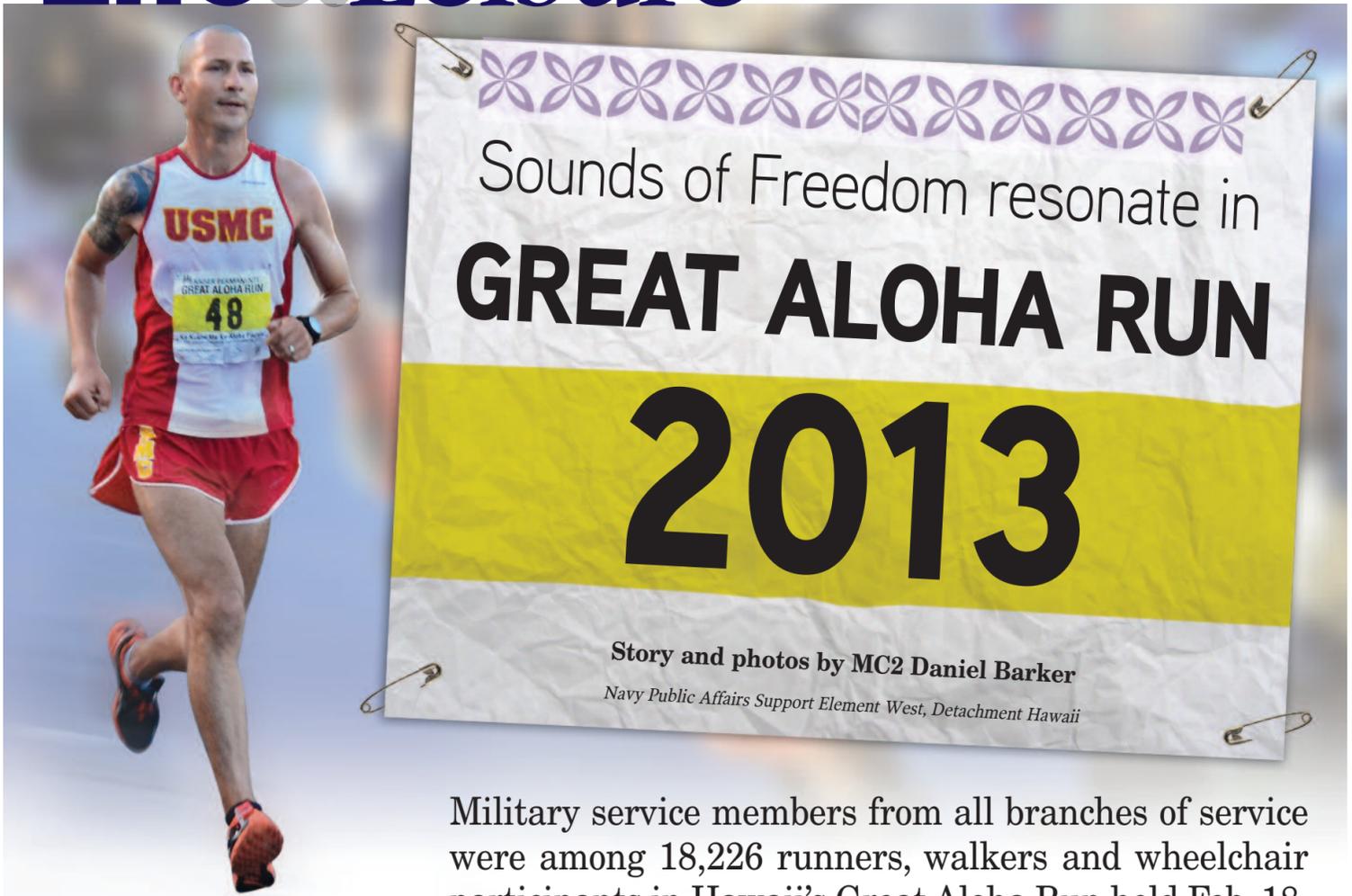


# Life & Leisure

**B**



Military service members from all branches of service were among 18,226 runners, walkers and wheelchair participants in Hawaii's Great Aloha Run held Feb. 18.



The 8.15 mile-long course started at the historic Aloha Tower at Honolulu Harbor, along Nimitz Highway past the Honolulu International Airport, Joint Base Pearl Harbor-Hickam (JBPHH), and ended at Hawaii's largest outdoor arena, Aloha Stadium. Sponsored by Kaiser Permanente, the Aloha Run is one of the most popular running events in Hawaii.

This year more than 500 active duty service men and women participated in the "Sounds of Freedom" divisions in which military members ran in formation in physical training gear while calling out cadence.

Twenty-three Airmen from the 15th Wing and seven runners from the 692nd Intelligence, Surveillance and Reconnaissance Group at Joint Base Pearl Harbor-Hickam were among the Sounds of Freedom. "We averaged a 10-minute mile pace, and no one fell out of formation," said 1st Lt. Daniel Montilla. "Lt. Col. Randy Whitecotton, the 647th Civil Engineering Squadron Commander, led the formation while we sang Jodies (cadences). Even though we had to be up and ready at 4:30 a.m., we were finished by 9 a.m., and we were able to spend the rest of our Presidents' Day with family and friends," Montilla added.

"More than 4,000 military members participated last year," said Claire Nakamura, administrator and event coordinator for the Carole Kai Charities. "But it's not all about running in formation. It's a great time to get together with family, support the community and even for employers to give employees time off to participate."

"Wounded Warriors, walkers, families, children can all participate," Nakamura said. "It's the Sounds of Freedom formation runs that get the most attention though."

In 1974, Maj. Gen. Harry Brooks Jr., a former commander of the 25th Infantry Division, regularly led Soldiers in cadence through the town of Wahiawa as part of their physical training. Brooks coined the phrase "Sounds of Freedom" to give the local residents a positive view of the morning cadences.

"When you hear the chanting of our Soldiers, they are in training," Brooks explained at the time. "When you do not hear them, it means they are off to defend and protect our great country. They are the Sounds of Freedom."

Now in its 29th year, the annual Great Aloha Run has raised more than \$9.6 million since its creation. Money raised by the charity event assists the Carole Kai Charities, which makes donations to benefit non-profit local organizations and local scholarships, including the military's Morale, Welfare and Recreation facility programs. The charitable donations are keeping in tradition with the Hawaiian name for the event, "ke kukini me ke aloha pau'ole"—the race with compassionate love.

# Second-half surge leads 67th NWW to fifth win

Story and photo by  
Randy Dela Cruz

Sports Editor

Using a suffocating press to open the second half, the 67th Network Warfare Wing (67 NWW) rattled off 10 straight points en route to a 41-25 win over the 692nd Intelligence, Surveillance and Reconnaissance Group (692 ISRG) in a Gold Division intramural basketball game Feb. 19 at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

Up by a single point at 15-14, the 67 NWW opened the second half by scoring back-to-back baskets within the first 45 seconds from Airman 1st Class Robert Light and Airman 1st Class Jacob Dyer before adding three more hoops to take a 25-14 advantage.

Light, who chipped in with seven points, said that a little talk at halftime helped the team turn things around.

"At halftime, we pointed out some key adjustments we needed," he said. "We got looks where some of their passes were a little lazy. So, basically, we

forced up on them. They didn't have great ball handling because their point guard was out. We took advantage of that and got us a lot of steals. We played with a lot more energy in the second half."

In the first half, the 67 NWW took a five-point lead, but as time wound down, the 692 got a dunk from Senior Airman Lionel Kress with 1:07 remaining before intermission and a putback from Senior Airman Andrew New at the buzzer to reduce the deficit down to a point at 15-14.

However, after the break, the 67 NWW turned up the heat to quickly take a 19-14 lead before storming to their first double-digit advantage on a lay-up from Master Sgt. Bobby Padilla off of an assist from Dyer.

A breakaway hoop by 692 ISRG Airman 1st Class Phillip Vandenberg finally snapped the 10-point run by the 67 NWW, but it wasn't enough to stop their opponent's momentum.

Vandenberg, who scored 10 points for the 692, was the only player from his team to score a basket in the second half — recording



Airman 1st Class Robert Light, 67 NWW, swoops past Senior Master Sgt. David Delozier, 692 ISRG, for two of his seven points.

two lay-ups and a long trey.

The team also got 11 points from Kress, who rounded out the team's second-half scoring with four free throws.

Vandenberg said that not taking care of the ball and playing against a much taller squad were big factors in the team's third defeat in six tries.

"Poor passes led to easy baskets for them," he stated. "We don't have the size. We tried to bang as much as we can, but ultimately, they had big guys, and we had to find alternate ways of scoring. We weren't moving a lot, and our field-goal percentage was way low."

Despite the 16-point defeat, Vandenberg vowed that the team isn't done yet. "If the 692 get enough reinforcements throughout the season, he said that the team should be all right."

"We've been struggling with players coming out this year," he said. "In the games to come, if we get more subs, we'll be fresh and ready to go."

While only three players posted points for the 692, the 67 NWW had no problem spreading around the

wealth with 10 players getting in the scoring column.

Besides Light, the team got strong contributions from Dyer with nine points and Padilla with seven.

The team also connected on a total of four splash-downs from downtown for 12 big points.

"This year, more than any other year, we got a lot of team depth," Light admitted. "We don't have a lot of stars. We're not going to have 20-point-game guys, but we got a lot of guys that can score. We got 10 guys that can get you 10 points at any time."

Newcomer Airman 1st Class Theryn Hudson is among the several potential high-point players on the squad.

Hudson, who measures 6 feet 9 inches tall, just might be the tallest player in all three divisions.

"We'll just keep going like this," said Light about the team's 5-1 record in the Gold. "Going forward, we kind of got our chemistry down. These first five or six games, we're making adjustments, and I think we're going to look real strong in the second half. I think we can run the table."

# Defending champions Hickam vie for rare three-peat

Story and photo by  
Randy Dela Cruz

Sports Editor

Last year, the Hickam bowling squad smashed through the competition to easily win their second consecutive All-Military Championship and third in four years.

After last week's tryouts, held over two days at Hickam and Pearl Harbor bowling centers, the team, loaded with many familiar faces, is looking to bring the thunder once again.

This year's 16th Annual All-Military Bowling Championships will be held from April 2-5, with teams representing Army, Marines, Navy, Air Force and retirees set to battle it out at Pearl Harbor, Marine Corps Base Hawaii and Schofield centers.

"We're fairly comfortable," said Staff Sgt. Robert Brewster, 747th Communication Squadron. "We generally know that our women's team is stronger than other branches, but a lot of the guy's teams are equal. Any day, any branch can win."

Brewster, who missed out on the fun last year due to being deployed, returned and showed no signs of rust.

Over the two days and a total of 16 games, Brewster finished fourth among the Hickam men with a 209.5 average.

He joins four other returnees that includes Staff Sgt. Art Hamabata (207.6), Senior Airman Alfred Chock

(219.9), Staff Sgt. Sean Dell (215.2), Senior Master Sgt. Scott Fujioka (206.2) and newcomer Airman 1st Class Chasen Ardo.

The women's side is also loaded with returnees with the likes of Master Sgt. Annette Gagarin (171.7), Era Chock (171.1) and Staff Sgt. Rena Sunaoka (170.3).

A major highlight of the tryouts occurred on the second day when Dell rolled a perfect 300 game, his second of his career. Both perfectos took place at Pearl

game, then everything would be all right.

"We can't worry control what anyone else does," he acknowledged. "Don't worry about anyone else and we'll bowl better. Stay with your mindset and your game. Whatever happens, happens."

Over the next few weeks leading up to the tournament, Brewster said that it would be important to get onto a schedule and work on picking up everything in sight.

"Spares are the key to good scores. Anyone can string strikes, but if you open, that's a lot of pins missed. Two strikes and an open are as good as three spares."

—Staff Sgt. Robert Brewster, 747th Communication Squadron

Harbor Bowling Center.

"You just get into it. There's no real concentration, I guess," he said. "The lanes are much better over here."

As the odds-on favorite entering the tournament, Dell admitted that the team will have to overcome a little pressure, but the squad is ready to roll.

"There's a little bit of pressure, but I wouldn't say a whole lot," he noted. "After today, you could see that our averages were pretty high compared to everybody else."

Brewster pointed out that the team couldn't worry about what the competition will bring.

He said that if Hickam keeps focused on their

In a grueling four-day event, said Brewster, every pin will count.

"We'll get out practice and keep a good routine," he stated. "Spares are the key to good scores. Anyone can string strikes, but if you open, that's a lot of pins missed. Two strikes and an open are as good as three spares."

With Brewster back after missing last year, Dell agreed that it's great to have a key member of the Hickam's 2011 championship team.

Dell said that he expects nothing but high pin counts in the upcoming tournament.

"Big scores are coming from us this year," he promised.



Staff Sgt. Art Hamabata (Headquarters Hawaii Air National Guard) is among five returnees who will anchor the All-Hickam men's bowling team.

# Navy bowlers look to recapture championship glory

Story and photos by  
Randy Dela Cruz

Sports Editor

With just enough experience returning to support a few fresh rollers, members of the All-Navy bowling team are saying don't count them out in the All-Military Bowling Championship scheduled for April 2-5.

Although the Navy finished last in 2012, the new squad is enthused about its chances after completing its tryouts on Feb. 14.

"We got a lot of new faces on this team," admitted veteran bowler Senior Chief Culinary Specialist Derrick Pelekai Jr., who has now made 11 All-Navy bowling squads. "We have great bowling experience on the team and I think, as we did three years ago, we can do it again."

The 16th Annual All-Military Bowling Tournament will kick off its first day of competition at Pearl Harbor Bowling Center, and then proceed to Marine Corps Base Hawaii (MCBH), followed by an appearance at Schofield before finishing up again at Pearl Harbor.

Hickam Bowling Center will be unavailable for the tournament due to renovations.

During the tryouts, which happened over Feb. 13-14 and included eight games on each day, a total of six men and three women emerged to represent the Navy. A fourth woman will be added later to round out the squad.

Newcomer Electronics Technician 1st Class Joshua Alewine (Naval Submarine Training Center Pacific) led the qualifying



Senior Chief Culinary Specialist Derrick Pelekai Jr. aims for a spare during the All-Navy bowling tryouts. Pelekai is back for the 11th time on the team.

men by finishing with a 16-game average of 204.3.

He was followed by returnees Logistics Specialist 2nd Class Michael Peters (203.3), Culinary Specialist 2nd Class Jason Flynn (202), Cmdr. Paul Hess (187), Pelekai (181.6) and first-time member Master-at-Arms Seaman Chase Jones (174.1).

Although no active-duty Sailor will represent the Navy on the women's side, the qualifying trio is com-

prised of retired Navy veterans.

Recently retired Chief Cryptologic Technician (Maintenance) (SW) Dayle Simonson, a former member of the All-Navy National Bowling team, is back for another year.

She led the women with a 16-game average of 144.3 and will be joined by retirees Lola Kronenberg and Bernadette Smith.

Hess said that although the tryouts were tough, he

was encouraged by the way he finished off the event — pointing out that his final

three games were his best.

The commander admitted that he hadn't met all of

his teammates yet, but from what he saw, he also said he thinks the team could pull off a surprise.

"I know Derrick is back and I know Jason," Hess said. "A couple of the new guys look really talented so it looks like we got a little bit better shot than we did last year."

In the coming weeks, Hess believes that if the team familiarizes itself with the conditions of other lanes, the team should be ready to go.

"We need to find different lane conditions," he noted. "The more challenging the better. That's how you can adjust the best. If you bowl the same conditions all the time, you're going to throw the same shot. Last year, we went out to K-Bay and those lanes are completely different."

While Derrick has been at it for a while, he said that he never gets tired of the camaraderie he gets to share with his teammates.

He stated that familiarity with the rest of the team over the next few weeks should enhance the squad's ability to compete.

"It's always about the fun. I'm really looking forward to this," he acknowledged. "As always, we practice, improve and help one another. We stay together as one team, one force."

## Thomas N. Barnes: First African American CMSAF

Tech. Sgt. Mareshah Haynes

Defense Media Activity  
Chief Master Sgt.



Thomas N. Barnes, appointed to the position of Chief Master Sergeant of the Air Force in 1973, was the first African American to serve in the highest enlisted position within the U.S. Air Force.

While serving in this position, Barnes provided advice on matters concerning welfare, effective utilization and progress of the enlisted members of the Air Force to two secretaries of the Air Force and two chiefs of staff of the Air Force during his tenure.

One particular health-related issue he was instrumental in bringing to the attention of senior military leaders was pseudo folliculitis barbae, a skin condition caused by shaving that highly affects African American males.

Barnes received assignments to various locations including Massachusetts,

for minorities, including African Americans and women, and also worked to solidify the enlisted professional military education system.

The major award and decorations he received included during his time of service included: Legion of Merit, the Meritorious Service Medal with oak leaf cluster, Air Medal, Air Force Commendation Medal, and Outstanding Airman of the Year.

During an interview, Barnes was once asked how he would like to be remembered.

"I'd like to be remembered as a role model for people who believe they can't get there," he said. "It was an honor to have been chosen (as the CMSAF) on the basis of my qualifications, as opposed to my race or my gender."

Barnes succumbed to cancer in Sherman, Texas on March 17, 2003, where he was receiving treatment. He was 72.

(Neil Nichols contributed to this story.)



Several members of the All-Navy bowling team get together after qualifying for the team. Standing from left to right: Cmdr. Paul Hess (Pacific Command/Joint Intelligence Operation Center), Senior Chief Culinary Specialist Derrick Pelekai Jr. (Commander, U.S. Pacific Fleet), Dayle Simonson, alternate Chief Aviation Electronics Technician Thomas Berger (Commander, U.S. Pacific Fleet), Lola Kronenberg and Electronics Technician 1st Class Joshua Alewine (Naval Submarine Training Center Pacific).

## Doris Miller served during Pearl Harbor attack

Naval History and Heritage Command

Doris Miller, known as "Dorie" to shipmates and friends, served on the battleship USS West Virginia (BB-48) when the Japanese attacked Pearl Harbor on Dec. 7, 1941. Miller had arisen at 6 a.m., and was collecting laundry when the alarm for general quarters sounded. He headed for his battle station, the anti-aircraft battery magazine amidship, only to discover that torpedo damage had wrecked it, so he went on deck.

Because of his physical prowess, he was assigned to carry wounded fellow Sailors to places of greater safety. Then an officer ordered him to the bridge to aid the mortally wounded captain of the ship. He subsequently manned a 50-caliber Browning anti-aircraft machine gun until he ran out of ammunition and was ordered to abandon ship.

Miller described firing the machine gun during the battle, a weapon which he had not been trained to operate: "It wasn't hard. I just pulled the trigger and she worked fine. I had watched the others with these guns. I guess I fired her for about 15 minutes."

During the attack, Japanese aircraft dropped



two armored piercing bombs through the deck of the battleship and launched five 18-inch aircraft torpedoes into her port side. Heavily damaged by the ensuing explosions, and suffering from severe flooding below decks, the crew abandoned ship while West Virginia slowly settled to the harbor bottom.

Of the 1,541 men on West Virginia during the attack, 130 were killed and 52 were wounded. Subsequently refloated, repaired and modernized, the battleship served in the Pacific theater through the end of the war in August 1945.

Miller was commended by the Secretary of the Navy Frank Knox on April 1 1942,

and on May 27, 1942 he received the Navy Cross, Fleet Adm. (then Adm.) Chester W. Nimitz, the commander in chief, Pacific Fleet personally presented the medal to Miller on board aircraft carrier USS Enterprise (CV-6) for his extraordinary courage in battle.

On Dec. 13, 1941, Miller reported to USS Indianapolis (CA-35), and subsequently returned to the west coast of the United States in November 1942. Assigned to the newly constructed USS Liscome Bay (CVE-56) in the spring of 1943, Miller was on board that escort carrier during Operation Galvanic, the seizure of Makin and Tarawa Atolls in the

Gilbert Islands. Liscome Bay's aircraft supported operations ashore between Nov. 20-23 1943.

At 5:10 a.m. on Nov. 24, while cruising near Butaritari Island, a single torpedo from Japanese submarine I-175 struck the escort carrier near the stern. The aircraft bomb magazine detonated a few moments later, sinking the warship within minutes.

Listed as missing following the loss of that escort carrier, Miller was officially presumed dead Nov. 25, 1944, a year and a day after the loss of Liscome Bay. Only 272 Sailors survived the sinking of Liscome Bay while 646 died.

In addition to the Navy Cross, Miller earned the Purple Heart Medal, the American Defense Service Medal, Fleet Clasp, the Asiatic-Pacific Campaign Medal, and the World War II Victory Medal.

Commissioned on June 30, 1973, USS Miller (FF-1091), a Knox-class frigate, was named in honor of Doris Miller.

On Oct. 11, 1991, Alpha Kappa Alpha Sorority dedicated a bronze commemorative plaque of Miller at the Miller Family Park located on the former U.S. Naval Base, Pearl Harbor, which is now Joint Base Pearl Harbor-Hickam.

## Events planned for African American History Month

Hickam African American Heritage Association has scheduled the following events for February, which is African American History Month.

- A GospelFest and Taste of Soul will be held at 6 p.m. tomorrow at the Hickam Main Chapel. All local choirs are invited to sing in the GospelFest and anyone can submit dishes for the Taste of Soul, which is a soul food competition. For more information, email april.gaines.1@us.af.mil.

- An African American History Month luncheon will be held at 11 a.m. Feb. 27 at the Hickam Officers' Club with 15th Wing command chief Chief Master Sgt. Leslie Bramlett will be

the guest speaker. Tickets will be available by sending an email to brence.jenkins@us.af.mil.

In addition, Navy Region Hawaii has provided a slideshow observance presentation at the website [www.cnic.navy.mil/Hawaii](http://www.cnic.navy.mil/Hawaii). Scroll down to "around this region." It can also be viewed on social media sites on Commander Navy Region Hawaii Facebook: [www.facebook.com/NavyRegionHawaii](http://www.facebook.com/NavyRegionHawaii), Pinterest: [www.pinterest.com/navyregionhi](http://www.pinterest.com/navyregionhi), Twitter: [www.twitter.com/NavRegHawaii](http://www.twitter.com/NavRegHawaii) and SlideShare: <http://www.slideshare.net/CNRHpa/deomi-2013-african-american-black-history-month-observance-presentation>

## Blood 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).

Feb. 25 and 26, 8 a.m. to noon, Combat Logistics Battalion 3, Building 1044, Marine Corps Base Hawaii.

March 4, 9 a.m. to 2 p.m., Pearl Harbor Memorial Chapel, 850 Ticonderoga St.

March 5, 11 a.m. to 3

p.m., NEX, Tripler Army Medical Center.

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



## Navy celebrates 2013 African American History Month

Ensign Amber Lynn Daniel

Navy Office of Diversity and Inclusion

WASHINGTON (NNS)

As announced by NAVADMIN 009/13, the Navy joins the nation in celebrating the history and culture of African American and Black Sailors during African American/Black History Month throughout the month of February.

This year Navy commands are encouraged to celebrate and reflect on the theme, "At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington."

African Americans continue to serve with distinction, now comprising more than 17 percent of the active duty Navy total force end-strength.

Striving for equality at home and blazing a trail for future African American Sailors, Wesley A. Brown became the first African American graduate of the United States Naval Academy in 1949, joining the Navy's Civil Engineer Corps and retiring at the rank of lieutenant commander. He died May 22, 2012 after a distinguished career both in the Navy and in the civilian workforce.

Edna Young, the first African American woman to enlist in the regular

Navy and later the first African American woman to achieve the rank of chief petty officer, also died in 2012. Young was a World War II veteran who joined the Navy after the passage of the Women's Armed Services Integration Act on July 7, 1948.

In 2012, Vice Adm. Michelle Janine Howard became the first African American woman to receive a third star in flag rank within the Department of Defense when she was promoted Aug. 24. Howard is currently serving as deputy commander for U.S. Fleet Forces Command.

This was not Howard's first time in the Navy history books, however. In 1999, she became the first African American woman to command a ship in the U.S. Navy when she took command of USS Rushmore (LSD 47).

Immediately following this year's celebration of African American/Black History Month, Force Master Chief April Beldo, currently the Naval Education and Training Command force master chief, will make history as the Navy's first female African American fleet master chief. Beldo will become the manpower, personnel, training and education (MPT&E) fleet master chief in March.

Sailors and their commands are encouraged to use this month to celebrate

and recognize the exceptional and distinctive contributions and the unique histories and cultures that our African American shipmates bring to our Navy. More information on the many milestones achieved by African American Sailors and the history of the African American Navy experience can be found at the Naval History and Heritage Command at <http://www.history.navy.mil/special%20highlights/africanAmerican/African-hist.htm>.

A full-color brochure on the history of African Americans in the United States Navy is also available for download through the Naval History and Heritage Command link.

A complete educational presentation, including a downloadable educational poster on African American/Black History Month, can be requested from the Defense Equal Opportunity Management Institute (DEOMI) by email at [deomipa@us.af.mil](mailto:deomipa@us.af.mil).

More information on Navy diversity events, including the observance of African American/Black History Month, is available on the Navy Office of Diversity and Inclusion calendar at <http://bit.ly/155zHtQ>

For more news from Chief of Naval Personnel Office of Diversity and Inclusion, visit [www.navy.mil/local/cnp-diversity/](http://www.navy.mil/local/cnp-diversity/).

## Veterinary clinics scheduled for facelift in 2013 affect JBPHH

Stephanie Rush

Pacific Regional Medical Command Public Affairs

Veterinarians and animal techs who work at Fort Shafter's veterinary treatment facilities (VTF) will be temporarily reassigned to Joint Base Pearl Harbor-Hickam's VTF later this year to accommodate the increase in pets needing appointments displaced from Fort Shafter.

The temporary reassignment will take place due to changes coming to the veterinary treatment facilities (VTF) at Fort Shafter and Schofield Barracks.

Both are scheduled to be renovated starting this year, with the Schofield location closing first in March.

The Schofield Barracks VTF will close for several months beginning Feb. 28. There will be no appointments through March 8, while equipment is moved from the VTF to its temporary location, building 934, which is adjacent to the current VTF on Duck Road. Beginning March 11, all services will be available to uniformed service members and their families. The VTF is scheduled to reopen in early June.

"The Schofield Barracks renovation provides a much-needed facelift to an older building that is currently in poor condition," said Lt. Col. Mark Richey, commander, Public Health Command District-Central Pacific.

Fort Shafter's VTF is scheduled to close in early September and is expected to reopen June 2014.

There are four military veterinary treatment facilities on Oahu: Fort Shafter, Joint Base Pearl Harbor-Hickam, Marine Corps

Base Hawaii-Kaneohe Bay and Schofield Barracks. Currently, the medical records are not reciprocal between the clinics so you will need to register at each facility you patronize.

These clinics operate under Army Regulation 40-905, Veterinary Health Services, which specifies the clinics are only allowed to provide basic preventive medicine for pets.

"(Even though) the Fort Shafter clinic will shut down completely, clients will be able to use the Joint Base Pearl Harbor-Hickam clinic, Schofield's new facility, or Marine Corps Base Hawaii-Kaneohe Bay's veterinary facility during the construction time," said Sgt. 1st Class Raymond Theiss, operations noncommissioned officer, PHCD-CENPAC.

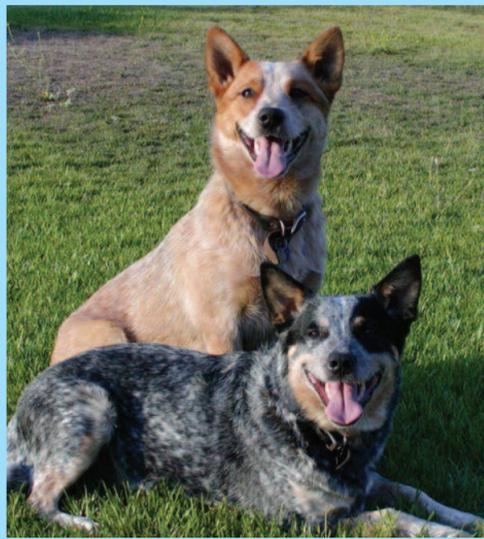
Public Health Command's mission responsibilities include health care for military working dogs, installation food protection and surveillance, and on a space and resource available basis, preventive medical

health care for pets.

"The intent and end result of the facility renovation at Fort Shafter is to double the space for clinical veterinary care and to provide improved full-service medical care to the district's military working dogs (from) MCBH-KB, JBPHH and (all) U.S. Army Garrison-Hawaii installations," Richey explained. "This facility will allow us to provide better care and more services in one centralized location for MWDs from all military installations within the local geographic area rather than duplicating services."

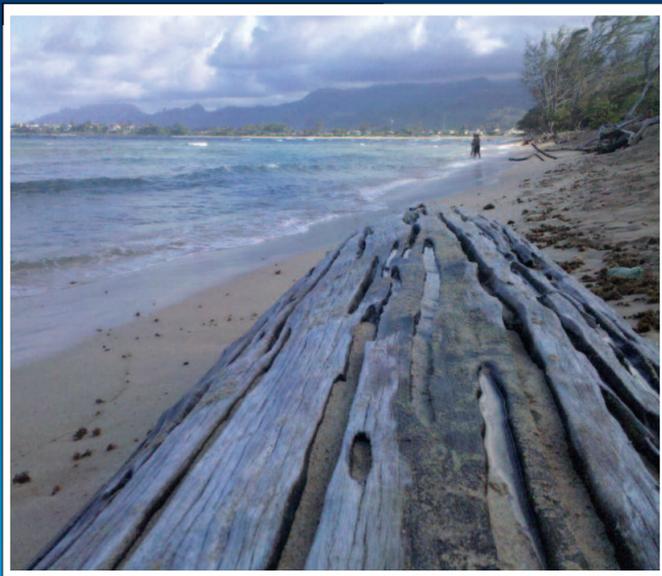
"It also results in improved fiscal management and efficient use of veterinary healthcare provider resources, which is a model for the future for Public Health Command veterinary facilities that serve larger Department of Defense communities, (such as Hawaii)," Richey continued.

For more information, visit the Public Health Command at [phc.amedd.army.mil](http://phc.amedd.army.mil).



### My Favorite Photo...

Giant log on the beach at Malaekahana. Photo by Richard Onaha Hutter



### How to submit

Email your (non-posed) photos to [editor@hookelenews.com](mailto:editor@hookelenews.com)

## March 9 concert to feature opera, Broadway songs

Hawaii Opera Theater and Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will host a free concert event called Great American Voices at 7 p.m. March 9 at the Hickam Officers' Club lanai. Open seating will begin at 6 p.m. The concert will consist of an evening of melodies from opera and Broadway.

Tickets or reservations are not needed for attending the concert. Seating is open and on a first-come, first-served basis, excluding reserved seating for customers attending a wine pairing.

The event is open to all military-affiliated personnel and their sponsored guests. Drinks and a limited pupu menu are available for purchase.

Crisp aloha attire is rec-

ommended (no shorts, slippers or T-shirts.)

The concert is made possible through a grant from the National Endowment for the Arts.

Prior to the concert, a wine, cheese and olive pairing will take place from 5:30 to 6:30 p.m. at a cost of \$18 per person.

By attending the tasting, participants will also receive priority seating at the concert, and a brief synopsis will be given by a Hawaii Opera Theatre representative. No children will be allowed at the tasting.

Pre-paid reservations for the tasting are required by March 7. Call 448-4608 for tasting reservations.

For more information, visit the website [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or call 473-0606.

## Military Saves Week to take place Feb. 25-March 2

Military Saves Week runs from Feb. 25 through March 2 and is intended to encourage service members to make responsible financial decisions to build wealth and reduce debt.

Military Saves is a social marketing campaign to persuade, motivate and encourage military families to save money every month and to convince leaders to be aggressive in promoting automatic savings.

It is a part of the Department of Defense's (DoD)

financial readiness campaign and has been a partner with DoD since 2003.

The program focuses on helping service members develop financial goals and taking the proper steps to achieve them by providing savings advice, tools, resources and motivation.

The Military Saves campaign is not only targeted at service members, but at the entire family because spouses and children also play a huge role in overall financial stability,

The Military Youth Saves program is designed to encourage children and teens to develop good savings habits at a young age.

Service members or dependents who would like more information about resources and services offered through Military Saves, or organizations who would like to find out how they can support the program, should contact the Military and Family Support Center. For more information, visit <http://www.militarysaves.org>.

Morale Welfare & Recreation

**YOUTH SPRING NFL FLAG FOOTBALL**

Registration for NFL Flag Football ends today. The season runs March through June. The cost is \$65 and is open to ages 5-15. FMI: www.greatlifeohawaii.com or 473-0787.

**FOOD DRIVE MONTH**

Single, active-duty Sailors and Airmen who donate a canned good today at a Liberty Center will get a free slice of pie. FMI: 473-2583.

**MWR SUPER GARAGE SALE**

The MWR Super Garage Sale will be held from 8 a.m. to noon Saturday at Richardson Field. Admission is free. The event is open to the public. FMI: 473-0792.

**FREE LADIES' GOLF CLINIC**

There will be a free ladies' golf clinic at 9 a.m. Saturday at the Mamala Bay Golf Course. FMI: 449-2300.

**UFC 157 IN HD**

Watch the bout between newly crowned Women's UFC bantamweight champion Ronda Rousey and Liz Carmouche in high-def at 5 p.m. Saturday at J.R. Rockers. Doors open at 3 p.m. for preliminaries. The event is free for members, \$10 for non-members. FMI: 448-2271.

**PRESCHOOL STORY TIME**

Preschool story time will be held from 9 to 10 a.m. Wednesday at the Hickam Library. The theme for the day is "mermaid harmony" with guest storyteller A.J. Smith. FMI: 449-8299.

**KO OLINA WHALE WATCH TOUR**

There will be whale watching tours to Ko Olina from noon to 3: 45 p.m. Feb. 23 and 24. The cost is \$40 for adults, \$35 for children ages 3-11. It includes round trip transportation from Information, Tickets & Travel-Hickam. FMI: 448-2295.

**OAHU HIGHLIGHTS TOUR**

There will be a tour of Oahu from 8:30 a.m. to 3:30 p.m. Feb. 21. The tour features major sights of Oahu. The cost is \$45 for adults, \$40 for children, and free for children 2 and under who sit on an adult's lap. Lunch is included. Departures are from ITT-Hickam office. FMI: 448-2295.



**THE LAST STAND (R)**

Sheriff Owens is a man who has resigned himself to a life of fighting what little crime takes place in sleepy border town Sommerton Junction after leaving his LAPD post following a bungled operation that left him wracked with failure and defeat after his partner was crippled. After a spectacular escape from an FBI prisoner convoy, the most notorious, wanted drug kingpin in the hemisphere is hurtling toward the border at 200 mph in a specially outfitted car with a hostage and a fierce army of gang members. He is headed, it turns out, straight for Sommerton Junction, where the whole of U.S. law enforcement will have their last opportunity to make a stand and intercept him before he slips across the border forever. At first reluctant to become involved, and then counted out because of the perceived ineptitude of his small town force, Owens ultimately accepts responsibility for the face off.

Movie Showtimes

**SHARKEY THEATER**

**TODAY 2/22**

7:00 PM Django Unchained (R)

**SATURDAY 2/23**

2:30 PM Les Miserables (PG-13)

5:45 PM Mama (PG-13)

7:45 PM Gangster Squad (R)

**SUNDAY 2/24**

2:30 PM Broken City (PG-13)

5:15 PM Silver Linings Playbook (R)

7:45 PM The Last Stand (R)

**HICKAM MEMORIAL THEATER**

**TODAY 2/22**

6:00 PM Rise of the Guardians 3D (PG)

**SATURDAY 2/23**

4:00 Wreck-IT Ralph 3D (PG)

7:00 Twilight Saga: Breaking Dawn Part 2 (PG13)

**SUNDAY 2/24**

2:00 Rise of the Guardians 3D

**FEBRUARY**

Community Calendar

**NOW** — The Joint Base Tax Center, run by the Region Legal Service Office, is now open. The tax center offers "self-service" preparation with the help of a trained tax volunteer. Volunteers for tax staff are also being sought. FMI: email Katherine.lake@navy.mil or call 473-4717.

**22, 23** — The USO is sponsoring free concerts by Gary Sinise and the Lt. Dan Band at Marine Corps Base Hawaii, Kaneohe Bay (MCBH) and Schofield Barracks this weekend. The MCBH concert will take place at 7 p.m. tonight at Dewey. In case of inclement weather, the concert will take place at hangar 103 at MCBH. The Schofield Barracks performance will take place at 7 p.m. Saturday at Weyand Field. FMI: MCBH at 254-7678 or Schofield Barracks at 655-0115.

**23** — A GospelFest and Taste of Soul will take place at the Hickam Main Chapel at 6 p.m. in celebration of African American History Month. FMI: email april.gaines.1@us.af.mil.

**27** — An African American History Month luncheon will be held at 11 a.m. at the Hickam Officers' Club with 15th Wing Command Chief Master Sgt. Leslie Bramlett as the guest speaker. Tickets will be available by sending email to brence.jenkins@us.af.mil.

**MARCH**

**1** — The City & County of Honolulu will conduct the monthly statewide outdoor warning siren test at 11:45 a.m. The Joint Base Pearl Harbor-Hickam "Giant Voice" works in conjunction with Honolulu's outdoor warning sirens and will sound a steady tone for 45 seconds.

**2** — Girl's Day with Hello Kitty will take place from 10 a.m. to 1:30 p.m. at the Pearl Harbor Navy Exchange mall children's department. The event will include balloons and photos with Hello Kitty. FMI: 423-3287.

**8** — Air Force spouses are invited to join the Military and Family Support Center (MFSC) from 7:45 a.m. to 1 p.m. at MFSC Hickam for a Heart Link seminar meeting with other Air Force spouses. Free lunch will be provided, and free childcare may be available. FMI: 449-0300.

**AT A GLANCE**

The next semester of on-base college classes start April 1. Sign-ups for will be conducted at the Navy College Office (building 679) and the Air Force Education Center (hangar 2) from Feb. 25 to March 29. Several colleges are offering undergraduate and graduate level classes meeting once a week for 10 weeks or twice a week for five weeks. FMI: visit the base education offices or call 473-5754.



\*\$1 for 3-D glasses rental

## Dental health tip: Snack and sip all day? You will run the risk of tooth decay

Hickam Dental Clinic Staff

February is National Children's Health month, and this is a time to remember that good nutrition is vital for your child's dental health. Now more than ever, kids face a bewildering array of food choices. What children eat and when they eat it affects not only their general health but also their oral health.

Americans are consuming high sugar foods in larger portions than ever before. For example, the average teenage boy in the U.S. consumes 81 gallons of soft drinks each year. Sugar on teeth provides food for bacteria, which produce acid.

The acid in turn attacks the teeth. Each sugar exposure produces acid for at least 20 minutes. Repeated attacks result in tooth decay.

Even foods such as bread, milk and fruit contain sugar. The good news is that these foods do not need to be totally eliminat-



Photo by Snowbear, Morguefile Images

ed from our diets. A balanced, nutritious diet combined with timely and effective brushing and flossing will help prevent tooth decay.

The following are tips from the Hickam Dental Clinic to help reduce your children's risk of tooth decay:

- Sugary foods should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth.
- Limit between-meal

snacks. When snacks are given, offer nutritious foods such as yogurt, cheese and raw vegetables.

- Chewing sugarless gum after eating can increase saliva flow and help wash away food and decay-producing acid.
- Monitor beverage consumption. Instead of soft drinks, children should choose water and low-fat milk.
- Help your children develop good brushing and flossing habits.
- Schedule regular dental visits.

## Health unit holds change-of-charge

Ensign Eric Alarcon

Lt. Cmdr. Gavin Sanjume relieved Cmdr. Debra Soto as the officer-in-charge of the Operational Health Support Unit San Diego, Detachment D OHSU SD DET D in a recent change of charge ceremony at the World War II Valor in the Pacific National Monument.

The ceremony was attended by Cmdr. Michael Joyner, commander, Navy Reserve, and Dr. Sue Ferguson, a retired lieutenant, and the ceremony's keynote speaker, as well as families and friends of OHSU SD DET D.

Prior to turning over the command, Soto reflected on her experience as the officer-in-charge of detachment D.

"The position provided me a unique window into each member of the unit's lives. This in turn created even greater appreciation for each member and what

they give to other Sailors, the Navy and our nation," Soto said.

Soto assumed the command of OHSU SD DET D in January 2010. Under her leadership, the detachment participated in numerous humanitarian and operational mobilizations. These include deployments to Afghanistan and to Landstuhl Regional Medical Center in Germany and a humanitarian mission in support of the Pacific Partnership 2012 on board the USNS Mercy (T-AH 19).

Soto will now assume the position as head of the detachment's mental health department. She is also the headquarters' assistant training officer. In her civilian career, she works as a healthcare provider at the Veterans Affairs Medical Center.

Sanjume, who previously served as the assistant officer-in-charge under Soto,

praised the detachment members and reflected on the importance of the detachment's mission on his address to the unit.

"Det D is a diverse group of individuals who come together once a month to do the equivalent of one month work that the active component does. I am truly blown away by their collective experience, expertise and skill set," Sanjume said. Under Sanjume's command, the detachment will "continue to serve in humanitarian and operational mobilizations" wherever they are needed.

OHSU SD DET D is a unit attached to the Navy Operational Support Center, Pearl Harbor. Its headquarters is located in San Diego, Calif. The detachment consists of 46 members within the Medical Corps, Dental Corps, Medical Service Corps, Nurse Corps and Hospital Corps.

## There are ways to manage your stress in these tough economic times

Lt. Cmdr. Kaarin Coe

Suicide Prevention Coordinator Navy Region Hawaii

As the Navy Region Hawaii suicide prevention coordinator, part of my job is to be aware of periods of high stress and potential impact. It will come as no surprise that many conversations lately are centered on financial uncertainty within our government.

Financial-related stress rates were identified as one of the top sources of stress, according to a study completed by American Psychological Association, Stress in America (2010). It can also mean being asked to do the same work with fewer resources, which can increase work-related stressors.

The ripple effect of financial strain can include relationship issues, parenting struggles, decline in self-esteem and use of unhealthy coping skills (such as increase in alcohol or drug use). Ongoing stress can also lead to feelings of sadness or hopelessness, anger and irritability, isolation from support systems and a sense of loneliness (feeling like you are going through the stress alone).

For some, over time this can even develop into thoughts of suicide or other self-harming behaviors. If you begin to notice changes in your mood, behavior or thoughts, the sooner you reach out for support, the sooner you can begin to re-establish a sense of stability.

The American Psychological Association offers these tips to help deal with your stress about money and the economy:

- Pause but don't panic. There are many negative stories in newspapers and on television about the state of the economy. Pay

attention to what's happening around you, but refrain from getting caught up in doom-and-gloom hype, which can lead to high levels of anxiety and bad decision making. Avoid the tendency to overreact or to become passive. Remain calm and stay focused.

• Identify your financial stressors and make a plan. Take stock of your particular financial situation and what causes you stress. Write down specific ways you and your family can reduce expenses or manage your finances more efficiently. Then commit to a specific plan and review it regularly.

Although this can be anxiety-provoking in the short term, putting things down on paper and committing to a plan can reduce stress. If you are having trouble paying bills or staying on top of debt, reach out for help by calling your bank, utilities or credit card company.

• Recognize how you deal with stress related to money. In tough economic times some people are more likely to relieve stress by turning to unhealthy activities like smoking, drinking, gambling or emotional eating. The strain can also lead to more conflict and arguments between partners.

Be alert to these behaviors — if they are

causing you trouble, consider seeking help from a psychologist or community mental health clinic before the problem gets worse.

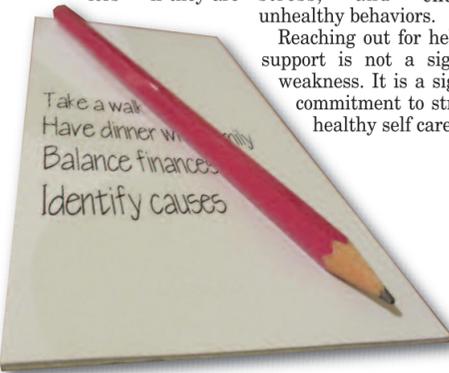
• Turn these challenging times into opportunities for real growth and change. Times like this, while difficult, can offer opportunities to take stock of your current situation and make needed changes.

Think of ways that these economic challenges can motivate you to find healthier ways to deal with stress. Try taking a walk. It's an inexpensive way to get good exercise. Having dinner at home with your family may not only save you money but help bring you closer together.

Consider learning a new skill. Take a course through your employer or look into low-cost resources in your community that can lead to a better job. The key is to use this time to think outside the box and try new ways of managing your life.

• Ask for professional support. Credit counseling services and financial planners are available to help you take control over your money situation. If you continue to be overwhelmed by the stress, you may want to talk with a mental health professional, who can help you address the emotions behind your financial worries, manage stress, and change unhealthy behaviors.

Reaching out for help or support is not a sign of weakness. It is a sign of commitment to strong, healthy self care.



## Local resources to help deal with stressful situations

### Civilian:

- CEAP – counseling and referrals for Department of Defense civilian: 474-1999.
- Mental health support through insurance — contact your insurance carrier for benefit coverage and referrals.
- Mental Health America of Hawaii: 521-1846.
- Coalition for a Drug-Free Hawaii: 545-3228.
- National Suicide Pre-vention Crisis Line: 800-273-TALK.

### Active duty:

- Command financial specialists.

- Command chaplains
- Military Family Service Center emotional and financial counseling services: 474-1999.
- Marine Family Services: 257-7787/7790.
- Coast Guard support: 855-247-8778.
- Naval Health Clinic Hawaii Mental Health Clinic : 473-0650, ext. 325.
- Substance Abuse Rehabilitation Program: 473-0650, ext. 221 or contact your command drug and alcohol program advisor
- Military One Source: 342-9647 or [www.militaryonesource.mil/](http://www.militaryonesource.mil/).
- National Suicide Pre-vention Crisis Line: 800-273-TALK.

## What's Cookin'?

Karen S. Spangler

Managing Editor

The staff at Ho'okele is looking for recipes for its new feature, What's Cookin'? This is especially for our readers who enjoy collecting recipes, sharing recipes, and turning those recipes into yummy dishes, but also for anyone who likes to cook, try new recipes, and then let the palate enjoy the results.

How many times have you attended an office potluck or a family gathering and tasted a unique dish that you just had to make for yourself? And what about those sumptuous dishes that you create for the holidays?

Do you have a recipe



passed down through your family for generations that you would like to share with our readers? Great Aunt Sue's plum cake? Grandma's toad pie?

Are you a military spouse or family member who has enjoyed the excitement of traveling around the United States and the world and had an opportunity to sample varied cuisines? Then share those culinary delights from around the world with our readers.

Or perhaps you are look-

ing for a special recipe and despite your efforts, you haven't been able to find it. Maybe our readers can help.

What about those great dishes that you create on the grill?

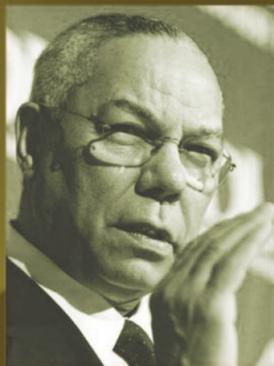
So don't be bashful. We would also like to have photos, so if you make a dish that you would like to share with our readers, please take a photo of it and send it along with the recipe.

Calling all cooks — send your *ono* recipes, photos, queries and comments to us at [Karen.spangler@navy.mil](mailto:Karen.spangler@navy.mil) and also "cc" editor@hookelenews.com. Please be sure to include your name and contact information.

*Mahalo* and let's see What's Cookin'?

## WHO SAID IT?

“Go forward, knowing that you are greater than the challenges of your time.”



### Last Week's WHO SAID IT?

“A dream doesn't become reality through magic; it takes sweat, determination and hard work.”

—Colin Powell

## This Week's Trivia

When did formal dedication of new Hawaii Air National Guard facilities at the former Hickam Air Force Base take place?

### Last Issue's Question:

What is the naval origin of the term boot camp?

### Answer:

During the Spanish-American War, Sailors wore leggings called boots, which came to mean a Navy (or Marine) recruit. These recruits trained in “boot” camps.



## Gary Sinise and Lt. Dan Band to perform at MCBH, Schofield Barracks

The USO is sponsoring free concerts by Gary Sinise and the Lt. Dan Band at Marine Corps Base Hawaii, Kaneohe Bay (MCBH) and Schofield Barracks this weekend.

The MCBH concert will take place at 7 p.m. tonight at Dewey Square on E Street, across from the flagpole.

In case of inclement weather, the concert will take place at hangar 103

at MCBH.

The Schofield Barracks performance will take place at 7 p.m. Saturday at Weyand Field. Doors open at 6 p.m.

Gary Sinise is known for his character, Lt. Dan from the blockbuster movie “Forrest Gump,” and more recently as the star of CSI: New York.

The concerts are open to all military patrons. Food and beverages will be avail-

able for sale onsite. The concerts are family-friendly, and concert-goers are welcome to bring folding chairs and blankets.

For more information on the MCBH concert, call 254-7678 or visit the websites [www.mccshawaii.com](http://www.mccshawaii.com) or [www.facebook.com/mccshawaii](http://www.facebook.com/mccshawaii).

For more information about the Schofield Barracks event, call 655-0115.

**Free Concert**

**Gary Sinise**  
and the **Lieutenant Dan Band**

USO

GARY SINISE FOUNDATION

# Highlights from this week in USAF and PACAF history

Charles Nicholls

PACAF Historian

- On Feb. 24, 1952, the former Wheeler Air Force Base was reactivated after a period of caretaker status since 1949. This reactivation was part of the Air Force expansion during the Korean Conflict.

- On Feb. 20, 2003, the 65th Airlift Squadron at the former Hickam Air Force Base Hawaii achieved the initial operational capability of its new C-40B Special Mission Aircraft. The C-40B/C transports U.S. leaders to locations around the world and performs other operational support missions. The C-40 B/C is based on the Boeing 737-700 but it has winglets.

- On Feb. 23, 1967, the Charging Sparrow test program ended. The AIM-7 Sparrow was a radar-guided air-to-air missile first developed shortly after World War II. The AIM-7F was an almost completely new missile that entered Air Force service in 1976. Each new Sparrow version substantially improved the missile's performance.

- On Feb. 18, 1938, Jacqueline "Jackie" Cochran received the Gen. William Mitchell Memorial Plaque for her achievements in aeronautics, based on her speed records. In 1937, Cochran set a national air speed record from New York to Miami in 4 hours, 12 minutes, 27 seconds, and she achieved a new women's national speed record at 204 miles per hour.

Cochran led the Women's Airforce Service Pilots during World War II and was awarded the Distinguished Service Medal. After the war, Cochran was the first woman to break the sound barrier and held various aviation positions including consultant to NASA.



From Feb. 20 to 25, 1944, Eighth and 15th Air Forces attacked German aircraft production.

At the time of her death in 1980, Cochran held more speed, altitude and distance records than any other male or female pilot in aviation history.

- From Feb. 20 to 25, 1944, Eighth and 15th Air Forces attacked German aircraft production. The planners wanted to lure the Luftwaffe into decisive battle, achieve air superiority and then proceed with the

invasion of Europe. Although damage to the German aircraft industry was only moderate, the new P-51 escorts decimated German fighter pilot ranks, lowered U.S. bomber losses from 30 to six percent and won air superiority over Europe for the rest of the war.

- On Feb. 19, 1945, after six months of aerial bombardment and three days of



On Feb. 19, 1945, after six months of aerial bombardment and three days of naval bombardment, Iwo Jima was invaded by the Marines' 5th Amphibious Corps.

naval bombardment, Iwo Jima was invaded by the Marines' 5th Amphibious Corps. On March 26, organized Japanese resistance ended. Bomber raids from the Marianas had struck the island as part of Operation Scavenger.

Iwo Jima was strategically important to the Japanese. It provided warning of B-29 bomber raids, served as an airbase for their interceptors, and provided a haven for their naval units. Its capture provided a staging area for a potential U.S. invasion of the Japanese mainland, cut the length of B-29 raids nearly in half, and made a base available for P-51 escorts to protect the bomber raids.

- On Feb. 22, 1967, the first paratroop drop of the Vietnam War took place. More than 700 paratroopers were dropped by some 26 PACAF C-130s into South Vietnam during Operation Junction City. The C-130s were from the 374th Wing (Naha), 314th Wing (Taiwan) and 463rd Wing (Philippines). The personnel drops were followed by drops of heavy equipment and supplies.

- On Feb. 24, 1967, flying an unarmed and unarmored O-1 Bird Dog aircraft near Di Linh, South Vietnam, forward air controller USAF Capt. Hilliard A. Wilbanks, attacked a large body of Viet Cong who had ambushed a smaller force of South Vietnamese rangers. Repeatedly flying over the enemy force, Wilbanks used smoke rockets and an M-16 rifle to slow the enemy advance until U.S. fighters could arrive to protect the rangers. Wilbanks was shot down and died during his evacuation. He was posthumously awarded the Medal of Honor for his heroism.

- Two years later, on Feb. 24, 1969, an enemy mortar shell struck an AC-47 gunship on a night

mission in South Vietnam. Airman 1st Class John L. Levitow, the loadmaster, was seriously wounded and stunned. Despite his injuries, Levitow flung himself on a smoking magnesium flare that was rolling in the cargo compartment, dragged it to an open cargo door, and threw it out of the aircraft. Almost immediately the flare ignited. For this selfless heroism, Levitow became the fourth enlisted Airman to receive the Medal of Honor.

- On Feb. 18, 1972, PACAF assigned its first C-

9A aeromedical aircraft to the 20th Operations Squadron at Clark Air Base in the Philippines. The C-9s replaced C-118s.

- On Feb. 23, 1998, B-2 bombers deployed overseas for the first time, flying from Whiteman AFB, Mo. to Andersen AFB, Guam. This strategic show of force enhanced PACAF's assets in the theater. The B-2's stealth and extensive range made it an invaluable asset capable of rapid, global precision strike with both nuclear and conventional weapons.



In the photo, AIM-9P Sidewinder and AIM-7E Sparrow missiles are loaded onto a Hawaii Air National Guard F-4C at the former Hickam Air Force Base, Hawaii in 1980.



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U.S. Air Force photos