

Pilot For a Day

Staff Sgt. Terri Barriere
15th Wing Public Affairs

Caleb Jensen has dreamed of becoming a pilot for as long as he can remember. He thought about it, talked about it and on Feb. 8 his dream came true.

Caleb, 15, was selected for the Pilot For a Day program after undergoing an intense battle with aplastic anemia, a condition which causes the body to stop producing new blood cells.

After being admitted to Kapiolani Medical Center for Women and Children for treatment, he was identified by the hospital's child life specialist and nurses as a good candidate for the private organization, Pilot For a Day, and an experience with the 15th Wing, focused on children with serious or chronic medical conditions.

Capt. Todd Walker said Pilot For a Day invites children of all ages, military or civilian, to be guests of the wing and one of its flying squadrons for an entire day. In so doing, the mission is to give each child a special day and a break from whatever challenges they are facing.

"Pilot For a Day came at the perfect time," said Melissa Jensen, Caleb's mom. "It came at the end of his treatment and was really a good way for us to celebrate things getting back to normal."

Melissa said after finding out Caleb's diagnosis in June, setting up a bone marrow transplant between him and his sister in August, and home-schooling him while nursing him back to health for the remainder of last year; she knew Pilot for a Day would be perfect for him.

"I agreed to let him participate because I knew he'd love it," she said. "He's done nothing but talk about being a pilot and his love for flying for a while now. This was perfect for him."

After receiving a clean bill of health at his most recent medical appointment, Caleb was more than ready to leave the

doctors and hospitals in the past and engage in a little fun.

Caleb, who said he's not sure of anything else he'd like to accomplish other than becoming a pilot of "something big," is now considering the military as a possible avenue to fulfilling his life-long dream.

"This was really good timing, I'm feeling tons better," he said. "My favorite part of the day was definitely the KC-135 simulator. It's as close to flying as I can get right now, and it was really a lot of fun. I can't wait to tell my friends I got to fly a plane while they were at school."

To make the moment even sweeter for Caleb, his parents, brother and three sisters were able to share the experience. And just as his family rallied around him in support as he underwent his treatments, they were there to share the moment

he notably marks as one of the best days of his life.

"We've been through a really hard time together, so it's good to be able to experience the really good ones together as well," Melissa said of her family's participation in Pilot For a Day. "This will be a lasting memory my whole family shares, and it was a lot of fun."

Caleb's mother said that after the ups and downs of the past several months, it was refreshing to see her children having so much fun.

"Just watching their faces light up ... everyone had these great big smiles on their face," she said.

Col. Terry Scott, 15th Wing vice commander, said those smiles, in essence, are what the Pilot For a Day program is all about.

"I feel lucky, privileged, honored and very fortunate to participate in Pilot For a Day," he said.

"It's great to meet such good people who have overcome such obstacles. They've earned my respect and, it doesn't matter how old they are. It's respectable to see someone not giving up, not quitting, taking life by the horns and going out there and living — seizing life."

Scott said supporting programs like Pilot For a Day shows the compassionate side of the U.S. military, a point not lost on the Jensen family.

"Thank you so much for your generosity," said Caleb. "This was so much fun. I really would enjoy coming back to do it again. This was definitely the best Friday ever!"



U.S. Air Force photos by Tech. Sgt. Jerome S. Tayborn

Caleb Jensen sits in the pilot seat of the KC-135 Stratotanker simulator as part of the Pilot For a Day program at Joint Base Pearl Harbor-Hickam, Hawaii, Feb. 8, 2013.



Caleb Jensen, Pilot For a Day participant, operates a bomb robot as part of the Pilot for a Day program.



Caleb operates a bomb robot with the help of Senior Airman Vincent Irr, 647th Civil Engineer Squadron munitions apprentice.



Tech. Sgt. Bryan Dickson, 15th Operations Support Squadron, aircrew flight equipment, explains the steps for decontaminating military personnel infected after a chemical attack, to Caleb Jensen, his father Darwin and sister London as part of the Pilot for a Day program.



Col. Terry Scott, 15th Wing vice commander, presents a certificate to Caleb Jensen, whose dream it is to one day become a pilot.

Strong defense leads Port Royal to blowout win

Story and photo by Randy Dela Cruz

Sports Editor

One week after beating USS Lake Erie (CG 70) "B" by 15 points, USS Port Royal (CG 73) "A" took their game to an even higher level by trouncing USS Chafee (DDG 90), 55-15, Feb. 9, in an Afloat Division intramural basketball game Feb. 9 at Joint Base Pearl Harbor-Hickam Fitness Center.

Down early in the first half, Port Royal took the lead at 4-3 on a basket by Quartermaster 2nd Class

3rd Class Robert Wood's second three-pointer of the game for a 14-3 lead.

Port Royal added two more baskets to take an 18-3 lead before Chafee Chief Operations Specialist Tian Henry finally stopped the bleeding with a basket at 1:13 before intermission.

After the break, Port Royal continued to pour it on and took a 20-point lead on a fast-break lay-up by Waldon to make it 32-12 with 12:04 remaining in the game.

Seven minutes later, the lead ballooned to 30 points after Wood scored inside the paint on an assist from

"I'm telling you, it's going to get better... We just got to come in and be aggressive."

—Team captain Seaman London Waldon

Brian Myles with 13:41 before halftime and never looked back.

Team captain Seaman London Waldon said that the easy victory wouldn't be the last one for Port Royal.

"I'm telling you, it's going to get better," said Waldon, who didn't score in the first half, but exploded for a game-high 13 points in the second half. "We just got to come in and be aggressive."

Following the go-ahead basket by Myles, Port Royal took their first double-digit lead at the 7:24 mark in the first half on Gunner's Mate

Waldon to make it 42-12.

The onslaught continued as Port Royal scored 10 more consecutive points to go up by 40 points at 52-12.

The 20-point run was capped off by a long-range bomb from beyond the arch by Seaman Casie Garrison with only a minute remaining on the clock.

While very few teams have ever claimed victory by 40 points in a game during intramural play, Waldon said that he wasn't surprised by the rare feat.

"Yes, we're 40 points better," he said. "Everybody



USS Port Royal (CG 73) "A" guard Quartermaster 2nd Class Brian Myles fights to put up a lay-up.

was feeling it."

Chafee guard Operations Specialist 3rd Class Seyron Hawkins disagreed with Waldon and stated that it was just one of those games that got away.

Hawkins admitted that the team wasn't ready to face Port Royal's defense and couldn't make the necessary adjustments to turn the game around.

"That's not the case," said Hawkins about Port Royal being 40 points better. "We weren't ready for the high two-three zone matchup. We haven't played a team that did that. They ran us out the gym basically."

Still, Hawkins said that he feels confident that Chafee, which fell to 1-2 in the division, has what it takes to get better in a hurry.

"There is a lot of growing up from here," he said. "We have a big uprising now. We have a solid team."

Besides Waldon, Port Royal got solid contributions from Wood, with 11 points, Operations Specialist 2nd Class Kevin Doran, 9 points, Garrison, 7 points, and Myles with 6.

A total of nine players scored for Port Royal in the team's offensive eruption, but Waldon pointed out that it all started on defense.

"Defense is the key to winning games," he said. "We just showed them different looks. We just came out and did what we were supposed to do. This is a team effort. I'm proud of all my teammates."

CES TEAM 2 slips past Fighting Geckos

Story and photo by Randy Dela Cruz

Sports Editor

Staff Sgt. Sean Ryan pumped in a go-ahead basket with 51 seconds remaining on the clock, then sealed the game with two free throws, as the 647th Civil Engineer Squadron (647 CES) CES TEAM 2 edged by the 17th Operational Weather Squadron (17 OWS) Fighting Geckos, 41-40, in a Blue Division intramural basketball game Feb. 4 at Joint Base Pearl Harbor-Hickam Fitness Center.

With the score tied at 37-37 late in the game, Ryan

got the ball on the right side of the lane and knocked down a 10-foot bank shot to put CES TEAM 2 up by a basket.

A free throw by Lt. Carl Densford drew the Geckos to within a point, but Ryan was fouled and calmly stepped up to the line and sank the front end of a one-and-one before securing the game by nailing the second shot for a three-point lead with only three seconds on the clock.

"He can position himself very well," said CES TEAM 2 head coach, Department of Defense civilian Joe Ramirez, about the go-ahead shot. "So he was in

the right place at the right time."

The win ended a frenzied matchup that saw the CES come from behind to take the lead at halftime, only to lose it with only 2:40 remaining on the clock.

Down by four at 14-10 in the first half, the CES scored the next six points to gain a two-point lead.

Senior Airman William Beck capped off the run with a fast-break lay-up off of an assist by Senior Airman Ibrahim Berete.

The Geckos tied the score on two free throws by Senior Airman Chris Ford, but Ryan came back down the floor and connected on the trey to put the CES up by three before going into halftime with a 22-18 lead.

In the second half, the Geckos started to press and

quickly cut the lead down to a point at 24-23 after Ford scored a basket at the 14:02 mark.

Later, Ryan put CES up by their biggest lead at six on a coast-to-coast lay-up for a 33-27 advantage with only 6:16 left in the game.

However, the press by Geckos paid off again with Densford converting two lay-ups off of steals with a minute left to help the 17th tie the score at 35-35.

Another steal led to another lay-up by Staff Sgt. Erik Davis to give the Geckos their first lead in the second half at 37-35.

A put-back shot by Berete tied the score, before Ryan gave the CES the lead for good with his clutch shot.

"Our main thing is to stay focused," Ramirez said. "We moved the ball around a lot

better, and if we get it down to our big guy (Berete), I know he can create and shoot from the outside."

Ramirez admitted that the press by the Geckos did cause problems, but quick adjustments allowed the CES to seize control back.

"They (Geckos) hadn't done it all the game," Ramirez said. "In the second half, they came out in full pressure and we weren't quite ready for it. We were kind of lax, turnovers happened right off the bat, and we had to put a stop to it."

The CES were led by Ryan with 11 points, with Berete and Airman 1st Class Michael Fusaro chipping in with 10 apiece.

Ford scored a game-high 20 points for the Geckos and was followed by Senior Airman Tony Oakley, who

was eight-for-eight from the charity strip, and Densford with seven.

Ford said that a better team effort helped the Geckos to the lead late in the contest, but missed opportunities in the closing minutes cost his team the game.

"We missed some crucial free throws," Ford acknowledged. "It just came down to free throws and getting the extra rebound and making the extra lay-up."

For Ramirez, he said that the win was especially sweet after the CES started off the season with two close defeats.

"We need this win," he said. "We practice hard and we've lost two single-digit losses. That's heartbreaking. This time we were able to hang on and hopefully we're out of that."



Airman 1st Class Michael Fusaro, CES TEAM 2, goes up for a lay-up against the Fighting Geckos.

Combined submarine squad defeats the Marauders

Story and photo by
Randy Dela Cruz

Sports Editor

Rallied by the long range sharp shooting of Machinist's Mate 1st Class Dean Marvin, the combined team of Commander, Submarine Squadron 1, Commander, Submarine Squadron 7 and Naval Submarine Support Center (CSS1, CSS7, NSSC) overcame an eight-point deficit in the first half and a four-point shortfall with four minutes in the contest to beat the 747th Communication Squadron (747 CS) Marauders, 50-48, in a Gold Division intramural basketball game Feb. 12 at Hickam Fitness Center.

Marvin torched the Marauders for 13 points in the first half and finished with a team-high 22 as the combined squad took the lead for good with only 1:41 remaining on the clock.

"Our biggest downfall has been inexperience and fatigue," said Marvin about the team's 0-4 start. "Today, we had a complement of players that allowed us to sub out and get some rest, and today, especially, we played together as a team."

Early in the game, the Marauders got out to a fast start behind the hot hand of Master Sgt. Jason Barlow, who collected two three-pointers and scored 10 of the team's first 12 points en route to a 12-2 advantage.

Marvin got his team back

in the game with back-to-back swishers from beyond the arch with 12:05 before halftime and connected on another downtown bomb to close the gap to two, 18-16, at the 5:36 mark.

The deficit remained at two points, as Chief Electronics Technician Michael Heffner scored on a lay-up, but Barlow came back with a three-pointer just before intermission to take a 25-20 lead at the break.

Six minutes into the second half, a basket by Yeoman 2nd Class Jeremy Jergenson cut the Marauders' lead down to one before two free throws by Hospital Corpsman 1st Class Jonathan Waite gave the combined squad its first lead of the game at 33-32 with 11:40 remaining on the clock.

The Marauders retook control on another trey by Barlow to open up a 39-34 advantage at the 7:15 mark, but a basket-and-one and two free throws by Jergenson, plus a hoop by Marvin, knotted the game up 41-41 with only 2:43 left in the contest.

A three-point shot by Waite was answered by a basket-and-one from the Marauders guard Staff Sgt. Rickey Nance to keep the game tied at 44-44.

However, the final minute belonged to the combined team as a basket by Marvin put the squad out in front before two clutch free throws by Jergenson and two more from the charity stripe by

Marvin sealed the game.

Besides Marvin, the combined team received solid contributions from Jergenson with 12 points and Waite with seven.

Barlow, who finished with a game-high 23 and Nance with 13, led the Marauders.

Marauders head coach Tech. Sgt. Steve Coleman said that although his team played one of its better games this season, the squad's struggles continue.

While the Marauders led throughout most of the game, a few slipups stopped their momentum and ultimately sent the team to its fourth loss in five tries.

"We ended up getting two technicals (fouls) that hurt us," Coleman admitted. "Those technicals hurt us, but moreso was our lack of boxing out on the defensive glass."

Normally a contender, Coleman said that the Marauders slow start has been tough, but he believes its not too late to turn things around.

"It's very frustrating," he said. "We can turn it around, but we all have to want it."

Marvin said he understands what it's like to go through some trying times early in the season, but is also hopeful that his team is ready for an about-face.

"We've been struggling all year as a team," he said. "I think that as long as we continue to get the participation levels, we can come back and make a run for the playoffs."



Yeoman 2nd Class Jeremy Jergenson goes up for two of his 12 points.

Special 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.

- An "Apollo-style" talent show will be held at the Tradewinds Enlisted Club at 6 p.m. Feb. 16. There will be a cash prize of \$200.

For more information and to sign up for the show, email: aahatalentshow@gmail.com or call 449-8612.

- A GospelFest and Taste of Soul will be held at 6 p.m. Feb. 23 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 Master Sgt. Leslie Bramlett as the guest speaker. Tickets will be available by sending an email to brence.jenkins@us.af.mil.

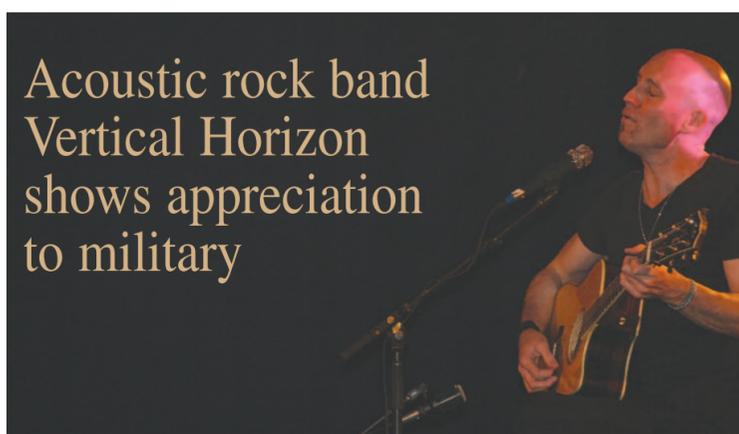
In addition, Navy Region Hawaii has provided a slideshow observance presentation at the website www.cnic.navy.mil/Hawaii. Scroll down to "around this region." It can also be viewed on social media sites on Commander Navy Region Hawaii Facebook: www.facebook.com/NavyRegionHawaii, Pinterest: www.pinterest.com/navyregionhi,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



Photo Courtesy of U.S. Air Force
Capt. Charles B. Hall (left), the first Tuskegee Airman to shoot down an enemy plane, is congratulated by Maj. Gen. John Kenneth Cannon.



Photo Courtesy of U.S. Air Force
Fliers of a P-51 Mustang Group of the 15th Air Force in Italy talk in the shadow of one of the Mustangs they fly. Left to right: Lt. Dempsey W. Morgan Jr., Lt. Carroll S. Woods, Lt. Robert H. Nelson Jr., Capt. Andrew D. Turner and Lt. Clarence P. Lester. Circa August 1944.



Story and photos by
Emily McNulty

Joint Base Pearl Harbor-Hickam
MWR

Navy Entertainment and Joint Base Pearl Harbor Morale, Welfare and Recreation (MWR) brought the band Vertical Horizon to Club Pearl's Paradise Lounge at Pearl Harbor-Hickam Feb. 4. Vertical Horizon is best known for their hit songs, "You're A God," "Best I Ever Had" and "Everything You Want." But lately the band is known for its support of the military and their families.

According to Matt Scannell, lead singer and original member of Vertical Horizon, they recently completed two tours to Iraq culminating in 20-25 days of visiting troops and performing concerts.

This concert in Hawaii was the end of a three-date tour of the Pacific. They stopped in Okinawa, Japan and Guam before coming here.

"I have never served in the military and have never had to deal with the sacrifices our armed forces make, so I wanted to find a way to contribute as an American. Playing for the military is an honor and a privilege. We can't thank them and their families for all they do, but we can sing for them. It's our duty," Scannell said.

Members of Vertical Horizon said they didn't just want to come to Hawaii, they wanted to play for MWR on Joint Base Pearl Harbor-Hickam and added that they were thrilled when they were given the opportunity.

"It's always been a goal of mine to play music for the

military. If I can give them one night of normalcy, where they don't have to worry about the rules and regulations, push the thoughts to the back of their mind and just relax and enjoy the music, then I have done my job," said Scannell.

One highlight of their stay was when the band visited the Arizona Memorial. Only one member of the band, bass guitarist Steve Sidley, had been to the memorial before.

"It was a powerful experience. It really reminds you what the military has and will continue to sacrifice for the greater good and for us to be safe," Sidley said.

During their stay, Vertical Horizon also visited with the 647th Security Forces Squadron. The band members talked with the Air Force service men and women about their jobs and

about their lives.

Senior Master Sgt. Gregory Wasson also escorted Vertical Horizon to the Hawaii Air National Guard, which is getting ready to deploy to Al Dafra. The final stop was the Joint Base Pearl Harbor-Hickam military working dogs kennels.

When the band performed their free concert at the joint base Feb. 4, Wasson (who had volunteered to work security and brought his son along), announced the band on stage. "I was honored to have VH ask me to announce them. I saw them in Qatar in 2011, at the Waikiki Shell last year and here at Club Pearl tonight. They are an amazing band. All the guys are so humble, relaxed and grateful to sing for a living. They are how I

would want to be if I was famous," Wasson said.

Vertical Horizon arrived on stage at the concert to applause and cheering from more than 200 fans. After the performance, band members signed autographs and took pictures with fans.

A highlight of the show included the performance of "You're A God." Audience members joined the band in singing the song.

When the band performed "Forever," Scannell explained,

"When we were in Iraq, I had a Soldier approach me and ask me to play 'Forever' for his friend who had died in combat. Every time I sing this song, I think of him and his fallen friend."

The last song played before the encore was "Everything You Want."

"It was the easiest song to write. People knew it all over the world. It's an honor to play it. It changed everything for us," explained Scannell.



The band Vertical Horizon visited Joint Base Pearl Harbor-Hickam recently for a concert to support the military and tour of the base.



Sunrise, Lydgate Beach Park



Hindu Sacred Forest

Scenic beauty of Kauai captured with photography

Don Robbins

Assistant Editor

Navy Lt. Cmdr. Allen Unger took these photos recently during a trip to the island of Kauai. Unger is employed at Naval Supply Systems Command Fleet Logistics Center Pearl Harbor.

Memorable scenes such as these from Kauai can be captured when exploring the islands. The photos taken by Unger show Russian thistle at Kokee State Park, Barking Sands Beach, the spouting horn, a forest scene, a leaf fish, and sunrise at Lydgate Beach Park.

Military members and their families are able to take advantage of what the islands of the state of Hawaii have to offer, through Joint Base Pearl Harbor-Hickam's Morale, Welfare and Recreation Information, Tickets and Travel (ITT) offices.

When planning a neighbor-island getaway adventure, ITT's Travel Connections agents can help put together a travel package (air, room and car) to suit your needs, from value-packed to elaborate.

ITT can also help book activities for a destination such as snorkeling and fishing cruises, luau and helicopter rides. For more information, go to your nearest ITT office location.



Leaf fish



Barking Sands Beach



Russian thistle, Kokee State Park

Morale Welfare & Recreation

FREE GOLF CLINIC

The Barber's Point Golf Course is hosting a free introductory junior golf clinic at 4 p.m. Wednesday. FMI: 682-1911.

ACTIVE-DUTY HICKAM HISTORICAL TOUR

A special Hickam historical tour will take place Saturday from 9:30 to 11:30 a.m. This condensed tour is tailored specifically for active-duty personnel and open only to active-duty and their guests. The tour will include visits to the original buildings at Hickam where the Army Air Forces' Airmen, nurses, and officers' and enlisted families lived as well as the chance to hear personal stories of the "Day of Infamy." The cost is \$24 per person, and the tour departs from Information, Tickets & Travel-Hickam. FMI: 448-2295.

FORD ISLAND HISTORICAL TOUR

There will be a Ford Island historical tour from 8:30 to 10:30 a.m. Feb. 20. Ford Island played a significant role in World War II, and this tour will visit often-overlooked historical battle sites. The tour departs from Rainbow Bay Marina parking lot. The cost is \$25 for adults, \$20 for children 3-11, and free for children two and under who sit on an adult's lap. Free pickup is also available at lodging (call for times). FMI: 448-2295.

FOOD DRIVE MONTH

On Feb. 22, single, active-duty Sailors and Airmen who donate a canned good at a Liberty Center will get a free slice of pie. FMI: 473-2583.

KO OLINA WHALE WATCH TOUR

There will be whale watching tours to Ko Olina from noon to 3:45 p.m. Feb. 9, 16, 17, 23 and 24. The cost is \$40 for adults, \$35 for children ages 3-11, and includes round trip transportation from Information, Tickets & Travel-Hickam. FMI: 448-2295.

JUNIOR LIFEGUARD/OCEAN SAFETY

Registration for the junior lifeguard class runs through March 8. This program will give youth the opportunity for hands-on training and provides a foundation to become a junior lifeguard. The program is designed to allow young people to gain a basic understanding of pool/ocean awareness, water rescue techniques, physical conditioning skills, general first-aid and overall self-confidence. The session runs April through May, and the cost is \$95 per student. This program is for ages 11-17. FMI: 473-0789.

PEEWEE T-BALL

PeeWee T-Ball registration for children ages 3-5 years old starts Feb. 19 and ends March 15. The season runs April 13 to June 22, and the cost is \$35. FMI: 473-0789.



GANGSTER SQUAD (R)

Los Angeles, 1949. Ruthless, Brooklyn-born mob king Mickey Cohen (Sean Penn) runs the show in this town, reaping the ill-gotten gains from the drugs, the guns the prostitutes and—if he has his way—every wire bet placed west of Chicago. And he does it all with the protection of not only his own paid goons, but also the police and the politicians who are under his control. It's enough to intimidate

even the bravest, street-hardened cop...except, perhaps, for the small, secret crew of LAPD outsiders led by Sgt. John O'Mara (Josh Brolin) and Jerry Wooters (Ryan Gosling), who come together to try to tear Cohen's world apart. "Gangster Squad" is a colorful retelling of events surrounding the LAPD's efforts to take back their nascent city from one of the most dangerous mafia bosses of all time.

Movie Showtimes

SHARKEY THEATER

TODAY 2/15
7:00 PM Gangster Squad (R)

SATURDAY 2/16
2:30 PM Parental Guidance (PG)
4:45 PM Les Miserables (PG-13)
7:45 PM Zero Dark Thirty (R)

SUNDAY 2/17
2:30 PM Parental Guidance (PG)
4:45 PM A Haunted House (R)
7:00 PM Silver Linings Playbook (R)
7:45 PM Zero Dark Thirty (R)

HICKAM MEMORIAL THEATER

TODAY 2/15
6:00 PM Rise of the Guardians 3D (PG)

SATURDAY 2/16
4:00 Rise of the Guardians 3D (PG)
7:00 Gangster Squad (R)

SUNDAY 2/17
2:00 Rise of the Guardians 3D (PG)

*\$1 for 3-D glasses rental

Community Calendar

FEBRUARY

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 needed. FMI: email Katherine.lake@navy.mil or 473-4717.

18 — Gate closures will take place at Joint Base Pearl Harbor-Hickam on Presidents' Day, Feb. 18, in support of the Great Aloha Run. Borchers Gate will be closed during the race, and Luapele Gate will be open from 4 a.m. to noon. In addition, Center Drive and Radford Drive will not be accessible by Kamehameha Highway, including Makalapa Gate, which will be closed from 4 to 9:45 a.m.

21 — The Military and Family Support Center (MFSC) at Joint Base Pearl Harbor-Hickam is receiving calls from commands concerning their civilian employees and possible furloughs. As a result, a financial awareness class titled "Balancing Your Finances — Furloughs and Beyond" will be held from 4 to 5:30 p.m. at the MFSC building. The location is subject to change depending on the number of participants registered. Registration is required. Spouses are welcome and encouraged to attend. FMI: 474-1999, ext. 6003.

22 — HQ PACAF Maintainers will hold a Mardi Gras lunch and golf scramble. Lunch will be from 10:30 a.m. to noon at Foster Point. The golf tournament will be held at Mamala Bay with a 12:30 p.m. shotgun start. Although the signup deadline for the golf tourney has passed, today is the deadline for lunch only. FMI: Jeffrey.wurn@us.af.mil or 449-8678, or michael.shannon.4@us.af.mil or 449-8591.

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 next weekend. The MCBH concert will take place at 7 p.m. Feb. 22 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. Feb. 23 at Weyand Field. Doors open at 6 p.m. Concert-goers are welcome to bring folding chairs and blankets. FMI: MCBH at 254-7678 or Schofield Barracks at 655-0115. Visit the websites www.mccshawaii.com or www.facebook.com/mccshawaii.

26 — The 15th Wing annual awards breakfast will be held from 7:15 to 8:30 a.m. at the Tradewinds Enlisted Club on the Hickam side of Joint Base Pearl Harbor-Hickam. The cost is \$15 for club members and \$17 for non-club members. The buffet breakfast includes sausage, eggs, biscuits and fruit. The RSVP cut off date is Feb. 20. FMI: Master Sgt. Dwayne Graves at 449-2222 or dwayne.graves@us.af.mil or Tech Sgt. Vi Tu at 448-4043 or vi.tu@us.af.mil.

MARCH

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. Free lunch will be provided and free childcare may be available. FMI: 449-0300.



Bodybuilder, lion dance team to visit NEX

Pearl Harbor Navy Exchange (NEX) has scheduled several upcoming events. They include:

- Bodybuilder Jay Cutler will make a special appearance from 4 to 6 p.m. Feb. 15 at the NEX in the GNC section.

At an off-season weight of 295 pounds, Cutler defines the term "mass-monster" and he has a reputation as the hardest-working bodybuilder. A World's Best Bodybuilder and Mr. Olympia titleholder, Cutler will take pictures with fans, sign autographs and show off his famous stage poses. The event is free to all authorized patrons.

- A Chinese New Year lion dance performance will be featured at 10:30 a.m. Feb. 17 at the NEX. Lung Kong Physical Culture Club Hawaii will perform the dance demonstration, welcoming the Year of the Snake. This is a free event for authorized patrons.

- Celebrate Girl's Day



U.S. Navy photo by Lt. Cmdr. Allen Unger

with Hello Kitty from 10 a.m. to 1:30 p.m. March 2 in the NEX children's department. The event will include balloons and photos with Hello Kitty.

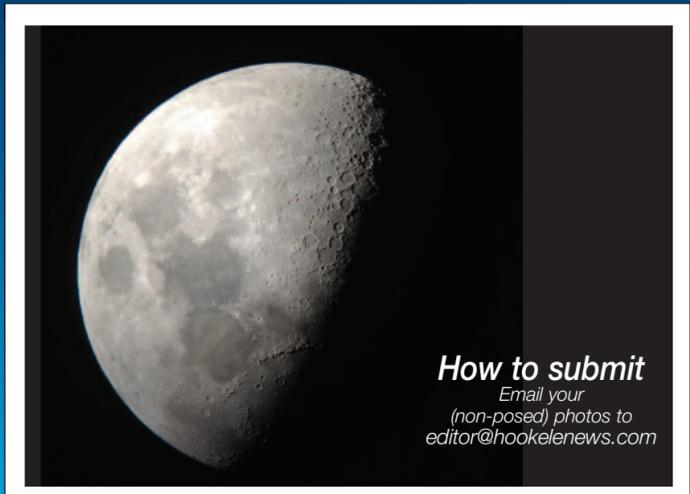
- Breakfast with the Easter bunny will be held from 8 to 9 a.m. March 23 at the NEX food court lanai. The breakfast will

include French toast and ham. Following the meal, there will be entertainment, games, prize giveaways, a jelly bean guessing contest, face painting and balloon-twisting. Tickets will go on sale in the first week in March.

For more information on the events, call 423-3287.

My Favorite Photo...

RP1 (FMF) Brian Schoffstall of Navy Region Hawaii/Middle Pacific recently took this picture of the moon.



How to submit

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

Solutions for dealing with stress

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Joint Base Pearl Harbor-Hickam
Civilian Employee Assistance Program

Everyone experiences stress at times.

Stress is a reaction to change, whether the change is a positive or negative one. Anxiety is when we jump into the future with fear.

The fight or flight response is the body's built-in survival mechanism when danger is perceived, whether the danger is real or imagined. The muscles tighten, blood pressure rises, the heart speeds up, and adrenaline rushes through our system so we can quickly and effectively fight or flee.

When the fight or flight response is continually triggered over a long period of time, we become tense, jumpy, anxious and then simply exhausted. We may get sick. We may feel "burned out." We may become depressed or turn to alcohol or an addictive behavior to relieve the stress.

We may get angry at an innocent bystander. We may gossip or blame others, projecting blame rather than taking responsibility for our own feelings and "working them through." None of these reactions work to our benefit.



When the body is tense we need to physically reduce tension. This is why exercise is a perfect stress reliever. Jog, go to the gym, or walk.

"When the fight or flight response is continually triggered over a long period of time we become tense, jumpy, anxious, and then simply exhausted."

Slow deep breathing triggers the relaxation response, which is the opposite of the stress response. The stress response and the relaxation response can't exist at the same time. Breathe slowly and deeply, and you will find that you cannot get angry in that moment. You cannot "over-react." Just continue to bring yourself back to the breath.

Remove yourself from the situation. Stretch, walk and emotionally detach.

You may need to do this early on rather than "stuff the feelings."

Talk with supportive and trusted friends, journal, listen to music, read something inspirational, or distract yourself with a puzzle.

Try to change the situation, file it away for a while, or find a way to accept the situation with grace. Think of things you can do to take care of and strengthen yourself in a healthy way. Brainstorm solutions and make a plan.

In addition, talk to your Civilian Employee Assistance Program (CEAP) providers. They are there to help.

CEAP counseling is confidential and at no cost to civilian employees. To obtain CEAP information, referral or schedule an appointment, call centralized scheduling at 474-1999, ext. 6201 or 6202. Inquire about no cost at-your-site training.

A CEAP class on anger management will be held from 8 to 11 a.m. Feb. 26.

Call your CEAP counselor or contact the customer service desk at 474-1999 to register for a class.

Financial awareness class scheduled

In response to concerns regarding possible furloughs of civilian federal government employees, a financial awareness class has been scheduled.

The class, titled "Balancing Your Finances—Furloughs and Beyond," will be held from 4 to 5:30 p.m. Feb. 21 at the Military



and Family Support Center building. The location is subject to change, depending on the number of registrars.

Registration is required. Spouses are welcome and encouraged to attend.

For more information, call 474-1999 ext. 6003.

Commissaries announce Presidents' Day holiday hours

In observance of Presidents' Day on Feb. 18, the Pearl Harbor Commissary will be open from 9 a.m. to 5 p.m. The Hickam Commissary will be open from 10 a.m. to 6 p.m.

For more information, call the Pearl Harbor Commissary at 471-8402, ext. 101 or the Hickam Commissary at 449-1363.

WHO SAID IT?

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



Last Week's
WHO SAID IT?
"It's not whether you get knocked down, it's whether you get up."
—Vince Lombardi

This Week's Trivia

What is the naval origin of the term boot camp?

Last Issue's Question:

When did the first flight of a TF-102A of the Hawaii Air National Guard's 199th Fighter-Interceptor Squadron occur?

Answer:

The first flight took place on Jan. 21, 1961. In May, the new aircraft replaced the old F-86s on alert status.