden hit a jumper for Company I to stop the run four minutes into the game.

"We know that the guys out there can't run with us, so we just wanted to keep the pressure on them and try and score as many points as we can and get an early lead," Staff Sgt. Justin Stinson said. "Our biggest thing is to spread the defense and swing it inside. We knew we were bigger than them."

Stinson, who finished with 11 points, mostly from under the basket, topped off the team's second run with back-to-back lay-ups that upped Pound Town's advan-

tage to 23 at 25-2 with 7:43 remaining in the first half.

With most of the damage coming from inside the paint, Pound Town easily controlled the tempo of the game and took a 32-9 lead into halftime.

At the break, a total of nine players got in the scorer's column with Senior Airman Martin Marvin leading the way at eight points and closely followed by Stinson with seven.

"Whenever we can get good penetration, swing the ball, try to find the open man, we always like to get easy buckets that way," Burton said. "If we get 25 lay-ups, that's 50 points right there."

In the second half, Pound Town continued to push the action while blanketing Company I with a tight defense that stopped the ball at the perimeter.

So complete was Pound Town's defense that the team allowed only 10 baskets throughout the entire game, leaving Company I to chuck the ball from outside.

Of Company I's field goals, half of the shots that were made came from beyond the arc.

The opposite was true for Pound Town, which stuck to their game plan of pounding the ball into the paint, where Stinson did most of the damage.

Although Stinson plays the post at a modest 6 feet tall, he got many of his 11 points on second-chance opportunities.

"I just know where to go," he explained. "I search (for) my spot and when they turn around and aren't paying attention, I just sneak behind them."

Burton said that even though the game was never in question, he wasn't completely satisfied with the team's overall performance.

He said that he will put the team through its paces in practice and try to keep on track to reach Pound Town's ultimate goal of winning it all.

"We had a lot of turnovers, so they're going to have to get to practice and back to the drawing board," he said. "Good to come out with a win, but we need to see more fundamentals."



Staff Sgt. Justin Stinson takes the ball to the hoop for an easy two points.

'Fall in love' with MWR Valentine-themed activities

Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale Welfare and Recreation (MWR) will hold activities in honor of Valentine's Day.

- From Feb. 1 to 10, MWR patrons can sign up to win a lunch date or dinner date for two at Hickam Bowling Center and Naval Station Bowling Center. Second-prize winners will receive two movie passes to Sharkey Theater. The winners will be notified on Feb. 11.

For more information, call 448-9959 or 473-2574.

- The Cupid 5K Run/Walk will begin at 7 a.m. Feb. 5 at Wahiawa Annex Fitness Center. The free event is open to all eligible patrons.

For more information, call 653-5542.

- Parent and child Valentine origami will be offered from 1 to 3 p.m. Feb. 7 at the Hickam Arts & Crafts Center. The activity is for children ages 6 to 12 years old accompanied by a parent. The fee is \$20 which includes supplies.

For more information, call 448-9907.



- Valentine's Day 5K will begin at 8 a.m. Feb. 14. at Hickam Fitness Center. Awards will be given to the first and second place winners in each category, including men, women, youth ages 14 and below and strollers. The free event is open to all eligible patrons. For more information, call 448-2214.

- A free couples golf clinic will begin at 9 a.m. Feb. 14 at Māmala Bay Golf Course.

For more information and to pre-register, call 449-2304.

- The free 2015 Sweetheart Swim will be held from 10 a.m. to noon Feb. 14 at Scott Pool. Participants need to sign up by Feb. 7. Couples who swim a combined length of 500 meters will receive a gift. Signups will be taken at Scott Pool.

For more information, call 473-0394.

- Couples Valentine's Day origami will be offered from 1 to 3 p.m. Feb. 14 at the Hickam Arts & Crafts Center. The activity is for patrons ages 13 and older. The cost is \$20 per person, and supplies are included.

For more information, call 448-9907.

- Valentine's Day movie special will be held at 2:30, 4:30 and 7 p.m. Feb. 14 at Sharkey Theater. Patrons can save their movie ticket receipt and bring it in to the Naval Station Bowling Center to receive a free game of bowling for each movie ticket purchased. The offer is only good on Feb. 14.

For more information, call 473-0726.

- Valentine's sweetheart dinner will begin at 6 p.m. Feb. 14 at the Historic Hickam Officers' Club. The cost is \$45 per person. Reservations need to be made by Feb. 11. The event is for adults only and will include live jazz music. It is open to all ranks of military members. For more information, call 448-4608.

- A Valentine's Day special menu will be held Feb. 14 at Sam Choy's Island Style Seafood Grill. Prices vary and patrons should call for times. Reservations are recommended.

For more information, call 422-1198.

New exhibit, history day to highlight 'Mighty Mo'

Battleship Missouri Memorial

A new exhibit titled "The War That Changed The World," has opened aboard the Battleship Missouri Memorial in tribute to the USS Missouri's integral role in World War II.

America's last battleship, the massive USS Missouri, was launched out of the Brooklyn Navy Yard 71 years ago this week, to begin a vast military career that would span three wars over five decades.

This week also marks the 16th anniversary of the day the Battleship Missouri Memorial made its mark as a living piece of history in historic Pearl Harbor. On Jan. 29, 1999, 55 years after its original launch, the ship also known as the "Mighty Mo" opened its gangway, welcoming visitors to explore above and below its decks.

The battleship was the site where the Al-

lied Forces accepted Imperial Japan's formal surrender to end the war on Sept. 2, 1945.

The new exhibit, with life-sized artifacts and oversized images, immerses visitors into the everyday lives of people who lived through the war period. The exhibit commemorates the 70th anniversary of the end of WWII.

In addition to the new exhibit, a Living History Day will be held Saturday at the Battleship Missouri Memorial.

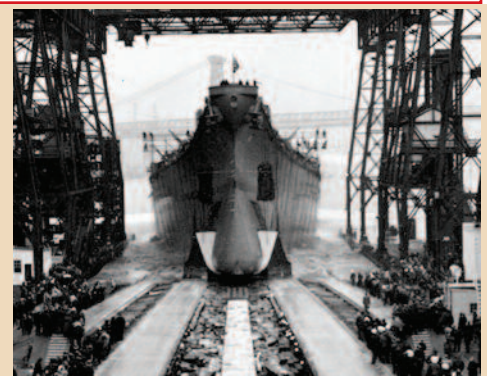
Admission to the Battleship Missouri Memorial will be free to Hawaii residents and members of the armed forces throughout the day.

Guests of the memorial on Living History Day can experience a

variety of historical exhibits and activities. They include:

- Displays of military vehicles, memorabilia and weaponry.
- Access to tour special areas of the 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 on Sept. 2, 1945.

For information, call 1-877-644-4896 or visit USSMissouri.org.



U.S. Navy photo

The USS Missouri approaches the end of the building ways as it is launched Jan. 29, 1944, from the Brooklyn Navy Yard.

Mahalo for Voting Us Hawaii's Favorite!

234-1501

44-48 Kamehameha Hwy.

Radford Transition Center celebrates 10-year anniversary

Samantha Kinnard and Erika Purselglove

Radford High School, Students

Room 112 is home to Radford High School's transition center (TC) with a wooden plaque on its door that reads, "Malama I Na Haumana," meaning "Caring for Students." Since the TC's inception a decade ago, those involved have done just that, and they are continuing their mission.

More than 60 percent of Radford's students are military families from all over the world. During the past decade, the TC has worked with its transient population to make new students' introduction to the school as painless as possible.

Invited guests joined school officials recently with an on-campus celebration to mark the center's 10-year anniversary. Visitors and Military Youth Advisory Council members including Capt. Mark Manfredi, Navy Region Hawaii chief of staff; Col. David Kirkendall, Joint Base Pearl Harbor-Hickam deputy commander; and Capt. Chris Bushnell, commodore of Destroyer Squadron 31; donned lei while gathered around the center's entrance. The event included a ribbon-cutting ceremony followed by a performance by the school's drum line.

Participants emphasized the significance of the center to the students.

"We had 185 new students enroll at Radford during the fall semester, and we make sure they have a place to go," said Kari Wells, parent community networking coordinator and TC part-time teacher.

The TC is led by 14 volunteer student facilitators who help new students integrate quickly into the school and community. All facilitators had to submit an application, pass an interview, and undergo training before they could start.

"The old trains the new," said Joy McElhaney, another part-time teacher at the transition center. "They're given lesson plans that change every quarter."

"I was just blown away," said Ronn Nozoe, deputy superintendent. "Talking to the student facilitators was just a remarkable experience."

Jay Horton, a senior, came to Radford last year and recently became a facilitator.

"We give campus tours, show them where their classes are, and serve as a lunch buddy for a certain day," Horton said.

Alexander Acosta, a junior who moved from Fort Lewis, Wash. during the middle of the first quarter, credits the TC for providing a place where he can eat.

"It helped provide a place where I can just sit quietly," Acosta said.

In the second half of the celebration, guests were invited to the library to hear the history behind the center. Principal James Sunday was quick to credit that the TC was the "brainchild" of former Radford High School principal, Robert Stevens.

Stevens was a fixture at the school for more than 40 years as an athletic coach, teacher and counselor before his 14-year tenure as principal.

"What I learned, is what drove me to establish the transition center. I learned that they were unhappy because they had to leave their family on the mainland. I learned



Photo courtesy of Radford High School

Student facilitators Jacqueline Caicedo, Alexandra Skrocki, Charlene Agoot and Trenton Hirschi make a presentation at Radford High School's Transition Center recently.

that they were angry that they had to leave their friends on the mainland" said Stevens.

Stevens recognized former curriculum coordinator Jan Ikeda as the "brains" of the TC. According to Stevens, "I came up with the original idea for the transition center, and then Jan took the idea and polished it."

Both saw an opportunity to address the transitioning students' needs.

"We recognized that we needed to pay attention to our students coming in and provide them a safe place," Ikeda said.

Facilitators spend time during recess, TASK (study hall), and lunch to assist new students.

"TASK is key and allows the facilitators to teach the curriculum," said Cindy Schrock, TC coordinator.

Facilitators teach four units which include looking at Radford, adapting to change and coping with stress, charting your course and academic passport, and getting to know Hawaii and the surrounding community. During TASK, new students are invited to the TC to participate in activities such as "Jeopardy" and "The Name Game" that give them the opportunity to interact with other students.

"The transition center was phenomenal in getting me plugged in... and helping me blossom," said Chandler Carlson class of 2013 alumnus and valedictorian (a sophomore at University of Denver).

It helped make his move to Radford easier than previous moves.

"As parents trying to figure out where to put our kids, the facilitators were phenomenal," said Dann Carlson, assistant superintendent of schools of facilities and support services (and former Joint Base Pearl Harbor-Hickam deputy commander).

"We have never seen a program like this," he said.

He said that his two younger children brought the concept and started a similar program at their new school in the Washington, D.C. area.

New students are not the only ones who benefit from the center.

"After being in the program, I noticed the difference we make in the students," said Charlene Agoot, student facilitator and senior. "Seeing the students smile and laugh gives me confidence."

"The transition center is a wonderful resource for students new to Hawaii. The center also develops social and leadership skills that will enable young men and women to be successful in life, long after high school. I only wish my children had this resource when they were growing up, moving from location to location. It would have made family life easier," said Lt.Gen. Anthony Crutchfield, deputy commander for United States Pacific Command.