

## Wounded Warriors split double header against Hickam Airmen

Story and photos by  
Staff Sgt. Mike  
Meares

Joint Base Pearl Harbor-  
Hickam Public Affairs

During a double header against Hickam Airmen at Joint Base Pearl Harbor-Hickam Jan. 7, the Wounded Warrior Amputee Softball Team (WWAST) bombed out against the first team, but exploded against the second.

In back-to-back games against Hickam Force and the Hickam Chiefs Group, the Wounded Warriors had a tale of two teams. In the first game against Hickam Force, the Warriors came out a little flat and were unable to put runs on the scoreboard, losing 18-1. The second game proved to be a tough outing for the Hickam Chiefs Group as the Warriors took out their frustrations on the ball, winning 22-17.

The WWAST, a program that is less than two years old, is made up of a dozen veterans representing multiple services who lost limbs in Iraq or Afghanistan and want to show the world



how well they can perform after their injuries.

The team's mission is to raise awareness, through exhibition and celebrity softball games, of the sacrifices and resilience of the military and highlight their ability to rise above any challenge. Their goal is to show other amputees and the general population that these athletes, through extensive rehabilitation and training, are able to express their desires and perform the sport they love.

To do so, they took the field against Hickam Force and looked a little jet-lagged in the first hour. Hickam Force started a barrage of hits that landed all over the field, including two monster homers by Jeff Miles, who found grass on the other side of the fence.

"This is the coolest thing I've ever done while playing softball," Miles said, a master sergeant with the 324th Intelligence Squadron. "I always heard about them playing ball and it brings tears to my eyes seeing them run and see how much heart they put into this game. I was just excited to come out here and play with these guys, so maybe I put a little extra energy into the swings."

The reputation of the Wounded Warriors' power and prowess on the diamond followed them to the island and Hickam Force wasn't taking any chances, and came out swinging for the fences. So, neither team held anything back while in the box, on the mound or on the grass.

"These guys have been known to put 40 runs up on a team, so we couldn't take them lightly," said Jeremy Akerson, a technical sergeant with the 747th Communications Squadron.

Airborne. "In that first game, they put it to us."

"We want to play teams like that," said Bobby McCardel, a former U.S. Marine Corps lance corporal. "That is the kind of talent level we want to (reach). We talked about it afterward, about how we got our butts kicked; humility is a good thing. Sometimes you need to get your butt kicked a little bit to get that fire in you again. There wasn't a guy on this team that wasn't ready for a double header after that game."

"This is a special trip and a special team," said David Van Sleet, coach and general manager of the Warriors. "We have never, ever scored only one run in a game, and I'm not gonna make any excuses. We're a good team. When you hit, you can score a lot of runs, but when you don't hit, you don't score at all."

Unfortunately for the Hickam Chiefs Group, the Warriors found their fire and transferred it to their bats in the second game and put up 22 runs in the second game.

"I think the other team made them mad," said Rick Wood, a chief master sergeant with Pacific Air Forces. "We probably should have played them first while they were still relaxed. They just came out took their frustration out on us."

The Chiefs tried to make it interesting in the top half of the final inning by going on a 10-run rally, but ultimately fell short in the end 22-17.

This is the first time they have played six games in five straight days. The coach believes his team is resilient and up for the challenge of playing some softball and spreading their message through their actions.



Nick Clark, Wounded Warrior Amputee Softball Team, signs an autograph for Airman Basic Ken Oliver, 15th Maintenance Squadron, Jan. 7, 2013, at Millican Field, Joint Base Pearl Harbor-Hickam, Hawaii. Oliver was one of two Airmen selected to throw out the ceremonial first pitch.

Karen Reed, Hickam Chiefs Group, makes connection with a pitch during action against the Wounded Warrior Amputee Softball Team.



Members of the Wounded Warrior Amputee Softball Team greet members of the Hickam Force and Hickam Chiefs during player introductions



The Hickam Honor Guard presents the colors for the singing of the National Anthem at the beginning of a double header featuring the Wounded Warrior Amputee Softball Team against Hickam Force and Hickam Chiefs, Jan. 8, 2013, at Millican Field, Joint Base Pearl Harbor-Hickam, Hawaii.

# COMPACFLT tops banner year of intramural sports

Story and photos by Randy Dela Cruz

Sports Editor

Since full operational capability of Joint Base Pearl Harbor-Hickman went into effect two years ago, the level of competition in intramural sports between Navy and Air Force commands has steadily increased, and 2012 was no exception.

Last year, of the five major sports on base, Navy-dominated squads claimed titles in basketball and football, Air Force continued its rule in softball, and joint commands captured crowns in volleyball and soccer.

With the new rounds of intramural action just about to start with basketball only a couple of weeks away, time to rekindle the fire with a recap of the top five title runs in 2012.

First up is the Military Entrance Processing Station (MEPS), which put a stop to the amazing nine-year consecutive championship streak of Hawaii Air National Guard (HIANG) win the intramural volleyball title.

Armed with a hard-hitting frontline that included hitter Army Spc. Fealofani Maugalei, Operations Specialist 2nd Class Solomon Pulu and Army Staff Sgt. Naseri Sunia, MEPS stopped the defending champs HIANG in straight sets in the semifinals before toppling the 324th Intelligence Squadron (324 IS) also in straight sets to take home the hardware.

"Basically after the first round, that's when we started to know every team's techniques, who were the power hitters and everything," Maugalei said. "We studied them and when the second round came, we executed. We put our mistakes aside and focused on winning."

In softball, a young 8th Intelligence Squadron Reapers team got hot at the right time to slide safely into the title and keep the softball crown in control of the Air Force.

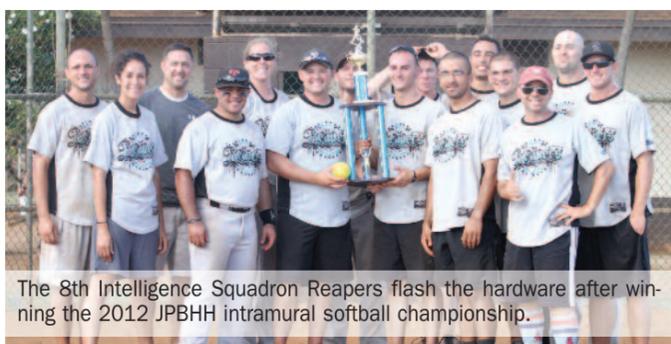
The Reapers finished in third



Commander, United States Pacific Fleet (COMPACFLT) Boneyard quarterback Operations Specialist 2nd Class Solomon Pulu scrambles for yardage.



Cryptologic Technician (Interpretive) 1st Class Steven Bloom, team captain for the Kunia Gallos boots in a penalty kick.



The 8th Intelligence Squadron Reapers flash the hardware after winning the 2012 JPBHH intramural softball championship.

place in the Blue Division with a record of 9-4, but demolished Headquarters Pacific Air Forces (HQ PACAF), 17-2, in the championship final.

HQ PACAF entered the showdown undefeated, but succumbed to the relentless attack of the Reapers, which got things started with a three-run jack from the

bat of Sgt. Stanley Crescioni.

"This is a young team. Most of these guys are 18, 19," said Reapers pitcher Staff Sgt. Tim Heggedahl. "These guys don't realize how good they can be. Most of them just got here, so it could be huge."

On the hard court, Team Navy Information Operations



(Above) Team Navy Information Operations Command point guard Cryptologic Technician (Networks) 2nd Class Reauthie Yun goes up for two points against USS Chung-Hoon (DDG 93).

(Below) Military Entrance Processing Station outside hitter Army Spc. Fealofani Maugalei stuffs a kill attempt at the net.



Class J'mese White, whose outlet pass to Cryptologic Technician (Maintenance) 3rd Class Michael Lyles led to a winning lay-up with .03 seconds left on the clock.

"This feels real good," said NIOC head coach Master Chief Yeoman Darrin Bobbitt. "A lot of hard work, these guys put in, it was even guys that sacrificed that didn't even play today, but yet they supported the team. It's just an awesome feeling."

Sitting at number two on the list of outstanding achievements in 2012 is the fantastic title run of the Kunia Gallos, which may have seen its soccer dynasty come to an end after an amazing tenure on base that saw the team accumulate five intramural crowns, three summer championships and a RIMPAC title.

Last year, the Gallos beat Hawaii Air National Guard, 2-0, to end its reign on top.

"Most of us are PCSing, so it's out of our power," said Staff Sgt. Winston Jackson, who was a key member of Kunia's high-powered attack. "I joined this team about five or six years ago when I PCSed here. I've seen the highs and lows, but it's great to go out on the high."

While all of last year's champions were equally successful in their own right, no other team stood head and shoulders above the crowd as Commander, United States Pacific Fleet (COMPACFLT) Boneyard flag football squad, which topped the year by becoming the first intramural flag football team on base to go undefeated.

Led by Marine Sgt. J.R. Martin and quarterback Pulu, COMPACFLT came back from behind to defeat Distributed Ground System-5 (DGS-5) Juggernauts, 21-14, and complete the unprecedented season.

For his accomplishments in gaining titles on two championship teams last year, Pulu has certainly earned the credentials of being one of the top armed forces athletes on JBPHH.

"Man, this is great," Pulu said. "All the hard work we put in to staying undefeated, this feels good."

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# Youth sports program in good hands at JBPHH

Story and photo by  
Randy Dela Cruz

Sports Editor

You may not know Jim Cosper, youth sports and fitness director for Morale, Welfare and Recreation at Joint Base Pearl Harbor-Hickam, but to the many military-affiliated parents and children from ages five to 15 on base, his tireless work hasn't gone unnoticed.

Cosper, along with 10 dedicated workers on staff at youth sports, are the go-to people if you want to get your kids involved in athletics at JBPHH.

For 2013, Cosper said he envisions a year of encouraging more kids to get off the couch and into more healthy activities.

"I want to see the program grow, but I want the children to have fun first and foremost," said Cosper in outlining the mission of youth sports. "I want it to be fun, safe and I want them to develop in each sport. I know a lot of kids enjoy playing video games, so I would really like to see

children enjoy doing outdoor activities."

In exercising his passion to introduce children into sports, Cosper, since his arrival in July, has not only managed to seamlessly continue the program's many venues, but has also lent a hand into adding to youth sport's ever growing list of activities.

Recently, the formerly Bloch Arena Annex has been renamed Youth Fitness Center and offers gymnastics and fitness classes, every Monday to Saturday, through Hawaii Academy.

In addition, MWR Youth Sports will also introduce a bowling league for kids that will be held during the spring session.

Currently, youth sports will back in action starting on Jan. 12 with basketball and baseball for ages five to 15, and Pee Wee soccer for ages three to five.

In basketball alone, youth sports signed up 350 children that will be broken up and assigned to 36 teams.

"We're doing the basics:



Anthony Wiggins goes up for a lay-up during an MWR youth basketball game. Basketball is just one of many sporting activities that is offered by MWR youth and fitness program.

baseball, soccer, basketball, volleyball, tennis, football and track and field," he pointed out. "If you go down the list, it's a lot. And life-guarding is one of the newer ones that we have on the calendar."

With so much to offer, Cosper noted that youth sports is not one-man operation, but is a collective effort that includes himself, office workers and volunteer men and women from JBPHH.

"I couldn't do it without the staff that we have here," he stated. "The people are amazing. To be at the field on Saturdays, nights, weekends, it's tough. And especially here at the desk, there is a huge demand for the phone calls and registering people."

Cosper also said that since his arrival at youth sports, he has been pleasantly surprised by the amount of parents that are willing to volunteer and help out, despite the busy schedules that come with life in the armed forces.

"I've dealt with volunteers before and I thought

we would struggle," he said. "It's tough to get people to commit, but with Joint Base Pearl Harbor-Hickam, we have had a huge supply to meet our demands of volunteer coaches and team moms. The community, overall, has been a great experience."

An admitted jack-of-all-sports, expert of none, Cosper said that he is having an absolutely great time as youth sports and fitness director.

He reminds families on base to stop by and visit the office at Bloch Arena anytime if they want to enroll their kids or have any questions about youth sports and its mission.

"Getting the families to know about us and letting them know that we're an outlet for them," he said. "If they want to get their children involved, please come and check us out. We can inform you in the office. We have greatlifehawaii.com if you want to check us out on our website. Check out our gymnastics facility and let's make 2013 a year of growth."

# Thunderbirds pull away from Hawaii Select

Story and photo by  
Randy Dela Cruz

Sports Editor

While the Joint Base Pearl Harbor-Hickam (JBPHH) intramural basketball season is a couple of weeks away, base basketball fans had plenty of action to take in over the holidays as the University of British Columbia (UBC) Thunderbirds locked horns Jan. 4 against Hawaii Select at Bloch Arena.

UBC, which arrived in the islands on Dec. 27 due to a break in its Canada West Pacific Division schedule, entered the game atop its division and ranked No. 3 in Canada with an overall record of 14-2.

The Hawaii Select is made up of local and military talent, such as, ex-Hawaii Pacific University standout Kawika Smith and current active-duty Navy Cryptologic Technician (Collection) 2nd Class Quentin Leathers, Navy Information Operations Command Hawaii.

Retired Chief Electrician's Mate Tim Thorpe also coaches Hawaii.

Although Hawaii Select hung tough early in the game, UBC took control midway through the second half and pulled away to a 79-67 win.

Kevin Hanson, head coach of UBC, said that he wasn't surprised by the strong effort from Hawaii Select, which only trailed 35-31 at halftime.

"This is the third or fourth year that we've played them and Tim has done a great job of putting a really good product on the floor," said Hanson who is now in his 13th year at UBC as head coach. "We like playing them because they're older men



Hawaii Select forward Kawika Smith blows past Coner Morgan of University of British Columbia (UBC) for two of his 18 points during the matchup at Bloch Arena, Joint Base Pearl Harbor-Hickam. Hawaii, which is coached by retired Chief Electrician's Mate Tim Thorpe, lost to the Thunderbirds by a score of 79-67.

and structured, and it's really physical basketball, which is the kind that we play."

In the first half, UBC used a strong inside game to gain a slight lead, but Smith kept

Hawaii in contention by throwing down 14 points before halftime.

Down by five with 6:24 remaining before the break, Hawaii Select guard Jermar Miller sank a three-pointer and then tied the score at 27-27 on two free throws at the 6:04 mark.

The teams traded baskets, but sharp-shooting forward Tommy Nixon connected on a trey on the Thunderbirds' next possession to lead UBC into the break ahead by four.

Following halftime, the game remained close until midway through the second half.

A basket by Hawaii Select forward Jason Hopkins brought the home team back to within two at 48-46, but with 10:32 left in the game, an old nemesis, UBC guard O'Brian Wallace, began to burn the Select once again.

Held to only two free throws in the first half, Wallace, who scored 37 points in the last meeting between the two teams, began finding his range with the game on the line.

Back-to-back baskets by Wallace gave the Thunderbirds their biggest lead of the game at 54-46 at the 10:32 mark.

Later, Wallace followed a trey by Nixon with a three-pointer of his own to put UBC in command with a 14-point lead, 64-50, with 7:28 remaining in the game.

The final dagger came from Wallace, who hoisted up an off-balance shot from beyond the three-point arch that splashed down before the guard tumbled to the court.

"They did a good job of taking him away in the first half, but once he found his range, got into his rhythm, he's capable of

powering his points home," said Hanson about Wallace, who finished the game with 17 points. "Once he gets going, guys get more confident about going in the flow."

Thorpe said that because most of the team's players work and rarely get a chance to practice, fatigue began to take its toll in the second half.

"I told the guys that I'm not disappointed," Thorpe said. "Most of the guys worked today. We hadn't practiced. You got to put it in the right perspective."

Still, Leathers said that he felt like Hawaii could have won.

Playing the post, Leathers slammed down two rim-rattling dunks for four of his eight points – six in the second half.

"It was pretty exciting, but I've played to that competition before and I felt that we should have beat them," he said. "We made some bad decisions. I was down low, scoring, and we went away from that. We went away from what was working for us."

Thorpe, who retired in 2004 after 24 years in the Navy, said that the team will get ready for the NCAA summer league, before it heads out to play a tournament in Tahiti in August.

The coach also said that he would like to schedule more games at Bloch Arena.

Meanwhile, Hanson said after coming to the islands for the past 10 years, he is looking forward to another winter in the Hawaiian sun.

"The guys get a good source of vitamin D inside them and it changes them," Hanson said. "In Vancouver people get depressed because they don't see the sun. This is my happy place."

# Team demonstrates that life without limbs is limitless

Lauressa Reese

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

The Wounded Warrior Amputee Softball Team (WWAST) mission is to raise awareness by doing something they enjoy like

playing softball. The team's goal is to show other amputees and the rest of the world, that through hard work and determination, anything is possible.

The team arrived on island early January and played a game on Jan. 8 at Fort Shafter, Hawaii. On Jan. 10 at Sam Choy's

Island Style Seafood Grille on Joint Base Pearl Harbor-Hickam the team enjoyed a Hawaiian buffet and Tahitian dancing.

Stanley Finch, an Air Force retiree and current air transportation officer for 647th Logistic Readiness Squadron played a significant role in coordinating the

team's visit to Hawaii.

He chose to work hard at getting the team to come here. "I too wanted to bring awareness to the team and all the Armed Forces in Hawaii. I wanted to thank the local community for sticking by us," he said.

Commander Lt. Col. Mark Clifford and deputy

Wayne Tsuda supported Finch in his endeavors. "We are all big sports fans," Finch said.

Head coach David Van Sleet and four players from the team visited the island in October of 2012, to promote the tour, which is now booked through 2014, and also to enjoy the Hawaiian

breeze while practicing.

The team also makes a point to visit amputees when they visit different areas to include Hawaii. Stopping by Kapi'olani Medical Center for Women & Children and Shriners Hospitals for Children in Honolulu was an important part of their visit.

## Blood donor drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

They include:

Jan. 16, 7:30 a.m. to noon, training classroom, Makalapa Medical Clinic.  
Jan. 22, 9 a.m. to 1 p.m., building 352, Joint Intelligence Operations Center.  
Jan. 23, 9 a.m. to 1 p.m., gym, Naval Computer and Telecommunications Area Master Station Pacific.

For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil. Visit the website www.militaryblood.dod.mil.

## Navy, Air Force Pro Bowl pre-game volunteers sought

Navy and Air Force volunteers are being sought for the Pro Bowl pre-game ceremony.

A total of 210 Navy and 210 Air Force volunteers in uniform are asked by the NFL to participate in a pre-game show on field as part of 1,000 uniformed active duty personnel involved in the event.

Volunteers are needed for the anthem

rehearsal from 6:15 to 9:30 p.m. Jan 23, and from 9 a.m. to kickoff on game day Jan. 27.

Required uniform for the event is Navy service uniform and Air Force class B short sleeve.

To volunteer, Navy members can email jaye.bell@navy.mil. Air Force volunteers can contact Ensign Michelle Downs at 473-2920 or email michelle.l.downs@navy.mil.

## Volunteers needed for Jan. 26 humpback whale census

Hundreds of volunteers are being sought in Hawaii to take part in a yearly census count and record the behaviors of humpback whales.

Volunteers on Oahu, the Big

Island of Hawaii and Kauai will spend three

Saturdays looking for whales as part of the Hawaiian Islands Humpback Whale National Marine Sanctuary's Ocean Count.

It will be held this year on Jan. 26, Feb. 23 and March 30.

For more information and to volunteer, call 888-55-WHALE, ext. 253. In addition, visit the website <http://1.usa.gov/A1BeCC>.

# MWR Fitness offers assistance during the New Year and all year long

Emily McNulty

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

More than 30 percent of Americans choose to lose weight, get fit or exercise more as their New Year's resolution, but most never complete their goals. But Joint Base Pearl Harbor-Hickam (JBPHH) Morale, Welfare and Recreation can help.

Mark McFarland, regional training director, discussed New Year's resolutions and ways to stay fit and motivated all year long.

MWR Fitness has eight fitness centers, four that are staffed and four that are unstaffed. The new state-of-the-art Joint Base Pearl Harbor-Hickam Fitness Center opened in May.

"The JBPHH Fitness Center at Pearl Harbor has brand new equipment, personal trainers, nutrition counseling, exercise classes and a great staff to answer all your fitness questions," McFarland said.

Classes include Hot Hula, Hula Fitness or Shimmy Fitness. Most exercise classes are \$3 each, whereas 30 of the classes offered are free. They also have monthly paid classes like Self Defense for Women. "All fitness classes are open to all levels, and fitness is geared to all," McFarland said.

McFarland also said tours of the gym are available, including explanation of all the equipment and how to use it.

"I want our patrons to be comfortable in our facilities and to come back. We are interested in helping all of



Photo courtesy of Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation  
Personal trainer Carmina Costello, right, demonstrates proper fitness equipment techniques to a client.

them, especially the ones who aren't sure where to start," he said.

He added that if patrons aren't sure where to start in losing weight or getting healthy, MWR Fitness staff can answer questions and set up a plan.

One of the best programs offered to military families is the Mission Nutrition Class, he explained.

"You are what you eat is' very cliché but it's true. We hope to get you to more of a 80/20 ratio. You can still eat what you want, just in moderation," McFarland said. The Mission Nutrition class is free and focuses on nutrition of lifecycle, deployment nutrition and sports nutrition. It also provides basic nutrition tips and fundamental information regarding portion sizes and servings.

McFarland urged participants to write their consumption of food down in a logbook so they know what they are eating, can be held accountable, and stay on track.

He said you don't have to give up your favorite drink of choice and that slice of pizza, only "cheat" for four or less meals a month.

"You can trick the body," McFarland said, "If you are eating good for 80 percent of the time and have a cookie or onion rings once a month, the body doesn't even register it."

In order to stay healthy all year long, "it's important to always work out and eat well to protect against disease and well being. Exercise 30 minutes a day seven days a week," McFarland said.

He added that if you can't

do 30 minutes a day, do 10 minutes a day, three days a week. Then up it by one minute each week. After you reach 13 minutes add a fourth day and so on. Eventually you will be working out seven days a week. Continue to add a minute a day," McFarland said.

Personal trainers or staff at the gyms are available to answer questions and help out.

Fitness Centers at Joint Base Pearl Harbor-Hickam and their phone numbers include:

- Joint Base Pearl Harbor-Hickam Fitness Center, 471-2019.
- Hickam Fitness Center, 448-4640.
- Wahiawa Annex Fitness Center, 653-5542.
- Ford Island, 473-0793.
- Kunia, 653-5542.
- Makalapa, 473-0793.
- Naval Station, 473-2436.

## Q and A with Carmina Costello, Aerobics Fitness Association of America Certified Personal Trainer

**Q: Who should get a personal trainer?**

**A:** Anybody who wants to make a lifestyle change, whether they want to lose weight, improve health, condition, tone, build muscle or learn a proper exercise regimen. Having a goal is a good reason for seeking a personal trainer.

**Q: Why is having a personal trainer helpful?**

**A:** There are numerous reasons why one should have a personal trainer. Some examples are:

- Give guidance toward a healthier lifestyle.
- Nutrition tips.
- Workout routine.
- Teaching proper techniques.
- Strengthen the muscles.
- Help prevent further injuries.
- Learn functional exercises.
- Playing a big role into motivation.

**Q: What is included in a session and how much for individual/group?**

**A:** There are various packages clients can choose from. It's the initial session (\$40) where we go through nutrition, measurements, goals and various assessments. Also to give a chance to establish a relationship between the trainer and client, accommodate with the session style, schedule etc.

Then the regular sessions include a 10 session package - \$300, six session package -\$195, single session \$35, double session \$25 each and multiple session \$20 each.

The sessions are tailored for every individual's needs and fitness goals.

**Q: Can I do it the sessions with friends/family?**

**A:** Yes, there are packages to accommodate it.

**Q: Do you also teach me about nutrition?**

**A:** We are not nutritionists and therefore cannot make a specific nutritional plan, but we can provide guidance and a better understanding when it comes to nutritional labeling. The initial session elaborates the nutritional aspect, but the subject is open during the training sessions throughout.

• West Loch, 473-0793. For more information on the gyms, exercise schedules, personal training and training courses, visit the website [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com).

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PEARL HARBOR - HICKAM NEWS

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## Hawaii Doctors slow men's aging process— restoring energy, strength & sex-drive



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**The results of testosterone studies are astounding.**

When a man's testosterone level is brought up to optimal range, his energy level, muscle mass and bone density increase, his sex-drive improves as does the quality of his sleep. It has also been found that men with normal levels of this hormone live an average of eight years longer.

**Low testosterone levels associated with chronic health issues.**

Below normal levels of testosterone have been associated with many medical conditions such as obesity, diabetes, depression, and possibly cardiovascular disease. Like cholesterol or blood pressure, there is a numerical range considered normal. Various reasons cause the body to slow production of testosterone, and a simple doctor visit can determine if those levels are inadequate for a healthy lifestyle.

**Testosterone therapy reverses the aging process.**

The condition for patients with low levels of testosterone is called hypogonadism or andropause. Though anyone can have it, those who are overweight, diabetic,

have high blood pressure or high cholesterol or asthma/chronic obstructive pulmonary disease have a higher propensity to experience this condition. The good news is, it can be reverse with testosterone therapy (TT). Treatment is simple and often consists of either topical cream or injections.

**If you have occasional ED or PE.**

All men experience sexual performance issues as they age. Testosterone plays a key role in the development of male reproductive tissues as well as promoting secondary sexual characteristics such as increased muscle, bone mass, and the growth of body hair. It stimulates a man's sex drive & sexual function. It may still be necessary to take ED medication. For many men, the combination of Testosterone Therapy and ED medication bring back full functionality and increased sensation.

**Better results from your workout.**

Being the cornerstone of a man's health, testosterone is essential for a man's body and well-being. Testosterone patients that eat a sensible diet and stay active show a strong increase in the ability to develop muscle and lose fat. This is such a strong effect, that many professional and amateur athletes with low levels of testosterone use TT to help them maintain peak physical shape and promote fast recovery after grueling work-outs.

**A confidential consultation will get your questions answered.**

The Hawaii Male Medical Clinic understands that a man's health is private. Patients coming at the clinic are discreetly taken to a private consultation room where all aspects of the treatment and conditions are explained. Our initial procedure includes a consultation, doctor's exam, lab tests and medication. We only use medications with FDA approved ingredients.

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For more information visit [HawaiiM.M.C.com](http://HawaiiM.M.C.com). For an appointment call 529-0000.

**HAWAII MALE MEDICAL CLINIC**

IMPROVING MEN'S HEALTH & PERFORMANCE

1441 Kapiolani Blvd., Suite 1902

### 🏹 AROUND THE ISLAND TOUR

The Outdoor Adventure Center-Fleet Store is offering an around-the-island-tour at 9 a.m. Sunday. The tour will visit hidden parts of Oahu including hiking locations, beaches and more. The trip concludes with a beach swim. The cost is \$25 per person, and the registration deadline is today. FMI: 473-1198.

### 🏹 MOVIE ON THE LAWN

The movie "Snow Day" will be shown from 5:30 to 7:30 p.m. tonight on the lawn in front of Pool 2. Bring your lawn furniture and blankets. Children under the age of 10 must be accompanied by an adult. This is a free event. FMI: 448-2223.

### 🏹 ESCAPE BOWLING ON FRIDAYS

For the month of January, shoe rental is free from 7 to 10 p.m. Friday nights at The Escape. FMI: 473-2651.

### 🏹 SNORKELING HANAUMA BAY WITH LIBERTY

There will be a snorkeling trip with Liberty on Saturday. Departures are from Liberty Express at 7:45 a.m., Beeman Center at 8:15 a.m., Instant Liberty at 8:30 a.m., and Makai Recreation Center at 8:45 a.m. The cost is \$5 per person. Snorkel gear will be provided. Bring your towel, sun block, water and snacks. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

### 🏹 FREE GOLF CLINIC

The Navy-Marine Golf Course is hosting a free golf clinic at 1 p.m. Saturday. FMI: 471-0142.

### 🏹 KO OLINA WHALE WATCH TOUR

There will be whale watching tours to Ko Olina from noon to 3:45 p.m. on Jan. 12, 19, and 26. The cost is \$40 for adults, \$35 for children ages 3 to 11, and includes round trip transportation from Information, Tickets & Travel-Hickam. FMI: 448-2295.

### 🏹 LEARN TO SURF AT HICKAM HARBOR

In this class, professional instructors will teach the basics of surfing, from standing and paddling to catching waves and angling down the wave. The class will be held at 9 a.m. Jan. 19 at Outdoor Recreation-Hickam Harbor. The cost is \$30 per person, and participants must be able to swim without a lifejacket. Registration deadline is Jan. 16. FMI: 449-5215.

### 🏹 YOUTH SPRING VOLLEYBALL REGISTRATION

Registration for youth spring volleyball runs now through Feb. 8. The season runs March to June. Youth ages 6-15 years old are eligible, and the cost is \$65. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

For more information on events, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

## 🏹 January

🏹 15 ~ AFCEA Hawaii (Armed Forces Communications and Electronics Association) will hold a buffet luncheon from 11 a.m. to 1 p.m. at Fort Shafter Hale Ikena Club. Guest speaker will be Lt. Gen. Michael J. Basla, chief, Information Dominance and Chief Information Officer, Office of the Secretary of the Air Force, the Pentagon, Washington, D.C. All military members and civilians are welcome to attend. FMI: [www.afceahawaii.org](http://www.afceahawaii.org) or call Ken @ 441-8524.

🏹 17 ~ Commander, Navy Region Hawaii will host a Martin Luther King Jr. heritage event at 10 a.m. at the Pearl Harbor Memorial Chapel. FMI: 474-6549.

🏹 21 ~ An event to make the world's largest human peace sign in celebration of the Dr. Martin Luther King Jr. Day holiday is scheduled for 7 a.m. to noon Jan. 21 at Kapiolani Park in Honolulu. The current world record stands at 5,814 people. Volunteers are also needed. FMI: Eric Butler at 284-3577 or email [ericbutler777@gmail.com](mailto:ericbutler777@gmail.com) or [una-hawaii@gmail.com](mailto:una-hawaii@gmail.com). FMI: 259-4112.

🏹 24 ~ An official NFL Pro Bowl practice will take place from 10 a.m. to 12:30 p.m. at Earhart Field. Military-affiliated personnel will have the opportunity to take pictures and experience the action from the sidelines. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

🏹 26 ~ NFL Pro Bowl Ohana Day will take place from 8:30 to 11:30 a.m. Ohana Day is a free family-friendly event hosted by NFL Pro Bowl and is open to the general public. A special package is available to military families. Free round-trip bus service to and from Aloha Stadium is available only to Department of Defense ID cardholders with children in attendance. Pickup is at 7:30 a.m. from the Hickam Burger King parking lot, and the bus returns to Burger King at about noon. Sign up is by 9 a.m. Jan. 18. Space is limited. FMI: call 473-0789 or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

## 🏹 February

🏹 9 ~ Registration has begun for the Seabee Run, which will be held at 7 a.m. Feb. 9 at Ford Island, Joint Base Pearl Harbor-Hickam. Registration closes on Feb. 4. Participants will receive a T-shirt. Awards will be given for the top three male and female runners in each division of the 5K and 10K races. The best couple's run time will receive an award. Registration fees range from \$20 to \$40 for the 5K, 10K and couple's runs. The fee is \$10 for the children's run. Register online at [www.active.com](http://www.active.com). FMI: Lt. j.g. Chris Hoggan at [christopher.hoggan@navy.mil](mailto:christopher.hoggan@navy.mil) or call 449-3105.

## 🏹 At a glance

🏹 The MWR Scott Pool at Joint Base Pearl Harbor-Hickam is closed due to high winds that caused a metal light pole to snap and break into the pool. Scott Pool will remain closed until further notice due to safety concerns.



## Hotel Transylvania (PG)

Welcome to Hotel Transylvania, Dracula's lavish five-star resort, where monsters and their families can live it up, free to be the monsters they are without humans to bother them. One special weekend, Dracula has invited some of his best friends – Frankenstein and his wife, the Mummy, the Invisible Man, the Werewolf family, and more – to celebrate his beloved daughter Mavis's 118th birthday. For Drac, catering to all of these legendary monsters is no problem – but everything could change for the overprotective dad when one ordinary guy stumbles on the hotel and takes a shine to Mavis.

### SHARKEY MOVIE THEATER

TODAY  
7:00 PM Life of Pi \*(3-D) (PG 13)

SATURDAY  
2:30 PM Monsters Inc. \*(3-D) (PG)  
4:45 PM Playing for Keeps (PG 13)  
7:00 PM Skyfall (PG 13)

SUNDAY  
2:30 PM Rise of the Guardians (PG)  
4:45 PM The Twilight Saga: Breaking Dawn pt 2 (PG 13)  
7:00 PM Killing Them Softly (R)

\*\$1 for 3-D Glasses Rental

### HICKAM MEMORIAL THEATER

TODAY  
6:00 PM Hotel Transylvania (PG)

SATURDAY  
4:00 PM Hotel Transylvania (PG)  
7:00 PM Killing Them Softly (R)

SUNDAY  
2:00 PM Hotel Transylvania (PG)



Photos courtesy of Pacific Aviation Museum Pearl Harbor

Students participate in the first Flight School for Girls held last summer.

## PAM to host Big Island students, teachers for flight school this month

**Pacific Aviation Museum Pearl Harbor**

Flight School is back at Pacific Aviation Museum Pearl Harbor Jan. 16 to 18 as 30 middle school girls and four teachers from Ka'u High School on the Big Island of Hawaii become the first neighbor islanders to experience the aviation adventure.

The sixth, seventh and eighth graders and their educators will spend three days exploring the history and technology of aviation in a museum program which began last summer, graduating three winged classes in 2012. The Big Island students will be the first students outside of Oahu to participate.

"Flight School is a top-notch educational series," said Kenneth DeHoff, Pacific Aviation Museum executive director. "It makes great strides in engaging with and introducing the next generation to the fascinating world of aviation."

Girls learn the basics of



flight through demonstrations and experiments, tour historic aircraft, fly remote control planes, and "take to the skies" in the museum's flight simulation lab. Students meet historic pioneers of aviation through presentations made by costumed interpreters such as Amelia Earhart and Rosie the Riveter.

"This is a hands-on program that introduces girls to the heroes and pioneers of aviation, and helps them consider future careers in science, technology, engineering and math," explained Dr. Shauna Tonkin

who, as director of education at the museum, developed the curriculum.

Ka'u High students and teachers will shift from air to sea for a historical perspective of Pearl Harbor, as the three-day flight school is conducted in cooperation with USS Battleship Missouri Memorial. Students will participate in the Missouri's two-night encampment program and visit the USS Arizona Memorial.

Upon successful completion of flight school, the students celebrate with a winging ceremony.

Flight School for Girls repeats June 18 to 20, July 16 to 18, and July 24 to 26. Flight School for Boys will be held June 4 to 6 and June 25 to 27. Advanced Flight School for Girls will be held July 9 to 11.

Flight school is made possible by grants from the Marguerite Gambo Wood Foundation and the Bill Healy Foundation. Hawaiian Airlines is a sponsor.

For more information, contact Tonkin at ShaunaT@PacificAviationMuseum.org or 441-1005.

## Plaque on Oahu celebrates anniversary of Earhart's solo flight

**Rebecca Hommon**

*Navy Region Hawaii  
Environmental Counsel*

In winter when the wind and rain kick up, some may think there's nothing to do on Oahu. The surf is too high and the sand blows horizontally so without the beach, what else is there to do?

Perhaps some of these sites didn't attract attention the first time you drove around the island. Another trip might be in order.

And why not celebrate the anniversary of Amelia Earhart's solo flight from Oahu to California by seeking out the plaque that honors her? All of these sites are free — just a drive — but you will have to share most of them with the occasional mini-van of tourists.

A plaque honoring the great British navy explorer of the Pacific, Captain James Cook, graces a rock in front of the state archives. Those with an interest in art, history or architecture can find something of value in seeking out this particular site.

It might trigger a desire to read Cook's logs which are available in a number of formats, including an inexpensive Dover books edition. His telling of his hearty sailors' struggle in trying to bring sea turtles aboard — to eat — provides an explanation as to why this species became depleted. Unfortunately for the turtles, they provided a source of fresh red meat without refrigeration.

Another site often overlooked is the Amelia Earhart plaque at Diamond Head overlook. When facing the ocean, the plaque is on the far left of the parking lot. Near sunset on Jan. 11, 1935, Earhart took off from Wheeler Field in central Oahu near Schofield.

No one had before made a successful solo flight from Oahu to California. Several had made the flight coming from California but no one before



Photo by Lt. Ben Gold

A site often overlooked is the Amelia Earhart plaque at Diamond Head overlook.

Earhart made the east-heading route. She landed 18 hours and 17 minutes later in Oakland.

The Byodo-In temple just past Kaneohe provides an opportunity to reflect on Hawaii's connection to Japan and Oahu's history of waves of immigration.

The temple is a replica of the ancient temple in Uji, Japan, just outside of Kyoto. The Uji original is now unpainted contrasted with the bright orange of the Kaneohe replica. The setting with waterfalls and mountains behind provide great photo opportunities.

If headed to the north shore, two ancient Hawaiian sites provide tangible remnants of Hawaii's pre-Captain Cook history. Given their age, little remains other than the stones at both Kakaniloko Birthstones and the Puu O Mahuka heiau above Waimea Bay. Both sites include interpretive signage to explain their roles in Hawaiian history.

For additional information on the Byodo-In temple, the Kukaniloko Birthstones and the Puu O Mahuka heiau see: <http://bit.ly/Wu7QwD>

For additional information on Amelia Earhart and Hawaii see: <http://1.usa.gov/zWmCri>.