



IN MEMORY OF OUR FALLEN: HICKAM TACP HOSTS 24-HOUR RUN

Story and photos by Staff Sgt. Alexander Martinez 15th Wing Public Affairs

Members of the 25th Air Support Operations Squadron (25th ASOS) organized and participated in a 24-hour run challenge at the Hickam running track at Joint Base Pearl Harbor-Hickam, March 27-28.



The annual challenge, a worldwide tactical air combat party (TACP) event, honors fallen members of the career field and raises money for the U.S. Air Force TACP Association that provides aid for TACP members and their families in times of need.

From noon March 27 to 11:59 a.m. March 28, the 25th ASOS had at least one runner on the track at all times. The event also included runners from many organizations on JBPHH.

"This year has been, by far, one of the best years we've had," said Staff Sgt. Jamelle Dalton, 25th ASOS TACP member and co-organizer of this year's challenge. "We've had a ton of runners, so it helps us raise awareness of the TACP Association and honors our fallen."

Dalton said he appreciates the TACP Association because it helps many TACP Airmen every year.

"I've seen it help someone out first-hand, and what's nice is they don't expect anything in return," Dalton said.

Event organizers set up a fallen Soldier memorial tent that included six battlefield cross memorials, a slideshow with information on the fallen TACP Airmen, and a large 25th ASOS wooden log that runners carried during the final laps of the challenge.

Staff Sgt. Ashley Boykin, 15th Medical Group, said she was honored to be a part of the challenge, both as a medical technician and a runner.

"The TACPs do so much for us mission-wise," Boykin said. "They have such an important mission and for them to take time to do this and honor their fallen TACPs is great, and I'm happy to be a part of it."

The top runner was Airman 1st Class Jacob Hodney, 25th ASOS, who completed 53 miles in the 24-hour period.

"This is a great event that helps our community, so I just wanted to give back and come out here strong," Hodney said.

At the conclusion of the event, all participating members of the 25th ASOS ran in formation. The final numbers: the 25th ASOS alone ran more than 1,700 miles, and the overall total of miles run was more than 3,100 miles.

"To all the participants, thank you for coming out and supporting this challenge," Dalton said. "We appreciate everyone helping us out and honoring our fallen."



(From top to bottom): Members of the 25th Air Support Operations Squadron carry a log while other 25th ASOS Airmen run in formation during a 24-hour run challenge at Joint Base Pearl Harbor-Hickam on March 28.

Six battlefield cross memorials, one for each tactical air combat party (TACP) killed in action, are displayed in front of their photos.

Members of the 25th Air Support Operations Squadron run the final few laps.

The 25th Air Support Operations Squadron pass near the flightline.

Window on Joint Base Pearl Harbor-Hickam



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Three Cs of driving during rush hour are pretty simple

Karen S. Spangler

Managing Editor, Ho'okele

Gritting my teeth and jacking up the radio slightly to de-stress, I crawled along the highway in bumper to bumper traffic. Almost every day for the past two weeks, both morning and afternoon rush hour had been this way. The bad traffic nightmare was getting to be more of the rule rather than the exception.

So what's the deal, I wondered. The sky is blue and clear with just a few puffy, white clouds; the visibility is great; the roads are completely dry — so why can't people just drive without getting into accidents?

You know what I'm talking about — one average accident and thousands of motorists are jammed on all of the major highways, which isn't many since Hawaii doesn't have a lot of major arteries, for long, stressful, frustrating, can't-get-where-you're-going, hours of commuting time.

And if there's a major accident, you might as well

just forget even putting your car on the road — spend the evening at a shopping mall, go to a movie, or have dinner at your favorite restaurant and wait it out. Your options are limited.

I have paid close attention to my fellow drivers and I think that I have figured out the problem. Let's call them the three Cs of driving, especially important for rush hour driving.

It's pretty simple. The three Cs represent careful, courtesy and common sense. You would think that they would all be rather "common sensical," wouldn't you? Obviously, that isn't the case.

Let's take a look at the first "C" — careful. It seems to me that there are too many drivers who aren't being careful. Driving 50 or 60 mph and following within a few inches of the car in front of you isn't being careful. It doesn't take a rocket scientist to figure out that if you are doing this and the driver in front of you has to stop or even slow up, you aren't going to be able to stop before plowing into him. With

good reflexes, an open space in an adjoining lane, and a whole lot of luck, you might be able to quickly change lanes and divert yourself from the impending crash, but not likely. The equation is easy — too fast, following too close = accident waiting to happen. It's usually not just a couple cars involved, but a chain reaction catastrophe because several cars simply didn't have enough time to slow up or stop.

What ever happened to the safe driving rules that we learned in drivers' education classes? Or maybe some of these drivers didn't learn the same rules that I did. It goes something like this — allow one car length for each 10 mph of speed. If there are weather conditions that make driving even more dangerous, allow a little more. Most drivers probably aren't going to adhere to this driving rule, but at least allow yourself enough space so that you can stop or slow up without hitting another car.

Being careful also means being always alert to what is happening on the road-

way while you're driving — ahead of you, behind you, on both sides of you. That's a lot of territory to cover, but it's absolutely necessary.

Be sure to avoid quick, unexpected stops (when possible), always signal when you need to change lanes or make a turn, and watch out for pedestrians.

The second "C" is courtesy — and despite the aloha spirit which prevails in our paradise, there are many situations where courtesy is seriously lacking.

For example, I'm sitting at a traffic light, my signal flashes to green, but there are still at least a couple — and often several cars — that are coasting through the intersection on a red light several seconds after my light has turned green. Grrrrr...

How about those of you who don't "yield" at yield signs, who dominate the right of way at stop signs, who turn right on red lights without stopping or even looking to see if cars are coming from other directions? Growl....

One of my favorite situa-

tions — and I say this with great sarcasm — is the driver who comes racing up the highway from far behind me, determined to get in front of me before the two lanes merge into one. This fool will speed, cut me off, and do anything and everything possible to make sure that he beats me to the bottleneck. Aarrgh...

And what about the car in the lane behind you or beside you, with the bass on the radio booming so loud that your whole car vibrates and your windows shake? There's nowhere to go to get away from them and I probably wouldn't be quite so upset if it was good music — but it's not what I would choose to listen to. However, no choices here, I'm stuck listening until he turns off or I do. I glare at them, but to no avail. Obviously, the repetitive exercise of playing music so loud has damaged their eyesight as well as their hearing.

The last of the three "Cs" is common sense. You know what they are — don't drive after you have been drinking, don't try to

text on your cell phone while driving (it's illegal anyway) or put on makeup or read the newspaper or do anything else that takes your attention away from where it should be — driving. Don't follow too closely can also be included here.

Oh, there's a fourth "C" — although this is not one that is controlled by drivers. It stands for construction. Now I ask you, does it make any sense to build thousands more homes and put thousands more cars on highways that are already filled to more than capacity and on infrastructure that just can't tolerate anymore? You get my point, so enough said.

I'm hoping that maybe the next time you get behind the wheel of your vehicle, at least some of you will give some thought to the "Cs" of driving. With a little help from all of us, maybe things will improve — although I doubt it.

That brings to mind a couple other "C" words of driving — cringing as I think about the commute.

Have a safe driving day in paradise!

Paul Hamilton secures top spot in Afloat Division

Story and photo by Randy Dela Cruz

Sports Editor

Down by seven points early in the second half, USS Paul Hamilton (DDG 60) rallied to beat USS Port Royal (CG 73), 46-42, in an Afloat Division regular-season finale on May 30 at Joint Base Pearl Harbor-Hickam Fitness Center.

With the win, Paul Hamilton locked up the Afloat Division regular-season title with an 8-1 record, while Port Royal lost their second game of the season against six wins.

Both teams qualified for the playoffs with Paul Hamilton facing the 735th Air Mobility Squadron (735 AMS) in the first round at 2 p.m. April 5 at JBPBHFHC and Port Royal going to the Hickam Fitness Center to battle the 324th Intelligence Squadron (324 IS) Tigers at 3 p.m.

Against Port Royal, Paul Hamilton trailed at half-time by a bucket, but fell behind by seven early in the second half when Seaman London Waldon followed a basket by Electronics Technician 3rd Class Anthony Hawkins with a three-pointer to give Port Royal a 29-22 lead.

However, just when Port Royal seemed to be pulling away, Paul Hamilton got a huge boost from Ensign Jeremy Jones, who, after going scoreless in the first half, began to heat up after

the break.

A basket and two straight free throws by Jones pulled Paul Hamilton to within a point at 34-33 with 11:39 left on the clock.

Then, two minutes later, Jones hit a three-pointer to tie up the game at 36-36 before he came back down the floor and sank another three to give Paul Hamilton a 39-36 lead at the 9:42 mark.

"We discussed it at the beginning of the second half to look for the open man," Jones said. "They found me and I started taking the open shots. Luckily, I started hitting them."

Jones scored all of his 16 points in the second half and received strong support from Culinary Specialist Seaman Brandon Reid, who also chipped in with 16, which included two clutch free throws to put Paul Hamilton ahead by four points at 40-36 with only 5:35 remaining in the game.

Although the difference was still in striking distance for Port Royal, the team was hurt by foul trouble, which put Paul Hamilton in bonus situation with over five minutes to go on the clock.

Later, Waldon would sink two free throws to pull Port Royal to within two points at 42-40, but the team couldn't over take Paul Hamilton.

"What it was, was that we started to play to their

level," said Waldon, who led all scorers with 19 points, including three baskets from beyond the arc. "When it comes to basketball, you've got to play at your own pace. We got open shots, but it just wasn't enough."

Meanwhile, Jones said that after going into the halftime trailing, he knew that the team wasn't going down without a fight.

"Us being down by two points, that warrior mentality from Paul Hamilton (kicked in)," he said. "We had to come out and show them how it's done."

Jones added that the win over a tough team like Port Royal should give Paul Hamilton a big boost heading into the playoffs.

"This is where we wanted to be from the beginning," Jones said. "We played well as a team, and I can't ask for a better group of guys."

With one goal accomplished, Jones said that the team is focused on an even bigger prize.

"Our goal is going all the way," he said. "There's nothing else."

For those supporting Port Royal, Waldon said don't despair. He and his shipmates are preparing for a big surprise.

"As long as we practice and get our fundamentals down, we'll be good," he stated. "I still feel good about it. This (loss) was just a setback before a big comeback."



Sonar Technician (Surface) 3rd Class Bill Puttman takes the ball to the rack for two of his four points.

Defense and backup QB leads Wahine Koa to victory

Story and photo by Randy Dela Cruz

Sports Editor

The Wahine Koa put up a strong defense and got a gutsy performance from stand-in quarterback Cryptologic Technician (Technical) 2nd Class Michelle Dannenberger, Navy Information Operations Command (NIOC) Hawaii, to beat the Pearl City Paniolos, 12-6, on March 30 at Keehi Lagoon Park in Honolulu and advance into the Extreme Wahine Flag Football League Hawaii championship game.

The title showdown for the league crown will pit the Wahine Koa against the Wardawgs and is scheduled to begin at 1 p.m. April 6 at Keehi Lagoon Park.

Many of the players from Wahine Koa are active-duty military or armed forces family members based at Joint Base Pearl Harbor-Hickam, while the Wardawgs are equally stocked with personnel affiliated with Marine Corps Base Hawaii from Kaneohe.

Dannenberger, who normally plays linebacker for the Wahine Koa, was pressed into action after starting quarterback Dana Hester couldn't attend due to a family emergency.

With only one full practice in her pocket, Dannenberger, who was further handicapped when she broke her prescription eyeglasses on the first play of the game, led the team on one scoring drive and committed no turnovers while letting her defense do the rest to preserve the six-point win.

"She pretty much played the game blind and in a blur," said Wahine Koa offensive coordinator Lt. j.g. Gennaro Hawkins, Naval Computer Telecommunications Area Master Station Pacific.

"We had no backup plan. It was either you stay healthy or we just run the ball. The biggest thing there is we had a team. Everybody was behind her, and we were planning on winning no matter what."

At first, it seemed as if the Paniolos were picking up where they left off the previous week when the team scored 26 against the Wahine Koa in a losing cause.

Working with good field position on the Wahine Koa 28, the Paniolos moved the ball to the 18-yard line before running back Schnelle Smith swept to the right and streaked into the end zone for an early 6-0 lead.

The lead stood up until halftime, but on the first drive in the second half the Wahine Koa erased the deficit by moving the ball 32 yards on seven plays to tie the score at 6-6.

On the scoring drive, the Wahine Koa opened up with a punishing ground game led by retired Army veteran Simone Davis to put the ball on the Paniolos nine-yard line.

Facing fourth down, Dannenberger dropped back and tossed a pass to the back of the end zone where Dee Hawkins, who is the wife of Hawkins, jumped straight up and made the clutch catch before touching down for six points.

"I couldn't pick out faces. I can only see colors," Dan-



Cryptologic Technician (Technical) 2nd Class Michelle Dannenberger, Navy Information Operations Command (NIOC) Hawaii, escapes the grasp of Lauren Lupinetti to throw a pass downfield.

nenberger said. "It helped that I knew what route she (Hawkins) was running. I put it up there and trusted that she would go get it and she got it."

Coach Hawkins added that Dannenberger and the team executed exactly what he designed for the offense at halftime.

"We kept pounding the ball, and I knew that at some time they (Paniolos) would quit," he said. "I picked a point and had her (Hawkins) slip through and we executed the plan."

On the next series, the Paniolos were on the verge of going back out in front by moving the ball to the

Wahine Koa 10-yard line.

However, with the game on the line, Wahine, Koa safety Staff Sgt. Carra Harris, 392nd Intelligence Squadron, came up with perhaps the biggest play of the game.

Facing second and goal from the 10-yard line, Paniolos quarterback Kate Robinson threw a pass that was intended for receiver Lauren Lupinetti.

Instead, Harris stepped in front of Lupinetti, intercepted the pass and broke downfield before being stopped just shy of the Paniolos end zone.

It was the second interception of the game for the

Wahine Koa defense as Master-At-Arms 2nd Class Siva Savaiinaea, Navy Information Operations Command (NIOC) Hawaii, came up with a pick in the first half.

"The last time they played against us, they ran that play a lot," said Harris, who will take the field the next time with a different last name, as she will wed Tech. Sgt. Terry Beeman on April 4. "I read it when they positioned and I just blitzed to the outside. That felt pretty good because the last game, they got to me a lot."

Two plays later, Wahine Koa took the lead for good on an option that sprung Shardae Ingano into the end

zone for the game winner.

While the win has placed the Wahine Koa in the championship game for the fifth consecutive time, Hawkins said that no one on the team is taking anything for granted.

Although the Wardawgs beat Wahine Koa, 14-12, in the regular season, Hawkins said that the team wouldn't have revenge on its mind.

"We're just going to prepare like any other game," Hawkins said. "We're not going to worry about the two-point loss from three weeks ago. We're just going to plan and get ready to execute."

Cyberspace Wing rolls into playoffs with perfect record

Story and photo by Randy Dela Cruz

Sports Editor

Saving their best game for the last matchup of the regular season, the 67th Cyberspace Wing (67 CW) ran away from Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC), 51-18, in a Blue Division showdown on March 27 at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

The win gave the 67 CW the division's top spot and number one seed going into the base championship playoffs, while COMSUBPAC qualified for the postseason as the division's number two seed.

The playoffs are scheduled for April 5 to 7, with the title face-off being held on the final day of the postseason at Joint Base Pearl Harbor-Hickam Fitness Center starting at 6 p.m.

The 67 CW will meet Naval Computer Telecommunications Area Master Station Pacific (NC-TAMSPAC) "Mixed Plate" on April 5 at Hickam Fitness Center, with tipoff set for noon.

Meanwhile, COMSUBPAC begins their run in the playoffs against USS Michael Murphy (DDG 112) at Joint Base Pearl Harbor-Hickam Fitness Center starting at 1 p.m.

"It feels great to end (the regular season) like this," said 67 CW point guard Staff Sgt. Carl Sanders, who



Airman 1st Class Demetrius Harvey, 67th Cyberspace Wing (67 CW) forward, goes up for one of his four dunks in a Blue Division intramural basketball game against Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC).

was the game's high scorer with 18 points. "Like I've been telling the guys all season long that defense wins championships. We were a cohesive unit on defense and that's what we got to do. We held them (COMSUBPAC) to 18 points, and that's the lowest total ever scored against us. I'm proud of the guys. This was a great team effort."

Although the game was a matchup of the top two teams in the division, this one was all 67 CW from buzzer to buzzer.

A basket by Sanders gave the 67 CW their first double-digit lead at 14-3 with 10:13 remaining before the half and then a monstrous two-handed jam by Airman 1st Class Demetrius Harvey seven minutes later upped the team's lead to 14 at 20-6.

The 67 CW would go into halftime holding a 12-point lead at 22-10.

The rout continued right after the break, and the lead ballooned to 17 on a three-ball by Airman 1st Class Robert Light before another thunderous stuff by Harvey made it 31-12 with 13:42 remaining in the game.

Harvey, who makes up one half of the team's twin towers that includes 6-foot-10-inch Airman 1st Class Theryn Hudson, threw down a total of four dunks and finished the game with 10 points.

Hudson added eight points but, more importantly, controlled the boards and anchored the team's de-

fense with his intimidating presence.

Besides being a dominating force under the basket, Sanders said that Hudson is also a key component of the team's offense.

"He helps our offense get started," Sanders said. "With him setting those high screens, it leaves the court open for guards like myself and big men like Harvey to get those easy points."

Electronics Technician 2nd Class Jesse Gauf, center for COMSUBPAC, agreed with Sanders.

"It really wasn't about their height. It was about their guard play," said Gauf, who chipped in with six points. "It's when the guards were able to penetrate, we would have to come and help, and that gave their bigs free range for putbacks, dunks, whatever."

Although Gauf admits that this was the worst that the team had played all season, he was confident that he and his teammates would be ready for the playoffs.

"We're really not going to take too much out of this game," he said. "It's one game at a time now. I think we have a good chance of seeing them again in the playoffs."

As for Sanders, he said that while the 67 CW will enter the postseason as one of the favorites, no one on the squad is taking anything for granted.

"Our team is very competitive," he pointed out. "We won't go down without a fight."

Commentary

April is Tsunami Awareness Month

Dan DuBois

Joint Base Pearl Harbor-Hickam Emergency Manager

April 1 is the beginning of Tsunami Awareness Month and is also the 68th anniversary of the 1946 Aleutian Islands 8.1 earthquake that killed 159 people in Hawaii and caused \$26 million (1946 dollars) of damage.

Multiple destructive waves, ranging from 40 feet to 130 feet, hit Hawaii between 4.5 and 4.9 hours after the earthquake. This earthquake and subsequent tsunami resulted in the creation of the Seismic Sea Wave Warning System, which is now today's Pacific Tsunami Warning Center.

As part of the lessons

learned from the 2011 Tohoku earthquake, Joint Base Pearl Harbor-Hickam (JBPHH) Emergency Management (EM) embarked on an education campaign to build resiliency in the JBPHH community.

In conjunction with the National Oceanic and Atmospheric Administration, City and County of Honolulu and State Civil Defense, JBPHH hosted a tsunami walk to safety April 1, coinciding with the monthly tsunami warning system test.

While we will get warnings for more than four days in advance of an approaching hurricane, earthquakes and the tsunamis they generate can strike with as little as 30 minutes to 12 or more hours of warning.

In the coming months,

JBPHH EM will continue to provide information through multiple venues to help residents be better prepared. The same guidelines apply to tsunamis as for hurricane season. Start with the basics. There are three main things to follow: Be informed, have a plan and make a kit.

In the event of a tsunami as well as other natural disasters, it is essential to be informed. What are the local hazards? Where do you get emergency information? Where can you shelter? JBPHH EM has ongoing community outreach events and training for key spouses, ombudsmen and family readiness groups.

For more information about emergency preparedness, visit www.ready.navy.mil, www.beready.af.mil or at www.ready.gov.



U.S. Air Force photo by SrA Christopher Stoltz

"Walk to Safety" participants make their way down Signer Boulevard from Aloha Aina Park, located at Joint Base Pearl Harbor-Hickam. The event was held April 1 by the JBPHH Department of Emergency Management to raise tsunami awareness.



Live the Great Life

Library hosts 'Created Equal' series

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The risk of arrests, threats and physical assaults did not deter the brave volunteers in "Freedom Riders," a documentary on the civil rights movement in America.

In partnership with the National Endowment of the Humanities, the Hickam Library at Joint Base Pearl Harbor-Hickam continued its "Created Equal" series on March 29 by showing a condensed version of the full-length film.

The film told the story of how the South ignored the 1961 U.S. Supreme Court decision overturning racial segregation in interstate travel and how a group calling themselves Freedom Riders challenged the South's status quo.

The group started with 13 members in May 1961 and eventually grew to more than 400 across the United States.

Dr. Ann Rayson, a literary scholar retired from the



Patrons watch the Freedom Riders documentary March 29 at Hickam Library.

MWR Marketing photo

University of Hawaii, facilitated the showing. Rayson discussed the events, shown through archival footage and interviews of actual participants on both sides.

She also encouraged the audience to share their thoughts on the film.

Phyllis Frenzel, head librarian of Hickam Library, said that after a break for the summer, the series will continue with the last two

showings in the series.

"The Loving Story" will be shown Aug. 23 and "The Abolitionists" Sept. 20. The time for both showings is 1 p.m. The events will be facilitated by scholars and historians. Frenzel said that all four full-length documentaries are available to be borrowed at the library. For more information, stop by the library or call 449-8299.

Military Youth of the Year runner up announced

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Preston Colón recently represented Joint Base Pearl Harbor-Hickam (JBPHH) at the Hawaii Alliance of Boys & Girls Clubs 2014 State Youth of the Year event March 27 at the Hawaii State Capitol. The 16-year-old Radford High School junior was the Military Youth of the Year runner up.

The event is held to showcase exemplary youth who have overcome adversity and become leaders of their generation.

This was the first year JBPHH participated in the event and only the second year there was a separate Military Youth award. Colón qualified for the event by winning JBPHH Youth of the Year competition.

He was required to give a speech at the event on how the Boys & Girls Club positively impacted his life. More than 100 guests included state legislators, representatives from the Office of Hawaiian Affairs and

City Council members.

"The speech was the most challenging part. I had to do it in front of the staff, family, judges and officials," Preston said. "The teen center staff and my mom helped me prepare the speech and practice my presentation."

Colón said it is difficult to decide what part of the event was the most fun.

"It's hard to choose. All of it was pretty fun. I enjoyed seeing the House and Senate floor and meeting all the sena-

tors." He is currently enrolled in advanced placement government in school and is interested in government and politics, which he said made this experience more interesting for him.

Colón began preparing for the event in January and said he put lots of hard work, dedication and time into his presentation. He added that he thinks it was all worth the experience, especially since Sen. Glenn Wakai offered him an internship for the next school year.



Preston Colón is greeted by his parents after his presentation.

MWR Marketing photo

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The Annual Creative Writing Contest at Hickam Library will continue to accept submissions through Saturday. Aspiring authors and poets can share their talents and submit their best work. There are two divisions, poetry and short story, and three age groups: child (6 to 10 years), young adult (11 to 18 years), and adult (19 years and up). Prizes for both divisions will be awarded in all age categories. Winners will be announced April 19. The contest is free to enter. FMI: 449-8299.

Youth Summer Soccer Registration is from April 7 to May 9. The cost is \$70 per youth, from ages 5 to 15. The summer season runs from June through August. FMI: www.greatlife-hawaii.com or 473-0789.

Par 3 Junior Golf will begin at 1 p.m. on Saturdays at Ke'alahi Par 3 Golf Course. Competitive junior golfers can participate in an afternoon of golfing with an experienced instructor for the cost of the green fees. The activity is open to participants ages 7 to 17 years. FMI: 448-2318.

Pull-up Competition will be held from 11 a.m. to 1 p.m. April 9 at the Hickam Fitness Center. Prizes will be awarded to the top male and female. The event is open to all active-duty, Department of Defense and military-affiliated personnel. Participation is free and patrons can sign up at the Hickam Fitness Center front desk. FMI: 448-2214.

Zentangle Art—Beginner Classes will be held from 6 to 8 p.m. on Tuesdays, April 8 to May 20, and from 9 to 11 a.m. on Saturdays, April 12 to May 24, at the Hickam Arts & Crafts Center. Zentangle art is a method of creating beautiful images from repetitive patterns. The cost is \$95 per person and includes supplies. FMI: 448-9907.

Learn to Stand-up Paddleboard classes will be held at 9:15 and 10:30 a.m. April 12 at Outdoor Recreation-Hickam Harbor. Experienced guides will teach participants the basics of paddleboarding. The cost is \$25 per person. Participants need to sign up by April 10. Participants need to be able to swim without a lifejacket. FMI: 449-5215.

Military Bowl Free on Mondays and Wednesdays from 11 a.m. to 1 p.m. at Hickam Bowling Center and on Tuesdays and Thursdays at Naval Station Bowling Center. Patrons can receive up to two free games of bowling, although shoe rental is not included. Military ID is required. FMI: 448-9959 or 473-2574.

APRIL

FORD ISLAND BRIDGE RUN

SATURDAY — The 17th annual Ford Island Bridge Run will begin at 7 a.m. The event is open to the public. The Ford Island bridge will close to traffic from 6:55 to 7:35 a.m. Saturday. All entry fees are \$30 until today at 2:30 p.m. Race day entry fee is \$45 until Saturday at 6:45 a.m. FMI: www.greatlifehawaii.com or call 473-2494 or 473-2437.

PEARL HARBOR BIKE PATH CLEANUP

SATURDAY — A Pearl Harbor Bike Path cleanup will be held from 8 to 11 a.m. Volunteers can meet at Neal Blaisdell Park by 8 a.m. FMI: MAC William Matteson at william.n.matteson@navy.mil or 225-5347.

MARCH AGAINST CHILD ABUSE

SATURDAY — A Million March Against Child Abuse will be held from 9 a.m. to 1 p.m. at Kailua Beach Park. Americans across the nation will hold events to raise awareness of child abuse, child sex trafficking, crimes against children and tougher sentencing. FMI: www.facebook.com/mmamacamarches.

AFCEA LUNCHEON

8 — An Armed Forces Communications and Electronics Association (AFCEA) luncheon event will begin at 11 a.m. at Hale Ikena Club, Fort Shafter. The cost is \$14 for members who preregister and \$17 at the door or for nonmembers. FMI: <http://afcea-hawaii.org> or 441-8565 or 441-8524.

DISCIPLINE AND YOUR CHILDREN

9 — A workshop on the topic Discipline and Your Children will be held from 10 a.m. to noon at Military and Family Support Center (MFSC) Pearl Harbor. The event will include how to handle temper tantrums, set healthy limits, manage power struggles and discipline children with love. FMI: 474-1999 or www.greatlifehawaii.com.

RESOURCE FAIR, CLOTHING SWAP

10 — The New Parent Support Home Visitation Program will celebrate the Month of the Military Child by bringing families together to share, learn and play from 10 a.m. to noon at MFSC Hickam. The event will include a resource fair, demonstration of infant and child CPR and a clothing swap to get baby clothes for free. Families are encouraged to bring a bag of gently used children's clothing for swapping and go home with a bag filled with gently used clothes for their baby. FMI: 474-1999.

BOOT CAMP FOR NEW DADS

12 — A Boot Camp for New Dads will be held from 9 a.m. to 12:30 p.m. at Halsey Terrace Community Center. Dads with two to four month old babies (vets) help the rookies with hands-on experience. This dads-only three-and-a-half hour workshop is coached by dads with topics including holding, feeding, diaper-changing and working with mom. FMI: 474-1999 or www.greatlifehawaii.com.

BREAKFAST WITH THE EASTER BUNNY

19 — Breakfast with the Easter bunny will be held from 8 to 9 a.m. at the Pearl Harbor Navy Exchange food court lanai. All military families (authorized patrons) and their children can participate in the breakfast. The event will also include games, prizes, balloon art, glitter tattoos, crafts and a goody bag. Tickets are on sale at the NEX main mall rotunda. FMI: 423-3287.

EASTER SUNRISE SERVICE

20 — This year's Easter sunrise service will begin at 6:30 a.m. on the Battleship Missouri Memorial. The chapel needs volunteers to help before and after the Easter sunrise service. Uniform for the sunrise service is crisp aloha. FMI: email Fruji.mills@navy.mil or call 473-3971.

CORE SPRING SEMINAR

24 — The Continuation of Spouse Education Program (CORE) spring education seminar will be held from 5:30 to 8:30 p.m. at Lockwood Hall, Joint Base Pearl Harbor-Hickam. The registration deadline is April 14. Discussion will focus on how to transfer the post 9/11 GI Bill. The event is open all Navy or Coast Guard, commanding officers, executive officers, junior officers (chief warrant officers and lieutenant commanders) and master chief petty officers/senior chief petty officers spouses. FMI: <http://corespouseworkshop.eventbrite.com>.

FOREST CITY SPRING CULTURAL FESTIVAL

26 — The Forest City Spring Cultural Festival will be held from 11 a.m. to 3 p.m. at Richardson Field. The event will include bounce houses for children, prizes, food trucks, snacks, drinks and free entertainment. FMI: www.fcnavyhawaii.com or www.facebook.com/fcnavyhawaii.



SON OF GOD (PG-13)

Jesus was born to a virgin, and three visiting wise men declare "Him" the future King. Thirty-three years later, an adult Jesus Christ (Diogo Morgado) travels to Galilee and begins recruiting followers, from James, to his brother John, to Peter the fisherman, to Matthew the tax collector. The Pharisees claim Jesus is blaspheming God by forgiving sins, which is something only God can do. Jesus responds by saying He is the Son of God.

SHARKEY THEATER

TODAY 4/4
7:00 PM Tyler Perry's: Single Mom's Club (PG-13)

SATURDAY 4/5
2:30 PM Non-Stop (PG-13)
6:00 PM SNEAK PREVIEW-Heaven is for Real (PG)

SUNDAY 4/6
2:30 PM Robocop (PG-13)
5:00 PM Winter's Tale (PG-13)
7:20 PM (3D) 300: Rise of an Empire (R)

HICKAM MEMORIAL THEATER

TODAY 4/4
6:00 PM Son of God (PG-13)

SATURDAY 4/5
4:00 PM Robocop 4 (PG-13)
7:00 PM Son of God (PG-13)

SUNDAY 4/6
2:00 PM Robocop 4 (PG-13)

THURSDAY 4/10
7:00 PM Son of God (PG-13)



Nimitz Elementary 'jumps' to top in supporting American Heart Association

Story and photo by David D. Underwood Jr.

Joint Base Pearl Harbor-Hickam Public Affairs

Adm. Chester W. Nimitz Elementary School at Joint Base Pearl Harbor-Hickam recently came in first throughout the state of Hawaii for raising donations for the American Heart Association.

Students at Nimitz Elementary School were treated to a jump rope performance by the Kamehameha Schools Jump Rope Team on March 10 as a reward for their accomplishments in the annual Jump Rope for Heart event sponsored by the American Heart Association.

The students raised \$14,659 in donations this year. The student raising the highest amount was Sage Fosnock, a fifth grader at Nimitz. She raised \$340.

Jay Tschillard, physical education teacher at Kame-

hameha Elementary School and coach for the jump rope team, personally thanked Fosnock for her outstanding efforts.

"Jump Rope for Heart at Nimitz Elementary is not only a fundraiser at our school, it's also a learning experience for our students," said Berenice Saavedra, Parent Community Network coordinator at Nimitz.

"This program encourages our students to participate in an event that promotes a healthy way of living, teaches them civic responsibility, and increases good fitness and health."

The money raised helps the American Heart Association to fund research in fighting cardiovascular diseases and stroke and to provide education and information on healthy life choices and lifesaving tools.

Margaret Fosnock said Sage was first to donate her own money for the fundraiser.

"We put the Jump Rope

for Heart on my Facebook page and got some donations from friends and family on the mainland," Margaret said. Sage also told guests at a family cook-out about her efforts and was able to get donations from them.

"My motivation was grandpa," Sage said. "I just want kids with heart disease to have fun like everyone else, not sit in the hospital all the time. I love to jump rope, so I thought this was a great opportunity to help and have fun at the same time."

Sage's grandfather had a blockage in an artery last year and had a stent put in, Sage's mother explained.

"We are extremely proud of our students for exceeding our goal of \$6,000," Saavedra said. "This event allows students to be community contributors by encouraging each other to raise money for a great cause such as the American Heart Association."



Members of the Kamehameha Schools Jump Rope Team perform for students at Adm. Chester W. Nimitz Elementary School at Joint Base Pearl Harbor-Hickam as a reward for Nimitz Elementary placing first in the state of Hawaii in raising donations for the American Heart Association.

My Favorite Photo...

The sun sets on the Waikiki War Memorial Natatorium.

Photo by Rico Onaha Hutter



Email editor@hookelenews.com to submit (non-posed) photos.

SAAM events to be held throughout April

Navy Region Hawaii

Sexual Assault Prevention and Response Office

The theme for this year's Sexual Assault Awareness Month (SAAM) is "Live Our Values: Step Up to Stop Sexual Assault."

A series of events in recognition of SAAM have been announced.

The events include:

- Today, 11 a.m., chaplain corps forum titled "Total Confidentiality" at Silver Dolphin Bistro.
- Saturday, 7 a.m., SAAM awareness table at the Ford Island Bridge Run.
- April 10, 7 a.m., SAAM fun run at Wahiawa Annex.

- April 14, 11 a.m., SAAM flash mob in collaboration with the University of Hawaii-Manoa.

- April 15, 9 a.m. to 3 p.m., food drive collecting donated canned items and a sexual assault awareness display table at the Pearl Harbor Navy Commissary.

Canned food items will also be collected by individual commands through April 15. All donations will be given to the Armed Services YMCA.

- April 17, 6:30 a.m., SAAM fun run at Pacific Missile Range Facility.
- April 18, 6 to 9 p.m., movie night at the liberty center at the Wahiawa Annex.
- April 19, 8 a.m. to 3 p.m.,

"Ryde Against Sexual Assault."

- April 23, Denim Day/Ask Me Why?

Denim Day has been internationally celebrated since 1999, after an Italian high court ruling that overturned a rape conviction because the victim was wearing tight jeans. They indicated that the victim would had to have helped take them off, making her a willing participant.

- April 25, 9 a.m. to 3 p.m., "Shootout Sexual Assault" bystander-intervention training at Hawaii All Star.

The Sexual Assault Prevention and Response emergency line is 722-6192.

For more information on SAAM, call 474-0154.

Navigate to Ho'okele website

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

Navy continues effort to combat hazing among Sailors

MC1 Daniel Barker

Navy Public Affairs Support
Element West, Det. Hawaii

Military customs and traditions are an integral part of the Navy and for the Sailors that serve today. As part of the Navy's efforts to ensure a safe, professional working environment, Sailors need to understand the distinction between honorable, traditional ceremonies and actions that go too far.

According to Rear Adm. Tony Kurta, director, military personnel plans and policy, hazing is considered to have occurred when a Sailor is exposed to cruel, abusive, humiliating, oppressive, demeaning or harmful activities by another Sailor or group of Sailors. Hazing can be physical, verbal or psychological in nature and is contrary to the Navy's core values of honor, courage and commitment.

Fire Controlman 1st Class Jacob Terry, stationed aboard the Pearl Harbor-based, guided-missile destroyer USS Michael Murphy (DDG 112), explained how hazing has the potential to essentially weaken the Navy.

"Hazing degrades operational readiness," said Terry. "If Sailors are being hazed, they do not feel comfortable in a workspace. They are unable to operate at the conditions they normally would."

"I think hazing has been significantly reduced. A lot of the things that have been set in place have made it to where it's not an everyday occurrence. Clearly, defining traditions is important.

"Tacking on crows' used to come from everyone stitching in, and it turned into where people would pound them in. 'Stitching on crows' or 'tacking on crows' is a great tradition, but then it became more than was originally intended. So clearly defining what the traditions are and how they should be carried out is key," said Terry.

According to Lt. Cmdr. Ron Hatt, assigned to Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC) N70, the distinctions between naval traditions of the past and the core values of today's Navy are important to maintain.



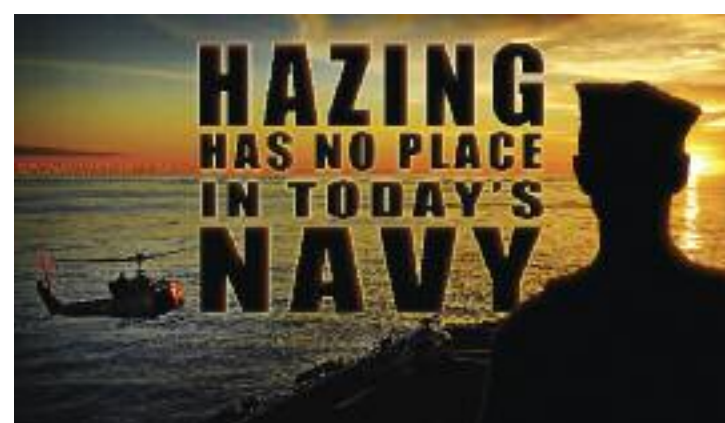
These photo illustrations produced by the U.S. Navy raise awareness about hazing in the service. Hazing is contrary to the Navy core values of honor, courage and commitment, the guiding principles for treating every Sailor with dignity and respect and as a valued member of the Navy team.

"Hazing has a severe, detrimental impact on combat readiness and operational readiness. It can have significant impact on how we are getting the job done," said Hatt.

"Traditions don't demean and that's the key. Traditions are there to make you feel good about service. Tradition may be a reading of a passage from a historical event during submarine qualifications whereas hazing at the same event may include tacking on the dolphins. For example, it may not be perceived as demeaning, but it may be hurtful and cause pain. It also establishes aggressiveness over an individual," he added.

Hatt emphasized the importance of including Sailors of every rank in the efforts to effectively combat hazing.

"The only way I see hazing to be eliminated is through deckplate leadership. We have to continue to have a stance that we have as an organization that demeaning and



hurtful activities are eliminated from our force through petty officers second classes and petty officer first classes as well as chiefs not accepting that type of behavior," said Hatt.

"For those who are subjected to hazing, it takes away from the hard work that they do, specifically in the submarine force, and depending on the extent of the hazing, it can take that individual out

from doing his or her duties. It has impact on whether or not they enjoy their service to their country. As for persons initiating the hazing, the negative impact is the wrong spirit of service. Service to our country is honor, tradition. A person who acts on hazing brings dishonor to that service," added Hatt.

The Navy Office of Hazing Prevention is adding information

about hazing incidents to a database, a standalone online web-based program that tracks and reports administrative actions associated with the primary duties of equal opportunity advisors and command-managed equal opportunity program managers.

Tracking these hazing events can aid in determining the extent that these events are occurring, the type of events, and keeping track of trends. Incidents of hazing are reported by the Navy Office of Hazing Prevention to the Chief of Naval Personnel.

Hospitalman William Brown, assigned to Marine Aircraft Group 24 at Kaneohe Bay, deals with hazing in his workspace by focusing on prevention and creating the appropriate work environment.

"If there is hazing in a work center or in a work-space, the work is not going to be done as efficiently as it could be," said Brown. "In the past, hazing was a lot more prevalent. Now we started educating people, and we talk more about hazing and actually punishing people for hazing outside of what Navy traditions are. It has been greatly reduced over the past few years."

Seaman Apprentice Ruben Nunez, Fleet Area Control and Surveillance Facility, Detachment Pearl Harbor, explained how respect relates to hazing.

"The Navy is definitely trying to get away from hazing, and it isn't as bad as it was before," said Nunez. "Some people don't have the same mindset as others when it comes to hazing and they act upon it."

I think if my chief, for example, were to haze me, I would look at my chief in a different way. I would not respect him and rather experience fear than respect. I think there always will be some form of hazing. When anything gets to the point where it disrespects people, it is a problem," added Nunez.

The Department of Navy policy on hazing can be found in SECNAVINST 1610.2A. It emphasizes that Sailors and Marines are our most valuable resources and that DON leadership has a responsibility to create and maintain an environment free from hazing.