

Life & Leisure

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Hickam Thrift Shop assists military families, seeks volunteers

Story and photos by David D. Underwood Jr.

Joint Base Pearl Harbor-Hickam Public Affairs

The Hickam Thrift Shop at Joint Base Pearl Harbor-Hickam offers bargains for the thrifty shopper and a home for your unwanted items.

Military families making a PCS move to the island and looking for something inexpensive for the home, or those leaving the island and looking for a home to their unwanted items, can stop by the thrift shop to purchase or donate.

The thrift shop is sponsored

by the Hickam Officer's Spouses Club and is run totally on donations.

The proceeds go back into the military and local community, supporting charities and programs such as military family member scholarships, the American Red Cross, Tripler Fisher House, Boy and Girl Scouts, Hawaii Food Bank and Special Olympics, to name a few.

Last year they gave back more than \$87,000 and hope to give more than \$100,000 this year said Becky Adams, the thrift shop manager.

Their mission is dedicated to saving the environment, repurposing old items, giving value for the dollar

and helping people find that special treasure.

They accept furniture, toys, clothing, books, electronics, eating utensils, sporting goods, etc. They don't take food or perishable items or child car seats because of safety reasons.

Donations can be dropped off during hours of operation or any time at the donation sheds that are monitored 24 hours by security cameras.

Volunteers are welcome and needed and can work in an area they feel comfortable. Anyone 16 years old or older can work. They will find a place for anyone who wants to volunteer.

Anyone with base access is authorized to shop. The only

restriction is military personnel are the only ones who can write a check, but all others may use cash. They will also soon be accepting credit cards.

Katy Launert, military spouse, said she comes to the thrift shop often.

"Pretty lucky to have this one," she said. "Prices are good, quality is good. It's good when trying to dress kids for cheap."

"I love it and come at least twice a week," said Mark Koopmans, military spouse. "We can always find a bargain, a toy. We donate, too, try and give back," he said.

Laura Canup, military spouse, just started working as the cashier.

"I love it. I was a little ner-

vous, but everyone is so friendly and welcoming. I plan on sticking around," she said.

The thrift shop is open on Monday, Wednesday and Friday as well as the second Saturday of every month from 9 a.m. to 1 p.m. They are closed on all federal and state holidays. During inclement weather watches and warnings, call ahead.

For more information on volunteering, contact Adams at 449-6603, go to the Facebook page, the website <http://hickamosc.com>, email hickamthriftshop@aol.com, or just walk in.

"Come anytime you want," Adams said. "It's a great way to meet people when you first get here."



Elisa Hershey, military spouse, and her children Evie and Andrew look at items in the shop.



Military spouse Katy Launert and daughter Sarah browse through clothing.



Family member Lucy Riddlehoover looks at a lamp at the Hickam Thrift Shop.



Customers browse through clothing at the Hickam Thrift Shop, Joint Base Pearl Harbor-Hickam.

Buffalo comes back to force deadlock with NHCH

Story and photo by Randy Dela Cruz

Sports Editor

Logistics Specialist 1st Class Nicholas Levai scored on a free kick with approximately three minutes to go in the game to give USS Buffalo (SSN 715) a 1-1 tie with Naval Health Clinic Hawaii (NHCH) on April 12 in a White Division intramural soccer season-opening game at Ward Field, Joint Base Pearl Harbor-Hickam.

Levai's clutch boot came after NHCH was tagged for an illegal-use-of-hands infraction that placed the ball on the right wing and just below the midfield stripe.

With the wind blowing into his face, Levai calmly stepped into the ball and placed a high kick that sailed over the reach of NHCH goalkeeper Capt. James Perry and under the goal's upright to produce the 1-1 stalemate.

"I think it was a lot of luck and a lot of practice at shooting long," Levai said. "I didn't feel pressure. It was more adrenalin going because I know we needed to score at least one."

Perry, who made a valiant try to knock the ball away, said that it was just one of those plays that caught him a bit off guard.

"It was a really good kick on top of the fact that I was a little too far off my line," he said. "I was, what I call, in dead man's land. I was too far up, so when the ball came up in the air, I thought it was going to sail. But the wind started blow-



Naval Health Clinic Hawaii (NHCH) goalkeeper (pink shirt) Capt. James Perry steps up to block a breakaway shot during an intramural soccer game between NHCH and USS Buffalo (SSN 715).

ing, I saw the ball sink a little and I knew I was in trouble."

The late goal by Levai was a blessing to Buffalo, which struggled to get the

ball past the midfield line throughout the game.

Fortunately for Buffalo, NHCH had no trouble getting to their opponent's net, but couldn't find the right

combination to score as both teams entered half-time all tied up at 0-0.

Finally, midway through the second half NHCH broke the ice on a long

inbound play that started with the ball at their own goal.

Perry threw a two-handed, overhead pass that ricocheted off a crowd at mid-

field before Marine Lance Cpl. Khue Lane got the ball, pushed ahead of the defense and scored on a one-on-one play between him and the goalkeeper to put NHCH up at 1-0.

"When in doubt, I just try to beat them in a foot race," Lane said. "I almost messed it up, but it was just me and the goalkeeper. I was just trying to tuck one away."

Perry said that as long as he took care of business on his end, he felt that his strikers would finish the job.

"When the ball hits me as the keeper, my first thing is to see what it looks like up front," Perry explained. "A little bit of luck and practice on my part as a keeper, but it's really on the strikers because all I do is put the ball up and the strikers got to kick it in."

The play looked like it would be enough for NHCH to win as the team continued to control the game.

However, Levai's clutch free kick put an end to any thoughts of a post-game celebration by NHCH.

"It's the first game and we got a couple of new players," Lane said. "Maybe we just got to work out the kinks and bumps now so that later in the season we'll be fine."

After escaping from their first loss, Levai said that he was encouraged that Buffalo will regroup and come out more prepared in the future.

"We need to practice," Levai admitted. "This is actually our first time together all season, so we're pretty impressed with what we have."

HIANG turns on heat against officers to get first win

Story and photo by Randy Dela Cruz

Sports Editor

After dropping their season opener to rival 647th Security Forces Squadron (647 SFS) Pound Town, the defending base champions Hawaii Air National Guard (HIANG) came back with a vengeance to defeat Commander U.S. Pacific Fleet (COMPACFLT) Officers (CPF Os), 12-0, on April 14 in an intramural softball Red Division game at Millican Field, Joint Base Pearl Harbor-Hickam.

In gaining the lopsided victory, HIANG scored three runs in the first, one in the second and two in the third before exploding for six runs in the bottom of the fourth to secure the mercy-rule win.

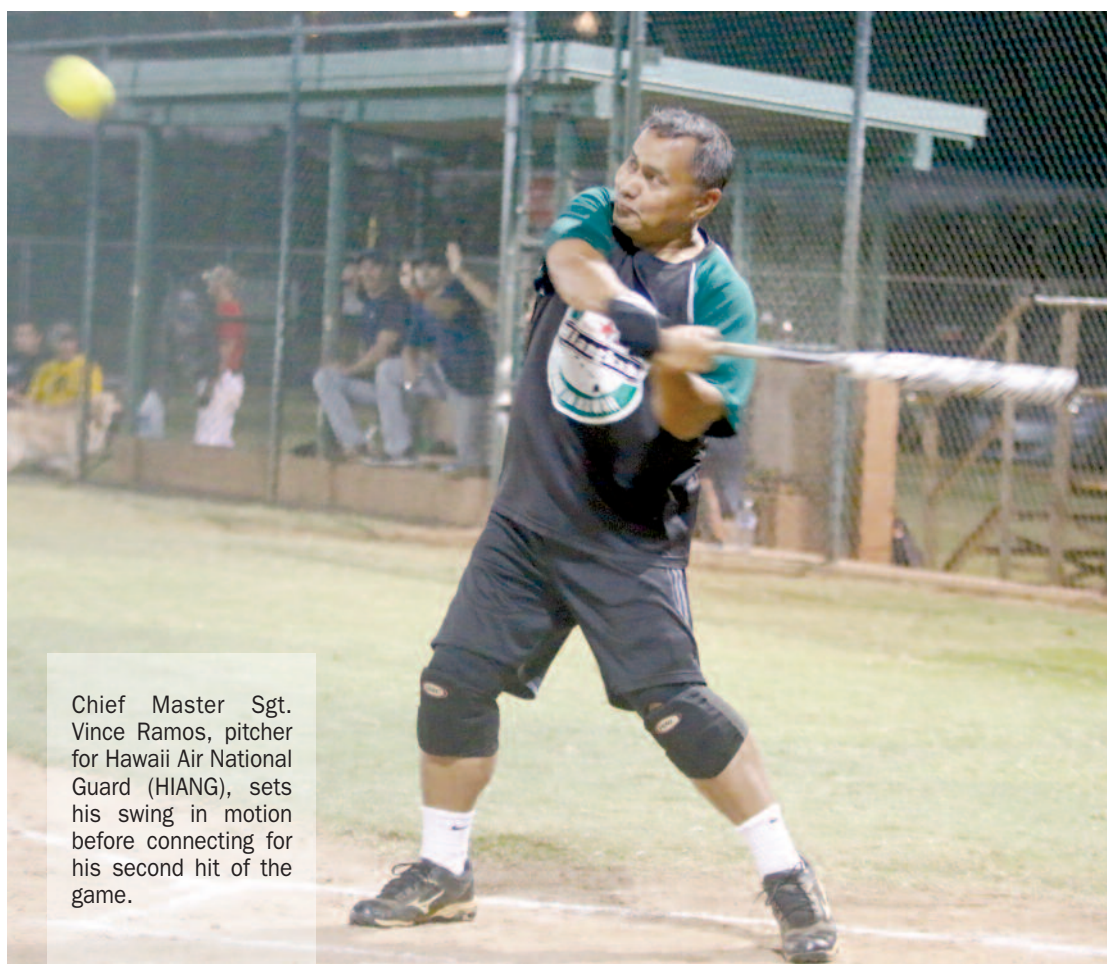
"We're just out here to have fun," said HIANG cleanup hitter Staff Sgt. Eugene Winchester, who almost went yard with the bases loaded in the fourth. "We can hit, so that's good for us."

Chief Master Sgt. Vince Ramos, pitcher for HIANG, got the team started off on the right foot by holding the Officers to a walk in tossing a goose egg to open up the game.

The HIANG hitters rewarded Ramos immediately in the bottom of the first inning by tallying three runs on two hits and two fielding errors.

Winchester led off the inning by getting on via an error and scored the first run when Staff Sgt. Aaron Oda smashed a triple.

Another error put Staff Sgt.



Chief Master Sgt. Vince Ramos, pitcher for Hawaii Air National Guard (HIANG), sets his swing in motion before connecting for his second hit of the game.

Mike Victorino on base and allowed Oda to score before Staff Sgt. Karl Lopes lined a single to drive in Victorino for the third run of the inning.

After another shutout inning thrown by Ramos, HIANG picked up a run in the bottom of the second inning before adding two more runs

on an RBI single by Lopes and Master Sgt. Lance Takesawa in the third for a 6-0 lead.

Ramos banged out his second single of the game to lead off the bottom of the fourth and later with the bases full, Winchester blasted a shot deep to left field. But with the wind pushing back, the ball fell just

short of the fence for a long sacrifice fly that drove Ramos home from third.

Oda doubled to drive in another run and put men in scoring position at second and third before Victorino drove in both runners with a single.

With two RBIs already in his pocket, Lopes stepped in the box

and launched a deep fly that carried over the left-center fence for a two-run shot and a 12-0 advantage.

"I just got lucky," Lopes said. "The wind died down when I went up. It felt good. I finally got to plant my leg. It felt like I was swinging before I was planting my legs the first two times I went up."

Although the Officers put their first two runners on base in the top of the fifth, the team failed to drive in any runs, prompting umpires to call the game over due to the 10-run mercy rule.

Lopes, who finished off his big night with four RBIs, said that although this is his first year with the team, he is having a great time playing for the defending base champions.

"These guys are a bunch of clowns," he said. "They always keep us laughing in the dugout. There's never a dull moment, but it's like a family."

Winchester, who has been a key player on HIANG for a few years, pointed out that Lopes is one of many new faces that are members of this year's squad.

While he admits that it may take a couple more games to get the new players on the same page as the veterans, Winchester believes that the team will blend together before this year's playoffs come around.

"We know what they (new players) can do and what they're capable of doing," he said. "Anybody can play any position, so that's what's good about our whole team. We start off slow, but as long as we get into the playoffs, we'll take it from there."

Easter sunrise service set for Sunday

This year's Easter sunrise service will begin at 6:30 a.m. on the Battleship Missouri Memorial. Uniform for the sunrise service is aloha crisp.

U.S. Navy photo by MCSN John W. Ciccarelli Jr.

Holy Week services set for this weekend

Brandon Bosworth
Assistant Editor

Holy Week events include:

Catholic services

- Good Friday, 6 p.m., today.
- Easter Vigil, 7:30 p.m., Saturday.
- Easter Sunday, 9 a.m.

Protestant services

- Easter sunrise service, 6:30 a.m., Sunday at Battleship Missouri Memorial.

The chapel is looking for volunteers to serve before and after the Easter sunrise service. Uniform for the sunrise service is aloha crisp. For more information, email Fruji.mills@navy.mil.

- Easter service, 11 a.m., Sunday.

Unless otherwise noted, all services will be held at Pearl Harbor Memorial Chapel.

For more information, call 473-3971.

In addition, the Kaneohe Bay Marine Corps Chapel will hold an Easter sunrise service at 5:45 a.m. Sunday at Ft. Hase Beach, Landing Zone Eagle.

For more information, call 257-3552.

Kraken bats come alive to beat Team Law & Order

Story and photo by
Randy Dela Cruz

Sports Editor

In their first game, the Naval Sea Systems Command (NSSC) Kraken mustered only two runs, as the team dropped its season opener.

A week later on April 15, Kraken bats sang a different tune in beating down Team Law & Order (TLO), 14-4, in a White Division intramural softball played at Ward Field, Joint Base Pearl Harbor-Hickam.

After going down in order to lead off the game, the Kraken got three runs in the top of the second before erupting for six runs in the very next inning to put the game away.

Kraken pitcher Command Master Chief Electronics Technician Marcus Hensley gave up only four runs in five inning, while Chief Electronics Technician Mike Heffner blasted an inside-the-park home run to drive in two runs, then later added an RBI single to lead the Kraken to their first win of the season.

"We got a little confidence when they came up in the first inning and didn't do anything," Heffner said. "We came up behind them and started stringing hits together."

A fielding error by TLO allowed the first run to score for the Kraken and then with the bases full of runners, Lt. j.g. Patrick Pick singled to drive in two runs for a 3-0 advantage.

Hensley set the TLO down in order in the bottom of the second inning and then led off the top of the third with a single to set the stage for Heffner's big knock.

Stepping into the box, Heffner drove a line drive that split the TLO's left and center fielder and rolled to-



Chief Cryptologic Technician (Maintenance) K.C. Knopik hits a double in the top of the third inning to drive in a run for Naval Sea Systems Command (NSSC) Kraken.

ward the left-field fence.

Heffner took off and with the aid of spacious Ward Field, easily rounded the bases and scored to give his team an 8-0 lead.

"I just wanted to hit the ball in the air," Heffner said. "As soon as it split the outfielders and I don't know if you've stood out there and looked in, but I have. You're not going to get anybody. It's way out there."

Later in the inning, Chief

Damage Controlman John Leskoske drove in the sixth and final run of the inning to put the Kraken up by nine runs.

In the bottom of the third, TLO bats began to show some life as Department of Defense civilian Brandon Zimmerman walked up to the plate and sliced a shot that sailed over third and bounced toward the corner.

As the ball skipped to the fence, Zimmerman rounded

the bases for an inside-the-park homer for the TLO's first run of the game.

"Once I was getting to second base, I saw the left fielder chasing the ball down," Zimmerman said. "Once it got by him, that's when I kind of knew that (I was going to score)."

Zimmerman also drove in another run with an RBI single to cut the Kraken's lead down to seven in the bottom of the fourth, but

that's as close as the TLO would get.

"I just think it's an early-season thing," explained Zimmerman about the team's slow start at the plate. "We're still getting in the groove. We're just having fun. That's all it is."

After playing his first game at Ward Field, Heffner said that he was pleasantly surprised at the overall condition of the playing field.

This season, games that would have been normally played at Hickam Softball Complex have been transferred to Ward Field due to ongoing renovations to the fields at Hickam.

"They've done a lot of work on it, but the quality of this field (Ward) is definitely safer than Hickam," Heffner said. "It's because of the lighting. You can actually see the ball, so it works good."

Bellows Air Force Station to hold Earth Day, Easter events this weekend

Bellows Air Force Station will hold Earth Day and Easter events this weekend. All guests, eligible friends and families of Bellows are welcome to attend.

The Band of the Pacific's Papanu group will perform live from 6 to 7 p.m. tonight at the outdoor deck, Turtle Cove, building 220. Papanu features seven of the Air Force's musicians performing jazz. The event will include food available for purchase.

An Earth Day-themed Waimanalo Beach cleanup will be held from 8:30 to 11:30 a.m. Saturday. Sign-in tents and designated parking will be along Tinker Road on base.

The event is a free community service project. Water, gloves, trash bags and necessary cleanup items will be provided.

The event is hosted by the Hawaii Army National Guard and Bellows Air Force Station.

Volunteers should bring a reusable water bottle, a reusable bag to pick up trash, sunscreen, a hat and a swimsuit to refresh after the cleanup.

For more information on the cleanup, call Craig Gorsuch at 927-1867.

An Easter Eggstravaganza will be held at Turtle Cove, building 220 on Sunday.

The day will begin with a sunrise service conducted from 6 to 7 a.m. by Pastor Pio Su'a-Godinet of Hope Chapel Olomana and a hula halau performance.

A Keneke's Easter buffet special will be featured from 7 a.m. to 2 p.m. Sunday. The cost of the buffet is \$9.98 for those age 11 and older, \$6 for ages 6 to 10, and \$1 for ages 5 and younger.

An Easter egg hunt will begin at 8:30 a.m. The activity will include free bubble wands for children while supplies last and chances to win a kendama and mini-golf tickets.

The egg hunt is open to four age groups, beginning with ages 5 and younger. One golden egg for the grand prize winner will be provided per group. Participants can bring a basket and camera for a photo with the Bellows bunny.



Photo courtesy of NAVSUP FLCPH

Participants visit booths at last year's Naval Supply Systems Command Fleet Logistics Center Pearl Harbor Earth Day Fair. This year's event is from 10 a.m. to 1 p.m. April 22.

Events planned this weekend for Earth Day

Don Robbins

Editor Ho'okele

A series of events will be held at Joint Base Pearl Harbor-Hickam (JBPHH) to celebrate Earth Day.

They include:
• Pearl Harbor Navy Exchange (NEX) Earth Day Expo: Partnering for a Greener Future from 10 a.m. to 4 p.m. today at the NEX mall-side tent. NEX and JBPHH will welcome all authorized patrons to "think green" at the expo.

The event will include eco-friendly demonstrations, information booths explaining how to create a greener future, Earth Day children's games,

awards presented to the coloring contest winner and new earth-friendly products. For more information, call 423-3274.

• Earth Day festival from 10 a.m. to 2 p.m. Saturday at Hickam Harbor. The event will include boat rides, a touch tide pool and informational booths.

• Fifth annual Naval Supply Systems Command Fleet Logistics Center Pearl Harbor (NAVSUP FLCPH) Earth Day Fair from 10 a.m. to 1 p.m. April 22 at building 473 at Kilo 7/8 Piers.

The event will include environmental displays, a clean islands oil spill response vessel and alternative fuel vehicle displays. For more information, contact Lt. j.g. Chris Herbert at 473-7818 or email Christopher.l.heber1@navy.mil.

Holocaust remembrance event to be held April 28

A Holocaust Days of Remembrance commemoration will be held from 11 a.m. to 12:30 p.m. April 28 at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam.

The guest speaker will be Seymour Kazirmirski, sharing his mother's story of surviving the Holocaust.

Commander, Navy Region Hawaii invites all members of the base community to attend the event. Transportation from building 150 to the chapel will be provided.

The Holocaust was the systematic,

state-sponsored persecution and murder of approximately six million Jews by the Nazi regime and its collaborators.

"Holocaust" is a word of Greek origin meaning "sacrifice by fire." The Nazis, who came to power in Germany in January 1933, believed that Germans were "racially superior" and that the Jews, deemed "inferior," were an alien threat to the so-called "Aryan master race."

For more information, email megan.steffy@navy.mil or call 474-0302.

Spring special meal planned at Silver Dolphin April 21

The Silver Dolphin Bistro will host a spring special meal from 11 a.m. to 12:30 p.m. April 21. The price is \$4.65.

The menu will include a salad bar, crab salad, potato salad and fruit salad. Other items on the menu are prime rib with au jus, roasted Cornish hens, baked lobster tails, bacon wrapped scallops, jasmine rice, au gratin potatoes, steamed broccoli, calico corn and French onion soup. Assorted breads will include

French bread and dinner rolls.

Desserts will feature carrot cake with cream cheese frosting, chocolate chip cookies and an ice cream bar.

This special meal will be open to active duty military, Department of Defense employees, retirees and family members of active duty with valid identification cards.

For more information, call 473-2948.



Live the Great Life

Earth Day celebration to be held Saturday at Hickam Harbor

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

A day of recreational activities and environmental awareness will be held at an Earth Day celebration from 10 a.m. to 2 p.m. Saturday at Hickam Harbor at Joint Base Pearl Harbor-Hickam. Members of the military community are welcome to attend.

Patrons can participate in activities on the water and land while learning about the importance of everyone's role in taking care of the planet.

Brandon Lavin, outdoor recreation director, said he believes his department is the natural choice to stage the event.

"I feel it's important that we be the spokesperson and steward of preservation and environmental awareness," Lavin said.

He added that the harbor's location, wildlife and ocean conditions illustrate the unique opportunities to experience and play in nature.

ODR and its partners will hold a variety of free activities throughout the day. Sail rides and boat tours will take riders around the harbor. Bounce houses will provide exercise for the kids, while touch pools



MWR Marketing photo

Free boat rides are among the activities scheduled for Earth Day on Saturday at Hickam Harbor.

will give them an up close encounter with creatures from the harbor's waters.

Various local environmental agencies and conservation groups will staff information booths to educate patrons about the environment and the impact they can have. Sam Choy's Island Seafood and Grille will have food available for purchase.

"We feel it is important that our community learns and understands how significant our environment is," said Lavin's assistant, Gavin Doi, who coordinated the event.

He pointed out that the various water activities they conduct always stress safety and smart environmental usage. Doi added that patrons who attend can discover the

various recreational programs ODR offers, and also learn to appreciate the beautiful setting that nature provides.

This is the second consecutive year Morale, Welfare & Recreation's Outdoor Recreation program (ODR) will present the free event.

For more information, stop by the Hickam Harbor Marina office or call 449-5215.



Image courtesy of MWR Marketing

Operation Megaphone worldwide lock-in connects teens across the globe

Justin Hirai

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The Hickam Teen Center at Joint Base Pearl Harbor-Hickam will participate in 2014 Operation Megaphone, an annual joint service event designed to connect military teens from around the world.

The lock-in will start at 7:30 p.m. April 25 and end at 7:30 a.m. April 26. The cost is \$25 per teen or \$20 with a Food Bank donation.

Activities will include bowling, food, a photo booth and games. Prizes will be given to new friends and their sponsors. Teens bringing a new friend will need to pick up a sponsorship form from the teen center.

Teens are encouraged to communicate with others worldwide and discuss issues affecting military teens through virtual connection and social media.

Operation Megaphone 2014's slogan is "Get the Word Out." More than 4,000 participants are expected to participate worldwide. The center is encouraging members to bring a new friend to the lock-in. They have set their own goal of having at least 100 teens participate.

For more information, call 448-0418.

Your Weekly Fun with MWR

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



Free Golf Clinic will begin at 9:15 a.m. Saturday at the Barbers Point Golf Course. There is no cost but participants must register. FMI: 682-1911.

Annual Creative Writing Contest Awards Party will begin at 1 p.m. Saturday at Hickam Library. Patrons who submitted entries are invited to enjoy refreshments and find out who the winners are in each division. FMI: 449-8299.

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

Library Know-How will begin at 2 p.m. on Saturdays at Hickam Library. Participants can learn how to search the online catalog and the Dewey Decimal system. New information will be presented at each session. FMI: 449-8299.

Dollar Fifty Mondays will be held from 5 to 9 p.m. April 21 and 28 at Naval Station Bowling Center. Shoe rental, bowling games and a hot dog are \$1.50 each. FMI: 473-2574.

Pearl Harbor Valor Tour will be held from 8:30 a.m. to 3:30 p.m. on Tuesdays through Fridays, through April 30, starting from Information, Tickets & Travel (ITT-Hickam). The tour includes the USS Arizona Memorial, the USS Utah Memorial, the USS Oklahoma Memorial and the Navy Club Memorial. The cost is \$25 per person and free for children age 2 years and younger sitting on an adult's lap. FMI: 448-2295.

Patriot Tour will be held from 8:30 a.m. to 3:30 p.m. April 24, starting from the ITT-Hickam office. The tour will include the USS Arizona Memorial, USS Utah Memorial, USS Oklahoma Memorial and the Navy Club Memorial on Ford Island. The cost is \$55 for adults and \$45 for children ages 3 to 11. FMI: 448-2295.

Hickam Historical Tour will be held from 9:30 a.m. to 1:30 p.m. April 25 starting at ITT-Hickam office. The tour is not recommended for children under 6 years old. The cost is \$45 for adults and \$40 for children ages 3 to 11 and includes lunch. FMI: 448-2295.

Chinatown Food, Historic Tour will be held 8:45 a.m. to 1 p.m. April 26, departing from ITT-Hickam office. Participants can discover the secrets and history of Honolulu's Chinatown, as they sample Chinese treats along the way and end with a traditional dim sum lunch. The cost is \$30 for adults and \$25 for children ages 3-11 years old. FMI: 448-2295

Learn to Spearfish classes will begin at 9 a.m. April 26 and April 27 at Outdoor Recreation at Hickam Harbor. Day one class is held at the pool. Day two, depending on skill level, is two ocean dives from the boat. Participants need to bring their own mask, fins and snorkel. Other equipment and transportation will be provided. The cost is \$60 per person, and participants need to sign up by April 23. FMI: 449-5215.

Kalau'ao Trail Hike will begin at 9 a.m. April 27 beginning at the Outdoor Adventure Center at the Fleet Store. The activity is a moderate four-mile round-trip hike to a two-tiered waterfall. Participants should bring lunch, water and sunscreen. The cost is \$15 per person and participants need to sign up by April 24. FMI: 473-1198.

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. Mil-

tary ID is required. FMI: 448-9959 or 473-2574.

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

Youth Summer 5-on-5 Basketball Registration is available through May 9. The cost is \$50 per youth, ages 9 to 15 years. The summer season runs June through August. FMI: 473-0789 or www.greatlifehawaii.com.

Pick-n-Paint is ongoing from 9 a.m. to 5 p.m. Tuesdays through Saturdays in the Hickam Arts & Crafts Center. Participants can pick it and paint it and the center will fire it. No experience or appointment is needed. Participants of all ages and all experience levels are welcome. Fees vary depending on the piece. FMI: 448-9907.

Play Until Dusk at Mamala Bay Golf Course, Monday through Friday beginning at 2:30 p.m. Participants can pay their green fee for nine holes, then play as many holes as they can until dusk. There is an \$8 cart fee. All rental equipment needs to be turned in at dusk. FMI: 449-2304.

Movie at Sharkey Theater with free bowling will be accepted when patrons turn in their movie ticket receipt at the Naval Station Bowling Center within 30 days of receipt date for one free game of bowling. Shoe rental is not included. The offer is limited to one movie ticket purchase for one free game of bowling per person. FMI: 473-0726.

Community Calendar

APRIL

NEX EARTH DAY EXPO

TODAY — The Pearl Harbor Navy Exchange (NEX) Earth Day Expo: Partnering for a Greener Future will be held from 10 a.m. to 4 p.m. at the NEX mall-side tent. The event will include eco-friendly demonstrations, information booths, children's games, earth-friendly products and awards to an environmental coloring contest winner. FMI: 423-3274.

EARTH DAY FESTIVAL AT HICKAM HARBOR

SATURDAY — An Earth Day festival will be held from 10 a.m. to 2 p.m. at Hickam Harbor. The event will include boat rides, a touch tide pool and information booths. FMI: www.greatlifehawaii.com.

BUNNY HOP 5K RUN/WALK

SATURDAY —A Bunny Hop 5K Run/Walk will begin at 8 a.m. at the Hickam Fitness Center. The free event is open to all authorized patrons. FMI: 448-2214.

BREAKFAST WITH THE EASTER BUNNY

SATURDAY — 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 BRUNCH BUFFET

SUNDAY — An Easter brunch buffet will be held at the Historic Hickam Officers' Club. Seating times are 10 a.m. and 1 p.m. for the lanai and 11 a.m. for the dining room. Patrons of all ranks are welcome to attend. The cost is \$29.95 for adults, \$15.50 for children ages 7 to 12 and \$8.25 for children ages 4 to 6. Reservations are required and will be accepted until noon today. FMI: 448-4608.

EASTER SUNRISE SERVICE

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

NAVSUP FLCPH EARTH DAY FAIR

22 —The fifth annual Naval Supply Systems Command Fleet Logistics Center Earth Day Fair (NAVSUP FLCPH) will be held from 10 a.m. to 1 p.m. at building 473 at Kilo 7/8 Piers. The event will include environmental displays, a clean islands oil spill response vessel and alternative fuel vehicle displays. FMI: 473-7818 or email Christopher.lheber1@navy.mil.

NCOA CAREER EXPO

24 — The Noncommissioned Officers Association of the United States of America (NCOA) will hold a career expo job fair from 10 a.m. to 2 p.m. at the Tradewinds Enlisted Club, Joint Base Pearl Harbor-Hickam. The event is open to anyone with base access, but is geared to military leaving the service, military spouses and retirees/veterans. There is no fee to attend. FMI: execdir@ncoausa.org.

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.

FORD ISLAND BRIDGE CLOSURE

30 — From 9 to 10:30 a.m., all lanes of the Ford Island Bridge will be closed for operations and periodic maintenance. All motorists and pedestrians are advised to plan accordingly. Boat traffic under the causeway will not be allowed, because the small-craft gate will be closed during bridge opening to minimize collision hazards.

MAY

HANGAR TALK

3 — A hangar talk with retired Marine Lt. Col. Terry Tonkin will begin at 2 p.m. followed by a meet-and-greet at 3 p.m. at Pacific Aviation Museum Pearl Harbor. Tonkin will share his first-hand account of the heroic actions of the Air Force HH-53 aircrews and Marines whose mission was to free the crew of the merchant marine vessel SS Mayaquez following the end of the Vietnam War. The event is free with museum admission and to museum members. FMI: 441-1007 or www.pacificaviationmuseum.org.

CAREER FAIR

16 — The Joint Employment Management System (JEMS) and Army Career Alumni Program career fair will be held from 10:30 a.m. to 2 p.m. at the Makai Recreation Center, Joint Base Pearl Harbor-Hickam. The fair is to support active duty service members who are leaving the military due to downsizing. FMI: www.jemsjobs.com.

MEMORIAL DAY WEEK HARBOR TOURS

23-26 — The National Park Service will hold Memorial Day commemoration white boat harbor tours at 2:45 p.m. May 23-25, and a sunset tour at 3:45 p.m. May 26. Boat launches to the Arizona Memorial after 2:45 p.m. will be suspended on those dates. Funds from the harbor tours will benefit the Arizona Memorial restoration projects at Pacific Historic Parks.

COMEDIAN JEFF DUNHAM

24 — Comedian Jeff Dunham will perform at 7 p.m. at Ward Field, Joint Base Pearl Harbor-Hickam. Doors open at 5 p.m. Admission is free for all military-affiliated personnel and their guests. The show is recommended for mature audiences. FMI: www.greatlifehawaii.com.



300: RISE OF AN EMPIRE (3D) (R)

This new chapter of the epic saga takes the action to a fresh battlefield—on the sea—as Greek general Themistokles attempts to unite all of Greece by leading the charge that will change the course of the war. "300: Rise of an Empire" pits Themistokles against the massive invading Persian forces led by mortal-turned-god Xerxes and Artemisia, vengeful commander of the Persian navy.

Movie Showtimes

SHARKEY THEATER

TODAY 4/18
7:00 PM 300: Rise of an Empire (3D) (R)

SATURDAY 4/19
2:30 PM Mr. Peabody and Sherman (3D) (PG)
4:30 PM Muppets Most Wanted (PG)
6:50 PM Divergent (PG-13)

SUNDAY 4/20
2:30 PM Mr. Peabody and Sherman (PG)
4:30 pm Need for Speed (3D) (PG-13)
7:00 pm Tyler Perry's: Single Mom's Club (PG-13)

HICKAM MEMORIAL THEATER

TODAY 4/18
6:00 PM Mr. Peabody and Sherman (3D) (PG)

SATURDAY 4/19
4:00 PM Mr. Peabody and Sherman (PG)
7:00 PM Need for Speed (PG-13)

SUNDAY 4/20
2:00 PM Mr. Peabody & Sherman (PG)

THURSDAY 4/24
7:00 PM Need for Speed (PG-13)



PACAF chief breaks national, American powerlifting records

Capt. Justin Billot

Pacific Air Forces Public Affairs

Months of training and years of experience were put to the test recently as judges meticulously observed more than 40 power lifting contenders during the 2014 Military National Championships.

One Airman, who has been powerlifting for nearly 30 years, approached the stage, chalked up his hands, and made his second attempt at breaking the national and American powerlifting record.

Within a matter of seconds, Chief Master Sgt. Troy Saunders, Pacific Air Forces vehicle management functional manager, broke the five-year record with a colossal 633-pound deadlift.

"The lift was good," Saunders said. "I feel extremely fortunate to be able to keep doing what I do as I close in on 30 years of competing." Pacific Air Forces is based at Joint Base Pearl Harbor-Hickam.



Photo courtesy of Chief Master Sgt. Troy Saunders

Chief Master Sgt. Troy Saunders, Pacific Air Forces vehicle management functional manager, deadlifts 633 pounds while competing in the 2014 Military National Powerlifting Championships.

Saunders broke nine new powerlifting records while competing last month in Killeen, Texas. His lifts for the squat, bench press and deadlift totaled 1,526 pounds, earning him 11 gold medals, five Military National

and four American records. These consecutive wins allowed him to wrest the overall best raw lifter title from lifters two decades younger.

"I'm a lot older and there are others stronger than me who

compete in the sport," he said. "I'm ecstatic simply to continue to lift and give it my personal best."

Saunders credits his achievements not only to hard work and dedication, but to those who have helped him along in his career.

"I owe a lot of my success to inspirational people and mentors throughout my time in sports," he said. "I think these people are invaluable to one's success in sports and life."

Saunders has been powerlifting for most of his life and said the lessons and skills learned through the sport have helped him to excel in his personal and professional goals. At the same time, Saunders has been coaching nine Air Force lifters who made multiple first place finishes and a military national second place team award.

Airmen have a duty to maintain their Air Force physical training standards, but can supplement their fitness with other

activities such as hiking, swimming, surfing or running, according to Saunders. The key to improving physical fitness, he said, is to find and engage in activities that are enjoyable and to have more than a desire for medals.

Saunders also recommends that Airmen explore ways to incorporate their families into fitness and health endeavors.

"Encourage your family and friends to get involved and get active," he said. "Physical activity allows people to spend time as a family unit and improve family resiliency through support and motivation."

Airmen interested in learning more about fitness and sports programs on base should contact their health and wellness centers or base fitness centers. Off-base resources can also serve as conduits for physical well-being.

For Saunders, he plans to continue competing.

Pacific Submarine Force hosts 114th Navy Submarine Birthday balls

MC1 Steven Khor

Submarine Force Pacific Fleet Public Affairs

Submariners past and present, spouses and guests came together at the Hilton Hawaiian Village in Waikiki on April 11-12 to celebrate being a part of the U.S. Navy Submarine Force at the 114th Navy Submarine Birthday balls.

Speakers during the two-day event included Adm. Harry Harris, commander of U.S. Pacific Fleet, and Rear Adm. Phillip G. Sawyer, commander of Submarine Force, Pacific Fleet.

Harris praised the submariners for their achievements and thanked them for their service.

"Happy 114th birthday to the submarine force," said Harris. "Well done. Our Pacific Submarine Force has a lot to be proud of since its humble beginnings in 1900."

"In World War II, more than half of all enemy ships sunk were last seen through a periscope," he continued.

"Our nation draws its strength from those who serve before them

and will draw its strength from those who serve after them—an unbroken chain, linking American fighting men and women from generation to generation. I truly thank you for all you do on a daily basis to ensure our nation and our military remains strong," Harris said.

During the balls on each evening, ceremonies honoring boats and crews lost at sea reminded all attendees of the sacrifices and courage of underwater sea warriors throughout the years.

Sawyer talked briefly about the Chief of Naval Operations' key tenets of warfighting first, operating forward and being ready to fight.

He also stressed the importance of being a submariner and its role to the nation before concluding with a thank you.

"Let's celebrate our 114th year of undersea dominance," said Sawyer. "Let's celebrate being a member of the world's foremost and most formidable submarine force. Let's celebrate family, friends and shipmates and enjoy tonight because you have earned it."

Master Chief Cash Caldwell, the



U.S. Navy photo by MCI Jason Swink

Retired Rear Adm. Lloyd "Joe" Vasey (right), a World War II submarine veteran, receives applause from submariners and their family and friends at the 114th Annual Navy Officer's Submarine Birthday Ball held April 12 at the Hilton Hawaiian Village Hotel.

force master chief at Submarine Force, U.S. Pacific Fleet, said the night was bittersweet because this was his last birthday ball in his 30 years of submarine service.

"I would like to give my sincere thanks to all of you in the Pacific

Submarine Force for all the work you have done to make us what we are," said Caldwell.

He said he is proud to be a part of this opportunity for all of his peers to get together and celebrate being submariners.

Retired Rear Adm. Lloyd "Joe" Vasey was honored as the most senior submarine-qualified Sailor of the night, having earned his dolphins in 1942.

"Dolphins" are a submarine warfare insignia worn by enlisted and officers, signifying proficiency in using all the systems aboard the submarine.

Vasey was honored by Sailors and spouses throughout the evening. A pioneer in the submarine force, Vasey served as a submarine officer throughout World War II, including the invasion of North Africa and later in the Pacific theater.

Submarine ball events commemorate the anniversary of the U.S. Navy's submarine force. Since April 11, 1900, when the U.S. Navy first purchased John Philip Holland's revolutionary submarine and renamed it America's first commissioned submarine, USS Holland (SS-1), submariners have been patrolling the depths of the oceans, taking the fight to enemies and providing maritime security around the world.

Blood drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives.

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:

- April 22 and May 6, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center.

- April 23, 9 a.m. to noon, SPAWAR Hawaii, 2293 Victor Wharf Access Road, building 992, Pearl City.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil

TRICARE offers resources for military, families

TRICARE

Month of the Military Child

Each April, the military community pauses to focus on its youngest members, those who don't deploy or travel to war but are affected by those events just the same—the military child.

Military children are unique in that they face frequent moves and parental deployments, in addition to the typical childhood stressors of learning, maturing and building relationships. Even children without a deployed parent can be affected by the stress of a classmate or friend who is experiencing that loss.

The National Institutes of Health reports that parental com-



bat deployment increases anxiety in children that remains even after the deployed parent returns home. By collecting this type of data, screening, prevention and intervention strategies can be developed to assist military children.

TRICARE covers medically or psychologically necessary mental/behavioral health care, including counseling for children. TRICARE covers well-child care from

birth to age six. Each well-child visit is a chance for the doctor to look for developmental delays or problems and for patients to talk about any concerns they have.

For more information about TRICARE's behavioral health benefit, visit www.tricare.mil/MentalHealth. For information about TRICARE's well-child care, visit www.tricare.mil/Well-Child.

Alcohol awareness

A glass of wine after work or a cold beer during the game can be nice in moderation, but excessive drinking can lead to more destructive behaviors. April is National Alcohol Awareness month, a great time to take a sobering look at the excessive alcohol consumption within the military community.

The Dietary Guidelines for Americans define moderate alcohol consumption as having up to one drink a day for women and up to two drinks a day for men. Binge drinking is generally considered having an excess of drinks at one occasion or event; that is five or more drinks at a time for men and four or more drinks for women.

Excessive drinking is a form of alcohol abuse and can create a number of short- and long-term health and safety risks, such as increased risk of injuries, violence, drowning, liver disease and some types of cancer.

If alcohol is a "go-to" source of comfort when dealing with stress, boredom or loneliness, then there may be cause for concern. To help

beneficiaries deal with alcohol abuse, TRICARE has an alcohol awareness program that aims to prevent alcohol misuse and/or abuse.

TRICARE's "That Guy" campaign is a multi-media initiative, created specifically for the military community. That Guy encourages young enlisted personnel not to binge drink, by highlighting what's at stake when they do.

To learn more about That Guy, visit www.thatguy.com.

By taking early prevention steps and drinking responsibly, alcohol doesn't have to become a destructive force. For more information on TRICARE's alcohol awareness initiatives, visit www.tricare.mil/alcoholawareness.

Gimme 5 campaign to launch Hickam Communities resident survey

Hickam Communities

Hickam Communities staff will be knocking on residents' doors at Joint Base Pearl Harbor-Hickam on April 26, delivering the annual resident satisfaction survey that gets kicked-off with the Gimme 5 campaign.

"We can't emphasize enough how important it is for our families to provide us with candid feedback about their experiences being part of our community, from move-in through residency," said Stephen Quinn, Hickam Communities property management director.

"We're asking them to share with us what we are doing right and where we need to improve. The survey rates us on a scale of one to five, five being the highest. It is our goal to earn a score of five from our residents."

Survey results, comments and

suggestions help Hickam Communities and Air Force housing leadership plan programs and services to enhance the living experience and quality of life at Hickam Communities.

The survey takes approximately five minutes to complete. Residents completing the survey on the day of delivery can place and seal it in the envelope provided and leave it at their front door. Hickam Communities staff will collect them and leave behind a coupon for five ice cream treats as a "thank you" to families for participating in the survey.

Residents can redeem their ice cream coupon from noon to 5 p.m. April 26 at either the Ka Makani Community Center or Earhart Community Center. They may also drop the survey envelope in the mail anytime during the survey period so long as it is postmarked by May 30.

If residents immediately complete the survey and have it ready for staff to pick up on the same day (April 26), their family will also be eligible for a random drawing to win one of five opening day contest prizes.

A comment card has been included with the survey and will be used as an entry form for a chance to win one of five \$250 prizes. Residents should return the comment card along with the survey postmarked by May 16 to be eligible for this early bird prize drawing.

The survey is conducted by the nationally recognized real estate consulting firm CEL & Associates, Inc. Residents' names will be kept confidential. Bar codes on the return envelope provided only identify neighborhoods.

For more information, call the Hickam Communities' resident services team at 423-2300.

Chiefs Action Group events planned

A chief petty officer (CPO) board eligibility brief will be held from 7:30 to 10:30 a.m. April 30 at Hickam Memorial Theater.

This brief is for all CPO board-eligible E-6s. The brief will consist of best practices in record review and submissions to the board.

In addition, a CPO board eligibility records review will be held from 7:30 a.m. to 4:30 p.m. May 7 at the Naval Operational Support Center (NOSC) Pearl Harbor, building 279.

This records review is for all CPO board-eligible first class petty officers. Each Sailor will be given a 30-minute appointment with a senior chief petty officer or master chief petty officer with board experience. This event is on a first-come, first-served basis. Registration will be taken at the end of the April 30 CPO boards brief.

For more information, contact AGCS Enrique Acosta at chiefsactiongroup@hotmail.com or 471-4588.

TANG workshop scheduled

From May 5 to 8, Commander, Destroyer Squadron 15 and Commander, Destroyer Squadron 31 will sponsor the first Surface Tactical Advancements for the Next Generation (TANG) workshop at Joint Base Pearl Harbor-Hickam.

The Surface TANG Workshop will consist of 27 officers and operators. The attendees have been hand selected for their contributions and innovative leadership.

The TANG event will kick off

with a technology expo. It will begin May 5 specifically for the attendees and be open to the base from 8:30 a.m. to 4 p.m. May 6-7, and 8:30 a.m. to 3 p.m. May 8.

The process provides the means to rapidly transition the best ideas for use on surface ships. The results of the Surface TANG workshop and follow-on iterative prototype design thinking events will allow for more intuitive technology delivery as early as 2016.