

Life & Leisure

B

Summer league champs Port Royal open with win



Seaman London Waldon goes up for two of his game-high 21 points.



Seaman Michael Elzen shoots from the corner.

Story and photos by Randy Dela Cruz

Sports Editor

Led by the shooting of team captain Seaman London Waldon, USS Port Royal (CG 73) broke out to a 33-9 lead in the first half and then cruised to a 46-25 victory over USS Asheville (SSN 758) on Feb. 8 in an Afloat Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

Waldon pumped in 13 points in the first half and finished with a game-high 21 to set the pace for Port Royal, which ran out to a 12-0 lead in the first three minutes of play.

"We just have to play like we're down," said Waldon about the team's fast start. "We still got something to prove out here. We know we're the defending champs of afloat and of the summer league, but anybody can come up and take our spot. So we got to come out hunting and take care of business."

Although the team's 12-0 lead was interrupted by an Asheville basket, Port Royal was off and running again on an 11-0 run after a shot by Seaman Michael Elzen put the team up by 20 at 23-3 with 7:30 to go in the first half.

Halftime did very little to slow down Port Royal's attack as the team immediately resumed its torrid pace in the second half.

bring the intensity," said Waldon about his high-energy performance. "I want everybody on my team to play just as good as I can. So I got to set the tone for everybody."

While Waldon and his teammates had no problem breaking the Asheville defense, Port Royal's swarming press was in total command on the other side of the court.

Waldon said that Port Royal's strong defense is what gets the team going full speed ahead.

"Defense is the key to winning games," he acknowledged. "As long as we stop them on defense, we can work our offense. We got a ton of good players on our team, so we can score. We just got to make sure that we play defense."

Besides the effort of Waldon, Port Royal got a boost from the play of Electronics Technician 3rd Class Anthony Hawkins and his wife Mana, who was a former all-state forward for Konawaena High School and a later went on to star for Hawaii Pacific University.

Hawkins contributed six points on three baskets, all in the first half, while Mana matched his total with two baskets and a couple of free throws.

For Port Royal, after failing short in the intramural playoffs last year, the team finally had a breakout season when it won the base's Summer Basketball League championship back in October.

Waldon said that while the win over Asheville was only the first game of the season, he likes Port Royal's chances of going all the way this time around.

In addition to the team's talent, Waldon said that this year's Port Royal squad is hungry for the title.

"Hungry isn't even the word, we're starving," he said. "This could be the year. We got good guys, we got good people and we got good shooters. We also got a big man down there. I'm actually pretty confident that we'll play through it this year."

Coming out of the break, Waldon sped down court on a fast break and banked in a lay-up off the glass for a 35-9 advantage.

"Me as the team captain, I just got to make sure to



Electronics Technician 3rd Class Anthony Hawkins goes for a jump shot.



Mana Hawkins attacks the basket.

Chung-Hoon overcomes slow start to rout Bremerton

Story and photo by
Randy Dela Cruz

Sports Editor

It took awhile for USS Chung-Hoon (DDG 93) Koa Kai to get started, but once the team got on a roll, there was no stopping it, as Chung-Hoon trounced USS Bremerton (SSN 698), 49-25, on Feb. 8 in an Afloat Division intramural basketball matchup at Joint Base Pearl Harbor-Hickam Fitness Center.

Despite getting off to a slow start in the first half, Chung-Hoon finally grabbed a 10-point lead on a shot by Chief Cryptologic Technician (Collection) Josh Smith with only 1:20 remaining before halftime.

Up by 20-8 at the break, Chung-Hoon came out in the second half in a blaze and promptly went on a 19-0 run with 9:38 remaining to seize full control of the game.

Chung-Hoon head coach Chief Gunner's Mate Marcus Rodgers said that once the team shook off the cobwebs in the first half, things just fell into place.

The win got Chung-Hoon's season off to a solid start, while Bremerton has now lost two games in a row to fall to 0-2.

"The lineup that we used was the first time that we used it," said Rodgers about the team's slow first half. "It was the first game of the season, so we had a little kinks, a little butterflies, but you saw we worked through it."

From the start of the second half, Chung-Hoon guard Yeoman 2nd Class Terrance DuBose made



Yeoman 3rd Class Jerrod Turner, guard for USS Chung-Hoon (DDG 93) Koa Kai, penetrates the lane to score two of his six points.

certain that the team wouldn't repeat its struggles in the first half.

Held to only one basket prior to the break, DuBose came out of intermission on fire and quickly put Chung-Hoon ahead at 28-8 on two long shots from beyond the three-point arc and a two-pointer from the perimeter.

"I just felt like I needed to make more shots and help my teammates get involved," said DuBose, who finished with 10 points. "It was just second half adjustments by the coaches. We wanted to see

numerous turnovers into easy baskets.

"I just told my point guards that we're faster than them, so go get them," Rodgers said. "They can't hold the ball. Let's go put the press on them. That's probably our best weapon we got that you'll see throughout the season is our press. We got some quick guys with quick hands and quick feet and they play good defense."

Although DuBose led the team in scoring, he wasn't the only one on Chung-Hoon to get in the scorer's column.

"I just told my point guards that we're faster than them, so go get them."

—Chief Gunner's Mate Marcus Rodgers

if we could move the ball more and get open shots by spacing the floor. We just got back to playing team ball."

Rodgers said that the hot shooting of DuBose did the trick to kick-start his offense and admitted that the guard's timely shots may have been the turning point.

"He started hitting his shots and everybody else built off of that," he said.

While DuBose got Chung-Hoon on track on offense, his hot shooting also seemed to energize the team on defense as well.

During the 19-0 run in the second half, Chung-Hoon consistently pressed the ball and turned

A total of 10 of the team's 16 players scored for Chung-Hoon, which also got six points apiece from three different players.

The win was a good way to start the season for Chung-Hoon, which is trying to reach the championship finals as it did two years ago.

Although Rodgers pointed out that this is a totally different team from the 2012 squad, he believes that Chung-Hoon has what it takes to make it back to the big dance.

"Every year is going to be different," he acknowledged. "But I think we can win it all. I think this team ranks among the best we've had."

Navy Region Hawaii provides social media training

Anna Marie General

Joint Base Pearl Harbor-Hickam Public Affairs

Social media is a cost-effective and efficient way to disseminate information in the government today. It allows commands to engage with their fans and followers to instantly deliver the command message while ensuring policy guidelines are met.

In a recent briefing, Chief Mass Communications Specialist John Hageman, Navy Region Hawaii, conducted social media training to help various departments, such as the Hickam Library and the Joint Base Pearl Harbor-Hickam Coalition for Sailors Against Destructive Decisions (CSADD), better understand the use of government Facebook pages.

"Having the knowledge and the tools for properly administering a government Facebook page is more valuable now than ever," Hageman said. "With more than 500 million Facebook users worldwide, it is truly a huge communication tool. The ability to instantly connect with people and update your audience in real time is an amazing tool."

The topics of discussion included the differences between government and personal Facebook pages, Department of Defense (DoD) regulations, endorsements, how to reply to questions and feedback, the simple do's and don'ts, knowing their stakeholders and how to get the word out.

While social media has been a strategic tool in the government to communicate with stakeholders and target audiences, it's best to keep in mind the best practices of operation security (OPSEC) and the policies of the DoD while continuing to communicate effectively.

Navy Region Hawaii Public Affairs plans to provide bi-weekly social media training and guidance to departments with government Facebook pages to help provide awareness and improve communication with the use of new media technology.

For more information on social media guidance, visit the Navy's Chief of Information (CHINFO) slideshare at <http://www.slideshare.net/USNavySocialMedia>, the Naval OPSEC at <http://www.slideshare.net/NavalOPSEC> or the DoD Social Media Hub at <http://www.defense.gov/socialmedia/>

NEX celebrates Chinese New Year



Photo by Rochelle Apo

Lung Kong Physical Culture Clubs of Hawaii performed a traditional Chinese New Year Lion Dance on Feb. 2 at the Pearl Harbor Navy Exchange mall. This is the Year of the Horse in the Chinese zodiac.

Two rallies are enough for Tigers to beat Ballers

Story and photo by
Randy Dela Cruz

Sports Editor

The 324th Intelligence Squadron (324 IS) Tigers pulled away in the first half, but had to do it again in the second half to earn a tough victory against the Joint Prisoner of War/Missing in Action Accounting Command (JPAC) Ballers, 39-25. The contest was played on Feb. 11 during a battle of unbeaten Red Division teams at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

The win kept the Tigers in a tie for first place with a record of 3-0, while JPAC dropped their first game of the season and fell to 2-1.

"I think it all starts with our defense," said Tigers shooting guard Master Sgt. Jarrod Gates, who came up with a couple of clutch three-pointers in the first half. "We move as one unit, so even if we get down in a game, our offense is slow, our defense keeps us in. That's really what it was all about."

In the first minutes of the game, both teams fought back and forth with JPAC holding a slight 9-8 lead around the 8:00 mark.

Then Gates began to warm up by knocking down a trey to put the Tigers out in front for the first time in the game at 11-9.

Although Tech. Sgt. Jorge Verlejo answered with a basket to tie the score, the deadlock was only temporary as the Tigers came back with a barrage of three-pointers to take command of the game



Airman 1st Class Omar Vidro goes up for the first of two back-to-back lay-ups to put 324th Intelligence Squadron (324 IS) Tigers up by 10 points late in the game.

heading into halftime.

First, back-to-back treys by Tech. Sgt. Tim Harris and Gates raised the Tigers' lead to 20-11 before Airman 1st Class Brian Vanderpool hit another trey to complete a 12-0 run before the break.

At halftime, Ballers head coach Maurice Honeywood, a Department of Defense civilian, told his team to keep on fighting despite being down by eight points.

Honeywood said that mistakes cost the team in the first half but felt that the Ballers weren't out of the game just yet.

"I told the team, one play at a time," Honeywood stated. "There is no way we're going to catch up eight points on one shot. So, one play at a time."

Then two free throws by Tech. Sgt. Terrance Gist raised the lead to six before Airman 1st Class Omar Vidro slid past the defense for two lay-ups to give his team full control of the game.

Gates added another trey and Gist scored a basket to round out the final score.

"It was intensity, and our coaches put us in situations offensively to get some open looks down low," said Gates about the team's strong finish to close out the second half. "We were relying on the jump shot too much, so we needed to get in the paint a little bit."

Following the game, Honeywood said that while it was a tough loss to swallow, he strongly believes that the Ballers will bounce back.

"I told the team, one play at a time. There is no way we're going to catch up eight points on one shot. So, one play at a time."

—Maurice Honeywood

The halftime speech seemed to reignite the Ballers attack as the team outscored the Tigers, 8-2, after the break and pulled to within a basket at 25-23 on a putback by Master Sgt. Rick June with 11:38 remaining in the game.

However, that was as close as the Ballers would get as the Tigers scored the next eight points to take a double-digit lead at 33-23.

Senior Airman Raymond Garay-Paravisini started the game-ending rally by scoring on a shot inside the paint.

"I still think we're still trying to blend," he admitted. "I don't see this as a setback. It just demonstrates that we need some work. The season is early and there's plenty of basketball left."

Meanwhile, Gates said that there is no secret to the Tigers' success. They just need to keep doing what they've been doing all season long.

"We need to keep playing as a team, pull together defensively and just take it one game at a time," he said.

Museum panel highlights legacy of African American military aviators

Pacific Aviation
Museum Pearl Harbor

A panel of distinguished speakers visited the Pacific Aviation Museum Pearl Harbor on Feb. 8 to discuss the legacy of the first African American military aviators to serve during World War II.

The speakers included retired U.S. Air Force Lt. Col. Alexander Jefferson from Michigan, Hawaii's own Tuskegee Airman Philip Baham, Dr. Dorothy Goldsborough, and a panel of members of the Baham Goldsborough Chapter of the Hawaii Tuskegee Airmen.

The hangar talk, "Tuskegee Airmen Then and Now," in the museum theater was followed with a meet and greet event in the gallery.

Jefferson flew P-51s with the "Red Tail" 332nd Fighter Group 301st Fighter Squadron escorting B-17s and B-24s. He was shot down over Germany after flying 18 long range missions and was a prisoner of war for nine months. After the war, he

became a science teacher and later an assistant principal in the Michigan school system. He is the author of "Red Tail Captured, Red Tail Free: Memoirs of a Tuskegee Airman and POW."

One of the original WWII Tuskegee Airmen, Baham was drafted into the Army Air Corps at 21 years of age and served as crew chief assigned to the 377th Composite Group at Tuskegee Field.

Dr. Dorothy Goldsborough, is a professor emerita at Chaminade University and a lecturer at University of Hawaii Manoa. She is the wife of the late Romaine Goldsborough, another documented original Tuskegee Airman who served in the 332nd Fighter Group during World War II.

Other panel members were Mario Taryer, Tuskegee Airmen Hawaii Chapter vice president, and Master Chief Dewayne Barnes of Marine Corps Base Hawaii.

For more information on the museum, call 441-1007, email Education@PacificAviationMuseum.org or visit online at www.PacificAviationMuseum.org.



Photos courtesy of Pacific Aviation Museum Pearl Harbor

The hangar talk "Tuskegee Airmen Then and Now" took place Feb. 8 at Pacific Aviation Museum Pearl Harbor. February is African American History Month.

First Tee of Hawaii grant program deadline is announced, Feb. 28

Enrollment for the First Tee of Hawaii life skills program ends Feb. 28. The First Tee of Hawaii junior golf program that teaches youth 6 to 18 years of age its life skills education curriculum through the game of golf is offering a Department of Defense grant that provides the program to active duty, Reserve and National Guard children at no cost. For more information, visit the website at www.thefirsttee.hawaii.org

Programs are conducted on Oahu at Bay View Driving Range & Golf Course-Kaneohe, Joint Base Pearl Harbor-Hickam Par 3, Hawaii Kai Golf Course,

Hawaii Country Club-Kunia Road, Hoakalei Country Club in Ewa Beach and Turtle Bay Links.

The First Tee of Hawaii is a nonprofit organization and a chapter of the First Tee national organization that has more than four million young people enrolled in its chapters throughout the USA, Ireland, Japan, Australia, New Zealand and Singapore.

For information on how to enroll your child prior to the deadline, contact Ken Zitz at kwz711@hawaii.rr.com or call 478-3466 or Kellan Anderson at kellananderson@yahoo.com or call 599-0996.



Photo courtesy of First Tee of Hawaii

First Tee of Hawaii junior golf program has a Department of Defense grant that expires Feb. 28.

Events planned for African American History Month in February

Several upcoming events have been planned for African American History Month. They include:

- Saturday, 6 p.m., the Hickam African American Heritage Association will host a talent show at JR Rockers.

- Feb. 18, 10 a.m., a Joint Base Pearl Harbor Hickam African American History Month observance at the Pearl Harbor Memorial Chapel, building 1601. The

guest speaker will be CSCM (SW/AW) Rory Bacon.

- Feb. 22, beginning at 1 p.m., the Hickam African American Heritage Association will host a Gospel Fest and Taste of Soul at Nelles Chapel on the Hickam side of the joint base. The food judging categories will include meats, sides and desserts. For more information or to submit a dish, send your name, contact number and the dish you wish to bring to

Tech Sgt. Sharlana Griffin at 448-6211 or email sharlana.griffin@us.af.mil, or call Tech Sgt. Tiffany Storman at 433-6775.

The national and Department of Defense theme for this year's observance is "Civil rights in America," highlighting the important milestones by African Americans and others in the battle for civil rights and equal treatment under the law.

Scholarship opportunity available to Hickam Communities residents

Hickam Communities
LLC

WinnCompanies, the firm providing the property management and maintenance services at Hickam Communities, is offering a scholarship opportunity to residents.

"In furtherance of our objective to enhance the lives of all that we serve, high school seniors, high school graduates and GED graduates living in communities managed by WinnCompanies or its affil-

ates are invited by the board of directors of WinnCompanies to apply for scholarship grants for the 2014-2015 academic year, to be awarded in May 2014," stated Gilbert Winn, managing principal of WinnCompanies.

Four Hickam Communities residents were awarded WinningEdge Scholarships last year.

Residents who are pursuing some form of higher education in a community college, college, university, or trade/ professional school

can apply for scholarship grants starting at \$1,000.

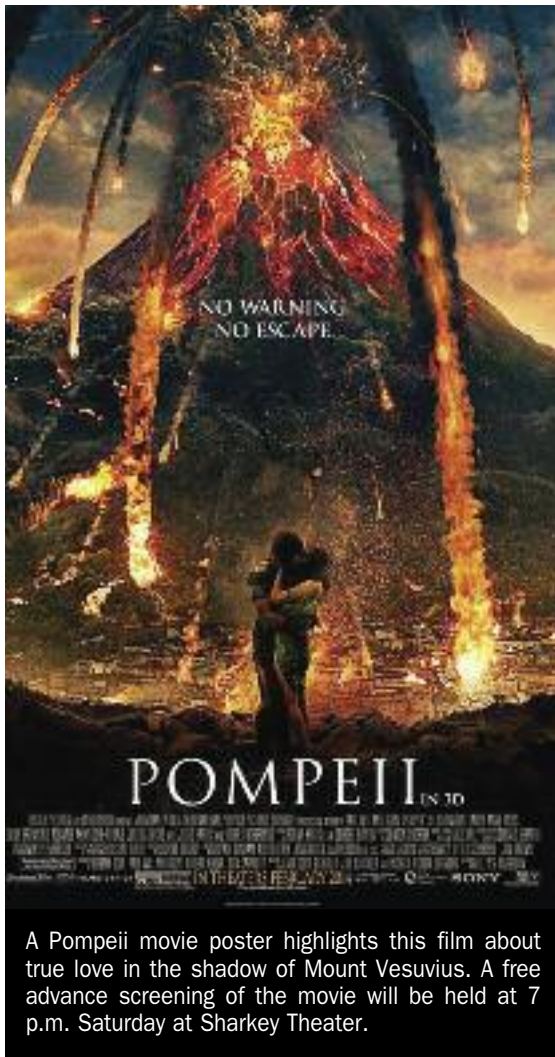
Those who are interested can log on to www.hickamcommunities.com/go/WinningEdge to download the full application packet and eligibility details to find out if they or a member of their family are eligible for a scholarship.

All completed applications need to be submitted no later than April 2 for consideration to Hickam Communities housing office at 211 Mercury St. or its leasing office at 200 Kokomalei St.



Live the Great Life

Sharkey Theater to hold advance screening of 'Pompeii' Saturday evening



A Pompeii movie poster highlights this film about true love in the shadow of Mount Vesuvius. A free advance screening of the movie will be held at 7 p.m. Saturday at Sharkey Theater.

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

A free advance screening of the movie "Pompeii" will be held at 7 p.m. Saturday at Sharkey Theater, Joint Base Pearl Harbor-Hickam.

This film stars Carrie-Anne Moss, Kit Harrington, Kiefer Sutherland and Emily Browning.

This action-adventure is about a slave-turned-gladiator who finds himself in a race against time to save his true love, who has been betrothed to a corrupt Roman senator. While Mount Vesuvius erupts, he must fight to save his beloved as Pompeii crumbles around him.

Pompeii will be released on Feb. 21, but Sharkey Theater will provide a sneak peek prior to the release date for Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation patrons.

The screening is free to the first 400 authorized patrons. The ticket booth and doors will open at 5:30 p.m. The movie is rated PG-13.

Military ID cardholders can reserve up to six tickets. Department of Defense and retiree cardholders can reserve up to four tickets.

For more information, call 473-0726.



Patrons shop at the MWR Super Garage Sale.

MWR Marketing photo

Find treasures at MWR Super Garage Sale

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The MWR Super Garage Sale sponsored by Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will be held from 8 a.m. to noon Saturday at Richardson Field, across from Aloha Stadium.

Parking is available at Rainbow Bay Marina, and overflow parking will be at Aloha Stadium for a minimal cost. No pets are authorized on the field or at the event.

The event will include handmade crafts, clothes and other items.

The garage sales are held quarterly. The event is open to the public, so the crowds feature military and civilian shoppers.

"Our customers love the super garage sale. Whether they are selling or buying, it's a hit every time," said Lara Katine, special events director.

For more information, check www.greatlifelifehawaii.com for the next super garage sale date, with registration for sellers opening up two months in advance.

Your Weekly Fun with MWR

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



Teen Valentine's Day Social will be held from 6 to 9 p.m. tonight at the Hickam Teen Center. The event includes food, games, music and a photo booth. Registration forms can be downloaded from www.greatlifelifehawaii.com. FMI: 448-0418.

Valentine's Day Popcorn and Bowling Combo will begin at 7 p.m. tonight at Sharkey Theater. Patrons can receive a small bag of popcorn free, then bring their movie ticket to the Naval Station Bowling Center and receive a free game of bowling for each movie ticket purchased. The offer is good tonight until the bowling center closes at 11 p.m. FMI: 473-0726.

Valentine's Day Is For Bowling Lovers will be held from 7 to 9 p.m. tonight at Naval Station Bowling Center. Patrons can bowl one free game for themselves and their significant other. FMI: 473-2574.

Presidents' Day All-Nighter will begin at 9 p.m. Sunday at JR Rockers Sports Café. The dress code will be strictly enforced. No T-shirts, shorts, flip-flops, athletic wear (includ-

ing baseball caps), gang-related apparel (such as vests), etc. will be allowed. Active-duty enlisted Air Force and Navy are welcome if they are 18 or over; 21 and over for all other authorized guests. FMI: 448-2271.

Ford Island Historical Tour will be held from 8:30 to 10:30 a.m. Feb. 19 departing from Rainbow Bay Marina parking lot. FMI: 448-2295.

All-Military Bowling Tryouts will begin at 10 a.m. Feb. 19 at Hickam Bowling Center and at 10 a.m. Feb. 20 at Naval Station Bowling Center. The top six men and top four women will advance to the Hawaii All-Military Bowling Tournament in April. The event is open to all active-duty Navy and Air Force personnel. FMI: 473-2651.

Free Junior Golf Clinic will begin at 4 p.m. Feb. 19 at Barbers Point Golf Course. FMI: 682-1911.

MWR Newcomers Luncheon will be held from 11 a.m. to 12:30 p.m. Feb. 19 at the Tradewinds Enlisted Club Ballroom. Patrons

who are new to the base can receive a free buffet lunch. The event will also include MWR information booths, sponsor tables and giveaways in the ballroom. Patrons can bring the whole family because activities will be available for children. The event is open to all military-affiliated personnel. FMI: www.greatlifelifehawaii.com.

Joy of Acrylic Painting will be held from 10 a.m. to noon on Thursdays from Feb. 20 to April 30 at the Hickam Arts & Crafts Center. This class is designed to teach painting techniques with acrylics on canvas. Knowing how to draw or paint is not required. FMI: 448-9907.

Home-School Water Color will be held from 1:30 to 3 p.m. on Thursdays from Feb. 20 to March 27 at the Hickam Arts & Crafts Center. The class is open to youth age 8 years old and older. Brush techniques and paper information will be taught as they paint. FMI: 448-9907.

Youth Spring NFL Flag Football Registration ends Feb. 21. The sport is open to youth ages 5 to 15 years old. The season runs from March to June. FMI: www.greatlifelifehawaii.com or 473-0789.

USATF Track and Field Registration ends Feb. 21. The sport is open to youth ages 9 to 18 years old. The season runs March to August. The fee does not include USATF membership. FMI: www.greatlifelifehawaii.com or 473-0789.

Valentine's Special: Couples Massage will be held from now through Feb. 28 at Hickam Fitness Center Spa. A 24-hour cancellation policy applies for all appointments. FMI: 448-2214.

Paddleboarding Kahana Stream will begin at 9 a.m. Feb. 22 departing from the Outdoor Adventure Center at the Fleet Store. The Kahana Stream is located on the eastern side of Oahu. Participants need to sign up by Feb. 20. FMI: 473-1198.

Learn to Spearfish will begin at 9 a.m. Feb. 22 and Feb. 23 at Outdoor Recreation-Hickam Harbor. Participants need to sign up by Feb. 19. On the first day, class is held at the pool. On the second day, depending on skill level, usually two ocean dives from the boat are completed. Participants need to bring a mask, fins and snorkel. FMI: 449-5215.

Day Hike: Ehukai Pillboxes will begin at 9 a.m. Feb. 23 departing from the Outdoor Adventure Center at the Fleet Store. Participants need to sign up by Feb. 20. Once used as military bunkers, these two concrete structures stand as lookout points. FMI: 473-1198.

February Service Special: Brake Inspection will be held from now through Feb. 28 at Hickam Auto Skills Center. Patrons can go to the Hickam Auto Skills Center for a free brake inspection. Walk-in inspection is offered on space-available basis. FMI: 449 2554.

Morale Welfare & Recreation

CHINATOWN FOOD, HISTORIC TOUR

A tour of Honolulu's Chinatown featuring a traditional dim sum lunch will take place from 8:45 a.m. to 12:45 p.m. Feb. 22. The tour departs from Tickets & Travel-Hickam. FMI: 448-2295.

UFC 170 IN HD

Watch Women's Bantamweight champion Rhonda Rousey vs. former Olympian Sara McMann in a mixed martial arts event live from Mandala Bay Events Center in Las Vegas, on Feb. 22 at J.R. Rockers Sports Cafe. Doors open at 3 p.m. FMI: 448-2271.

FREE GOLF CLINIC

There will be a free golf clinic beginning at 9 a.m. Feb. 22 at Mamala Bay Golf Course. FMI: 449-2304 or 449-2305.

PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m. Feb. 26 at Hickam Library. The theme will be "storytime bugs." FMI: 449-8299.

LEARN TO SURF AT HICKAM HARBOR

A learn to surf class will begin at 9 a.m. March 1 at Outdoor Recreation-Hickam Harbor. Professional instructors will teach the basics from standing and paddling to catching waves and angling down the wave. Participants must be able to swim without a lifejacket. Registration deadline is Feb. 26. FMI: 449-5215.

FAMILY HIKE, SWIMMING

There will be a hike to Makapu'u Lighthouse followed by a swim at Pele's Chair at 9 a.m. March 2. Departures are from the Outdoor Adventure Center at the Fleet Store. The deadline for registration is Feb. 27. FMI: 473-1198.

FORD ISLAND BRIDGE RUN REGISTRATION

Registration for the Ford Island 10K Bridge Run is ongoing through March 21. This is one of the largest 10K runs on Oahu. The starting gun for the 17th Annual Ford Island Bridge Run goes off at 7 a.m. April 5. Applications are available at www.greatlifehawaii.com. FMI: 473-0784 or 473-2437.

Community Calendar

FEBRUARY

17 — In support of the 30th annual Great Aloha Run on Presidents Day, Joint Base Pearl Harbor-Hickam Borchers Gate will be closed during the race and Center Drive and Radford Drive will not be accessible via Kamehameha Highway. Also, from 7 a.m. until 11 a.m., Luapele Gate will be open and Makalapa Gate will be open inbound and modified outbound to allow east-bound traffic. The 8.15-mile race will start at sunrise from the Aloha Tower Marketplace, wind down Nimitz and Kamehameha Highways and end at the Aloha Stadium. FMI: <http://www.greataloharun.com>.

18, 19 — Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program. Currently scheduled drives include Feb. 18, 11 a.m. to 3 p.m. at NEX Tripler Army Medical Center; and Feb. 19, 10 a.m. to 2 p.m. at 15th Aircraft Maintenance Squadron, Joint Base Pearl Harbor-Hickam. FMI: 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.

20 — Naval Health Clinic Hawaii will hold a Healthy Heart Fair and Great American Spit-Out Awareness Day from 10:30 a.m. to 1 p.m. at the Pearl Harbor Navy Exchange mall rotunda to promote health and tobacco-free living. FMI: 471-2280 or 473-2444, ext. 507.

MARCH

1 — The Hui 'O Na Wahine will host the second annual mock dining in at 5 p.m. at the Nehelani Club, Schofield Barracks. Email huischofield@gmail.com or seek out a board member to purchase tickets. The tickets are \$25 and are on sale until Feb. 24. FMI: <http://www.schofieldspousesclub.com>.

10 — The Hickam Officers' Spouses Club is currently accepting scholarship applications from all college bound military family members, including high school seniors, current college students and spouses. Family members from all branches of service are eligible. The deadline is March 10. FMI: <http://www.hickamosc.com/> or email scholarships@hickamosc.com.

AT A GLANCE

A virtual roll call initiative is a new way to compete for "space available" seats. It is intended to serve as a convenient option for travelers. Those who choose to participate in the virtual roll call will no longer be required to attend the traditional "in person" roll call at the passenger terminal. Flight information, scheduled roll call times and competition for space available seats can be done from home or lodging, using an e-mail address. FMI: 449-6833 option 7 or www.facebook.com/HickamAMC.



THE SECRET LIFE OF WALTER MITTY (PG)

A daydreamer escapes his anonymous life by disappearing into a world of fantasies filled with heroism, romance and action. When his and a co-worker's jobs are threatened, he takes action in the real world embarking on a global journey that turns into an adventure more extraordinary than anything he could have ever imagined.

Movie Showtimes

SHARKEY THEATER

TODAY 2/14

7:00 PM August: Osage County (R)

SATURDAY 2/15

2:30 PM (3D) The Legend of Hercules (PG-13)

5:30 PM Free advanced screening of "Pompeii." Ticket booth will be open at 5:30 p.m. for ticket distribution. Movie starts at 7:00 p.m. The showing is free to the first 400 authorized patrons.

7:00 PM Sneak preview-Pompeii (PG-13)

SUNDAY 2/16

2:30 PM Walking with Dinosaurs (PG-13)

4:40 pm Lone Survivor (R)

7:10 pm August: Osage County (R)

THURSDAY 2/20

7:00 PM Ride Along (PG-13)

HICKAM MEMORIAL THEATER

TODAY 2/14

6:00 PM The Wolf of Wall Street (R)

SATURDAY 2/15

4:00 PM The Secret Life of Walter Mitty (PG)

7:00 PM Paranormal Activity: The Marked Ones (R)

SUNDAY 2/16

2:00 PM Walking with Dinosaurs (PG)

THURSDAY 2/20

7:00 PM Lone Survivor (R)



Sesame Street book teaches kids about resilience

Terri Moon Cronk

American Forces Press Service

The Defense Department and Sesame Street have unveiled a book and DVD to help develop resilience in young children.

Barbara Thompson, the director of the office of family policy/children and youth, said "Little Children, BIG Challenges" lets military children know that challenges are a part of life. Whether a child struggles with sitting quietly at the dinner table or faces a bully at school, the beloved Sesame Street characters can help.

After several collaborations initiated by Sesame Street on topics such as grief, DOD wanted to "get ahead of the game," Thompson said, and produce something that was preventive in nature.

So "Little Children, BIG Challenges" was born.

"We wanted to build resilience and coping skills in young children [for] some of the everyday challenges young children face," she said.

Whether a child's challenge is large or small, the goal was to teach them to cope with and manage their

emotions, stay positive, and give them tools to overcome adversities in life, Thompson said.

A chapter on bullying, for example, teaches preschool children skills that they can use later in school, Thompson noted.

"We want to make sure they know how to diffuse [a situation], how to respond to it and know they can seek help," she added.

"If we start ingraining those habits into children, that it's not OK for somebody to be disrespectful to them or hurt their feelings, and they have the skills and the coping mechanisms to react to it, they will know what to do," Thompson said.

The DVD isn't something children can watch alone for entertainment, she said, calling it a "learning experience" that requires an adult to watch and discuss it with them.

While most Sesame Street shows, books and DVDs are geared toward young children, the coping mechanisms taught in "Little Children, BIG Challenges" will show parents how to pass those skill sets along to their older children in middle and high school, Thompson added.

"Parents can translate it to an older child at his or her

developmental level," she said.

Sesame Street's follow-up research and evaluation on its first military child product showed "very positive feedback" from parents who said it helped them help their children understand the issue. All materials are in English and Spanish and are downloadable at Military OneSource.

Additionally, a free Sesame Street phone app was recently launched on relocating. "The Big Moving Adventure," Thompson said, is in the top five of apps for children younger than 5 years old.

Even though the Iraq war has ended and Afghanistan's war is drawing to a close, the Sesame Street series for military children will still be available in peacetime, Thompson said, because other missions will evolve and similar circumstances will arise, such as frequent military moves, sibling rivalries and divorce.

"When they have the skills to label their feelings and to validate it's okay to feel happy or sad, and when we give kids the skills to verbalize and understand themselves, that self-regulation is probably the greatest gift we can give a child," Thompson said.



The Sesame Street USO Experience for Military Families presented a pair of free afternoon shows for military kids and their parents Nov. 17 at Hickam Gym, Joint Base Pearl Harbor-Hickam. The Defense Department and Sesame Street have unveiled a book and DVD to develop resilience in young children, called "Little Children, BIG Challenges."

Shipyard to hold career fair March 1 at HCC



(From left), Lauren Thompson, Pearl Harbor Naval Shipyard, code 2301, and Chelsea Yung, shop 38, explain to Ron Mizutani of KHON Channel 2 how a submarine hydraulic actuator works. The demonstration was during a live Wake Up 2day segment on Feb. 6 at the KHON studios. The shipyard representatives highlighted the apprentice and engineer career fair, which will be held from 1 to 5 p.m. March 1 at Honolulu Community College (HCC). The shipyard plans to hire 70 engineers and bring on more than 100 apprentices in 2014.

COLA Living Pattern Survey available through Feb. 28 at online site

The Cost of Living (COLA) Living Pattern Survey is now online and will be available through Feb. 28.

Service members are asked to help the Department of Defense (DoD) determine what Hawaii COLA should be by taking the COLA Living Pattern Survey. The survey provides DoD with crit-

ical information for determining rates for Hawaii. The survey takes approximately 30 minutes to complete.

The data collected identifies the types of the local economy outlets where military members shop and the amount each of these outlets are used by military members. DOD then compares the prices in Hawaii

to averages in the continental United States and the resulting COLA reflects the difference.

Visit www.defense.travel.dod.mil/site/lps-hawaii.cfm to take the survey. This link is also available at www.pacom.mil by clicking on the graphic that says "COLA Living Pattern Survey Hawaii."

TRICARE Service Center walk-ins to end April 1

Naval Health Clinic Hawaii

Keeping up with the rapidly increasing number of TRICARE beneficiaries who most often turn to a laptop or cell phone when they have questions, walk in service at Naval Health Clinic Hawaii (Makalapa Clinic and Kaneohe Bay Clinic) TRICARE Service Center (TSC) will no longer be available as of April 1. Find out more at www.tricare.mil/TSC.

Naval Health Clinic Hawaii patients still have a wide variety of secure, electronic customer service options available through www.tricare.mil. The new "I want to ..." feature puts everything beneficiaries want to do online on the front page of www.tricare.mil.

When walk-in service ends April 1, beneficiaries who want to get personal assistance can call UnitedHealthcare Military & Veterans at 1-877-988-9378 or visit their website at www.uhcmilitarywest.com for enrollment and benefit help.

All health care, pharmacy, dental and claims contact information is located at

www.tricare.mil/ contactus. Beneficiaries can get 24/7 TRICARE benefit information at www.tricare.mil, and make enrollment and primary care manager changes and more online at www.tricare.mil/enrollment.

Rather than driving to an installation TSC, TRICARE beneficiaries can even combine high-tech with low-tech by downloading health care forms online and sending them through the U.S. mail – at a cost of less than 50 cents.

Walk-in customer service is also the most expensive possible customer service option. By eliminating walk-in customer service at TSCs, the Department of Defense estimates savings of approximately \$250 million over five years. The change does not affect TRICARE benefits or health care delivery.

For additional information, contact UnitedHealthcare Military & Veterans at 1-877-988-9378 or www.uhcmilitarywest.com or the beneficiary counseling assistance coordinator/debt collection assistance officer at 808-473-1880 x2282.

Volunteers work on 'Mighty Mo' restoration



Photo courtesy of AGCS (IDW/AW) Enrique Acosta-Gonzalez

Volunteers from the Navy and Coast Guard work on removing a cement base on the Battleship Missouri Memorial. This is part of an ongoing project to restore the Missouri to flagship condition. The project coordinator is AGCS (IDW/AW) Enrique Acosta-Gonzalez.

Healthy Heart Fair, Great American Spit-Out event to be held Feb. 20 at NEX

Naval Health Clinic Hawaii Health Promotion

Naval Health Clinic Hawaii Health Promotion will hold a Healthy Heart Fair and Great American Spit-Out Awareness Day event from 10:30 a.m. to 1 p.m. Feb. 20 at the Pearl Harbor Navy Exchange mall rotunda.

February is American Heart Month, dedicated to emphasizing the fight against heart disease.

Heart disease is caused by plaque buildup in the walls of arteries, causing narrowing and blood flow restriction.

"Live a full and active life without tobacco and reap the short-term and long-term health benefits for

good. Smokeless tobacco has more nicotine than cigarettes," said Eleanor Bru, a registered nurse with Naval Health Clinic Hawaii Health Promotion.

"It may be harder to stop using it for good, but it can be done. The use of tobacco increases the risk for cardiovascular disease. It affects your blood pressure and cholesterol," Bru said.

"Take care of your heart. Say goodbye to your tobacco and embrace a healthy lifestyle such as 'be healthy, be active living' and tobacco-free living. Stop using all forms of tobacco products including e-cigarettes and all other electronic smoking devices," Bru added.

For more information, call 471-2280 or 473-2444, Ext. 507.

Shipyard workers turn out for nutrition fair

Danielle Jones

Pearl Harbor Naval Shipyard

Pearl Harbor Naval Shipyard workers gathered at building 2 for the recent Women in Trades (WiT)-sponsored "New Year, New You — Health, Fitness, Nutrition and Wellness Fair."

Employees learned about and discussed health-related issues. Dozens of workers asked visiting specialists questions and advice about home and worksite health.

The WiT health fair focused on several themes, such as fitness, nutrition tips, carpal tunnel syndrome prevention, the importance of stretching, and stress management.

The three guest speakers, Dr. Kevin Lin, a surgeon/oncologist at Tripler Army Medical Center; U.S. Army Capt. Sandra Van Horn, a physician at Tripler; and Mimi Collado, a physical massage therapist, answered questions and shared insights in their areas of expertise.

Collado spoke about sitting and standing posture habits to an audience whose work experience ranged from sedentary to physically strenuous. During her

remarks, many workers practiced the hand stretches and posture examples she demonstrated.

"I was thrilled by their welcome and was very excited to speak," Collado said. She noted how diverse the audience was, with blue- and white-collar workers side-by-side, all asking questions about the daily physical and health challenges they encounter at work.

"Something as simple as how you lean while standing can affect your back over time," Collado explained. "This is why you have to be aware of your posture."

Jessica Ashley from the shipyard's code 960 said that to her, a "balanced lifestyle" is crucial.

"It's really important for shipyard workers to know that if you're not healthy, it harms both your work and professional life," she said, stressing her use of the gym and regularly-scheduled date night with her husband.

Shipyard workers received complimentary pamphlets, bags and informational knickknacks, as well as a body fat analysis test from Tracy Navarrette, health and wellness director at Naval Health Clinic Hawaii.