

Women's History Month

'Our History Is Our Strength'

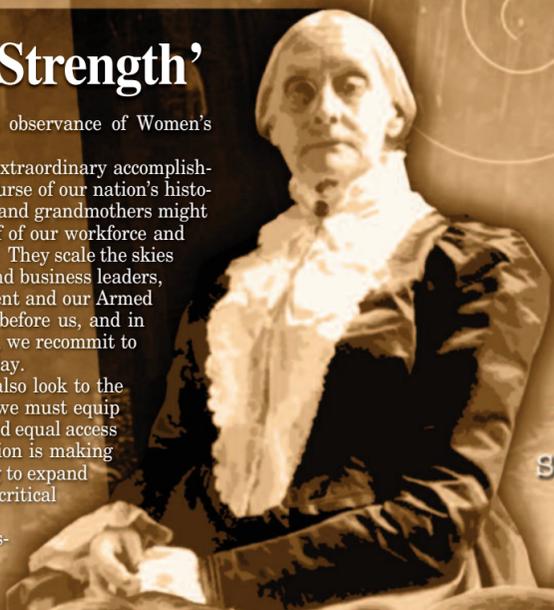
In an excerpt from a presidential proclamation in observance of Women's History Month 2011, President Barack Obama said:

"During Women's History Month, we reflect on the extraordinary accomplishments of women and honor their role in shaping the course of our nation's history. Today, women have reached heights their mothers and grandmothers might only have imagined. Women now comprise nearly half of our workforce and the majority of students in our colleges and universities. They scale the skies as astronauts, expand our economy as entrepreneurs and business leaders, and serve our country at the highest levels of government and our Armed Forces. In honor of the pioneering women who came before us, and in recognition of those who will come after us, this month, we recommit to erasing the remaining inequities facing women in our day.

As we reflect on the triumphs of the past, we must also look to the limitless potential that lies ahead. To win the future, we must equip the young women of today with the knowledge, skills, and equal access to reach for the promise of tomorrow. My administration is making unprecedented investments in education and is working to expand opportunities for women and girls in the STEM fields critical for growth in the 21st century economy.

As we prepare to write the next chapter of women's history, let us resolve to build on the progress won by the trailblazers of the past. We must carry forward the work of the women who came before us and ensure our daughters have no limits on their dreams, no obstacles to their achievements, and no remaining ceilings to shatter."

(Visit the Library of Congress website at <http://womenshistorymonth.gov> for more information about Women's History Month and notable women.)



Susan B. Anthony



Hillary Clinton



Helen Keller



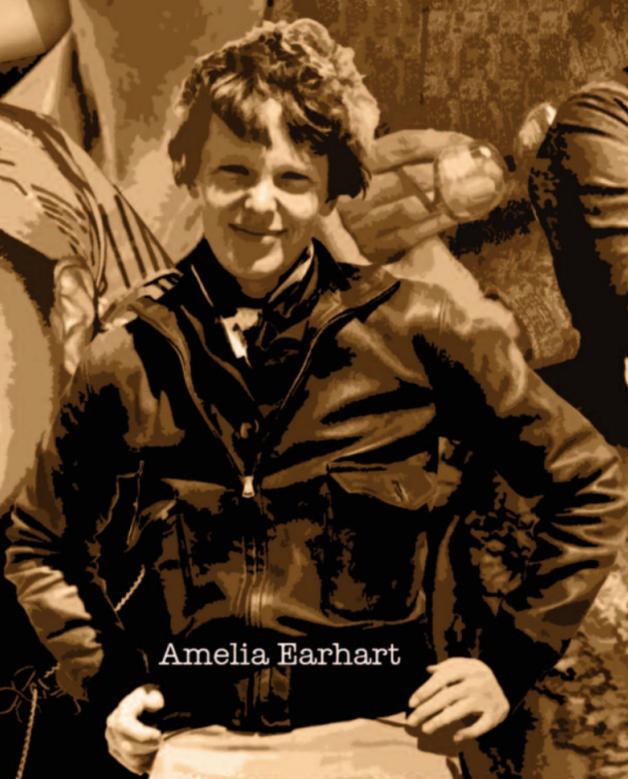
Geraldine Ferraro



Rosa Parks



Victoria Woodhull



Amelia Earhart



Maya Angelou

Window on Pearl Harbor-Hickam



Karen S. Spangler

Managing Editor

When you think about the many women who have made contributions to the history of the military, our country and our world, where do you even begin?

Reflecting back on the presidential campaign of 2008, Hillary Clinton shattered the glass ceiling when she ran a strong campaign in her bid for the Democratic nod for the presidency. Although Clinton was defeated, she holds one of the most powerful positions in the country today as the secretary of state.

However, she was not the first woman to aspire to the high offices of the presidency/vice-presidency. In 1984, presidential candidate Walter Mondale selected Geraldine Ferraro as his running mate. The Mondale-Ferraro ticket was defeated by incumbent President Ronald Reagan and Vice President George H.W. Bush.

But did you know that back in 1870, Victoria Woodhull became the first woman to run for the presidency? Rather a controversial figure for her time, Victoria lost the election which she ran against Grover Cleveland and incumbent President Benjamin Harrison.

Where would women be today without the determination and efforts of Susan B. Anthony, the Napoleon of the women's suffrage movement? Without Clara Barton, would there be a Red Cross? And where would the Girl Scouts be without Juliette Low?

Through the decades, women have marched across the pages of history, making contributions in politics, the arts, education and medicine that have changed the world in which we live.

Many of their accomplishments have occurred thousands of feet above the earth. Amelia Earhart was a pioneer for women and aviation, noted for her solo flights. Amelia and her co-pilot, Fred

Noonan, disappeared on a flight from New Guinea to Howland Island in the Pacific in July 1937.

Lt. Barbara Allen Rainey earned her wings and became the first female U.S. naval aviator in 1974.

Capt. Sunita Williams, a naval aviator and NASA astronaut, conquered space in 2007 when she set the record for the longest uninterrupted space flight by a female astronaut.

During World War II, a group of young women became pioneers in the aviation industry by forming what was known as the Women Airforce Service Pilots or WASPs.

Those women are now looked upon by many people as heroes and role models because they were the first women in history trained to fly American military aircraft. Because of the WASP services, several thousand of their male counterparts were freed for combat operations.

Maj. Gen. Jeanne Holm, at one time director of the Women in the Air Force

(WAF), was the first female one-star general in the Air Force and the first two-star female general in the armed forces. She was promoted to brigadier general July 16, 1971, the first female Airman to be appointed in this grade. She was promoted to the grade of major general effective June 1, 1973, with date of rank July 1, 1970 - the first woman in the armed forces to serve in that grade.

Betty Gillies was the first woman pilot to qualify for the Women's Auxiliary Ferrying Squadron and Sgt. Vanessa Sheffield became a C-130 Hercules maintainer back in the '70s when there weren't many women in the maintenance career field.

Capt. Joy Bright Hancock, a veteran of two world wars and director of the Women Accepted for Volunteer Emergency Service (WAVES) from 1946 to 1953, played a significant role in the passage of the Women's Armed Service Integration Act.

Cmdr. Elizabeth Barrett

became the first female line officer to hold command in a combat zone in 1972 when she became commanding officer of the Naval Advisory Group in Saigon. Lt. Cmdr. Darlene Iskra became the first woman to command a Navy ship in 1990 and in 1998, Cmdr. Maureen A. Farren became the Navy's first female combatant ship commander.

Ships have been named after notable women in history and for esteemed Navy women. The first warship named for a woman by the USN and the first USN ship so named to take part in combat operations was USS Higbee (DD 806) in 1945, named for Lenah S. Higbee, superintendent of the Navy Nurse Corps during 1911-1922.

The guided missile destroyer, USS Hopper (DDG 70) "Amazing Grace" was commissioned on Jan. 6, 1996 at Bath Ironworks in Bath, Maine. Hopper, homeported at Joint Base Pearl Harbor-Hickam, Hawaii was named after Rear Adm.

Grace Murray Hopper who was one of the pioneering spirits in the field of computer technology, and led the Navy into the computer age. This is only the first time since World War II and the second time in the Navy's history that a warship has been named for a woman from the Navy's own ranks.

Women were first assigned to some non-combatant ships in 1978 and in 1994, their service was expanded to include combatant ships. In 2010, the Navy announced a policy change that would allow women to serve on submarines.

The accomplishments of women throughout history have opened doors, broken barriers and ushered in opportunities for not only women, but everyone.

We celebrate the contributions they have made and are thankful for them.

And we know that the women of today and the future will continue to shatter those glass ceilings and make the world a better place.

Pearl Harbor Futbol Club blanks Air Mobility Squadron

Story and photo by Randy Dela Cruz

Sports Editor

The Pearl Harbor Futbol Club (PHFC) scored its second straight victory of the young season by running past the 735th Air Mobility Squadron (735 AMS), 4-0, in a Soccer Intramural League Gold Division game at Ward Field, Joint Base Pearl Harbor-Hickam on March 19.

Pearl Harbor, which competed as Shipyard in last year's summer soccer league, got goals from Department of Defense (DoD) employee Moussa Niang and Hospital Corpsman Karamoh Sesay to take a 2-0 lead at half-time, before closing out the win with tallies from DoD civilians, Nate Hogue and Jason Nakakura.

"Last year, our team was really good, but I think we'll be better," said Sesay, who helped Shipyard to the summer league's championship final. "We practice every Tuesday and Thursday from 3-6 p.m. and I think we have a good team."

Against the 735 AMS, PHFC broke out to a quick lead on Niang's boot to the right corner of the goal.

Niang got the ball near midfield then drove the ball straight up the middle, past the collapsing defense of the 735, before delivering his scoring kick.

Minutes later, Sesay added the team's second goal on a similar play



Pearl Harbor Futbol Club (PHFC) striker Moussa Niang, a Department of Defense (DoD) employee, boots the ball downfield as 735th Air Mobility Squadron (735 AMS) Tech. Sgt. Brandon Durden tries to defend in a Soccer Intramural League Gold Division game at Ward Field, Joint Base Pearl Harbor-Hickam on March 19. The PHFC shut out the 735 AMS, 4-0, to raise their league record to 2-0.

down the heart of the 735 AMS defense.

"As a striker, I have to run and keep pushing," Sesay noted. "I saw that the keeper was coming, so I just kicked the ball. When you see the goalkeeper coming at you, you have to make sure that you kick the ball on his opposite side."

While most of the second half was a defensive battle between the two adversaries, Hogue sealed Pearl Harbor's win with a late goal on a kick from the right wing.

The team got its final score on a play that might have ricocheted off a 735 AMS player and into the net.

As PHFC completed a corner kick on the left sideline, the ball zoomed ahead toward the left goal post, where Nakakura dashed to meet the pass.

Instead, the ball appeared to be cut off by 735 AMS Tech. Sgt. Brandon Durden, who may have inadvertently deflected the shot into the goal.

Although Pearl Harbor did a solid job on offense, the team was even better on the opposite side of the ball, where it stifled the 735 AMS attack with a skintight defense.

Pearl Harbor's defense was especially tough in the second half, as the team contained most of the action near midfield.

Durden explained that changes to the 735 AMS lineup at the start of the game might have contributed to their difficulties on offense.

"The individuals that we practiced with, due to enlistment requirements, didn't show up," Durden said. "We tried to fill in with what we had, but they had a lot more fresh legs and experience."

Despite the one-sided defeat, Durden remained optimistic about his team's future.

"We'll be able to bounce back," assured Durden, whose team's record is now even at 1-1. "We need more communication and get used to whoever we're playing with. It's just getting the comfort level down."

Meanwhile, as strong as Pearl Harbor seemed in its matchup against the 735, Sesay also admitted that the team still has a few more things to work out during practice.

Sesay added although he expects that the league's new format will make it harder to reach the title showdown, he is looking forward to future games versus Air Force commands.

This season marks the first time that Navy and Air Force teams are meeting head on during the regular season and playoffs.

"I've played against them (Air Force) before," Sesay pointed out. "They have real good players too - guys that know how to play soccer."

Playoff-bound Chung-Hoon rolls past Port Royal

Story and photo by Randy Dela Cruz

Sports Editor

USS Chung-Hoon (DDG 93) held USS Port Royal (CG 73) to six points in the first half and coasted to a 46-15 win in an Afloat Intramural Basketball League game at Bloch Arena, Joint Base Pearl Harbor-Hickam on March 19.

Up by a score of 4-2 early in the first half, Chung-Hoon went on an 11-0 run and stormed out in front at 15-2 to take full control of the matchup.

The win raised Chung-Hoon's league record to 6-2 and clinched their place as the division's No. 3 seed in the base playoffs, which will be held March 26-28.

Port Royal, which struggled through the year with a 2-7 mark, did not qualify for the big dance.

Against Port Royal, the Chung-Hoon defense was at its best, as the team's constant pressure on their



shorthanded foe created numerous turnovers throughout the game.

A dunk by Operations Specialist Seaman Apprentice Byron Jones followed by a turnover that produced a layup from Culinary Specialist Seaman Jordan Ford gave Chung-Hoon a 21-point lead at 24-3 with less than four minutes to go in the first half.

"The plan was, last game, come out strong and play defense," said Chung-Hoon forward Electrician's Mate 2nd Class Kenneth Adams, who scored eight points for Chung-Hoon.

Although Yeoman 1st Class Keith Barrow doubled Port Royal's point total by sinking a 3-pointer just before intermission, it was too little and too late as the

Electrician's Mate 3rd Class Zack Young muscled up to the basket for two of his eight points versus USS Port Royal (CG 73).

route was on.

"We usually play a zone, but today we switched up to a man because we had a lot more size than they did," said Electrician's Mate 3rd Class Zack Young, who also added eight points for Chung-Hoon. "We usually have about 15 to 20 people come to our games, so we had a lot of fresh legs and could press them if we wanted to."

Besides blanking Port Royal shooters with a torrid defense, Chung-Hoon was also dishing the ball around on offense. A total of eight of the team's 10 players got their names in the scoring column.

Young said that the team's diverse scoring attack was a reflection of Chung-Hoon's commitment to teamwork.

"We have a lot of people that are close friends and we practice two or three times a week," Young stated. "So we can put anyone on the floor at the same time."

Still, even with Chung-Hoon's outstanding performance against the Port Royal, Adams said he

believes that the team can get better as it prepares for the postseason.

"We're not at our peak yet," Adams said. "You can always have room for improvement, but right now, we're playing good basketball. We're just looking forward to the playoffs, so that we can make a dash for the finals."

Young agreed with Adams and added that the increased level of competition in the postseason will require a more focused attitude by Chung-Hoon if the team is to make it to the final rounds.

"Our starters need to get in a little more of a flow," Young admitted. "Other than that, I think our defense is great. I think we'll do well in the playoffs."

While Adams said he feels that the Chung-Hoon has a good chance of making it to the finals, Young was more definite about where he thinks the team will finish.

"We're going to win," Young emphatically said. "There's not even a question in my mind."

PACOM/JIOC secures divisional championship

Story and photo by Randy Dela Cruz

Sports Editor

In a battle between the top two teams in the Hickam Intramural Basketball League's Monday-Wednesday Division, Pacific Command/ Joint Intelligence Operation Center (PACOM/JIOC) solidified their place as the division's kingpin by thumping the 324th Intelligence Squadron (324 IS), 56-38, at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam on March 21.

The win clinched the division's regular-season title for PACOM/JIOC, which has lost only one game to date, while the 324 IS fell to their third defeat of the season.

In the first half, PACOM/JIOC used their height advantage in the frontcourt to overpower the 324 IS and take a 35-20 lead into halftime.

Six-foot-seven-inch Navy Lt. Adam Hudson, along with forward Staff Sgt. Allen Birtcil, led the charge for PACOM/JIOC, which got a dozen close-range baskets by Hudson and eight points from Birtcil in the first half.

"It was patience," said Hudson, who was the target of pinpoint lobs near the hoop. "We moved the ball around and it opened up everything else. When you're patient, it's tough for a defense to keep playing at a high level. You just wear them down and you can get any shot you want."

While PACOM/JIOC had their way early in



Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) shooting guard Information Systems Technician 3rd Class Lorenzo Nichols scores on a breakaway during the team's game versus the 324th Intelligence Squadron (324 IS) in a Hickam Intramural Basketball League Monday-Wednesday Division game at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam on March 21.

the game, the team hit a cold spell in the second half and only managed to score three points, on a free throw by guard Intelligence Specialist 2nd Class Josh Kelly and a basket by Birtcil, in the half's first 10 minutes of play.

The drought let the 324 IS back into the game, as the team went on an 8-0 run to open the second half.

Two free throws by 324 IS pivot Airman 1st Class Lonnie George cut the margin down to 10 at 35-25, before Airman 1st Class Joseph Schaub tossed in a shot from downtown to further reduce the lead down to seven.

Schaub was especially effective from beyond the arch, as the 324 IS guard connected on a total of six 3-pointers, five in the second half, to keep his team within range of PACOM/JIOC.

"We were rushing the ball," explained PACOM/JIOC head coach Senior Chief Logistics Specialist Latonya Veasley. "We know the offense is there, we just got to be patient. We had to work as a team. We recognized that we had to get it together."

Soon after the run by the 324 IS, PACOM/JIOC started to find the range once again and extended their lead back to double digits on a basket by Information Systems Technician 3rd Class Lorenzo Nichols.

Although another trey by Schaub cut the lead back to nine at 43-34, Nichols returned the favor on his next trip down the floor, as PACOM/JIOC

withstood the challenge to retake full control of the game in the final minutes of play.

"We hit a bunch of shots in a row, but then it quit falling," said Schaub about the team's failed comeback. "Unfortunately, we also got out-rebounded, so we couldn't keep them off of our backs."

With the playoffs scheduled for March 26-28, Hudson said that the win over its closest divisional rival was a good way to spring into the postseason.

If the team has all of its players, said the PACOM/JIOC center, then it should be in a good position to win it all.

"We can't do it if we just show up," Hudson noted. "But we're confident in our ability and like our chances."

Meanwhile, Veasley said that she has two things on her mind, as she prepares her squad for a championship run.

"I'm a little worried," Veasley shared. "Some people couldn't play because of real-world scenarios. I'm over at JIOC. We're the intel community, so we'll probably be sending out more people. I'm hoping that we have a team."

Veasley also admitted that she is a bit concerned about squaring off against 3-Peat, which has won back-to-back Navy intramural basketball titles while competing as Naval Station Pearl Harbor (NAVSTA) over the past two years.

"I hear they're stacking, so we need a roster check," Veasley said. "If you're going to do it, do it fair. That's all I ask."

Communication Squadron completes sweep of Network Operations

Story and photo by Randy Dela Cruz

Sports Editor

Post-player Master Sgt. Roger Turnbow scored 11 second-half points to help the 747th Communication Squadron (747 CS) turn back the 561st Network Operations Squadron (561 NOS), 32-30, and complete a sweep of the regular season's two-game series at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam on March 22.

The game was matchup between the top two teams in the Hickam Intramural Basketball League's Tuesday-Thursday Division, with the NOS coming into the contest with a record of 13-2, while the 747 held a mark of 10-5.

Both teams will compete in the base playoffs, which will be held on three consecutive days from March 26-28.

Although Turnbow was held to only three points in the second half, the 747 CS big man went off in the final 18 minutes of the game and even scored the team's last five points to secure the win.

"We knew their center was in foul trouble, so we tried to exploit that," Turnbow said. "For the most part, they didn't have an answer for me. Today was my night. Everybody said that I had young legs tonight."

Tech. Sgt. Steve Coleman, head coach of the 747 CS, said that a change in the defense of the 561 NOS helped him decide to make Turnbow the team's primary weapon.

"In the first half, they (561 NOS) were stacking two guys on him (Turnbow) out of their two-three zone, so we were working the ball to get the open shot," Coleman noted. "So when they came

out of that and played him legitimately, we gave it to our big man, the beast, and he went to work."

Back-to-back 3-pointers by Staff Sgt. Marcus Binns gave the CS their first double-digit lead at 17-4 with 2:58 left in the half and helped the team to an 18-9 advantage at the break.

While neither team started off on fire, the NOS had an even more difficult time of finding the basket due to the swarming defense of the CS, which strategically switched between a zone and man-to-man throughout the game.

The strategy seemed to frustrate NOS shooters and helped the CS blanket the 561's high-scoring tandem of Airman 1st Class Robert Light and Senior Airman Ronnie Turner.

Light, who is the go-to guy for the NOS, was held scoreless in the first half, while fellow sharpshooter Turner was shut out for the entire contest.

"The goal was to stop Light because if he gets going, they all get going," Coleman said. "We also knew that we had to stop Turner. Last time he hit four threes on us and (tonight) he got zero."

In the second half, the NOS started to find its range and managed to cut the lead down to two points at 23-21 on back-to-back treys from Staff Sgt. Edward Augustyniak, before another 3-pointer by Senior Airman Stephen Daniels put the 561 in front at 24-23 with 11:23 left on the clock.

However, a play by Turnbow appeared to spark the 747 CS and give the team the momentum it needed to reassume control of the game.

On the 561's next turn down the court, Turnbow yanked down a rebound on a missed shot and finished off a



Master Sgt. Roger Turnbow of the 747th Communication Squadron (747 CS) glides past 561st Network Operations Squadron (561 NOS) guard Senior Airman Stephen Daniels to complete a coast-to-coast drive during a Hickam Intramural Basketball League Tuesday-Thursday Division game at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam on March 22.

coast-to-coast drive with a reverse layup to regain the lead for the CS.

Following his outstanding effort, Turnbow said that he felt it was his duty to step up after learning that the CS would be without the services of its leading scorer, Staff Sgt. Travis Lewis, and point guard Staff Sgt. Rickey Nance.

"Everyone had to re-invent themselves and fill that void," Turnbow said. "Without them, we had to really step up and bring our 'A' game tonight."

A frustrated Light said that the defeat was just one of those games where the shots just wouldn't stay down.

"Lot of careless turnovers and, obviously, our shots weren't falling," said Light, who scored only five points — well below his double-digit average. "I take the blame. A lot of it was good defense, but a lot of it was just dumb shots. Easy shots that I would make nine out of 10 times just wouldn't fall."

Still, Light said that the loss shouldn't affect the post-season hopes of the 561, which will enter the tournament as the division's regular-season champions.

"I think we'll be fine," Light stated. "We knew, coming into this game, that at the end of the day, it really didn't mean anything. It's not going to change the seedings. Sure you'd like to win, but we have enough confidence in our team. We're good to go."

Meanwhile, Coleman said that a win over the division's leaders is a good springboard to the postseason.

"We feel confident," Coleman announced. "These are great quality guys. All we got to do is play like we're supposed to. I think we'll be playing Monday night for sure."

Unitarian Universalist Church question and answer session will be held

Coordinated by the First Unitarian Church of Honolulu, there will be an informational gathering at 6 p.m. March 29 at Pearl Harbor Memorial Chapel. The chapel is building 1601 at the corner of Pearl Harbor Boulevard and Frederick Street, next to McDonalds. Organizers of the event explained that Unitarianism is the most liberal of the historic Protestant denominations. It welcomes scientific discoveries while maintaining a reverent approach to people and nature. For more information, call 473-3974.

Hickam Fitness Center announces closure

The Hickam Fitness Center will be closed from 7:30 a.m. to 6:30 p.m. April 1 due to a power outage. The center will be open from 4:30 to 7:30 a.m. and 6:30 to 10:30 p.m. on that day. The fitness center will be closed all day on April 2.



JOINT BASE *Sports* PEARL HARBOR-HICKAM



Electrician's Mate 2nd Class Kenneth Adams of USS Chung-Hoon (DDG 93) slices through USS Port Royal (CG 73) defenders to score two of his eight points in an Afloat Intramural Basketball League game at Bloch Arena, Joint Base Pearl Harbor-Hickam on March 19.



(Above) Airman 1st Class Joseph Schaub of the 324th Intelligence Squadron (324 IS) shoots a trey over the defense of Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) guard Intelligence Specialist 2nd Class Josh Kelly.



Quartermaster Seaman Brian Myles of USS Port Royal (CG 73) aims for a shot inside the key during the team's matchup against USS Chung-Hoon at Bloch Arena, Joint Base Pearl Harbor-Hickam on March 19.



747th Communication Squadron (747 CS) guard Airman 1st Class Sam Martens fights for a shot under the basket versus the defense of the 561st Network Operations Squadron (561 NOS) at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam on March 22.



Players battle for the ball during a Soccer Intramural League game between Pearl Harbor Futbol Club and the 735th Air Mobility Squadron (735 AMS) at Ward Field, Joint Base Pearl Harbor-Hickam on March 19.

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

BALLERINA BALL

An introduction to ballet will be held from 10 to 11:30 a.m. Tuesday at the Hickam Youth Fitness Center. Space is limited to the first 12 ballerinas who register. Cost for registration is \$15 for children ages four and five. FMI: 448-4492.

BLACK AND WHITE PHOTOGRAPHY

A basic black and white photography class will be held from 6 through 8 p.m. March 29-April 19 at the Hickam Arts & Crafts Center. The class will cover photographic composition, use of 35mm cameras, and answer questions about the darkroom and individual camera equipment. This class is for ages 16 and older and is \$40 per person plus cost of supplies. FMI: 448-9907.

KEIKI IKI TRIATHLON

The second annual Keiki Iki Triathlon on March 31 on the field behind building 1399 begins with registration at 7:30 a.m., 8 a.m. start for 3-year-olds; 8:30 a.m. start for 4-year-olds; and 9 a.m. start for 5-year-olds. The event will start with a 100-yard dash followed by jumping in and out of hula hoops. The third portion of the event is an obstacle course inside building 1399. Finishers will receive an award. Registration is \$10 per child. FMI: 448-4492.

FORD ISLAND BRIDGE RUN

Late registration will be accepted until April 1 for the Ford Island Bridge Run, which will take place April 2. Packet pick-up begins March 26 at Rainbow Bay Marina. T-shirts for late entries is based on availability. No entries will be accepted on race day. Late entry fee will be \$30 per person. FMI: 473-0784, 473-2494 or 473-2437.

ENLISTED CLUB GOLF TOURNAMENT

The 17th Annual Enlisted Club Golf Tournament will be held at 10:30 a.m. April 8 at Mamala Bay Golf Course. There is a noon shotgun start. The cost is \$80 for members and \$95 for non-members. A banquet dinner will be held at the Enlisted Club following the tournament. Fee includes green fees, golf cart rental, beverages on the course, lunch and prizes. Registration due is by April 4. FMI: 448-2271, ext. 227.

NEWCOMERS LUNCHEON

Those who are new to Joint Base Pearl Harbor-Hickam can join MWR for a free newcomers luncheon from 11 a.m. to 12:30 p.m. on April 12 at Tradewinds Enlisted Club and J.R. Rockers. It is open to all military-affiliated personnel who are on PCS orders during the first five months of arrival. The event includes a free lunch, MWR information booths, prizes and a bounce house for children. FMI: 473-2570.

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

Community Calendar

March

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.

April

8-10 - Hawaii Operation Military Kids (OMK), in collaboration with the YMCA of Honolulu Camp Erdman, will host a reintegration family camp. The camp is 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. FMI: 956-4125 or www.ctahr.hawaii.edu/4h/OMK.

9-17 - Volunteer to host an exchange student for one week as they donate their time to help the Hawaii Greenheart Environmental Program. Exchange students from all over the world, including Belgium, Brazil, China, Germany and Norway, are coming to Hawaii after living on the mainland as exchange students. FMI: Barbara Bancel at 421-3554 or ihc@priory.net.

18-22 - Hawaii Education study is looking for participants for their focus groups, which will be held April 18-22. Sponsored by U.S. Pacific Command (PACOM), all students ages 9-17 and parents are invited to participate. Parents of children who are in school or have been in school in Hawaii either public, private or home school, are invited. The meetings take less than an hour and there are locations scheduled in all regions of the island. E-mail: hawaiikidsfocusgroups@gmail.com and join the online survey. Youth ages 5-17 and all parents are encouraged to go to www.hawaiikids.org to complete the survey.

28 - 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



SANCTUM (R)

An underwater cave diving team experiences a life-threatening crisis during an expedition to the unexplored and least accessible cave system in the world.

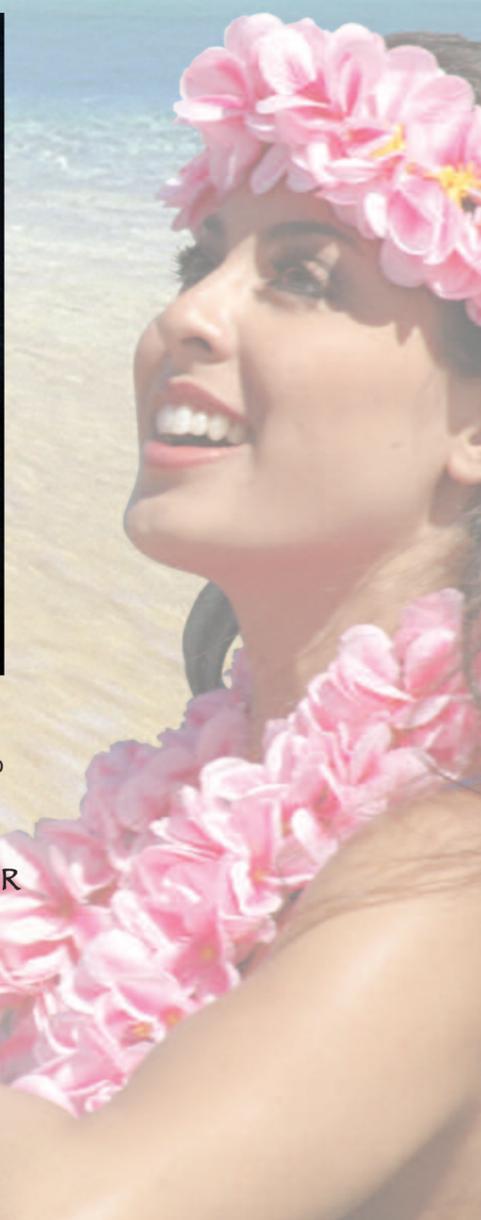
SHARKEY MOVIE THEATER HICKAM MEMORIAL THEATER

TODAY
7:00 PM Just Go With It (PG-13)

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

SUNDAY
2:30 PM Justin Bieber: Never Say Never (G)
4:45 PM Just Go With It (PG-13)
7:00 PM Sanctum (R)

INFORMATION NOT AVAILABLE AT PRESS TIME



Ford Island Bridge closed during the 14th Annual Bridge Run

Joint Base Pearl Harbor-Hickam's Morale, Welfare and Recreation (MWR) will hold its 14th Annual Ford Island Bridge Run at 7 a.m. on April 2.

The Ford Island Bridge will be closed from 6:50 to 7:05 a.m. April 2 for the event.

The 10K run will start at the entrance of the Adm. Bernard "Chick" Clarey Bridge, continue across the bridge, around historic Ford Island and back over the bridge, ending on Richardson Field. During the closure, there will not be an alternate route.

Any entries postmarked after March 21 will be \$30. Late entries will be accepted until April 1, but no entries will be accepted on the day of the run. The race is open to runners, walkers and strollers. No pets are allowed.

On the day of the run, limited free parking is available at Rainbow Bay Marina. Additional park-



U.S. Navy photo by Randy Dela Cruz

Runners participate in last year's Ford Island Bridge Run.

ing is available at the Aloha Stadium overflow parking lot, which is located across from the finish line. Richardson Field will be open for spectators throughout the run.

Trophies will be awarded to first, second and third overall male finishers, overall female finishers, military male finishers, and military female

finishers. Koa bowls will be awarded to first, second and third finishers in the following age categories: Under 10, 10 - 14, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65 - 69, 70 - 74 and 75 - 79 and 80 and older.

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

April 4 fun run will help Air Force Assistance Fund campaign

Air Force members of Joint Base Pearl Harbor-Hickam (JBPHH) will host a charity 5K Fun Run to kickoff the Air Force Assistance Fund (AFAF) campaign which stretches from March 28 through May 6.

AFAF 5K Fun Run will be held at 7 a.m. April 4

at the Missing Man Formation behind the Hickam Officers' Club. The event is designed to promote physical health while supporting the Air Force Assistance Fund "Commitment To Caring."

A sign-up and water booth will be set up at the Missing Man

Formation. Donations will be accepted and will go directly toward the Air Force Assistance Fund foundations.

For more information, e-mail U.S. Air Force Tech. Sgt. Shaun E. Khoenle, 324 Intelligence Squadron, at shaun.khoenle@hickam.af.mil.

Bake sale auction, on March 29 will support the NMCRS fund drive

In support of the Navy-Marine Corps Relief Society (NMCRS) fund drive, the Navy Region Hawaii comptroller office is sponsoring a silent auction along with a white elephant and bake sale from 11 a.m. to 1 p.m. March 29. The event will be held at building 150, third deck in the open area by the main conference room 302.

The society asks for donations from those cleaning out their closets or garages. They will accept donations of all types, both brand new and used items.

Last year, donations of \$2,010 were raised at this fund drive by selling shoes, clothes, books, sports gears, electronic gadgets, and jewelry. Bring in the gifts you received over the years that you don't ever plan to use. The event will also feature sales of lumpia, desserts, baked goods and pancit.

All proceeds will go to the Navy-Marine Corps Relief Society Fund. For more information, call Bernice Nicholas at 473-1809 or e-mail bernice.nicholas@navy.mil.

CREDO retreat scheduled for April 13-14

CREDO (Chaplain's Religious Enrichment Development Corporation) Hawaii's personal growth retreat will be held April 13 - 14 at the YMCA Camp Erdman on the North Shore.

On this mid-week event away from their usual work environment, participants will have time to reflect on their current life situations and possible career decisions.

Exercises led by a

CREDO chaplain will enable participants to get a bearing on who they are, what their strengths are, and how their unique personality shapes how they relate to others. In addition, participants will be able to challenge themselves through activities such as the high ropes course and group exercises, as well as other challenges in a teamwork setting.

Participants will also have the opportunity to focus on

where they want to go, creating personal goals, and developing an achievable plan on how to accomplish those goals. There is no cost to active duty service members and family members.

This is military training therefore, you will need a chit from your command or permissive TAD no-cost orders.

For more information, call 257-1919 or e-mail matthew.hansen1@navy.mil.

Passover Seder will be held on April 18

The 2011 Aloha Jewish Chapel Passover Seder will be held at the Hale Koa Hotel on April 18. Doors will open at 6 p.m. and the Seder will begin at 6:30 p.m.

Arrive early to allow you and your party enough time to register and find your seats. Military members will need to show their I.D. and sign in to ensure post-event accounting of how many military members and their family members attended.

The main entrée will be kosher

turkey. If you desire the vegetarian option of eggplant, indicate that preference next to your or your guest's name on the registration form. Forms are available from Religious Programs Specialist 2 Brian Schoffstall at brian.schoffstall@navy.mil.

Registration should be posted before March 30. Active duty military E5 and below are guests. Cost for all other active duty military and their dependents is \$35 per person. The cost for any other participant is \$61 per person.

Lent services planned

Stations of the Cross will be held at Pearl Harbor Memorial Chapel (PHMC) and Nelles Chapel at 6 p.m. March 25 and April 1, 8 and 15.

Nelles Chapel services will be held at 7 p.m. March 25 and April 1 and 8, with living Stations of the Cross at 7 p.m. April 15 at Nelles 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 Catholic services will be

held at 6 p.m. April 21 at PHMC, with Protestant services to follow at 7:30 p.m. Catholic Maundy Thursday services will also be held at HCC at 7 p.m.

Catholic and Protestant services will be held on Good Friday, April 22. 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 Nelles Chapel.

There will be two Catholic services on Easter Saturday, April 23. PHMC will hold a ser-

vice at 7:30 p.m. and HCC will celebrate 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 more information and regular services and confession information, call PHMC at 473-3971, HCC 449-1754 or Nelles Chapel at 449-6562.

Correction

In the article "Reintegration Family Camp Scheduled," which was published in the March 18 edition of Ho'okele, page B-8, the photo caption should have read: "Children attend the most recent Reintegration Family Camp in February. Another 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." (Photo courtesy of Hawaii OMK project). We sincerely apologize for the error and any inconvenience that this may have caused.

Note issued on mailings

The Fleet Mail Center has issued a note in regard to the situation in Japan. Due to the Japan tsunami, all mailings to the following zip codes have been suspended: CMF Yokohama 96346, 96347, 96348, 96349, 96350 and 96351. Hold all mail to the above zip codes until further notice.

WHO'OKELE Online

<http://www.hookelenews.com> or <https://www.cnrc.navy.mil/hawaii>

This Week in USAF and PACAF History (March 21 – 27)



On March 26, 2003, Operation IRAQI FREEDOM began. Nearly 1,000 U.S. Army Soldiers based at Vicenza, Italy, parachuted from C-17 Globemaster IIIs into the Kurdish-controlled area of northern Iraq. It was the C-17's first insertion of paratroopers into combat, and the largest mass combat jump since WWII. The aircraft and aircrews came from Charleston and McCord AFB.

On March 21, 1912 Lt. Frank P. Lahm flew Signal Corps No. 7, a Wright Model B aircraft, at Fort William McKinley in the Philippines—the first flight of an airplane at an overseas base.

The Air Corps on March 22, 1941 announced the formation of its first-ever black air combat unit, the 99th Pursuit Squadron. The unit was to include 47 officers and 429 enlisted men. Ground crews trained at Chanute Field, Ill., while pilots trained at Tuskegee Institute in Alabama.

On March 25, 1944, 15th Air Force attacked the Aviso Viaduct in the Brenner Pass, temporarily cutting the main highway between Italy and greater Germany. This raid was the first Army Air Forces use of radio-guided bombs – in this case, the VB-1 AZON (azimuth only), the only radio-guided bomb used by the U.S. Army Air Forces during WWII. AZON bombs were later employed in the European Theater in June 1944, and most successfully in China-Burma-India from November 1944 to August 1945.

In Burma, AZONs were used to destroy 27 bridges using 493 rounds, including the famous Kwai River bridge. The AZON was the crude predecessor of the precision-guided munitions developed and used with great success in Vietnam.

On March 24, 1945 Operation Varsity, the Allied crossing of the Rhine River. Eighth and Ninth Air Forces launched about 7,000 bombing, transport, reconnaissance, interdiction, close air support, and other sorties in support of this offensive. More than 2,000 transports and gliders dropped two Allied divisions on the other side of the Rhine near Wesel, Germany in daylight.

On March 21 1946, major air commands were established. Tactical Air Command was activated to support ground forces, Continental Air Forces was redesignated Strategic Air Command and given the atomic strike mission, and Air Defense Command was established to defend the United States.

The B-36D maiden flight was on March 26, 1949. Early versions of the B-36 were equipped with six propeller engines. These aircraft burned fuel at an exorbitant rate, especially when fully loaded, and still lacked the required performance. The B-36D was the first version with jet engines, and the first 10-engine aircraft in the world.

Operation Tomahawk took place on March 23, 1951. In the Korean War's second airborne operation and the largest to occur in one day, 120 USAF transports dropped more than 3,400 troops and 220 tons of

materiel behind enemy lines at Munsan-ni, Korea. The operation attempted to catch the North Korean I Corps between the airborne troops and an armored attack across the front, but the enemy forces escaped northwards. Some believe the operation plan was leaked to the enemy.

On March 24, 1955, the 7th Air Force established its headquarters at Wheeler AFB, Hawaii in the newly modified and rehabilitated building 107.

From March 24 to June 20, 1999, Operation Allied Force / Noble Anvil took place. To prevent the forced eviction and genocide of ethnic Albanians living in Kosovo, NATO launched this operation against Yugoslavia. It was exclusively an air campaign and NATO's first combat operation against a sovereign nation. The U.S. operation was named Noble Anvil. The USAF used the B-2 for the first time in combat, and F-15s shot down two MiG-29s on the first day.

On March 27, 1999 Operation Allied Force – F-117 Shootdown occurred. The Serbians shot down an F-117 in Yugoslavia—the only combat loss of a stealth fighter. The leader of the rescue effort was Capt John A. Cherrey, an A-10 pilot on his first combat mission. Cherrey located the downed F-117 pilot and later received the Silver Star.

Extend your life by 14 years—quit smoking

Shari Lopatin

TriWest Healthcare Alliance

On average, smokers die 13 to 14 years sooner than non-smokers, according to the Centers for Disease Control and Prevention (CDC).

Since about 20 percent of the United States' population smokes, that means almost a fifth of the country could live at least a full decade longer. Are you one of them?

If you're not ready to take the plunge, try quitting for a month, or even for a week.

Been thinking about this for awhile or not sure where to find the best resources? TriWest and TRICARE can help:

• TriWest's dedicated toll-

free Tobacco Quitline, 1-866-244-6870, is available 24/7/365. You can talk one-on-one with a tobacco cessation coach about your concerns or questions about accomplishing your goal.

• TriWest's tobacco cessation page, www.triwest.com/tobacco, provides information about local and statewide resources, as well as quitting tools and tips.

• www.ucanquit2.org is an interactive site sponsored by the Department of Defense. Here, one can develop a quit plan, join a message board, or, if an eligible TRICARE beneficiary, chat live and get

help quitting tobacco.

Want to connect with other smokers/former smokers? You can join the Facebook discussion.

TriWest is hosting a discussion board on its company Facebook page called, "What Makes a Good Quitter?"

Dozens of participants have joined and posted their best success tips on how they quit for good—from using a pacifier to quitting for the sake of their children. To join the discussion:

• Sign into your personal Facebook account.
• "Like" the TriWest Facebook page at www.facebook.com/triwest.
• Click on the "discussions" tab at the top.
• Click on the discussion titled, "What Makes a Good Quitter?"

TRICARE assures beneficiaries affected by Japan crisis

TRICARE Management Activity assures TRICARE beneficiaries affected by the situation in Japan that their health care benefits will be maintained and support will continue during this difficult time.

Even if relocated, beneficiaries enrolled in TRICARE Overseas Program

(TOP) Prime may still access their Prime benefit.

Retirees and non-command sponsored beneficiaries will continue to have the Standard benefit.

Participants can sign up for TRICARE e-mail updates at www.tricare.mil/ subscriptions or connect with TRICARE on

Facebook and Twitter at www.facebook.com/tricare and www.twitter.com/tricare.

The TRICARE Management Activity administers the worldwide health care plan for 9.6 million eligible beneficiaries of the uniformed services, retirees and their families.

Did you know that ...

The Budget for Baby program is an informative class and at its conclusion, parents are presented with a volunteer-assembled layette? The layette includes terry sleepers, handmade blankets, sheets, towels, and more. In 2010, there were 6,800 families that participated in the Budget for Baby program.

Let the society help you welcome the newest member of your family. Get a spending plan review which helps you understand the sometimes hidden costs associated with a growing family and receive a layette for your new baby.

For more information, call NMCRS Pearl Harbor at 473-0282 or visit www.nmcrcs.org.

To report...

Fraud, Waste or Abuse

CONTACT COMMANDER, NAVY REGION HAWAII INSPECTOR GENERAL

- WE ARE HERE TO HELP
- YOU CAN REMAIN ANONYMOUS
- REMEMBER TO USE YOUR CHAIN OF COMMAND FIRST

HOTLINE:
808-473-1782

EMAIL:
PRLH-CNRHIG@NAVY.MIL

Military Order of Foreign Wars seeks members

Don Robbins

Assistant Editor

The Military Order of Foreign Wars (MOFW) is establishing a command in Hawaii, according to U.S. Army Col. Arthur N. Tulak. MOFW is one of the oldest veterans' and hereditary associations in the nation, founded Dec. 27, 1894.

Tulak, the organizing secretary for the Hawaii commandery, said member-

ship is open to commissioned and warrant officers of all the armed services who served during foreign wars, and their hereditary descendants.

As the oldest existing order of commissioned officers, MOFW is seeking outstanding officers who have served with distinction.

Tulak explained that past members included 10 U.S. presidents and current membership includes 87 flag and general officers. "I

believe in the organization. It goes so far back," Tulak said. "The order is about celebrating and appreciating distinguished military service connected to a foreign war."

Along with Tulak, Army Maj. Daphany Prewitt is helping to form the local commandery as its volunteer membership secretary.

For more information, contact organizing secretary Tulak at HI_MOFW@army.com

Celebrate Earth Hour with a family movie on the lawn

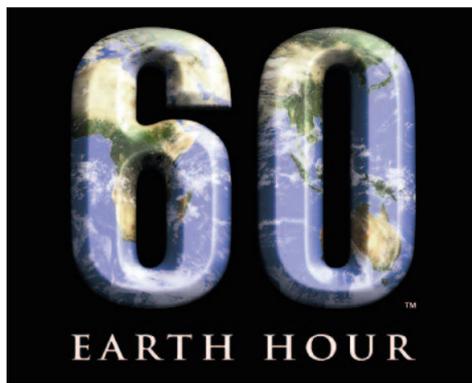
Hickam Communities LLC

Each year Hickam Communities celebrates Earth Hour, a global initiative to conserve energy and create awareness for reducing our carbon footprint and creating a sustainable future.

This year, families are again invited to join millions of people around the world by turning out their lights for one hour on March 26 at 8:30 p.m. During this time, families are invited to a movie on the lawn from 7:30 to 9:30 p.m. at Ka Makani Community Center. Bring your family and friends, and some comfortable chairs or beach blankets, and Hickam Communities will provide the popcorn and a screening of "Despicable Me."

R.S.V.P at 853-3800 or 853-3750, email kawehi.harano@hickamcommunities.com, or stop by Ka Makani Community Center.

The world-wide Earth



Hour event is all about giving people a voice and working together to create a better future for our planet. For more information, or to add your voice to this global initiative, go to www.earthhour.org.

The Earth Hour movement began in 2007 in Sydney, Australia when 2.2 million individuals and more than 2,000 businesses turned their lights off for one hour to take a stand against climate change.

Only a year later, Earth Hour had become a global sustainability movement with more than 50 million people across 35 countries/territories participating. In March 2009, more than 4000 cities in 88 countries/territories officially switched off to pledge their support for the planet, making Earth Hour 2009 the world's largest global climate change initiative. For Earth Hour 2010, a record 128 countries and territories joined the global display of climate action.

Go 'social,' thank your TRICARE doctor on Doctors' Day

TriWest Healthcare Alliance

Just as you and your family stepped up and chose to serve our country, more than 180,000 doctors in the west region have stepped up to become TRICARE providers—to serve you.

They made the choice, and now is your opportunity to thank them. With National Doctors' Day around the corner on March 30, you can

"shout-out" on Facebook to a special TRICARE doctor who has made an impact in your life.

Log onto the Facebook page of TriWest Healthcare Alliance, the company that administers TRICARE in 21 western states, and share what makes your doctor so special.

Find the Facebook page at www.facebook.com/triwest, and click on the "Love Your Doc" tab on the left.

Common dream themes can be interpreted

Warfighter and Family Services (WFS),

Joint Base Pearl Harbor-Hickam

Dreams hold a special fascination for us. They have been seen as messages from God, wish fulfillments, predictors of the future, expressions of inner conflict and preservers of sleep. Psychiatrist Carl Jung described dreams as messages from the unconscious which, when understood and integrated, help us individuate, or become who we were meant to be.

Research tells us we all dream, and we dream about every 90 minutes during the rapid eye movement (REM) stage of sleep. Some people

remember their dreams vividly. Others say "I never dream." There are definite techniques you can use if you would like to remember your dreams, such as telling yourself you will remember your dream before going to sleep and immediately writing your dreams down upon awakening.

There are many kinds of dreams. Some dreams stem from a traumatic event. Others seem not important at all. If you have traumatic dreams and they are not changing or fading over time, it often helps to talk with a counselor.

Here are some common dream themes:

- Examination dream. You are back in school taking a test you are unprepared for.

Is there some challenge or "test" that is coming up in your present day waking life you are not sure you are prepared to meet. What else can you do to ready yourself for this challenge?

- Clothing. Clothing can be seen as the facade or persona that protects your real self. Some persona is necessary in everyday life, but too much keeps you too protected and masked so that authentic interchange or intimacy becomes impossible. A dream of not being sufficiently clothed may mean you are not protecting yourself enough and you are being too revealing in a particular situation. Being overdressed may mean you are not allowing yourself to be

sufficiently seen.

- Dreams of being chased. Is there a situation or some part of yourself you are running from or do not want to face? Try, in your next dream, to turn and face the fear. See what valuable gift you secure in the process of growing more courageous.
- Driving. Who is driving your car down the road of life? Are you directing your vehicle or have you put someone else in charge? Perhaps it is time to take back the wheel if you are not going in the direction you want to go.

The first step to working on your dreams is to write out the dream and associate to each part. You can "continue the dream on" writing a dialogue between different peo-

ple in the dream or parts of the dream. You can write an ending to the dream. In this way, you make the dream your own. As we reclaim ourselves, even the qualities we may not like, we are more likely to take responsibility for our own choices and less like to see our "negative" qualities in others.

Dreams are for your growth and for healing.

- Warfighter and Family Services (WFS) classes are free to Department of Defense (DOD) civilian employees. WFS course offerings can be found on the Quality of Life

Navy Hawaii website at <http://www.greatlifehawaii.com>. Call the customer service desk at 474-1999 to register for any class.

The Civilian Employee Assistance Program (CEAP) provides free, confidential, professional assessment, short-term counseling to explore options and provide referral services to civilian employees. Call 474-1999, ext. 6204 Andrea Hantman or 6206 Susan Bierman, between 7 a.m. and 4:30 p.m. for CEAP information and to inquire about no cost at-your-site training.

WHO SAID IT?

Who is credited in 1971 with saying, "We now say, 'All jobs are open to women'" (except combat positions).

Last Week's
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."

Susan B. Anthony

This Week's Trivia

What year did the U.S. Air Force Academy hold its first graduation ceremony and how many cadets graduated then?

Last Issue's Question:

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

Answer:

The Navy took the first step, and in 1974 six women earned their wings and became the first naval aviators.