

Kunia Gallos shuts out 352nd Network Warfare SQUADRON

Story and photos by
Randy Dela Cruz

Sports Editor

Perennial Navy Intramural Soccer League powerhouse Kunia Gallos appeared to be as strong as ever in trouncing Hickam's 352nd Network Warfare Squadron (352 NWS), 6-0, in a season-opening Gold Division game of the 2011 Intramural Soccer League at Ward Field, Joint Base Pearl Harbor-Hickam on March 12.

This is the first Morale, Welfare and Recreation (MWR) intramural sports season that will intermingle both Navy and Air Force teams in friendly competition on base during the regular season.

Against the 352 NWS, the Gallos seemed to be in midseason form, as the joint-command team raced out to an early 2-0 lead on goals by Senior Airman Matt Frengs and Army Staff Sgt. Zac Cianciosi before going on to the lopsided victory.

"We just had a lot of players in the right spot at the right time," Cianciosi said who, along with Frengs, scored two goals in the game. "If we keep to the field spread wide open, it opens up a lot of space in the middle and wings, so it gives us a lot of options."

During the game, the Gallos created many matchup problems for the 352 NWS and was able to exploit their opponent's defense with their quickness and solid passing game.

Airman 1st Class Christopher Perez, 352 NWS goalkeeper, said that an incident in the early moments of the game crippled his team's ability to keep pace with Kunia.

"In the first five minutes, we lost a player

so we were down a player the whole game," Perez said. "So it was much easier for them to control the ball and pace of the game."

The situation seemed to open gaps in the 352 NWS defense, which even allowed Kunia's goalkeeper Army Spc. Noe Soltero to score on a long kick that got past Perez and into the goal.

"Our guy was beat, so their guy was going to get to the ball first," Perez noted. "So I ran up to try beat him to the ball and it just bounced straight up and over my head."

Later in the second half, Senior Airman Tom Mrozovich added a goal to round out the scoring for Kunia.

Although Perez claimed that his team's player shortage was a big reason for its defeat, Kunia midfielder Cryptologic Technician (Interpretive) 1st Class Steven Bloom said that he didn't think it made much of a difference.

Bloom, who has been a member for the Gallos for six seasons, said the defense of the 352 NWS just appeared to be out of sync.

"I don't think it (missing a player) was that big," Bloom said. "They weren't attacking at all. They gave us a lot of space. I think they played hard, but their effort was in the wrong area. They left us wide open on the perimeter, so we could work the ball."

While the Gallos dominated the 352 NWS, Bloom, who played on Kunia's championship team two years ago, said he still feels that the Gallos have a way to go before they can be compared with previous squads.

"This is the first time we all got together," Bloom pointed out. "Most of us don't even know each other. We've lost some pretty good guys, but the potential is there. We got two good forwards, a good

goalkeeper and we should have a solid defense in the middle of the field. And out on the wings, we got quality players. As long as we keep getting our guys to come out and no one gets hurt, we should be even better than we were last year," he said.

As for the added competition versus teams from Hickam, Bloom said that he welcomes the change and is looking forward to future matchups against the Air Force.

"It's been different," Bloom admitted. "I've been here for six years and pretty much know everyone. It was like, 'OK, we'll be playing against this ship or that sub.' Now we're playing against some numbers like, who is the 352nd? It actually makes more fun because more teams are involved."



NIOC #1 pulls away from Nasty Pac

Story and photo by
Randy Dela Cruz

Sports Editor

Navy Information Operations Command (NIOC) Hawaii #1 used two late rallies to fight off and defeat Naval Submarine Training Center Pacific (Nasty Pac), 60-46, in an Ashore Intramural Basketball League game at Bloch Arena, Joint Base Pearl Harbor, on March 14.

In the second half, NIOC #1 took first double-digit lead at 32-21 on a basket by Cryptologic Technician (Technical) 2nd Class Ronald Mims with 15:01 remaining in the game, but Nasty Pac came back to cut the lead down to three. NIOC #1, however, rallied again to outdistance from its challengers.

"We can't lose a game," guard Cryptologic Technician (Networks) 3rd Class Reauthtie Yun said about NIOC #1, which is in a dogfight for the league's fourth and final playoff spot. "We weren't too worried. We knew we could beat them (Nasty Pac). We just had to do it."

NIOC #1 got off to a slow start, but was able to catch Nasty Pac at 16-16 on a basket by Mims, who also put his team ahead when he connected on a 3-pointer on the squad's next trip down the court.

Later in the second



half, NIOC #1 built up a 13-point lead, but Nasty Pac cut the deficit down to five at 43-38 on consecutive 3-pointers by Machinist's Mate 1st Class Kalani Eli at the 7:30 mark.

"Our outside shooting definitely kept us in the game," Nasty Pac guard Fire Control Technician 1st Class Casey Pegram said about his team's perimeter game, which produced six treys in the second half and seven overall.

Eli added two free throws to bring Nasty Pac to within four a 46-42, but a layup by Yun and back-to-back baskets by Equipment Operator 3rd Class Elijah Godbold put NIOC #1 back up by 10 with 2:14 on the clock.

Godbold was especially tough in the closing minutes, as the NIOC #1 forward used his height and quickness to score 19 of his game-high 23 points in the second half.

"Bad decision making, not knowing where we're at and fatigue," Pegram

Navy Information Operations Command (NIOC) Hawaii #1 forward, Equipment Operator 3rd Class Elijah Godbold, goes up for a dunk in an Ashore Intramural Basketball League game against Naval Submarine Training Center Pacific (Nasty Pac) at Bloch Arena, Joint Base Pearl Harbor-Hickam on March 14. Godbold scored 23 points to lead NIOC #1 past Nasty Pac, 60-46.

said, who led Nasty Pac with 15 points, about the team's second-half collapse. "We had six guys and they had 14. That played a big role."

Yun said that he was surprised at how well Nasty Pac, which has only one win this season, played and complimented the team on its excellent outside game.

"They were making really hard 3-pointers out there," Yun said. "Everyone was in their face, but somehow, every shot was a swish."

The strategy to counter Nasty Pac's shooting, Yun said, was to stop Pegram and put as much pressure on the team's other shooters, while freeing up the NIOC #1 big men to run and attack the lanes.

"We boxed and one their best shooter and we stressed the rest of the players," Yun explained. "Then we had our big men run the court."

Yun, who scored eight points and led the team's attack from the point, said that with only a couple of games remaining in the regular season, NIOC #1 should do well if make it into the playoffs.

"All of us are pretty well-rounded," he said. "We got tall, fast people, play good defense and we try to play hard all the time. We just need a little more chemistry. Everybody just needs to talk and come together and play as a team."

Fighting for possession of the ball



U.S. Marine Corps photo by Cpl. Reece E. Loddler

Guard Chandler Boyd, Hawaii Marines, struggles with Joint Base Pearl Harbor-Hickam's Senior Airman Ronald Mosley of 647th Security Force Squadron for possession of the basketball at the Semper Fit Gym on March 9. After winning the game 48-42, the Hawaii Marines faced the Army team in the championship game the following day. Army Team 1 defeated the Hawaii Marines 54-46. The inter-service tournament included teams from each branch of service.

Base picnic planned for March 24

A base picnic will be held from 11 a.m. to 1:30 p.m. March 24 at Ward Field.

After a base-wide cleanup, join Morale, Welfare and Recreation (MWR) for a picnic with hamburgers and hot dogs. The event is free for all patrons.

For more information, visit www.greatlifehawaii.com or call 473-0787.

Lake Erie squeezes past Crommelin

Story and photo by Randy Dela Cruz

Sports Editor

USS Lake Erie (CG 70) point guard Engineman Fireman Timothy Dowdy's free throw with four seconds remaining on the clock helped his team gain a thrilling 32-31 victory over USS Crommelin (FFG 37) in an Afloat Intramural Basketball League game at Bloch Arena, Joint Base Pearl Harbor-Hickam, March 12.

Dowdy's clutch free throw came moments after Crommelin forward Gas Turbine System Fireman (Mechanical) Fireman Martin Houston missed two shots from the charity stripe that would have put the Crommelin ahead.

"I've got to hit this," Dowdy said he told himself as he approached the line with the game in balance. "I didn't want to lose this. It was a relief. It's not an impressive win, but we pulled it out."

The loss may have devastating consequences for Crommelin's hope for a spot in the playoffs, as the defeat dropped their league record down to 4-5.

With the inclusion of Hickam into the playoff mix, Houston said that the defeat might have been the final dagger in his team's quest to secure its place in the post-season.

"It's tough because this year they changed the playoffs, so we got four teams from this league and four teams from the Ashore League," Houston said, who helped Crommelin reach the final four last season. "I knew that we had to win out to make the playoffs, so to lose to them



like this is hard."

In the first half, it appeared as though Lake Erie's inside game was going to take its toll on Crommelin, as the team, behind the strong effort of center Seaman Erieck Ausbey, got out to an 8-4 lead.

However, playing with a sense of urgency, Crommelin stormed back and took the lead at 12-10 on back-to-back 3-point shots from guard Engineman 3rd Class (SW) Tomas Barnes with 6:35 remaining in the first half.

Lake Erie came back to tie the game at 14-14 on a basket by Gas Turbine System (Mechanical) Fireman Brandon Reed, but Barnes sank his third 3-pointer of the half at the buzzer to give Crommelin a 19-16 lead going into the break.

The second half turned out to be just as tight as the first with both teams fighting to stay ahead.

A layup by Ausbey put Lake Erie out in front at 26-25 with 10:32 left in the game, but two free throws by Houston at the 3:48 mark reclaimed the lead for Crommelin at 29-28.

Then with the score tied at 31-31, Houston was fouled while driving to the basket. But the Crommelin

USS Crommelin (FFG 37) Gas Turbine System (Mechanical) Fireman Martin Houston goes up for a shot against USS Lake Erie (CG 70) center Seaman Erieck Ausbey during an Afloat Intramural Basketball League game at Bloch Arena, Joint Base Pearl Harbor-Hickam on March 12. Lake Erie defeated Crommelin, 32-21, to remain as the only unbeaten intramural basketball team on base.

sharpshooter's free throws just wouldn't stay down — opening the door for Dowdy's game winner.

"I was just trying to drive it down low, trying to draw the foul," Houston said about going to the free-throw line. "They were playing a zone and we weren't hitting our threes, so we had to drive it to try and break it."

Ship's Serviceman 1st Class Anthony Luter, head coach of Lake Erie, pointed out that the team might have entered the game a bit rusty.

"With the guys being out to sea, our practice time is different, so we haven't been able to practice for the last two weeks," he said. "No excuses. We just got out of our game plan. We had almost five minutes when we didn't play our game at all."

Luter said that while the strategy was to keep feeding the ball to Lake Erie's twin towers of Ausbey and Reed, the team lost its focus and began putting up shots from the perimeter.

"As a coach, I need to reel the players in," Luter said. "All you can do is play your game. It's my responsibility to get them in."

Although Luter admitted that the game was tougher than he expected, he believes that the challenge posed by Crommelin would go a long way toward making Lake Erie a better team as it prepares for the playoffs.

"It's always good to have these types of games because these types of games build character," said Luter, who saw Lake Erie raise its unbeaten record to 9-0. "This was a growing game and that's what you need."

Security Forces Squadron relish role as spoilers

Story and photo by Randy Dela Cruz

Sports Editor

The 647th Security Forces Squadron's (647 SFS) may have spoiled their chances of reaching the playoffs with their slow start in the first half of the season, but the team's recent tough play just might cause a few other teams to miss the big dance as well.

With only two games remaining in the regular season, the Hickam Intramural Basketball League's Tuesday-Thursday Division saw a backlog of four teams vying for the final two spots in the postseason.

On March 15, the 647 SFS won their fifth game against nine defeats by beating the 15th Operations Group Intelligence (15 OGI), one of the playoff hopefuls, 52-37, at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam.

"We would rather be in the hunt for the playoffs, but we want to win out," said 647 SFS head coach Reggie Brunner, a retired master sergeant. "They're fighting for the playoffs and we're not, but we're glad we beat them."

Although the 15 OGI led throughout the first half, the team's advantage was never more than four points. A basket by Air Force spouse Tim Young just before the half gave the 15 OGI a slim 17-15 lead at the break.



Senior Airman Ronald Mosley of 647th Security Forces Squadron (647 SFS) goes up to the cup to lay in two of his team-high 13 points against the 15th Operations Group Intelligence (15 OGI) at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam on March 15.

In the second half, Young, who led his team with 15 points, came out on fire and quickly deposited a 3-pointer and another basket to help the 15 OGI increase its lead.

However, the 647 SFS fought back and tied the score at 22-22 on a free throw from Senior Airman Damien Antoine at the 12:58 mark.

Three minutes later, Antoine, who scored 11 of his 12 points in the second half, powered his way up for a dunk to increase his team's lead to 26-23.

The slam seemed to energize the defense and inside play of the 647 SFS, as the team outscored the 15 OGI, 12-3, to take a commanding nine point lead at 34-25 with only 5:40 remaining in the game.

"We tightened it up on defense," Brunner explained about the team explosive run. "Our men weren't so spread out, so they couldn't penetrate. We tested their shooters. If they got shooters, we would have changed out defense, but they weren't hitting their shots."

Staff Sgt. Marshall Black, a guard for the 15 OGI, said that with only six total players, he and his teammates were hard pressed to keep up with the 647 SFS in the second half.

"We started off strong, but with the limited amount of players we got, it's kind of hard to upkeep the strength and stamina. Being outnumbered by double, it

helped the other team sub in and keep on running," Black said.

Still, back-to-back treys by Air Force spouse Paul Bonzi and Black helped the 15 OGI creep back to within three points at 40-37 with just over two minutes left to play.

But the comeback, Black said, was curtailed by fatigue, as the 647 SFS took advantage of their worn out foe and stepped up their inside play to gain the double-figure win.

"We kind of got motivated and got it close, but I think all that running just got us tired," Black said.

While the loss put a damper in the 15 OGI's playoff hopes, Black said he still believes that the team will be one of the division's four representatives in the postseason.

The defeat, Black stated, only delays what he and he rest of the team expect to accomplish.

"We're actually in a good place," he said. "Even losing this one, we're still tied for third. We tried to seal our fate and grab second place, but that didn't work out."

Meanwhile, Brunner said that he was proud of the way his guys still come to play, despite being left off of the post-season bracket.

The 647 SFS finished the first half of the season with a 1-7 record, but with the win over the 15 OGI, the team improved its second half mark to 4-2.

"These guys are coachable, they're listening, they're not arguing and are doing what they need to do as a team," Brunner said. "We're just playing it out and our guys have a good attitude about it. They're good sportsmen no matter what."

Navy receives Oahu drinking water chromium VI sampling results

NAVFAC Hawaii Public Affairs Office

In response to consumer concerns, the Navy conducted total chromium and hexavalent chromium, or chromium VI, tests on four of its Oahu water distribution systems in February and has received similar results to those obtained by the Honolulu Board of Water Supply's (BWS) tests.

Seventeen samples were collected from water systems at Joint Base Pearl Harbor-Hickam, Wahiawa, Lualualei and Barbers Point. Laboratory results detected trace levels of chromium VI in all samples.

"These trace concentrations are all significantly below the current U.S. Environmental Protection Agency (EPA) and state of Hawaii Department of Health's (DOH) regulatory limit of 100 parts per billion (ppb) for total chromium in drinking water, including hexavalent chromium," said Aaron Poentis, Naval Facilities Engineering Command (NAVFAC) Hawaii environmental business line leader and Navy



U.S. Navy photo by Randy Kawamura

An employee of Naval Facilities Engineering Command (NAVFAC) Hawaii shows how a water sample is drawn, similar to those that were taken from various Navy water systems on Oahu and tested for total chromium and chromium VI.

Region Hawaii, environmental program director. "The detected hexavalent chromium concentrations are similar to those found in recently collected samples from the county of Honolulu water system."

NAVFAC Hawaii owns and operates six water systems: Joint Base Pearl Harbor-Hickam, Barbers Point, Camp Stover, Naval Magazine Lualualei, Naval Computer and Telecommunications Area Master Station Pacific, and Pacific Missile Range Facility (PMRF), Kauai. As a drinking water provider, the command is required to sample for total chromium in drinking water every three years and results are provided in annual water quality reports, which are distributed in the June/July timeframe.

In December 2010, national and local media reported that hexavalent chromium (chromium VI), part of total chromium, was found in many drinking water systems throughout the U.S. Media reports were based on an environmental working

group (EWG) study.

"We want to reassure consumers that water provided to you by the Navy meets all federal and state requirements and is safe to drink," Poentis said. "We support state and federal regulators who set water quality standards for drinking water based on good science with consideration for available technology and cost."

NAVFAC Hawaii will submit recent total chromium and hexavalent chromium results to the Hawaii Department of Health for their use in continuing to review, and if necessary, develop new chromium standards.

The Navy's total chromium results ranged between non-detectable levels (<1.0 parts per billion (ppb)) and 4.9 ppb, and are consistent with levels found during routine regulatory monitoring. Hexavalent chromium results, ranging between 0.41 ppb and 2.1 ppb, are similar to results found by the Honolulu Board of Water Supply from other locations on Oahu, and are within the expected range of natural

occurrence for Hawaii.

"NAVFAC Hawaii is committed to providing you safe drinking water," Poentis said. "We will continue to monitor your drinking water for regulated contaminants and provide an annual water quality report as required."

For Pacific Missile Range Facility, Kauai water users, NAVFAC Hawaii plans on testing for total chromium and chromium VI in the near future. No unusual results are expected for these water samples. For Camp Stover water users, drinking water comes from the BWS's ground water wells: Wahiawa Wells I P-1, P-2 and P-3, and Wahiawa Well II P-1. Check the BWS website at www.hbws.org for updated information on their sampling results.

The 2010 water quality reports are currently available on NAVFAC Hawaii's public website at <http://bit.ly/NFHHawaiiNews>. The 2011 water quality reports will be available by July 1.

For more information, call NAVFAC Hawaii Public Affairs Office at 471-7300.

Joint base dental clinics visit local schools

Brister Thomas

Contributing Writer

In observance of February as National Children's Dental Health Month, personnel from the dental clinics at Joint Base Pearl Harbor-Hickam visited the following schools: Hickam Elementary, Nimitz Elementary, Mokulele Elementary and Child Development Center West, educating approximately 1,100 students on the importance of good oral hygiene.

"Students interacted with dentists, hygienists and assistants learning about their teeth and how to take care of them. Additionally, they received a goody bag with toothbrush, floss, toothpaste, activity book and stickers," said Maj. Amy Aston-Lassiter, a Hickam dentist.

Every year dentists from Hickam clinic visit schools to educate students on the benefits of proper tooth care. Senior Airman Sarah Nicholas explained, "Good nutrition is vital for your child's dental health. Foods that contain sugars, natural or processed, are often the culprit behind children's dental problems."

According to the American Dental Association (ADA), "Developing good habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums." The ADA recommends that the first visit to the dentist should be "when the first tooth comes



Photo courtesy of Hickam Dental Clinic

Kate Hansen, a second grader from Nimitz Elementary, is learning good flossing technique from registered dental hygienist (RDA) Susan Tateishi during a recent visit from the Air Force and Navy dental clinics.

in," usually between six and 12 months of age.

Snacking is one of the

major causes of cavities in children, according to the ADA. A notice from Hickam

Dental Clinic advises that if you allow your child to have snacks, the advice is to give

preference to nutritious foods low in sugar, such as cheese, yogurt and raw vegetables. The best thirst-quencher for your child is water, not soft drinks, which may contain up to 12 teaspoons of sugar per can.

The Hickam Dental Clinic reminds patients of all ages that, "Sodas and candy are most commonly associated with tooth decay, but remember that other foods containing sugars or starches can be just as destructive to your teeth. The good news is you do not need to completely eliminate all of these foods from your diet. Occasional sweet treats balanced with timely and effective brushing and flossing will help prevent cavity formation."

Aston-Lassiter also pointed out that there is a sweet substance called xylitol that recent research is discovering may be linked to higher cavity prevention than fluoride. Xylitol is a sugar alcohol and is all natural, found in trees, many fruits, vegetables and is produced by the human liver.

"To be most effective, xylitol should be used multiple times a day, the frequency is more important than quantity. It is recommended that 6-10 grams be consumed per day.

This is equivalent of three to five servings," she explained.

Xylitol can be found in some chewing gum, mints,

candy, toothpastes, mouthwashes, and even in granular form. When purchasing products with xylitol, look for it to be listed as the first ingredient this will ensure that the product is primarily sweetened with xylitol and help you receive the maximum benefit," said Aston-Lassiter said.

Senior Airman Heather Kurak from Hickam Dental Clinic, also recommended the use of sealants for children, based on research by the ADA. "A child's dental health in children is very important especially when the permanent teeth are coming in and their baby, or primary, teeth are coming out," Kurak said.

As the permanent teeth begin to erupt into the mouth, the newly formed molars and premolars often possess deep pits and grooves that are part of normal tooth anatomy, but can make the tooth susceptible to decay," Kurak said.

Kurak reminded parents, "Annual or bi-annual visits to the dentist are essential for every child, not just for routine care, but also for preventive care."

"Education is essential for all children to understand and exercise the habits of good oral hygiene. If the proper care is taken and your child is educated early on how to take care of their teeth, it can make their smile last a lifetime," Kurak said.

Mock deployment for families planned for March 23

Operation "Hele On" For Families will be held from 5 to 7 p.m. March 23 at building 2115 at Joint Base Pearl Harbor-Hickam.

The event is especially for the families of deployed/remote Airmen and individual augmentee (IA) Sailors.

It is a "mock deployment" for families. They will experience firsthand what their Sailor/Airman may go through as they prepare to be an IA or AF deployed.

Events include a mobility processing line and bag drag, deployment briefing, dinner and more.

Call 474-1999 or 449-0300, preferably by March 18, to reserve your spot.

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

FORD ISLAND BRIDGE RUN ENTRY DEADLINE

Sign up by March 21 for early entry fees for the Ford Island Bridge Run April 2. Cost for early registration is \$20 for military and \$25 for non-military. Late entry fee (March 22-April 1) for the 10K run will be \$30 per person. Packet pickup will take place at Rainbow Bay Marina on March 26. T-shirts for late entries will be based on availability. No entries will be accepted on race day. FMI: 473-0784, 473-2494 or 473-2437.

ARTS AND CRAFT CENTER ANNUAL OPEN HOUSE

Hickam Arts and Crafts Center is hosting its annual open house from 10 a.m. to 2 p.m. Saturday. Demonstrations from expert instructors and light refreshments will be included. Craft vendors will be on hand. There is no cost to attend this event. FMI: 448-9907.

PRIMARY GROUP EXERCISE NATIONAL CERTIFICATION

Hickam Fitness Center is sponsoring the primary group exercise national certification from 9 a.m. to 6 p.m. March 19. This certification course is for individuals who want to become a group exercise instructor. Cost is \$299 per person and \$85 if attending for five CEU's. FMI: www.afa.com or 1-800-923-2346.

SECRET ISLAND AND BBQ

Spend Saturday surfing, kayaking and fishing. The event is for single service members only. Cost is \$10 per person. Depart Beeman Center 8 a.m., Instant Liberty at 8:15 a.m. and Airmen Center at 8:30 a.m. FMI: 473-2583.

FLOOR, CORE AND MORE

An introduction to powerful and effective alternatives to weight training will be held from 9 a.m. to 6 p.m. Sunday at the Hickam Fitness Center. This workshop is offered through the American Fitness Aerobics Association (five CEUs). The cost is \$129 per person. FMI: www.afa.com or call 1-800-923-2346.

For more information on events, visit www.greatlifeohawaii.com or www.hickamservices.com/

Community Calendar

March

18 ~ Marine Corps Community Services (MCCS), in partnership with the Joint Employment Management System (JEMS), will host the annual Marine Corps. Base Hawaii Job Fair from 9 a.m. to 12:30 p.m. in the Kahuna's Sports Bar & Grill Community Ballroom. FMI: 474-1999, ext. 6101.

Now through March 31

All military members are encouraged to participate in the online 2011 Hawaii COLA Living Pattern Survey (LPS). Completing the survey will identify your shopping habits, help accurately reflect the actual cost of living in Hawaii, and directly impact future COLA rates. The survey is available from now through March 31 at either <http://www.pacom.mil> or <https://community.apan.org/pop/>. FMI: 477-8121.

20 ~ YMCA Camp Erdman on the North Shore will hold a community day from 11 a.m. to 4 p.m. at 69-385 Farrington Highway, Waiialua. This free event is open to all military and civilians. FMI: 637-4615 or camperdman@ymcahonolulu.org.

21 ~ Celebrating "Women's History Month" in March, a recognition luncheon will be held from 11 a.m. to 12:30 p.m. at the Hickam Officers Club lanai. The cost is \$15.75 for club members and \$16.75 for non-members. There will be two guest speakers, Sharon Ferguson-Quick, executive director, Hawaii State Commission on the Status of Women, and Annabel Chotzen, an award-winning motivation speaker and communications expert. FMI: <http://bit.ly/dOqtDf> or call 449-1754 or 471-1627.

24 ~ In recognition of Women's History Month, the Hickam Federal Women's Program (FWP) will hold a "brown bag lunch" from 11 a.m. to noon at the Nellis Chapel Annex. During the lunch, the 60-minute documentary "Top Secret Rosies" will be shown at no cost. Seating is limited. FMI: 449-1556.

24 ~ The Partners in Care class will be offered at 11:30 a.m. at the Hickam Family Health Clinic for Hickam Prime patients. Participants in the class will be taught proper over-the-counter medicine administration. They will be able to then request up to four over-the-counter medicines from the Hickam Pharmacy per week. Classes are usually scheduled the fourth Thursday of the month. FMI: 448-6000.

Movie Showtimes



THE EAGLE (PG-13)

In Roman-ruled Britain, a young Roman soldier endeavors to honor his father's memory by finding his lost legion's golden emblem.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Country Strong (PG-13)

SATURDAY
2:30 PM Justin Bieber: Never Say Never (G)
4:45 PM Just Go With It (PG-13)
7:15 PM The Mechanic (R)

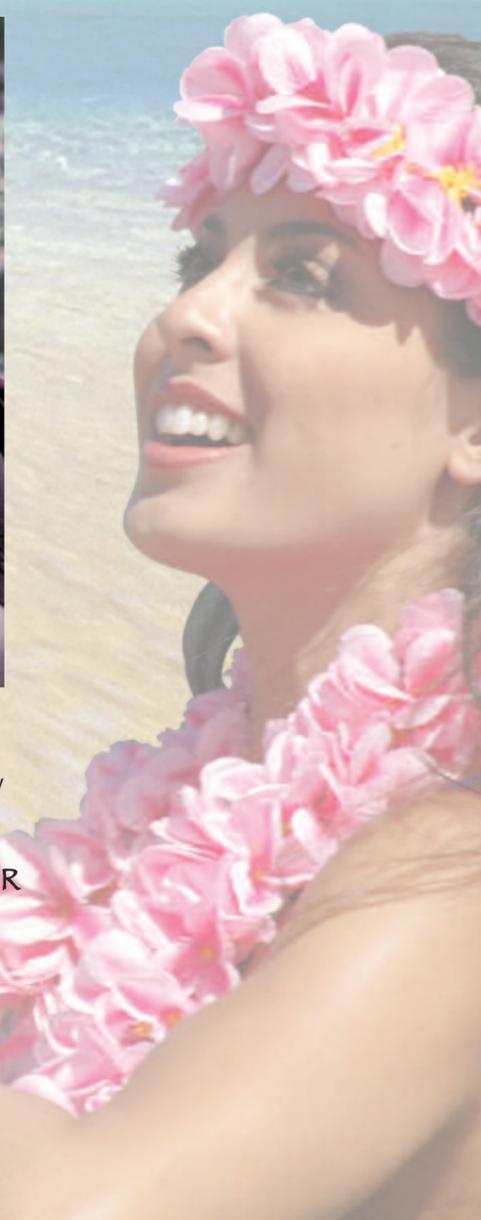
SUNDAY
2:30 PM Justin Bieber: Never Say Never (G)
4:45 PM The Eagle (PG-13)
7:00 PM The Rite (PG-13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Tangled (PG)
8:30 PM The Roommate (PG-13)

SATURDAY
4:00 PM Tron Legacy (PG)
7:00 PM The Eagle (PG-13)

SUNDAY
2:00 PM The Green Hornet (PG-13)





JOINT BASE *Sports* PEARL HARBOR-HICKAM



Machinist's Mate 1st Class Froylan Barrera glides past the defense and to the hoop for an easy two points against the Fleet Family Readiness Program (FFRP) Bad Boyz.



Air Force spouse Tim Young, a forward on the 15th Operations Group Intelligence (15 OGI), aims for a 3-pointer over the defense of 647th Security Forces Squadron guard Senior Airman Ronald Mosley.



(Above) USS Lake Erie (CG 70) Chief Operations Specialist Lateef Day floats up to the rack for a layup during an Afloat Intramural Basketball League game against USS Crommelin (FFG 37).

USS Lake Erie (CG 70) 6-5 center Seaman Erick Ausbey scores from the baseline against USS Crommelin (FFG 37).



(Above) Information Systems Technician 2nd Class Jack Noble goes up for a shot during a Hickam Intramural Basketball League game versus the 647th Logistics Readiness Squadron (647 LRS).



Join the tradition at April 2 Ford Island Bridge Run

Don Robbins
Assistant editor

The Ford Island Bridge Run will be held on at 7 a.m. on April 2 at Joint Base Pearl Harbor-Hickam.

For the past 13 years, the Ford Island Bridge Run has been one of the largest 10K runs on Oahu. Race walkers, leisure walkers, serious and recreational runners have participated in viewing the scenic and historical sights along the run.

The course is a 10K (6.2-mile) run, which will start at the entrance to Adm. Bernard "Chick" Clarey Bridge in front of Kamehameha Highway. Racers will cross the bridge onto historic Ford Island, and circle the island clockwise on a scenic flat perimeter course. They will run

back across the bridge to finish on Richardson Center Field across from the Aloha Stadium.

Limited free parking will be available at Rainbow Bay Marina, the site of packet pickup. Additional parking is available at the Aloha Stadium overflow parking lot across from the start/finish line.

Registration entry fee is \$20 for military or their family members, \$25 for nonmilitary. Entry deadline is March 21. Any entries postmarked after March 21 will be \$30. Late entries will be accepted until April 1. No entries will be accepted on race day. T-shirts for late entries will be based on availability and late entrants might not get a T-shirt.

The event is open to runners, walkers and people

with strollers. Strollers will line up at the back of the pack. No pets are allowed.

Packet pickup will be on March 26 from 8 a.m. to 4 p.m. at Rainbow Bay Marina building 610, located next to the Arizona Memorial Complex. All pre-registered entrants will receive a pre-race postcard. No packets will be issued without an ID or postcard. The race packet will include a race number and T-shirt.

Prizes will be awarded to first, second and third overall male and female military and nonmilitary finishers. First, second and third place prizes will be awarded in each age category.

For more information, call 473-0784, 473-2494 or 473-2437 or visit www.greatlifeohawaii.com

Joint Base Pearl Harbor-Hickam Chapel 2011 lent services scheduled

Stations of the Cross are offered at Pearl Harbor Memorial Chapel (PHMC) and Nelles Chapel at 6 p.m. March 25 and April 1, 8 and 15. Nellis Chapel services will be offered at 7 p.m. March 25 and April 1, 8 with living Stations of the Cross at 7 p.m. April 15 at Nellis Chapel.

Palm Sunday Services will be held at 8:45 a.m. April 17 at PHMC and a Passion service at 10:30 a.m. at Hickam Chapel Center (HCC).

Maundy Thursday Services will be held at 6 p.m. April 21 at PHMC (Catholic), 7:30 p.m. at PHMC (Protestant) and 7 p.m. at HCC (Catholic).

Good Friday is on April 22 and there will be Catholic and Protestant services. Catholic services will be held at 6 p.m. at

PHMC and 7 p.m. at HCC. Protestant services will be held at 7 p.m. at Nellis Chapel.

There will be two Catholic services on Easter Saturday on April 23. PHMC offers a service at 7:30 p.m. and HCC will have a 7 p.m. mass.

Easter Sunday is April 24 and Catholic Mass will be held at 9 a.m. at PHMC and 10:30 a.m. at HCC. Protestants will have an Easter Sunrise service at PHMC at 6:30 a.m. and a regular Easter worship at 11 a.m. HCC will have Easter Sunday services at 10:30 a.m.

For additional information and regular services and confession information, call PHMC at 473-3971, HCC 449-1754 or Nellis Chapel at 449-6562.

Exchange rewards those who 'made the grade'

Army and Air Force Exchange Service

According to the American Academy of Pediatrics, military children, especially those with deployed parents, face unique stresses that often result in higher rates of school absenteeism and failure.

Keeping these unique challenges in mind, the Army and Air Force Exchange Service established an exclusive educational rewards program that continues to receive high marks from students and parents alike.

Now in its 10th year, the "You Made the Grade" program recognizes students who achieve a "B" average or better with a benefits-filled booklet. Offers include a free Burger

King kids meal, Subway 6-inch combo, video rental and \$2 off any new release DVD at the Power Zone, to name a few.

Students who make the grade can also register for a drawing to win a savings bond worth up to \$5,000 by filling out and mailing an included entry form.

"It's simple; learning pays," said Brig. Gen. Francis Hendricks, the exchange's deputy commanding general. "Promoting the benefits of a good education is what makes this program so important to us and the community we serve. This effort represents an investment in our

nation's future."

To receive the "You Made the Grade" booklet, students simply present a valid military ID card and proof of an overall "B" or better average to their local exchange. Students may receive one coupon package for every qualifying report card, but may enter the savings bond drawing only once per calendar year.

Military families can contact their local exchange for more information about "You Made the Grade." Contact information is available through the "your exchange" link at www.shopmyexchange.com.



WHO SAID IT?

I think the girl who is able to earn her own living and pay her own way should be as happy as anybody on earth. The sense of independence and security is very sweet."

Last Week's

WHO SAID IT?



"Leadership: The art of getting someone else to do something you want done because he wants to do it."

Dwight D. Eisenhower

This Week's Trivia

Which American armed force admitted women to their flight program first, and when?

Last Issue's Question:
In many military-related movies and television shows, characters describe distances in terms of "clicks." How far is a click?

Answer:
Many people wonder what a "click" (also sometimes spelled "clik," "klik," or "clik") is. This term is shorthand/slang for a "kilometer."

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This Week in USAF and PACAF history

On March 19, 1910 Orville Wright opened the first Wright Flying School on a site at Montgomery, Ala. that later became Maxwell Air Force Base.

The 1st Aero Squadron (1 AS) on March 15, 1916 became the first U.S. aviation unit to engage in field operations. Equipped with eight Curtiss JN-3 aircraft, the 1 AS arrived in New Mexico to join the punitive expedition against Mexican revolutionary leader Pancho Villa. On March 16, Capt. Townsend Dodd, pilot, and Capt. Benjamin D. Foulois, observer and unit commander, flew over Mexico in the first American military reconnaissance flight over foreign territory. The 1 AS performed reconnaissance and communications missions in some of the worst weather and poorest conditions imaginable. By the end of April all eight airplanes had been destroyed.

On March 19, 1944, Operation Strangle began. Allied progress north through Italy was halted by German defenses at the "Gustav Line." The Allies tried an amphibious landing behind these defenses at Anzio, but this attack was also blocked. The Mediterranean Allied Air Forces (MAAF) drafted a plan to attack every enemy rail route and starve the German army of supplies. Operation Strangle differed from earlier air campaigns as the MAAF simultaneously targeted whole systems of bridges, yards, tunnels, and even open stretches of track. The German transport capacity was reduced from 80,000 to 4,000 tons per day delivered.

On March 20, 1944 As Operation Strangle began, Mount Vesuvius erupted and buried the Pompeii airdrome, the base of the 340th Bomb Group. Lava cinders destroyed or damaged some 88 B-25s in one of the worst single losses of aircraft in the war.

On March 18, 1945 About 1,250 U.S. bombers escorted by 670 fighters dropped 3,000 tons of bombs on Berlin. In numbers of bombers, this daylight mission was the largest air attack of the war.

The JCS on March 15, 1950, gave the USAF formal and exclusive responsibility for strategic guided missiles in a basic decision on the role and mission of guided missiles.

Northrop on March 17, 1961, delivered the first T-38 Talon jet trainer to ATC at Randolph AFB. Some 50,000 military pilots have trained on this aircraft. The USAF remains one of the few armed forces using dedicated supersonic final trainers. Upgrades and modifications should extend the T-38 service life to 2020.

On March 15, 1967, the Sikorsky HH-53B, the largest and fastest helicopter in the USAF inventory, made its first flight at Wright-Patterson AFB, Ohio. The HH-53 was the first helicopter specifically designed for combat search and rescue (CSAR) operations, and it succeeded the HH-3 Jolly Green Giant as the primary CSAR asset in Vietnam.

McDonnell-Douglas on March 17, 1981 delivered the first KC-10A Extender tanker/cargo aircraft to Strategic Air Command. Substantially larger than the KC-135, the Extender could carry more fuel and cargo and could refuel more types of aircraft, including other KC-10s.

From March 15-28, 1983, in regard to U.S. Air Force anti-ship capability, three AGM-84 Harpoon missiles were

launched from a B-52 at the Pacific Missile Test Range on Kwajalein Atoll. The Harpoon is an all-weather, over-the-horizon, anti-ship missile. Its low-level, sea-skimming cruise trajectory, active radar guidance and warhead design assure high survivability and effectiveness. Fitted with eight AGM-84Ds externally and U.S. Navy sea mines internally, the B-52H bomber becomes a long-range, rapid response platform for sea control and area denial.

On March 14, 1988 E-Systems Inc. unveiled the new MC-130H Combat Talon II special operations airlifter. This aircraft is designed to infiltrate/exfiltrate troops and resupply them behind enemy lines. Its navigation and terrain-avoidance systems allow the aircraft to fly as low as 250 feet at night and in adverse weather and to locate unmarked zones with pinpoint accuracy. The tail was strengthened to allow high speed/low-signature airdrop. The aircraft is

also equipped with aerial refueling pods to provide in-flight refueling of SOF and CSAR helicopters.

The first operational CV-22 Osprey was delivered on March 20, 2006 to the 58th Special Operations Wing (58th SOW) at Kirtland AFB, New Mexico. This and subsequent aircraft became part of the 58th SOW's fleet of aircraft used for training CV-22 aircrews.

The V-22 Osprey is a tilt-rotor vertical/short takeoff and landing (VSTOL), multi-mission aircraft developed to fill multi-service combat operational requirements. The Air Force variant, the CV-22, will replace MH-53J and MH-60G helicopters and augment the MC-130 fleet in the long-range insertion and extraction mission. The tilt-rotor design combines the vertical flight capabilities of a helicopter with the speed and range of a turboprop airplane and permits aerial refueling and worldwide self deployment.

Reintegration Family Camp scheduled

KiKi Yoshimoto

Hawaii OMK project coordinator

Hawaii Operation: Military Kids (OMK), in collaboration with the YMCA of Honolulu Camp Erdman, will be hosting a Reintegration Family Camp open to all military families whose service member has returned from a deployment in the past year. It is required that the service members attend camp with their children.

Reintegration can be a very stressful time for the entire family unit. OMK wants to help these families during this time by providing experiences to help them reconnect while building community capacity and networks of support.

This family camp, which is open to youth and their families from all branches of service, will be held from April 8-10 at Camp Erdman on the north shore of Oahu. Some of the site's recreational activities include hiking, odyssey and ropes



Photo credit

Cutline

course, swimming, archery, giant swing and kayaking.

Camp Erdman is a full residential facility that provides all meals and lodging. OMK supports most of the costs for camp. Each camp participant is responsible for a modest fee. The OMK coordinator encourage neighbor island families who qualify for the camp to

attend, because airfare will be at no charge. Those interested in participating in the weekend can visit the Hawaii OMK website at <http://www.ctahr.hawaii.edu/4h/OMK> for information and applications. All other inquiries can be directed to KiKi Yoshimoto at omk@ctahr.hawaii.edu or 956-4125.