

WOUNDED WARRIORS COMPETE IN TRACK AND FIELD INVITATIONAL

Story and photos by MC2 (SW/AW) Jerine Lee
U.S. PACOM Joint Intelligence Operations Center

Twenty-seven Sailors and Coast Guardsmen of Team Navy participated in the track and field meet at the Iolani School Kozuki Stadium on Jan. 8 as part of the Wounded Warrior Pacific Invitational (WWPI).

Days prior to the event, the wounded warriors practiced and trained at Earhart Field at Joint Base Pearl Harbor-Hickam for the relay races, sitting and standing discus throws and sitting shot puts with coaches to help improve their performance for the meet.

Retired Master-at-Arms Seaman Steve Hancock, 24, a Pueblo, Colo. native, competed in the sitting discus and sitting shot throw events.

"This event is a great way for me and other wounded warriors to give hope and get us to become active and push ourselves to do things we thought we could never accomplish or do again," Hancock said.

Hancock joined the Navy in 2007 and while deployed in Bahrain in 2009 he fell from a five-story building during a training session, severing his spinal cord. He also suffered a broken leg, broken arm and a traumatic brain injury.

However, his loss of feeling in both legs did not slow down his motivation and love of sports. In 2012, Hancock became actively involved with the Wounded Warrior Project, taking part in sport events such as diving, hand cycling and sitting basketball.

"I played football growing up and when I was given the opportunity to participate in the warrior games. I was surprised with how much I fell in love with it," Hancock said. "Once I began to excel in them, it pushed me to do better. I highly recommend anyone in that position to get off the recovery bed and take advantage of every opportunity because it's about pushing forward, past your injuries."

Hancock is now a shot put and discus champ for the U.S. Paralympics team and earned two gold medals in the 2013 Warrior Games. He is now training for the 2014 Warrior Games in the fall.

"It's a great feeling to be around other athletes and warriors," Hancock said. "I love being involved and although I retired from the Navy, I love the camaraderie and being surrounded by the military family."

Team Navy is sponsored by Navy Wounded Warrior (NWW) — Safe Harbor, the Navy and Coast Guard's wounded warrior support program. The team members have upper-body/or lower-body injuries, spinal cord injuries, traumatic brain injuries, visual impairments, seriously illnesses and/or post-traumatic stress.

The WWPI is the largest joint-service competition to take place outside of the annual Warrior Games and features wounded warrior athletes from the Navy, Marines, Army, Air Force, Coast Guard and Special Operations Command. The goal of the WWPI isn't to identify the most skilled athletes, but rather to showcase the potential of wounded warriors through athletic events. (See related story page B-2).



(Top left and above left): Chief Yeoman Javier Rodriguez and retired Master-at-Arms Seaman Steven Hancock prepare to perform a sitting discus throw.

(Left and right): Army Sgt. 1st Class Howard Sanborn (left) and retired Master-at-Arms 3rd Class Nathan DeWalt participate in the 100-meter wheelchair race.

(Below left): Retired Chief Gunner's Mate Hector Varela performs a sitting discus throw.

(Below right): Electrician's Mate 2nd Class Joshua Rosenberg (right) receives the baton from Master-at-Arms 2nd Class Robert Westfall for a 4-by-100 meter relay race.



Veteran uses the power of charm to aid in healing wounds

Story and photo by
MC1 (SWAW)
Kenneth R. Hendrix

U.S. PACOM Joint
Intelligence Operations
Center

At Iolani School's Dillingham Pool, Team Navy took first place for the eighth straight meeting during the Wounded Warrior Pacific Invitational (WWPI) swim meet held Jan. 9.

Out of the 15 freestyle and backstroke events, Team Navy also took second place seven times and third place four times. The swimming heats are grouped by illness and injury.

Making a splash in and out of the pool, medically retired Master-at-Arms 3rd Class Nathan DeWalt, 25, of York, Pa., swam the 100m spinal cord injury freestyle race in 3:09.24 to claim the third place slot.

"Today was not my best swim day, but I always try to do my best," DeWalt said. "It is exhausting, but I'm always happy with my performance."

On July 11, 2008, while riding his motorcycle, a taxicab stuck him after running through a stop sign. The accident left DeWalt's

spinal cord severed at the T3 vertebrae.

"I woke up in the hospital two weeks later after my injury to find out that I was paralyzed from my chest down," DeWalt explained. "And fortunately this has been the best thing that has ever happened to me. It has given me a lot of opportunities that I wouldn't have had otherwise."

DeWalt has fought back with a motivating amount of self-confidence and courage. Using a wheelchair, he actively took part in four events during the WWPI — swimming, wheelchair basketball, cycling and track and field.

"I feel like I'm out here for moral support for some of the other teammates, the new members who haven't had the opportunity to participate yet," DeWalt said.

"This is my fifth year doing the Warrior Games with this team. As a veteran, I do not feel obligated to doing this, but it's something that I enjoy doing and in being able to help and inspire others."

To the average service member or spectator, the sight of seeing DeWalt will his body around a pool and basketball court tends to be

mind-boggling, if not emotional. But DeWalt said that he is an extremely self-assured individual.

"I've always been a pretty highly motivated individual," DeWalt said. "When I woke up and I had family standing around my bedside cheering me on, to be brutally honest, my motivation came from inside me."

DeWalt recalled the days of being in the hospital and going through rehabilitation as it became a means of taking the initiative to better himself as quickly as possible.

"The most important thing to me was trying to be normal and to not really associate myself as someone who is in a wheelchair or as someone who is paralyzed," DeWalt said.

"I feel blessed that I was given this opportunity to come and do events like this, because my injury was really intensive, but I made such a quick turnaround."

In the years after his injury, DeWalt said he has made it a personal goal of his to give back as much as he can to other individuals and be an inspiration to them.

"I had a gentleman tell me that I saved his life,"



Naval Aircrewman (Mechanical) Airman Brett Parks (top) swims neck and neck against U.S. Air Force Staff Sgt. August O'Neill, en route to placing first place in the 50m mixed lower body amputee backstroke heat by one one-hundredth of a second. The event was held during the Wounded Warrior Pacific Invitational swim meet at Iolani High School's Dillingham Pool.

DeWalt said. "He was on suicide watch for about a month. He was newly injured like me, but he kind of gave up on himself at that point. It stuck with me and now I do other outreach recreational activities outside of the Warrior Games."

Erica Cepko, DeWalt's girlfriend of two years, shared the happiness she witnesses in seeing how

much everyone loves to be around him.

"He makes time to speak to every single person individually," Cepko said. "He doesn't leave anyone out and I feel like people are comfortable around him. So they can tell their stories and they are not afraid to hold back."

After the swim meet, DeWalt congratulated all of his teammates for their

performance with high fives and fist bumps.

"No matter what happens at the end of the day, we are all friends and family," DeWalt emphasized.

"We might get a little bitter when we are exhausted from training 10 hours a day, but these guys have all left a mark on me. I'm sure they would say the same about me leaving a mark on them as well."

Joint base Airmen support Toys for Tots campaign, Wounded Warriors



Senior Master Sgt. Guadalupe Ruiz, Pacific Air Forces/A4 manager, (right), helps collect donated toys with "Toys for Tots" representatives, U.S. Marines Corps Lance Cpl. Doug Larrabee, (left), during the opening ceremonies for the recent second annual Super Draft Softball Tournament at Joint Base Pearl Harbor-Hickam.

Story and photo
by Master Sgt.
Jerome S. Tayborn

15th Wing Public Affairs

More than 70 new toys were handed over to the Marine Corps Reserve "Toys for Tots" program during the opening ceremonies of the recent second annual Super Draft Softball Tournament at Joint Base Pearl Harbor-Hickam (JBPHH).

About 65 players from the JBPHH community supported the Air Force Sergeant's Association-sponsored event, which also donated funds from the registration fees to the Wounded Warrior Project.

The two-day tournament, which was a backyard base-

ball style draft, was open to all JBPHH community members willing to donate an unwrapped toy to the Toys for Tots campaign sponsored by the U.S. Marines Corps Heavy Marine Helicopter Unit 463, stationed at Marine Corps Base Hawaii, Kaneohe Bay.

"I would like to thank everyone for coming out and supporting the softball tournament and AFSA," said Chief Master Sgt. Leslie Bramlett, 15th Wing command chief, during the opening remarks of the tournament.

"AFSA has a special place in my heart. They help take care of our Airmen, their benefits and their families. Not only does AFSA help advocate

for us in Washington, D.C., but they also support us locally."

The Toys for Tots campaign is a charitable tradition supported and executed by service members since 1947. Toys for Tots Hawaii has established a close, working relationship with local social welfare agencies, church groups and other local community agencies to distribute the toys.

Col. Terry Scott, 15th Wing vice commander, thanked the participants for their support and encouraged everyone to keep the bigger picture in mind while enjoying the event.

"You all are helping to make someone's holiday a lot better," Scott said.

Become a more healthy you with yoga classes at JBPHH

Story and photo by
Randy Dela Cruz

Sports Editor

Yoga can be a great way for active-duty military members, their families and retirees to round out fitness routines, and the folks at Joint Base Pearl Harbor-Hickam Fitness Center will show them how to get started.

Classes are held from Monday through Saturday. Instructor Capt. Karen McDonald, Naval Health Clinic Hawaii, said that the classes are for everyone, from beginner to advanced students.

"I was taught by an instructor that said you want to make everyone feel comfortable and wanting to come back," McDonald said. "So I give them choices in every position. This is a general way of making sure that you're getting the most out of your time and the most out of your practice."

Apparently the message of yoga is catching on at the base, as the Monday evening class on Jan. 13 was packed from wall-to-wall with eager participants ready to engage in the hour-long session.

Soothed by the warm tones of McDonald's cadence, attendees set their own pace with McDonald offering tips to individuals as she went along.

"I teach a lot of positioning — making sure they do the right positions," she said. "So they feel like they can come back and learn something."

Cryptologic Technician (Technical) Seaman Apprentice



Johanna Roots, a Navy spouse, stretches out during a recent yoga class at JBPHH Fitness Center. Yoga classes are held Monday-Saturday at the fitness center.

Tara Broesche, Navy Information Operations Command (NIOC) Hawaii, said that yoga has helped keep her in shape to meet the demands of the military.

"This really relaxes me and stretches the muscles," she said. While the program can be

tough enough to work for active-duty military members, it's also adaptable for retirees.

Jerry Llanes, a 58-year-old retired Seabee, and his wife of 32 years, Karen, are frequent attendees at McDonald's classes.

Llanes said that yoga has been

a wonderful way to battle 'Father Time' and has helped him stay limber and fit.

"It uses all parts of muscles of your body," he said. "It's a good medication for stress and you become more limber."

His wife, Karen, started the

trend in the family by attending classes held at Bloch Arena.

A big fan of McDonald's teaching style, Karen praised the instructor for making the class doable, but also fun for everyone.

"She (McDonald) is the only one I know that makes it kind of funny sometimes," she said. "A lot of classes are macho. It's not like that. You just do the best you can do."

Besides being therapeutic, McDonald added that yoga could provide benefits to even the most devout weightlifter or runner.

"In yoga, we talk about the whole entire body, the whole entire core," she said. "When you think of some of our positions, there's no single muscle that you cannot be working."

"And you have to turn off your mind because you can't do that and hold those positions. It's the mind/body connection," McDonald said.

If that isn't enough to convince you, McDonald said that if you are serious about getting in shape, you should at least give it a try.

While McDonald said that she understands that different things appeal to different people, yoga just might give you the boost you need to keep your body moving.

"I'd say come in and try it," she said. "You can find your edge again. There's no competition. It's do what you can do, enjoy and find something new for you."

For more information, call the fitness center at 471-2019 or visit the web at www.greatlifehawaii.com.

Teams compete in wheelchair basketball battle

Story and photos by
MC3 Brennan Knaresboro

U.S. PACOM Joint Intelligence Operations Center

The Navy and Coast Guard Team beat the Air Force in the third exhibition game of the Wounded Warrior Pacific Invitational (WWPI) wheelchair basketball competition Jan. 9 at Joint Base Pearl Harbor-Hickam Fitness Center.

After two periods of nonstop action, the bleachers were full of service members at the edge of their seats until the warriors of the Navy and Coast Guard Team secured victory in the last 22 seconds with a final score of 24-21.

The Navy and Coast Guard Team consisted of 10 service members, all with different injuries and illnesses. Retired Explosive Ordnance Disposal Technician 1st Class John Kremer played as the point guard and made multiple passes and decisions in the plays that were vital in the team's victory.

"I was just doing my best and I was focused on the game," Kremer said. "I was lucky to be playing with such a great group of motivated players."

This is Kremer's third year participating in the WWPI. He commented that he enjoys the opportunity the program offers to bring warriors together.

"At the end, it is not about the game's outcome," Kremer said. "It is about the camaraderie and having us come together and work with one another."

The Navy and Coast Guard Team was led by Mo Philips, Jr., the head coach. He was also the head coach of the men's paralympics basketball team and has extensive experience working with athletes of physical disabilities.

"Being involved with the Wounded Warrior Project is very personal to me," Philips said. "It's not about the game or the competition. It's about helping these players transition into a new life."

Philips is a 40-year veteran of the sport and holds a position in the National

Wheelchair Basketball Hall of Fame in Springfield, Mass. He has six national championships as a coach and numerous more as a player.

"Out of all 40 years of playing and participating in the Wounded Warrior Project, this is my greatest personal experience. None of my awards can compare to what we achieve here," Philips said.

Megan Haydel, a staff member for Navy Safe Harbor, was in attendance at the game and said the game was one of the most electrifying matches to watch.

"This was the pinnacle of all the activities for this year's WWPI," Haydel said. "This is the first time the Navy won every single basketball game."

Events like this bring more awareness about wounded warriors to people who are unaware of service members with seriously wounded conditions and their ability to overcome their injuries, Kremer said.

"This is a great outlet for wounded veterans with injuries or illness to be a part of some kind of community," Kremer said. "An invitational like this allows local communities and commands from all branches of the military to come together and learn about the Wounded Warrior Project."

In 2012, the first Wounded Warrior Pacific Invitational was hosted by Commander, Navy Installations Command N95 headquarters (Safe Harbor) and Navy Region Hawaii.

Safe Harbor is the Navy's organization for coordinating the non-medical care of seriously wounded, ill and injured Sailors and Coast Guardsmen and providing resources and support to their families. Through proactive leadership, the program provides individually tailored assistance designed to optimize the success of the shipmates' recovery, rehabilitation and reintegration activities.

Navy Wounded Warrior's goal is to return Sailors and Coast Guardsmen to duty and when that is not possible, the program works collaboratively with federal agencies and local organizations to ensure a service member's successful reintegration back into their family.



Retired Navy Chief Gunner's Mate Hector Varela shoots a free throw at Joint Base Pearl Harbor-Hickam Fitness Center during the wheelchair basketball game against the Air Force on day two of the scheduled Wounded Warrior Pacific Invitational held Jan. 8-10.



Retired Air Force Staff Sgt. Larry Franklin dribbles the ball down the court.

Martin Luther King Day commissary hours announced for JBPHH

In observance of the Martin Luther King Day holiday on Jan. 20, the Pearl Harbor Commissary store operation hours will be from 9 a.m. to 5 p.m.

The Hickam Commissary hours will be from 10 a.m. to 6 p.m. with early bird hour at 9 a.m. For more information, call the Pearl Harbor Commissary at 471-8402, ext. 101 or the Hickam Commissary at 449-1363.

Today is deadline to register for Great Aloha Run on Feb. 17

Today is the last day to register for the Great Aloha Run.

The 30th annual Great Aloha Run will be held President's Day, Feb. 17.

Participating in the race will be Sounds of Freedom. Sounds of Freedom is comprised of active duty service men and women from all branches of service, running in formation in PT gear, and calling out cadence.

The 8.15-mile course starts at Aloha Tower in downtown Honolulu, winds its way along Honolulu Harbor, down Nimitz Highway, Kamehameha Highway and on to Aloha Stadium. Aid stations are at miles 2, 3, 5 and 7 and at the finish, with restrooms at the end of every aid station.

Racers can register online at www.greataloharun.com.



Live the Great Life

ITT to hold Chinese New Year celebration

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Hawaii is a true melting pot of cultures, which affords one the chance to observe and celebrate the holidays and events of many nations. One of the biggest in Hawaii is the Chinese New Year, and Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's Information, Tickets & Travel (ITT) is offering three tours to give patrons the opportunity to join in on the fun.



MWR Marketing photo

The Chinese New Year celebration will include lion dances.

The Jan. 24 tour, which costs \$37, will focus on the kickoff of the official Chinese New Year ceremony. Lion dances, firecrackers and more will highlight the evening.

The festivities continue the next day with a morning and afternoon tour. The morning Chinatown tour costs \$33 and is similar to ITT's food and historic tour, with the added features of the New Year celebration. The afternoon tour costs \$37 and offers the chance to see the parade followed by a Chinese-style dinner.

All tours include round-trip transportation from the Hickam ITT office. For more information, interested patrons can visit their nearest ITT office or call 448-2295. Prices shown are adult prices. Call for child prices.



MWR patrons dance at an all-nighter held in JR Rockers ballroom.

MWR Marketing photo

Dance the night away at JR Rockers all-nighters

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

JR Rockers Sports Café is hosting the Martin Luther King Jr Day All Nighter beginning at 9 p.m. Jan. 19.

There are two entry points — JR Rockers and the entrance to the Hickam Enlisted Club. If patrons head toward JR Rockers, they will find the O'Skool room, where DJ Doc J will spin hits from the 70s, 80s and 90s.

This room has an older crowd, mixed with a younger crowd, with several tables and chairs that fill up

quickly. Patrons are advised to arrive by 10:30 p.m.

"One of the best things about deejaying the all-nighters is that it's such a known event, we don't even have to promote. It's guaranteed fun and our patrons can't wait to come back," said DJ Doc J, who deejayed at the first ever all-nighter in the early 80s.

"No other military base on Hawaii has ever come close to JBPHH. Joint base has been my favorite place to party. It just has that 'vibe' about it. The military patrons really respect it and will always need a place to

go and enjoy," said Carl Ray "Cee-Jaay" Johnson Jr., who is a long time DJ at the all-nighters.

No T-shirts, shorts, flip-flops, athletic wear (includes baseball caps), gang-related apparel (such as vests), etc. are allowed. Active-duty enlisted Air Force and Navy are welcome if they are 18 or over; 21 and over for all other authorized guests.

The facility will be closed on Jan. 20 in honor of civil rights leader Martin Luther King, Jr. For more information visit www.greatlife-hawaii.com or call 448-2271.

Your Weekly Fun with MWR

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



Free Golf Clinic will begin at 9:15 a.m. Saturday at Barbers Point Golf Course. Patrons can learn how to improve their golf game. FMI: 682-1911.

Youth Spring NFL Flag Football registration will be from Jan. 20 to Feb. 21. The league is open to children ages 5 to 15 years old. The season runs March through June. Patrons can register online at greatlife-hawaii.com. FMI: 473-0789.

Liberty Moonlight Hike at Mariners Ridge will be held Jan. 24 with pick ups from Liberty Express at 4 p.m., Beeman at 4:30 p.m., Instant at 5:15 p.m. and Makai at 5 p.m. This free event is open to active duty single service Airmen and Sailors only. Patrons can register at www.greatlife-hawaii.com. FMI: 473-2583

Youth USATF Track and Field registration will be held from Jan. 20 to Feb. 21. The league is open to youth ages 9 to 18 years

old. The season runs March through August. The fee does not include USATF membership. Patrons can register online at greatlife-hawaii.com. FMI: 473-0789.

Liberty Beach Day at Ko'olina Lagoon 4 will be held Jan. 21 with pick ups from Liberty Express at 8:30 a.m., Beeman at 9 a.m., Instant at 9:15 a.m. and Makai at 9:30 a.m. This free event is open to active duty single service Airmen and Sailors only. Patrons can register at www.greatlife-hawaii.com. FMI: 473-2583.

Liberty Five & Dine Dinner at Buca di Beppo will be held Jan. 23 with pick ups from Liberty Express at 4:30 p.m., Beeman at 5 p.m., Instant at 5:15 and Makai at 5:30 p.m. This event costs \$5 and is open to active duty sin-

gle service Airmen and Sailors only. Patrons can register at www.greatlife-hawaii.com. FMI: 473-2583.

Official NFL Pro Bowl Practice will be from 9:30 a.m. to 12:45 p.m. Jan. 23 at Earhart Field. Military-affiliated personnel will have the opportunity to take pictures and experience the action from the sidelines. FMI: www.greatlife-hawaii.com or facebook.com/greatlife-hawaii

Family Fun: Day Hike Hamama Falls will begin at 8 a.m. Jan. 26 with pick-ups from Outdoor Adventure Center-Fleet Store. Hamama Falls is a 50-foot waterfall that is the namesake of this four-mile, family-friendly hike. The trail is a gravel road all the way to the falls, making this an easy hike for beginners. FMI: 473-1198.

Morale Welfare & Recreation

PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m. Jan. 22 at the Hickam Library. The theme will be "blow, wind, blow." FMI: 449-8299.

KAYAKING CHINAMAN'S HAT

There will be a kayaking excursion to Chinaman's Hat beginning at 9 a.m. Jan. 25. Departures are from the Outdoor Adventure Center-Fleet Store. Transportation is provided. This trip can sometimes have a moderate level of difficulty. The registration deadline is Jan. 22. FMI: 473-1198.

WOOD SHOP SAFETY CLASS

The Hickam Arts & Crafts Center will hold a wood shop safety class from 4:30 to 7:30 p.m. Jan. 25. This class emphasizes the proper and safe use of 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. Preregistration is required. FMI: 448-9907.

KO'OLINA WHALE WATCHING CRUISES

There will be whale watching tours to Ko Olina from noon to 3:45 p.m. on Saturdays and Sundays, Jan. 25 through April 6. Every winter, humpback whales migrate thousands of miles from Alaska to give birth and nurse their young in the warm Hawaiian waters. Departures are from Information, Tickets & Travel-Hickam. FMI: 448-2295.

WOMEN'S SURF CLASSES

The Outdoor Recreation-Hickam Harbor will hold women's surf lessons beginning at 9 a.m. Feb. 1. Students can learn about the history, wave science, etiquette and techniques of surfing. Participants must be able to swim without a lifejacket. The last day to register is Jan. 29. FMI: 449-5215.

YOUTH SPRING BASEBALL

Registration for youth spring baseball runs now through Feb. 7. The season is from March through June. Registration is open to youths ages 5-14. FMI: greatlifehawaii.com or 473-0789.

PRIVATE SWIM LESSONS

Now through March 28, private swim lessons are being offered in 30-minute sessions for individuals and for groups of up to three students (must all be at same level). Registration is at Hickam Pool 2 during normal open hours. FMI: 260-9736.

MILITARY BOWLS FREE

Active duty military service members can receive up to two free games of bowling (shoe rental not included) at the Hickam Bowling Center and the Naval Station Bowling Center from 11 a.m. to 2 p.m., Monday through Friday. A military ID is required. FMI: 448-9959 or 473-2574.

Community Calendar

JANUARY

21, 23, 30 — Currently scheduled Armed Services Blood Donor Program drives include Jan. 21, 9 a.m. to 1 p.m., Camp Smith Pollock Theatre, Camp Smith; Jan. 23, 9 a.m. to 1 p.m., Naval Submarine Support Command, Joint Base Pearl Harbor-Hickam; and Jan. 30, 9 a.m. to 1 p.m., Pearl Harbor Memorial Chapel, JBPHH. For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil and check www.militaryblood.dod.mil.

23 — Official NFL Pro Bowl Practice will be from 9:30 a.m. to 12:45 p.m. at Earhart Field, JBPHH. Military-affiliated personnel will have the opportunity to take pictures and experience action from the sidelines. FMI: www.greatlifehawaii.com or facebook.com/greatlifehawaii.

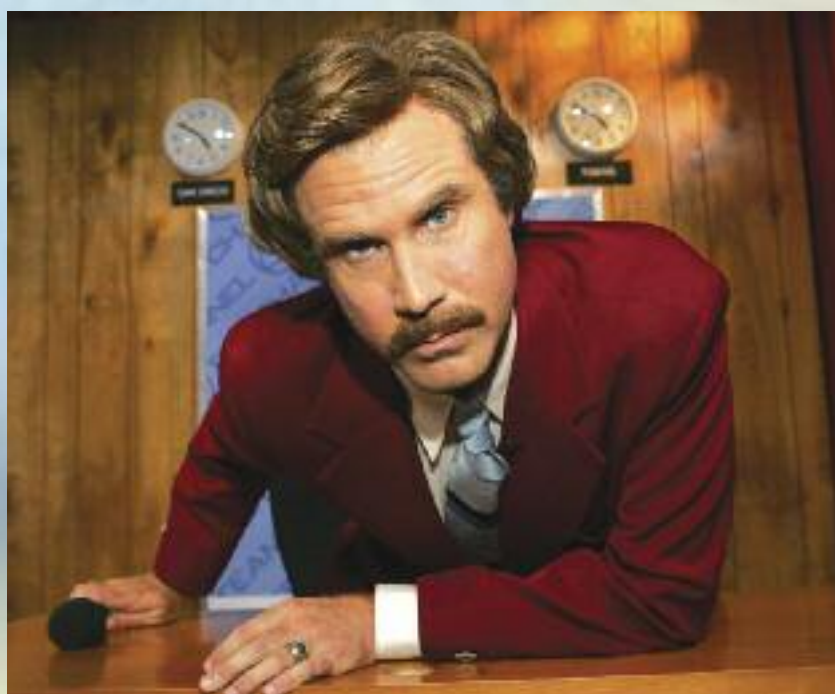
26 — The Liberty Pro Bowl Tailgate Party and Game at Aloha Stadium will be held leaving from Liberty Express at 10:45 p.m., Beeman at 11:30 a.m., Liberty Instant at 11:45 a.m. and Makai at 12 p.m. This free Liberty event is open to active duty single service Airmen and Sailors only. Participants can register at www.greatlifehawaii.com. FMI: 473-2583.

FEBRUARY

1 — A Living History Day will take place from 9 a.m. to 4 p.m. at Pacific Aviation Museum Pearl Harbor. Guests can meet pioneers and heroes from Pacific aviation history, interact with historians in period attire, and hear the stories of World War II, Korea, Vietnam and early aviation in the Pacific. The events are free with museum admission and free to museum members. Living History Day activities will also take place on the Battleship Missouri Memorial. FMI: 441-1000 or www.pacificaviationmuseum.org.

8 — Pacific Aviation Museum Pearl Harbor will hold a hangar talk titled "Tuskegee Airmen Then and Now" from 2 to 4 p.m. in the museum theater. Tuskegee Airman Philip Baham, Dr. Dorothy Goldsborough and a panel of experts will discuss stories and the legacy of the first African-American military aviators who served during World War II. The event is free with regular museum admission and free to museum members. FMI: 441-1000 or www.pacificaviationmuseum.org.

15 — The Morale, Welfare and Recreation Super Garage Sale will be held from 8 a.m. to noon at Richardson Field. Admission is free for shoppers. No pets are authorized at the event or on the field. FMI: 473-0792.



ANCHORMAN 2: THE LEGEND CONTINUES (PG13)

With the 70s behind him, San Diego's top rated newsman, Ron Burgundy (Will Ferrell), returns to the news desk in "Anchorman 2: The Legend Continues." Also back for more are Ron's co-anchor and wife, Veronica Corningstone (Christina Applegate), weather man Brick Tamland (Steve Carell), man on the street Brian Fantana (Paul Rudd) and sports guy Champ Kind (David Koechner) — All of whom won't make it easy to stay classy ... while taking the nation's first 24-hour news channel by storm.

Movie Showtimes

SHARKEY THEATER

TODAY 1/17

7:00 PM American Hustle (R)

SATURDAY 1/18

4:00 PM (3D) The Hobbit: The Desolation of Smaug (PG13)

7:00 PM Anchorman 2: The Legend Continues (PG13)

SUNDAY 1/19

2:30 PM The Hobbit: The Desolation of Smaug (PG13)

5:30 pm Saving Mr. Banks (PG13)

8:00 pm Anchorman 2: The Legend Continues (PG13)

THURSDAY 1/23

7:00 PM Saving Mr. Banks (PG13)

HICKAM MEMORIAL THEATER

TODAY 1/17

6:00 PM The Hunger Games: Catching Fire (PG13)

SATURDAY 1/18

4:00 PM Frozen (PG)

7:00 PM The Hobbit: The Desolation of Smaug (PG13)

SUNDAY 1/19

2:00 PM Frozen (PG)

THURSDAY 1/23

7:00 PM The Hunger Games: Catching Fire (PG13)



Wounded warrior shares his message of hope

Patty Babb

Navy Wounded Warrior - Safe Harbor

A wounded warrior competed in his first adaptive athletics competition at the Wounded Warrior Pacific Invitational on Jan. 8 in Honolulu.

Naval Aircrewman (Mechanical) Airman Brett Parks threw standing shot put and discus during the joint-service event for seriously wounded, ill and injured service members. In addition to field sports, he participated in multiple swimming events.

"This event has opened me up to a world that I didn't know before," Parks said. "We all have goals, but there's only so far you can go on your own when it comes to fitness and rehabilitation. This really raises the bar on my goals. When I go home, I have a purpose and new goals to strive for."

Parks was wounded Oct. 17, 2012 in his hometown of Jacksonville, Fla. when he

came to the aid of a man being robbed at gunpoint. Parks, a husband and father with a second child on the way, was waiting to conduct a training session at his gym when he heard a man scream and decided to intervene. Two gunshots were fired at Parks. The first shot hit his abdomen, (but the second shot missed him).

The bullet shredded his kidney, severely damaged a third of his colon and severed a major artery, disrupting blood flow to his right leg. His lower right leg was amputated, and Parks spent four months recovering from his wounds and learning how to use a prosthetic limb.

"The night it happened, my wife gave me a coupon and told me to remember to pick up milk," Parks said. "When I was running out the door I said, 'Bye baby; I love you.' I didn't come home for four months."

Parks is enrolled in Navy Wounded Warrior (NWW) - Safe Harbor, the Navy and Coast Guard's wounded warrior support program. Many

NWW enrollees, like Parks, were not wounded in combat. The program also supports service members who are diagnosed with a serious illness or have been injured in shipboard, liberty or training accidents.

All enrollees in NWW are encouraged to make adaptive athletics, which has many proven benefits, part of their recovery and rehabilitation efforts. NWW connects wounded warriors to adaptive athletic opportunities throughout the country. The Wounded Warrior Pacific Trials were jointly hosted by NWW and Navy Region Hawaii.

At the Wounded Warrior Pacific Invitational, wounded warriors went head-to-head in a variety of sports, including cycling, seated volleyball, swimming, track and field and wheelchair basketball. Every athlete received a participation medallion at the conclusion of the event.

"This event is one of many leading up to the Warrior Games which will take place

this fall," said Marty Martinez, NWW cross-functional division lead.

"Brett has demonstrated tons of potential on the playing field, but, more importantly, he has a great attitude. It's a lot of fun to compete alongside him."

In addition to his athletic ambitions, Parks also has written a book about his experiences. Its working title is "Training for Life," and Parks has been reaching out to various publishers.

"Before I was wounded, I was the strongest I ever have been," Parks said. "My training before the incident—physically, spiritually and emotionally—prepared me for the challenge I would face. My doctors told me that I might not have survived if I hadn't been in such good shape."

It is true of anything in life. You need to be prepared, set a goal, never quit, and find spiritual strength. With those four things, you can beat almost anything," he added.

Parks also has established

Naval Aircrewman (Mechanical) Airman Brett Parks prepares to throw a shot put during a training exercise for the Wounded Warrior Pacific Invitational.



U.S. Navy photo

an organization called Second Shot Ministry, which enables him to share his faith and journey to recovery. He serves as a motivational speaker at local schools, churches and companies. The organization's name has multiple meanings. Literally, it refers to the second shot that missed him, and figuratively, it

symbolizes his second chance at life.

"I am on Earth for a reason, and it's to spread a message of hope," Parks said.

To learn more about NWW or adaptive athletics, visit <http://safeharbor.navy.live.dodlive.mil>, call 855-NAVP WWP (629-9997) or email navywoundedwarrior@navy.mil.

MWR Liberty Program to help single Sailors, Airmen enjoy Pro Bowl

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam's Liberty Program is again helping single Sailors and Airmen enjoy the NFL Pro Bowl on Jan. 26. Every year when the game is played in Hawaii, the Liberty Program purchases tickets which qualifying active duty members are able to sign up for.

Liberty also hosts a free tailgate party prior to the game. Food and beverages are provided for the attendees, and the party helps get everyone excited before kickoff. Liberty also provides transportation to and from the party and game.

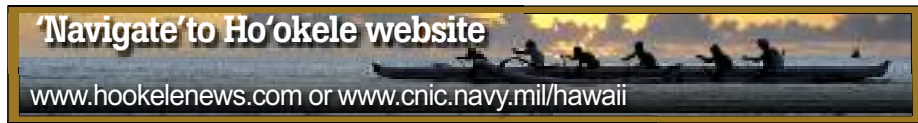
Greg Brown, Liberty Program director, said events such as the tailgate party fit right into what they try to provide for the Sailors and Airmen.

"It is designed specifically for those that don't have

family while (stationed) in Hawaii. That's what we're here for," Brown said.

Liberty Program provide recreation for single Sailors and Airmen at Joint Base Pearl Harbor-Hickam, catering to younger, enlisted rank E1-E6 service members. But Brown said that other ranks can participate if they fit into the single, unaccompanied category.

For more information, qualified individuals can call Liberty at 473-2583.



MWR introduces exclusive ITT Pacific Memorial Tours

**Emily McNulty
and Reid Tokeshi**

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

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation's Information, Tickets & Travel (ITT) has new and exclusive tours tailored to satisfy the needs of those looking to learn about the history of what happened in and around Pearl Harbor on Dec. 7, 1941.

The new tours have one thing in common: a ticket to the USS Arizona Memorial. The USS Arizona Memorial is the most visited tourist attraction in the state, drawing more than 1.8 million vis-

itors annually from around the world.

"The number-one question at the ITT counter is 'Can I get Arizona tickets?'" said Mark Saruwatari, ITT tour director. And until this month, agents had to tell customers that the only way to get tickets is to stand in line at the site early in the morning or to book in advance online.

The Valor Tour consists of tickets to the USS Arizona Memorial, audio headset to guide participants throughout the museums at the Pearl Harbor Visitors Center, a stop at the often-overlooked USS Utah Memorial on Ford Island, a special visit to the USS

Oklahoma Memorial, and a stop at the Navy Club Memorial.

ITT will also hold the Patriot Tour, which includes tickets to the USS Arizona Memorial on Thursdays.

The Patriot Tour encompasses all the sights and sounds from the Valor Tour and includes lunch. An additional feature of the Patriot Tour is a stop at private Hospital Point where patrons can see the USS Nevada Memorial.

The tour concludes at the National Cemetery of the Pacific (Punchbowl).

For more information, call 448-2295 or visit www.greatlifehawaii.com.



MWR Marketing photo

ITT Pacific Memorial tours include tickets to the USS Arizona Memorial.