

Life & Leisure

Radford Rams fall to Aiea Na Alii

Story and photo
by Randy Dela Cruz
Sports Editor, Ho'okele

Using the combined talents of Joint Base Pearl Harbor-Hickam family members and local teens, Admiral Arthur W. Radford High School topped off 2015 with a bang by winning the Hawaii state Div. II prep football championship.

Seeking to pick up right where the football squad left off, Radford's varsity boys basketball team opened the 2016 season with back-to-back losses, but first-year, interim head coach David Lane promised that with reinforcements on the way, the best is yet to come.

"We had two of our starters didn't play tonight," Lane pointed out after a 50-37 loss to Aiea. "One just didn't play and another is on a football trip. We're hoping when we get him back, he'll make a big difference because he made a big difference in preseason."

Earlier in the evening, the Rams junior varsity team evened out their season at 1-1 with a 43-40 win over Aiea.

Against Aiea, a lack of a strong inside game made it extremely difficult for the varsity Rams to hang with Na Alii from horn to horn.

Aiea got out to an early lead, but the Rams staged a comeback and even pulled ahead at 15-13 with 5:10 in the first quarter on a three-ball from the perimeter by guard Sean Musrasrik.

Aiea scored the next two baskets to take a 17-15 lead, but the game was put in another deadlock when Rams forward Brandon Campbell scored on a short putback with 2:21 on the clock.

The game remained tight in the second quarter as it headed toward the halftime. But Na Alii sophomore guard Stephen Pang gave Aiea some breathing room with back-to-back shots for three and two points to stage his team to a 24-17 lead at halftime.

Coming out of the break, Radford made another run at Aiea to cut the lead down to six after Musrasrik connected on his second trey from downtown to make it 30-24.

However, Aiea started to control the boards once again and slowly rebuilt its lead.

Lane admitted that losing the battle of the boards was just one element in Radford's inability to sustain a consistent attack.

"That (rebounds) was one of the differences," Lane noted. "We tried to get everybody to board, but it's still a learning process for us. They (Na Alii) did a better job of putting a body on us and getting to the boards — especially offensive rebounds. We just weren't in position, but that's something we work on every day and we'll get better at it."

Once Radford lost the battle of the boards, Aiea made the most of its second-chance opportunities.

Junior Na Alii forward Keyson Goins was the main beneficiary of the extra shots, as the slender wing man went on a hot streak to help Aiea outscore Radford, 18-8, in the third quarter.

Goins scored 12 points in the third quarter alone and finished with a season-high 22 points on three treys, six field goals and making one of two free throws.

"We were down at that point, so we were just chasing a little bit," Lane said about why Goins was so effective. "But he's a good player. He just beat our help and took us to the basket."

Following the loss to Aiea, Radford got its first win of the season with a 52-42 win over Nanakuli High School two nights later.

The victory affirmed what Lane promised to Joint Base basketball fans that the Rams would be a force in local prep basketball.

"We're going to put it together," Lane said as he invited area fans to come out and support the team. "We have a favorable home schedule, with the next four games at home, so we'll just get back to it tomorrow."

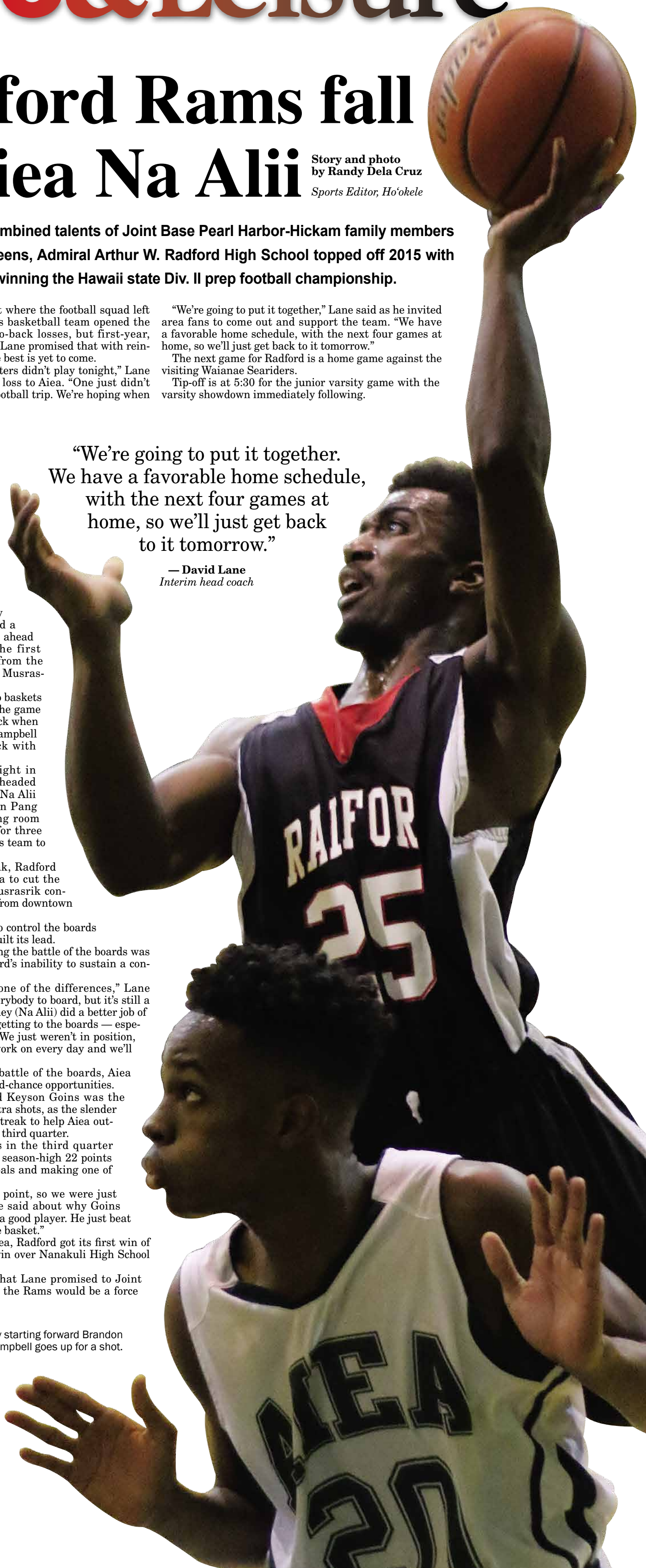
The next game for Radford is a home game against the visiting Waianae Seariders.

Tip-off is at 5:30 for the junior varsity game with the varsity showdown immediately following.

"We're going to put it together. We have a favorable home schedule, with the next four games at home, so we'll just get back to it tomorrow."

— David Lane
Interim head coach

Rams varsity starting forward Brandon Campbell goes up for a shot.



Repeat champions in flag football top 2015

“We won 27 in a row. We never gave up more than 13 points in any game. I mean, you can't describe words for it.”

— Staff Sgt. John Ribbins, 647 FSS defensive captain

Story and photos by Randy Dela Cruz

Sports Editor, Ho'okele

With the intramural sports seasons on Joint Base just around the corner, one story from last year stands out from all the others.

This year, sports on Joint Base begin when the intramural basketball season on tips off on Jan. 25, with soccer soon to follow.

While the NFL playoffs are in full swing, last season's year-ending championship run by the 647th Force Support Squadron (647 FSS) flag football squad is still fresh in the minds of Joint Base Morale, Welfare and Recreation sports.

Not only did the 647 FSS accomplish the lofty task of repeating as champions for the second season in a row, the team made a solid case for being the most dominant flag football squad in Joint Base history by winning all of its games to match the previous season's title run.

Although the 647 FSS was tagged as having one defeat in 2015, the game was lost on the count of a forfeit and not encountered during an actual game.

“We won 27 in a row,” said 647 FSS defensive captain Staff Sgt. John Ribbins, who pointed out that the only blemish on the team's record was a double forfeit that disqualified both teams for unsportsmanlike conduct. “We never gave up more than 13 points in any game. I mean, you can't describe words for it.”

While Ribbins anchored a seek-and-destroy defense from his middle linebacker position, the big “D” had ample help from the opposite side of the ball, where Tech. Sgt. Jason Price guided a well-balanced offense.

“We had the same core (from 2014),” Price said. “Unfortunately, most of us are leaving, so this is probably our last run together.”

The 647 FSS wasn't the only team on base to have a fantastic run last year.

Pearl Harbor Naval Shipyard (PHNSY) soccer club also garnered a second intramural title in two seasons — becoming the first intramural soccer team to do it since 2012.

Then to top things off even further, PHNSY, playing as Challenger, went on to win their second Winter Soccer League championship.

In total, Pearl Harbor has now won four soccer championships in succession on Joint Base over the last two years.

The Hawaii Air National Guard (HIANG) also enjoyed an excellent year in 2015 by capturing not one, but two Joint Base intramural sports titles.

First up, the HIANG picked up their second softball championship in three years by taking a decisive 17-10 win over 647th Security Forces Squadron (647 SFS) Pound Town.

In the process, HIANG bid a farewell to Chief Master Sgt. Vince Ramos, whose military career that spanned 42 years.

Then, HIANG continued their longstanding dominance in volleyball by claiming their 13th championship out of the last 14 years.


As the teams prepare to kick off the new sports year with basketball, the big question is whether or not the 647th Security Forces Squadron Pound Town has what it takes to repeat as base champions.

Last year, Pound Town topped off a perfect season by defeating Pearl Harbor Naval Shipyard (PHNSY), 58-53, in the hoops championship final.


From day one, stay tuned to Ho'okele for the latest updates and results.

Here's to another exciting and outstanding year of sports at Joint Base.




 Tech. Sgt. Jason Price gets away from a pass rush to complete a toss.




 Hawaii Air National Guard (HIANG) celebrates after winning their second softball championship in three years.




 Gas Turbine System (Mechanical) 2nd Class John Lennon goes up to stop a shot for Pearl Harbor Naval Shipyard.



 HIANG hitter Lt. Col. Rick Cox goes up for a kill shot.



 Senior Airman Adrian McNeal goes up for a shot.

Hickam Communities celebrates Arbor Day

Hickam Communities LLC

Hickam Communities celebrated Arbor Day for the 16th consecutive year with a tree planting ceremony held last month at Aloha 'Aina Park on the Hickam side of Joint Base Pearl Harbor-Hickam.

Lt. Col. Kurt Muller, commander of the 647th Air Base Group Squadron, officiated at the event. He also read the Arbor Day Foundation's proclamation in the presence of Jim Switzer, Hickam Communities project director, Hickam Communities staff, teachers and parents from Hickam Elementary School and other guests.

The Arbor Day celebration at Hickam Communities provided a teachable moment for Hickam Elementary first graders, who answered questions about the importance of trees to the community, before assisting with the tree planting ceremony.

Two smooth kou trees, an indigenous tree variety chosen by Matt Flach, Navy arborist, will provide added shade for park users and compliment other tree species already growing in the location. Smooth kou trees are best suited to a spacious landscape, since their canopy can spread as wide as 25 to 30 feet. The trees, which produce orange flowers year round, were donated by South Pacific Contracting, LLC, a landscape maintenance vendor of Hickam Communities.

For many decades, Hickam has dedicated itself to the stewardship of the urban tree canopy that beautifies the location. Residents and visitors may notice signs posted throughout the community that read "Tree City USA."

The Arbor Day Foundation has recognized it as a community dedicated to a healthy, sustainable urban forestry program. It is one of 3,400 other cities and towns across the nation being honored this year with the Tree City USA designation.



FFR marketing photo

Yoga is one of the classes patrons can try for free at the Fitness Challenge on Jan. 23.

Free fitness challenge at JBPHH

By Helen Ko
Joint Base Pearl Harbor-Hickam
Morale, Welfare and Recreation

Fitness Challenge 2016 offers patrons the opportunity to sample different types of classes for free. The classes include PiYo, kickboxing, Zumba, yoga and more. The event takes place Jan. 23 from 9 to 11 a.m. at the Joint Base Pearl Harbor-Hickam Fitness Center.

"This event is offered as a means of jump-starting a healthy lifestyle after the endless holiday eating. In addition, the event provides an opportunity to showcase the different variety of classes offered at the fitness center," said

Lori Gaynor, fitness manager at Wahiawa Annex.

PiYo Strength is a workout combining muscle sculpting with core-firming benefits of Pilates, with the strength and flexibility advantages of yoga. Athletic movements are included to pump up the intensity and burn calories.

Kickboxing is an intense, high energy, and fun-filled workout that combines aerobics with martial arts.

Zumba is a cardio workout inspired by traditional Latin dance such as salsa, crumbier and merengue. The constant movements keep the heart pumping and works up a sweat.

Yoga is for those who aren't interested in a high intensity workout but still want to develop strength and flexibility.

The Fitness Challenge is an annual event organized at the beginning of the new year. Last year's event had approximately 90 participants, and Gaynor says each year the event grows bigger.

The free event is two hours long with each segment lasting 20-25 minutes. The instructors for the respective classes will be there to assist patrons and share their passion for fitness.

(For more information, contact the JBPHH Fitness Center at 471-2019.)

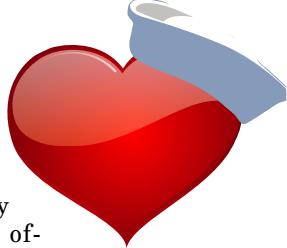


Photo courtesy Hickam Communities LLC

Hickam Elementary School first graders lent a hand to plant trees at Aloha 'Aina Park at Joint Base Pearl Harbor-Hickam. Assisting the students were Lt. Col. Kurt Muller, commander of the 647th Air Base Group Squadron, and Jim Switzer, Hickam Communities project director.

Sailors can 'shout out' for Valentine's Day

Navy Office of
Community
Outreach



For the upcoming Valentine's Day holiday, the Navy Office of Community Outreach (NAVCO) is offering an opportunity for all Sailors to create and share short, recorded shout-outs of 15-20 seconds with a Navy key message to their loved ones. The deadline is 8 a.m. Eastern Standard Time Feb. 5.

Sailors can call 1-855-OUR-NAVY (1-855-687-6289) and record their shout-outs.

Sailors should wait for a 3 to 5-second pause after voice directions and record their message using a template script after the beep.

The script is as follows: "Hi, I'm Navy (rank and full name) from (home town and home state), and currently serving at (command) or aboard (ship), operating out of (duty station) or forward in the (AOR).

"I want to wish my (significant other, family, mom and dad) and everyone in my hometown of (hometown) Happy Valentine's Day! I hope to see you all very soon. Go Navy!"

Once the Sailors hang up, the audio file will be automatically sent to NAVCO's email, where it will be screened before being shared with radio media outlets in the Sailors' hometowns.

Upcoming blood drives

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). Dates and locations are updated regularly online as new drives are scheduled. Donors are encouraged to schedule an appointment online, call to make an appointment, and check www.militaryblood.dod.mil for the latest information.

Currently scheduled drives include:

- Jan. 25, 9, 9 a.m. to 1 p.m., Tripler Army Medical Center Blood Donor Center.
- Jan. 26, 9, 8 a.m. to 3:30 p.m., Tripler Army Medical Center Blood Donor Center.
- Jan. 28, 10 a.m. to 1:30 p.m., Naval Submarine Support Command, 822 Clark St., suite 400, Joint Base Pearl Harbor-Hickam.
- Feb. 3, 10 a.m. to 2:00 p.m., Tropics, Schofield Barracks.

(For more information, contact Michelle Lele-Himalaya, Armed Services Blood Program, Tripler Army Medical Center, at 433-6699 or email Michelle.Lele.civ@mail.mil.)

KICK-START better PHYSIQUE and HEALTH

Randy Dela Cruz

Sports Editor, Ho'okele

Each and every year, one of the top resolutions for the New Year is for people to develop habits that would lead to a healthier lifestyle.

Since joining civilian life over two years ago, retired Navy Lt. Donta Tanner has become a brand name all to himself, when it comes to first taking the bodybuilding world by storm and then showing others the way to do it for themselves.

Tanner accomplished a milestone in the career of any bodybuilder

and get better, it usually takes an outside source to help you out," Tanner pointed out. "Tiger Woods, he had a coach and it would behoove you to get an outside perspective from a professional who has experience in helping other professionals become better."

When it comes to helping fitness athletes take it to the next level, Tanner swears by Oddo, who he started to collaborate with while in pursuit of a pro card back in 2012.

A force in the health and fitness industry for 25 years, Oddo is recognized as one of the top nutritionist and trainers in the world.

"As professional athletes, as we continue to try and hone our craft and get better, it usually takes an outside source to help you out."

— Donta Tanner, IFBB professional bodybuilder

when he attained his professional credentials at the 2012 International Federation Bodybuilding (IFBB) North American Championships.

Since then, it's been full speed ahead for Tanner, who is busy forging an acting career while working with an ever-growing client list of the some of the top fitness and bodybuilding athletes in the islands.

While 2016 has barely gotten off the ground, Tanner is busting out the big guns and has invited his good friend and longtime mentor Kim Oddo to host a "Learn from the Pros" workshop that will be held from 9 a.m. to 3 p.m. Jan. 16 at the Noncommissioned Officer Academy at Marine Corps Base Hawaii.

The workshop will cover a multitude of topics that will start off with nutrition and training and then proceed into bodybuilding preparation, such as posing and stage presence, for those aspiring to compete.

"As professional athletes, as we continue to try and hone our craft

the knowledge to succeed.

Although Hawaii continues to be around the top in the country for maintaining high standards of physical fitness, he feels that things can be so much better if people are properly informed.

"This is why we're doing it," he said. "Hawaii's a market where we really care about our health and fitness, but as far as coaching, a lot of people aren't too up to speed with how much a coach can help."

The cost for the workshop is \$99 and Tanner said that even though it will be held tomorrow, he will reserve a spot for you if you call and register by today, Jan. 15.

(For more information, contact Tanner at 1-951-695-8805, 342-6500 or by email at contact@bodybyo.com.)

For more training tips, visit www.DontaTanner.com or www.hawaiifitnesscenter.com.

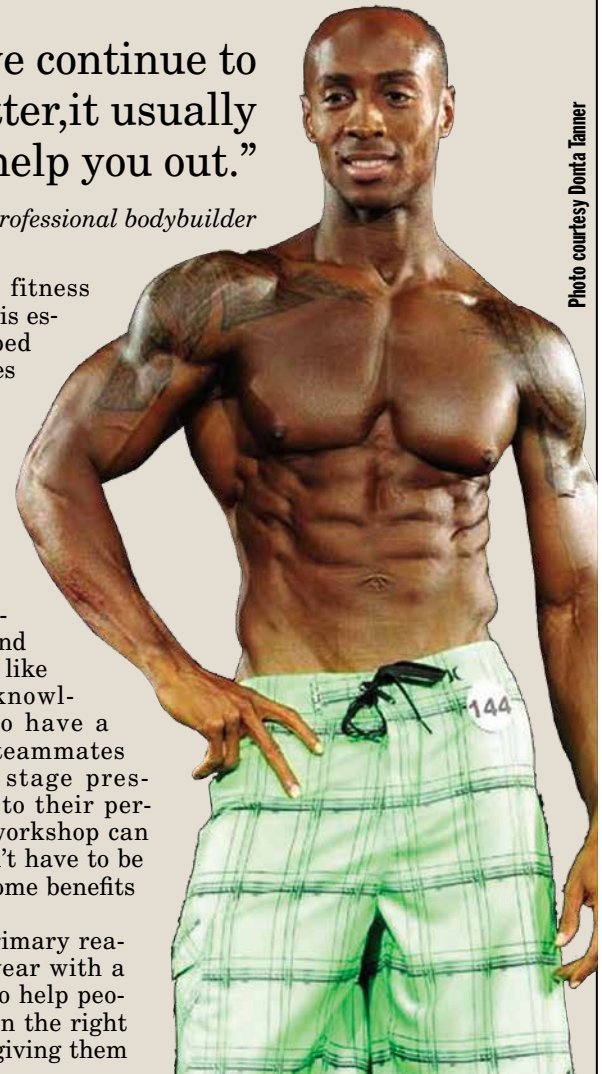


Photo courtesy Donta Tanner

Scholarship applications available

Hickam Officers' Spouses Club

Each year the Hickam Officers' Spouses' Club (HOSC) awards multiple scholarships to military dependents to help further their educations. Funding for these scholarships is generated completely through sales from the Hickam Thrift Shop.

Applications are available now at www.hickamosc.com/scholarships and must be received by March 1, 2016. Please refer to the application for full eligibility requirements.

The HOSC scholarship is available to military dependents pursuing higher education at an accredited vocational or technical school, two to four year college, or university and can be used for graduate school and PhD programs.

The following scholarship categories are available: high school senior, continuing education, and spouse. An applicant's sponsor must meet one of the following criteria to be eligible:

- Active duty U.S. military member currently assigned in Hawaii.
- Active duty U.S. Military member on a remote

assignment from Hawaii.

- Retired U.S. military member residing in Hawaii.
- Full time Hawaii National Guard member.
- Full time US military Reserve member residing in Hawaii.
- Deceased U.S. military member with applicant residing in Hawaii

Recipients are selected based on educational information, employment, volunteerism, school and community related clubs/activities, self-improvement activities, leadership positions, awards/honors, personal essay and letters of recommendation.

Recipients will be chosen in April and will be honored at the HOSC annual scholarship awards banquet in May where amount values of the individual scholarships will be announced.

Scholarship money can be used for payment of tuition, fees, and/or room and board charged by the finance or business office of the school during the fall 2016 semester and/or the spring 2017 semester.

For more information, contact the scholarship coordinator at hosc scholarship@gmail.com.

MY FAVORITE PHOTO



John Burns, administrative assistant for Navy Region Hawaii, took this photo of a sea urchin recently in a tide pool on rocky cliffs near Sandy Beach. How to submit: email your non-posed photos to editor@hookelenews.com.



Photo courtesy of the Battleship Missouri Memorial

Today, the Battleship Missouri Memorial rests in the heart of Pearl Harbor at the 1,000-foot Pier Foxtrot-5 on Ford Island.

'Mighty Mo' to host history day

History will come to life at Ford Island as the Battleship Missouri Memorial will host "Living History Day" from 9 a.m. to 3 p.m. Jan. 30.

Festivities will feature exhibits and activities from a collection of historical attractions, organizations, and active military commands, including displays of military vehicles, memorabilia and weaponry, bands playing patriotic music, oral history presentations, re-enactors in historical period dress

and costumes and static displays from active-duty military units.

Admission to Living History Day is free for Hawaii residents, military and members of the Battleship Missouri Memorial Association. Complimentary round-trip shuttle service will be offered from the Pearl Harbor Visitor Center beginning at 8 a.m.

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

MLK Day commissary hours announced

The Pearl Harbor Commissary will reduce its operational hours for the Martin Luther King Jr. holiday on Jan. 18. It will open at 9 a.m. and close at 5 p.m.

Hours for the Hickam

Commissary on the holiday are 10 a.m. to 6 p.m.

(For more information, call the Pearl Harbor Commissary at 471-8402, ext. 101 and the Hickam Commissary at 449-1363.)

JANUARY

HOSC SCHOLARSHIPS

NOW — Applications are available for Hickam Officers' Spouses Club (HOSC) scholarships for military family members to further their education. Applications are available online and must be received by March 1, 2016. FMI: www.hickamosc.com/scholarships or hoscscholarship@gmail.com.

PRO BOWL TAILGATE VOLUNTEERS

NOW — Volunteers are being sought for the NFL Pro Bowl Tailgating Party on Jan. 31 at Richardson Field across from Aloha Stadium. Department of Defense cardholders can sign up beginning Jan. 16 or until spaces are filled. Volunteers get a free T-shirt, box lunch and a ticket to the game. Priority will be given to single Navy and Air Force service members (who can sign up now at Beeman Center), followed by all DoD card holders. FMI: 473-2583.

FOOD VOLUNTEER OPPORTUNITY

NOW — The JBPHH command volunteer service seeks Navy and Air Force service members to participate in various volunteer opportunities. The Honolulu Community Action Program (HCAP) in partnership with the Hawaii Food Bank will conduct a food distribution in the Kalihi Valley Homes area located at 2250 Kalena Drive in Honolulu. The event is scheduled for today, Feb. 19 and March 11 from noon to 3:30 p.m. FMI: MAC William Matteson at william.n.matteson@navy.mil. In addition, the Commodity Supplemental Food Program (CSFP) is a new program by the U.S. Department of Agriculture. Volunteers are needed to pack nearly 2,400 food boxes for low income kupuna (elderly). The event is scheduled for Jan. 23 and Feb. 27 from 8 a.m. to 12:30 p.m. at the Hawaii Food Bank warehouse. FMI: CS1 Jenny Bueso at jenny.bueso@navy.mil.

BEACHFEST WITH MAGIC!

SATURDAY — Beachfest with the group "MAGIC!" in concert will be held from noon to 5 p.m. at Hickam Harbor. This is a free event. Canadian reggae fusion band "MAGIC!" will take the stage at 3:30 p.m. The pre-party will be held from noon to 3:30 p.m. The event is open Department of Defense card holders and their sponsored guests. FMI: www.greatlifehawaii.com.

TRAFFIC IMPACTS

19 — Starting Jan. 19, contractor excavation work at the intersection of Kamehameha Highway and Radford Drive for a sewer line will impact Makalapa Gate traffic. Work requires adjustments to the lanes exiting through Makalapa Gate off Joint Base Pearl Harbor-Hickam (JBPHH). Departing the base, the

right lane will continue to be a dedicated right-turn only lane. The center straight lane will continue to cross Kamehameha Highway towards the NEX and be directed into a contraflow lane. Makalapa Gate's left lane will become a left-turn only lane. This work is anticipated to continue for approximately three weeks. To reduce traffic at Makalapa Gate, motorists should consider alternate exits from JBPHH.

EXPLORING CAREERS

20 — A class on career exploration will be held from noon to 3:30 p.m. at Military and Family Support Center Hickam. The class will focus on participants' natural strengths and strategies recommended by career experts. FMI: www.greatlifehawaii.com or 474-1999.

FBI RECRUITMENT

21 — Representatives from the FBI will available from 1 to 3 p.m. at Military and Family Support Center Pearl Harbor to discuss career choices available at the agency, qualification requirements and hiring procedures. FMI: www.greatlifehawaii.com or 474-1999.

WAHIAWA BLOCK PARTY

22 — A Wahiawa Block Party will be held from 3 to 5 p.m. at Wahiawa Annex sports field. There will be free barbecue, games and prizes. This event is open to all authorized patrons. FMI: www.greatlifehawaii.com.

FREE ADVANCE SCREENING

23 — A free advance screening of the movie "The Finest Hour" will be shown at Hickam Memorial Theater at 4 p.m. Doors will open at 2 p.m. Tickets will be available at the Hickam Food Court. FMI: 422-4425.

SHIPYARD RECRUITMENT

27 — Pearl Harbor Naval Shipyard will be recruiting at the Job Quest Job Fair at the Blaisdell Center in Honolulu. The shipyard is hiring for more than 500 production, engineering and support positions. FMI: www.facebook.com/PearlHarborNavalShipyard/.

COFFEE OUTREACH SOCIAL

27 — A coffee outreach social will be held from 10 to 11 a.m. at the Makai Recreation Center, Joint Base Pearl Harbor-Hickam. The Joint Base Military and Family Support Center will help participants at the event connect with local military agencies and community members providing tools and resources. FMI: Reagan or Melissa at 474-1999.



STAR WARS: THE FORCE AWAKENS

In this continuation of the "Star Wars" saga, balance returns to the Force as the First Order, emerging from the ashes of the Empire, clashes with the Resistance, which includes scrappy newcomers as well as heroes from the former Rebel Alliance.

Movie Showtimes

SHARKEY THEATER

TODAY 1-15
 5:00 PM Star Wars: The Force Awakens (3-D) (PG-13)
 7:40 PM Star Wars: The Force Awakens (PG-13)

SATURDAY 1-16
 2:30 PM Alvin and the Chipmunks: The Road Chip (PG)
 4:40 PM Star Wars: The Force Awakens (PG-13)
 7:30 PM Star Wars: The Force Awakens (PG-13)

SUNDAY 1-17
 2:30 PM Star Wars: The Force Awakens (3-D) (PG-13)
 5:10 PM Alvin and the Chipmunks: The Road Chip (PG)
 7:10 PM Star Wars: The Force Awakens (PG-13)

THURSDAY - 1/21
 7:00 PM Sisters (R)

HICKAM MEMORIAL THEATER

TODAY 1-15
 6:00 PM Alvin and the Chipmunks: The Road Chip (PG)

SATURDAY 1-16
 3:00 PM Alvin and the Chipmunks: The Road Chip (PG)
 6:00 PM Alvin and the Chipmunks: The Road Chip (PG)

SUNDAY 1-17
 3:00 PM Alvin and the Chipmunks: The Road Chip (PG)
 6:00 PM Krampus (PG-13)

THURSDAY - 1/21
 7:00 PM The Hunger Games: Mockingjay Part 2 (PG-13)

