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PEARL HARBOR · HICKAM NEWS
Life & Leisure
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B

Fitness Challenge

offers an array of classes to stay fit

Story and photos by
Randy Dela Cruz

Sports Editor

While exercise is often seen as a necessary evil to stay healthy and overcome the battle of the bulge, Lori Gaynor, Morale, Welfare and Recreation (MWR) fitness coordinator at Joint Base Pearl Harbor-Hickam, said that stepping into a fit-conscious lifestyle can be fun, and MWR has the programs and people to prove it.

Gaynor, for the second consecutive year, spearheaded a two-hour workout that featured a small sampling of the many group exercise programs that are offered by MWR.

Called "Fitness Challenge," the event was held at Bloch Arena Fitness Center on Jan. 14 and featured stimulating, but enjoyable, workouts such as kickboxing, step, Zumba, shimmy and yoga.

"It's just a means of promoting our group exercise programs, all the different formats that we have to offer," said Gaynor, who is a certified fitness trainer who has been helping people get into shape for 25 years. "It's also a way to jumpstart the New Year."

This year, more than 50 people attended the challenge, with many taking the opportunity to try out unfamiliar forms of exercise to complement their workout regime.

Dinorah England, spouse of an active-duty service member, was among the attendees who came for the variety offered by the challenge.

England said that she started signing up for MWR fitness classes last year and has been extremely pleased with the effectiveness of the various programs she joined.

Like many other participants, England, who has already dropped 55 pounds, credits MWR's variety of programs and the camaraderie of the classes for her success.

"I just wanted to start losing some weight," said England of her remarkable journey and transformation from a year ago. "I started going to gym little by little and then started joining the classes. It's (variety) really important because I look forward to coming out here and meeting people. That's the best part of it – especially if your husband is deployed. It gives you some type of activity. You're not stuck at home and just waiting for an e-mail or something."

Having alternatives and access to many forms of exercising, said Gaynor, can go a long way toward keeping people active and mean the difference between success and failure.

"Between here and Hickam, we offer approximately 100 classes and of those, 30 are complimentary," Gaynor pointed out. "It's just a variety to our patrons so that they have options, depending on what their goal is."

"If it's for weight loss, maybe they'll do more cardio classes. For flexibility, people tend to do yoga. If it's for strength, then we have our strength-training classes as well. There is a class format for your specific goal," she said.

Capt. Karen McDonald, Naval Health Clinic Hawaii, closed out the five-event session with a 30-minute round of Yoga.

She agreed with Gaynor about variety being the spice of fitness and noted how combining different movements into one's exercise protocol can enhance total wellbeing.

"There's different parts of our body, and we have to work each muscle and find something that will challenge us," she said. "I actually get a lot of people who come to me for either medical or my own staff, to come over here. And when I was out on ship, we did yoga. People think that yoga is sitting and meditating (but) this is moving muscle. Yoga is for everybody. It kind of connects mind, body and spirit."

England added that if people are on the fence about getting their bodies moving, they should just get out and do it.

"Start putting yourself out there and don't be afraid," she said. "Meet people and they'll start inviting you. 'Hey, there's a kickboxing class or a yoga class. Want to come?'"

Once started, Gaynor advised that people should pick something they like doing so they'll be motivated to stay active.

"Pick activities you enjoy, and take baby steps," Gaynor said. "You start off slowly and then build up your time frame of working out. I think the problem that most people have is they do too much, too soon."

To learn more go online to www.greatlifehawaii.com.

Tuskegee Airmen Symposium includes Lucas documentary screening

Don Robbins

Assistant Editor

Honoring Dr. Martin Luther King Jr. and the African American aviators of World War II, the Tuskegee Airmen Symposium took place Jan. 15 at Pacific Aviation Museum Pearl Harbor (PAM). More than 300 people attended the symposium, which filled the PAM theater to capacity.

The event included a screening of George Lucas' documentary on the Tuskegee Airmen, "Double Victory," an exclusive showing in Hawaii.

The Tuskegee Airmen, a group of African American pilots who fought in World War II, were the first African American military aviators in the United States military. Initially equipped with Curtiss P-40 Warhawks, the group also flew Bell P-39 Airacobras, Republic P-47 Thunderbolts, and North American P-51 Mustangs—on which they painted their famous "Red Tails."

Lucas provided the documentary to the Tuskegee Airmen, Inc., as the Airmen were so instrumental in helping him produce his new film, "Red Tails," which releases nationwide Jan. 20. A special screening of the film for the Tuskegee Airmen took place Jan. 19.

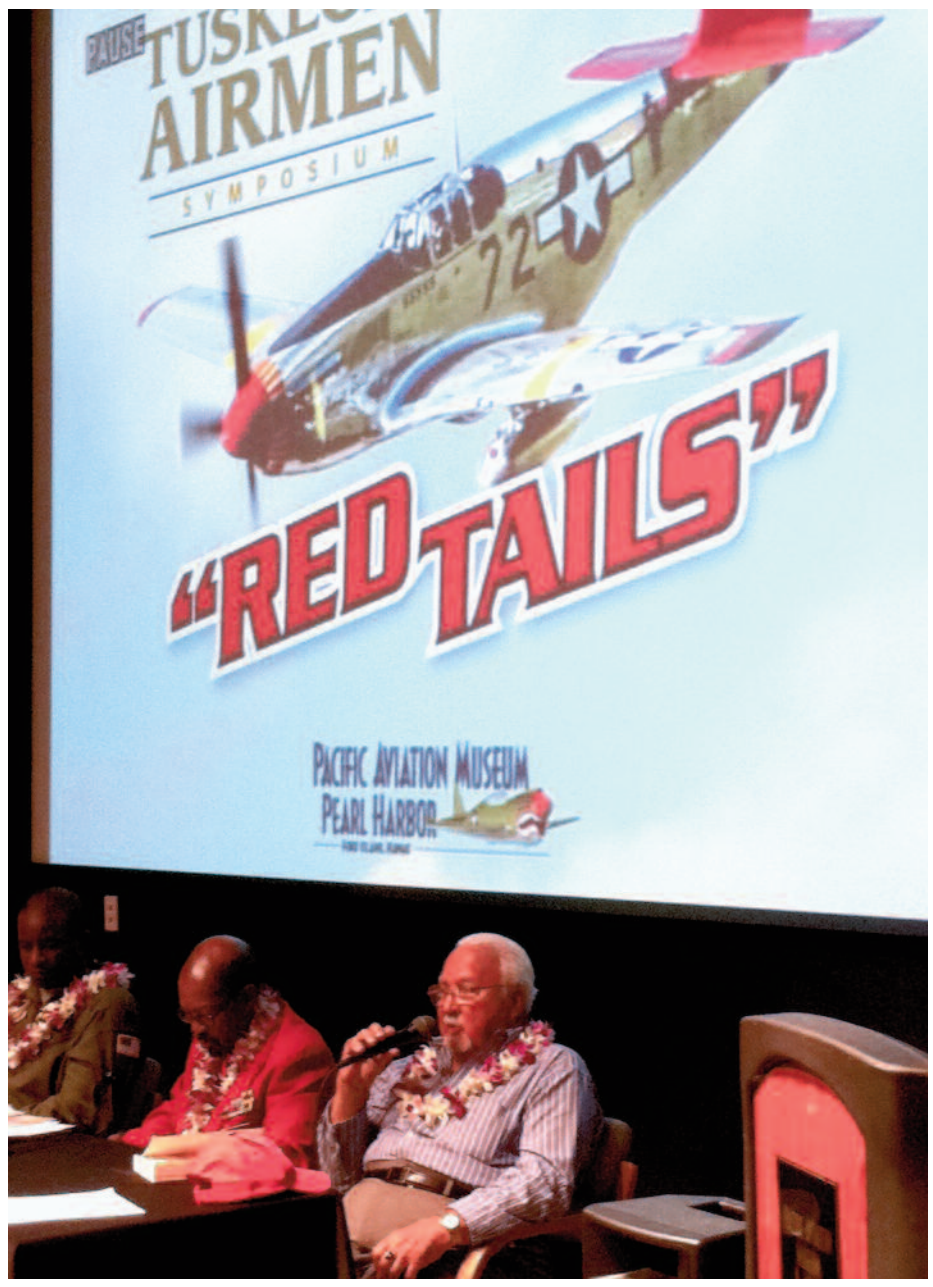

Photo by Pacific Aviation Museum Pearl Harbor

Original Tuskegee Airman Philip Baham speaks at the Tuskegee Airmen Symposium on Jan. 15 at Pacific Aviation Museum Pearl Harbor.

Narrated by Cuba Gooding Jr. and utilizing footage from the new "Red Tails" feature film, "Double Victory" tells of the Tuskegee Airmen fighting a war on two fronts, in the air against fascism in Europe and at home against racism and discrimination.

A panel presentation followed the screening. Speakers included Dr. Dorothy Goldsborough, University of Hawaii professor and wife of Romaine H. Goldsborough, one of the original Tuskegee Airman now living in Hawaii; Philip Baham, another original Tuskegee Airman who lives in Hawaii; and Lt. Col Brian Hill, the commander of the 96th Air Refueling Squadron at Joint Base Pearl Harbor-Hickam.

In addition, Norman Artis, retired Air Force, flew in from Maryland to be on the panel. He is one of the founders of the Hawaii Tuskegee Airmen chapter.

"I went in March of 1942 after Pearl Harbor, and I stayed until 1946," Baham explained. The tech sergeant served as a ground crew flight engineer and crew chief repairing airplanes after attending training school in Texas for nine months.

He recalled that First Lady Eleanor Roosevelt had a lot to do with changes to improve the Tuskegee Airmen's situation for the better after she personally inspected the program and flew with it. Up until that time, the Tuskegee Airmen weren't getting any supplies, constantly being told that items were not in stock.

"After she left, within three to five weeks, we started getting everything we wanted. We had nobody else rooting for us. The atmosphere changed quite a bit," Baham remembered.

Master Sgt. Chandra Mark, president of the newly formed Tuskegee Airmen, Inc. (TAI Hawaii) organization, provided updates on the Hawaii chapter, the Artis-Baham-Goldsborough Chapter of Tuskegee Airmen, Inc.

Mark said the local TAI chapter, chartered in August 2011, has a mission of perpetuating the legacy and history of the Tuskegee Airmen and getting today's youth involved in science, math and aviation.

"We plan to go to schools on the island and take books (about the Tuskegee Airmen) and read them and leave them there to perpetuate the legacy," Mark said, "We're just getting off the ground with membership and different committees."

NFL Pro Bowl practices will take place Jan. 26 at Joint Base

JBPHH Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam (JBPHH) Morale, Welfare and Recreation (MWR) will host the first-ever NFL Pro Bowl practices on a military base on Jan. 26. Both the AFC and NFC Pro Bowl practices will be open to all military affiliated personnel and their families who already have base access.

The AFC practice begins at 10 a.m., and the NFC practice will start at 11:15 a.m. Parking is available within walking distance, along Kuntz Avenue across from the Hickam Arts and Crafts Center. Bleachers will be set up in designated areas along Earhart Field for spectator viewing. Wear your favorite team's colors and bring your camera.

Following practice, players will participate in an afternoon of volunteer activities taking place across Hawaii as a part of the NFL PLAY 60 Community Blitz, focusing on two critical areas of NFL community outreach: youth health and wellness (NFL PLAY 60) and military outreach. Earhart Field will be closed for general use on Jan. 25 – 26 in support of the NFL practice.

The NFL and its official military appreciation sponsor, USAA, partnered to refurbish Earhart Field to create a lasting legacy of the Pro Bowl and to demonstrate both organizations' appreciation for the military.

For more information, go to www.greatlifehawaii.com.

Homes may have fire 'hot spots' that can spark blazes causing death, injury

Command Master Chief's note

Navy Region Hawaii Plan of the Week

All homes have hot spots, places where fires are most likely to start. The kitchen is one of these. From 1985 to 1990, firefighters responded to 3,736 fires that started in kitchens of military housing. Seven people were killed and 607 were injured.

Another hot spot, a place where fires are likely to occur, in your home is the heating system or heating equipment (other than water heaters).

From 1985 to 1990, there were 326 fires caused by heating equipment and systems in military housing. No one died, but there were 63 people injured.

A third hot spot, or place where a fire can occur in your home, is anywhere people smoke or keep matches or lighters. These materials caused 1,403 fires in which 16 people died and 310 were injured in the five years from 1985 to 1990.

Twelve of the people killed and 85 of those hurt were children under the age of 12.

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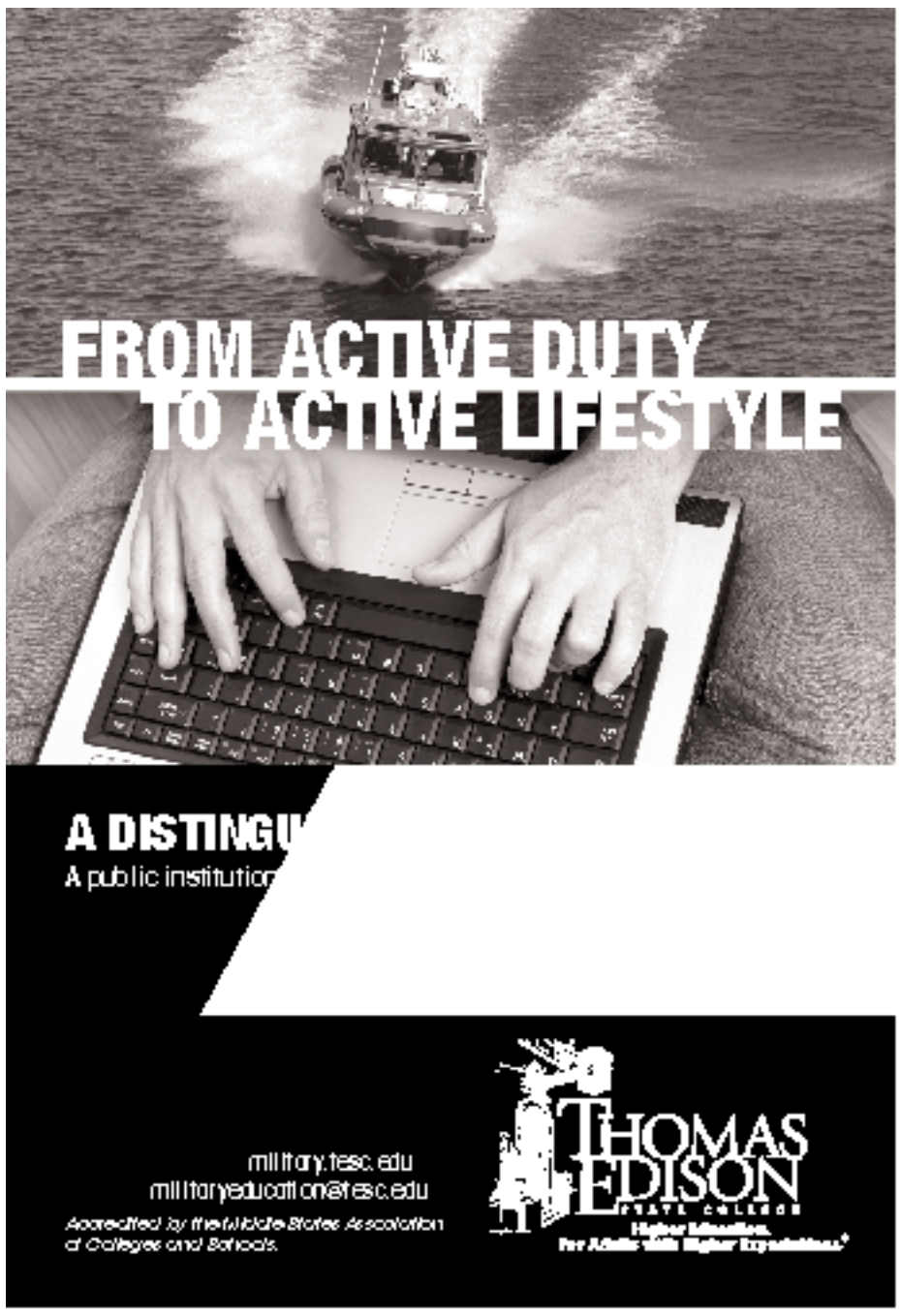
https://www.cnic.navy.mil/Hawaii/index.htm



Mavericks clip Hawks in youth basketball

Story and photo by
Randy Dela Cruz

Sports Editor

The Mavericks outscored the Hawks, 11-2, in the first period and used the advantage to gain a 31-15 victory in an Morale, Welfare and Recreation (MWR), Hawaii Military Youth Athletic Association (HMYAA) 11-12 age division matchup at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam, on Jan. 14.

The win helped the Mavericks even their record at 1-1 and was a complete turnaround from its previous game, which was a 40-23 loss to the Thunder.

"The past two practices were a lot more conditioning to get them ready for this game," said Mavericks head coach Airman 1st Class Brooke Gothrick about the team's rebound. "I don't think they came out right last game. They're starting to improve. They're starting (to play) teamwork and defense. It's all coming together a lot more early than I expected."

Using strong team defense, the Mavericks created easy scoring opportunities in the first period to quickly gain the upper hand.

Point guard Alex Dela Cruz led the way for the Mavericks by scoring all of the team's 11 points, with many of them coming off of breakaway steals for uncontested lay-ups.

Dela Cruz went on to add another basket in the second period and six more points in the third to finish with a game-high 19.

Additionally, the Mavericks controlled the boards on both offensive and defensive sides of the court.

Center Anthony Wiggins came up with three big baskets inside the paint, while guard Dre Grissom added four points on lay-ups, with Jason Miller rounding up the score with a basket.

"My motto has always been defense and rebounding. That's exactly what wins games," Gothrick said. "Our defense killed it this game. We had a lot of steals up top, which is perfect for fast breaks. Rebounding, just being able to get the ball out sooner and beat them down the court, also helped us out."

Mavericks point guard Alex Dela Cruz goes up for two of his game-high 19 points to help his team defeat the Hawks in a Morale, Welfare and Recreation (MWR), Hawaii Military Youth Athletic Association (HMYAA) 11-12 age division matchup at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam, Jan. 14. With the win, the Mavericks even out their record at 1-1.

Although the Hawks trailed for the entire game, the team continued to play hard and matched the Mavericks in scoring in the second and fourth periods.

Hawks guard E.J. Navarro led his team with seven point, which included a long bomb for three points, and got scoring help from Drew Stevens with four points and Andrew Dunn with two.

"I like how they hustle and run hard," said Hawks head coach Maj. Tim Dunn. "We practice and don't really focus too much on the score. We do want to score points, but it doesn't matter the situation – just keep playing hard and working together with your teammates."

While Dunn admitted that the breakaways did hurt the Hawks' chances of winning, he said he was happy with the team's overall improvement and play.

"I think we got better from last week and we'll continue to work on it in practice," he said. "Part of it is that we need to continue to attack the basket. We try to make them focus on getting it closer to the basket, so they can get good shots. In the fourth quarter, they were getting better at that."

Regardless of the score, both coaches agreed that each member of their teams has been outstanding this season.

"They're great kids," Dunn shared. "It's been fun."

Meanwhile, Gothrick stated, "They're an awesome bunch of kids. Kids of this age are above just the basics of basketball. Right here is were they really start to learn about furthering their basketball skills."

Joint Base *Sports*
Pearl Harbor-Hickam

U.S. Navy photos by Randy Dela Cruz

The Mavericks, a 11-12 age division youth basketball team, square off against the Hawks in a Morale, Welfare and Recreation (MWR), Hawaii Military Youth Athletic Association (HMYAA) matchup at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam, Jan. 14. The Mavericks held off the scrappy Hawks to win their first game of the season.

Myth-busting: Top four myths about Pap tests

Alyssa Whetstine

TriWest Healthcare Alliance

Did you know that cervical cancer was once a leading cause of cancer death in American women?

In fact, in many developing countries, it still is. However, cervical cancer deaths in the U.S. fell by about 70 percent between 1955 and 1992, according to the American Cancer Society.

What caused this difference? One life-saving exam: the Pap test.

Yet many women don't go for their Pap tests, often because of misunderstandings about the exam. Avoiding this test boils down to one important thing: not having it could take you away from life's most important moments with your family.

Let's take a few minutes to debunk some common myths:

Myth: I can skip a few Pap tests without serious consequences.

Reality check: According to the American Cancer Society, 60 to 80 percent of women diagnosed with invasive cervical cancer haven't had a Pap test in the past five years. Skipping just a few of these exams can allow cancer to develop without you knowing.

Myth: If I'm going to get cervical cancer, a test won't make a difference either way.

Reality check: When found early, cervical cancer is highly treatable. Nearly 90 percent of diagnosed women survive because of early detection, according to the American Cancer Society. That's why getting your Pap tests can mean the difference between life and death.

Myth: Once I'm done having children, I can stop getting my Pap tests.

Reality check: If you've given birth to three or more children, you have a greater chance of developing cervical cancer, according to the Centers for Disease Control and Prevention (CDC). Plus, this cancer often forms after a woman's child-bearing years.

Myth: If I've had the HPV vaccine, I can't get cervical cancer, and I don't need any more Pap tests.

Reality check: The HPV vaccine only protects against the few strains of the virus which cause most cervical cancers. However, they're not the only causes. Getting vaccinated is highly recommended, but it does not mean you will never get cervical cancer.

So take the time, make the time. Call for that appointment.

For more information about cervical cancer prevention, visit www.triwest.com/Pap.

Hawaii NEX still tops in customer satisfaction

Kristine M. Sturkie

Navy Exchange Service Command Public Affairs

VIRGINIA BEACH, Va. (NNS) -- The Hawaii Navy Exchange has remained at the top in customer satisfaction surveys. NEX districts scores for 2011 for Hawaii and Mid-South remained the same at 86 each; Tidewater rose one point to 85; western and Guam rose two points each to 85; Southeast and Northwest remained the same at 83 each; Northern remained the same at 82; Japan decreased one point to 81; and Europe rose four points to 80.

The Navy Exchange Service Command (NEXCOM) announced the NEX Customer Satisfaction Index (CSI) survey remained at an all-time high of 83 for the second consecutive year Jan. 10.

On average, the overall retail industry score is 76. The CSI survey is used to determine how the NEX can better serve its customers.

"We've been surveying our customers since 1998 to find out areas where we are doing a good job as well as those areas that need improvement," said Michael Conner, NEXCOM vice president, marketing insights. "It's a great tool for us to use to see if the areas we're focusing on, like merchandise selection, are working. We know it is because our score continues to increase in that area. In contrast, it also shows us the areas we still need to work on, such as problem resolution."

The focus NEXs put on premier customer service over the past year had a positive impact both on customers and on the CSI score. Scores for store environment rose two points while associates and checkout rose one point each. Other increases in scores were in returns, pricing, sales flier and merchandise, all which rose one point each. Based on this information, top priorities for 2012 will again be on merchandise, pricing and sales flier.

Eighty-four percent of the NEXs worldwide had a score of 80 or above while the remaining 16 percent of NEXs had scores 70-79. For the second year in a row, there were no NEXs with scores below 70. Districts in the continental United States remained the same while overseas districts rose one point.

"Statistically, it will be difficult to increase our score year after year," Conner said. "So looking forward, we will be looking more to maintain this high score of 83 and making sure we're delivering the best possible products and customer service to our customers."

NEX plans special events

Stephanie Lau

Pearl Harbor Navy Exchange

A passport information fair will be held from 9 a.m. to 2 p.m. Jan. 20 and 27 at the Pearl Harbor Navy Exchange (NEX). On Jan. 20, passport specialists from the Honolulu Passport Agency will be at the NEX main rotunda to provide the information needed to obtain a U.S. passport. This is a free event to authorized patrons.

A free Chinese New Year celebration Year of the Dragon event will be held from 10:30 a.m. to noon Jan. 22. NEX and Cathay Kai will present Lung Kong Physical Culture Clubs Hawaii with a Chinese Lion Dance performance.

In addition, NEX hiring goes online effective immediately. Hawaii District NEX stores and Navy Lodge have taken hiring to the web. Interested applicants will be able to review job opportunities from any computer, smartphone, iPad, tablet or any other device that connects to the Internet. Search and apply for jobs any time, 24/7. Go to www.navyexhchange.jobs or access the 'Work for Us' link at www.mynavyexchange.com, then click on "hourly opportunities" or "professional opportunities" link located at the bottom of the page.

First-time applicants will need to create a profile and have an email address. Applicants will be able to upload a resume and/or enter work experience and education, and save their profile under their user information. Once a profile is created, applicants can use it to apply for jobs any time. Profiles can also be updated as information changes.

For more information, call the NEX Human Resources Department at 423-3300.

For information on events at NEX, call 423-3287.

Spaghetti dinner scheduled for Jan. 25

A free spaghetti dinner and information fair will be held for the families of deployed/remote tour Airmen and individual augmentee (IA) Sailors from 5 to 7 p.m. Jan. 25 at Military and Family Support Center (MFSC) Hickam lanai, building 1105.

Organizations present will include Morale, Welfare and Recreation, the USO and MFSC, Air Force Aid Society, American Red Cross, New Parent Support and FOCUS.

Call 449-0300 or email Christina.Gonzalez3@navy.mil to reserve a spot.

Got Questions?

Write to us at **editor@hookelenews.com**

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PEARL HARBOR-HICKAM Manawa Nanea LEISURE

Morale Welfare & Recreation

EDDIE GRIFFIN COMEDY SHOW
See comedian Eddie Griffin perform live from 7 to 9 p.m. tonight at Hawaii Theatre Center with tickets available through Information, Tickets and Travel-Hickam (ITT-Hickam). FMI: www-greatlifehawaii.com.

YOUTH SPORTS REGISTRATION
The youth NFL spring flag football registration period runs from Jan. 23 to Feb. 24 for ages 5 to 15. The cost is $65 per youth and the season runs from March to June. In addition, the youth U.S. track and field registration period is from Jan. 23 to Feb. 24 for ages 9 to 18. The cost is $35 per youth and the season runs from March to August. The fee does not include USATF membership. Register online. FMI: www.greatlifehawaii.com.

MWR NEWCOMERS LUNCH
The Morale, Welfare and Recreation (MWR) free newcomers lunch will be held at 11 a.m. Jan. 24 at the Tradewinds Enlisted Club. After the luncheon, a tour at 12:30 p.m. will take participants to MWR locations around the base. Separate registrations are required for the luncheon and tour. The event is open to all military-affiliated personnel during their first six months of arrival. Register online. FMI: www.greatlifehawaii.com.

PRESCHOOL STORY TIME
Hear about animals large and small with the theme of "The Zoo" during free story time from 9 to 10 a.m. Jan. 25 at the Joint Base Pearl Harbor-Hickam Library. FMI: 449-8299.

PRO BOWL EVENTS
Official Pro Bowl practices will be held from 10 a.m. to 1 p.m. Jan. 26 at Earhart Field. In addition, a free ohana (family) day will be held from 9 a.m. to noon Jan. 28 at Aloha Stadium with a special package available to military families. Pre-sale tickets are available now to the 2012 NFL Pro Bowl, which will be held from noon to 5 p.m. Jan. 29 at Aloha Stadium. FMI: www.greatlifehawaii.com.

PODIUM RACEWAY WITH LIBERTY
Experience Podium Raceway with Liberty on Jan. 27. Depart Liberty Express at 5 p.m., Beeman Center at 5:30 p.m., Instant Liberty at 5:45 p.m. and Makai Rec Center at 6 p.m. The cost is $10 per person. This event is for single-active duty service members only. FMI: 473-2583.

GARY SINISE AND THE LIEUTENANT DAN BAND
Gary Sinise and the Lieutenant Dan Band will perform a free show at 7 p.m. Feb. 10 at Freedom Tower at Joint Base Pearl Harbor-Hickam. Round-trip shuttle service will be available. In case of rain, the event will be moved to hangar 35. FMI: www.greatlifehawaii.com.

For more information on events, visit www.greatlifehawaii.com.

Community Calendar

January

23-27 ~ The GSA Customer Supply Center on the Hickam side of Joint Base Pearl Harbor-Hickam will close for annual inventory Jan. 23 through 27. Customers can shop at the GSA Schofield Barracks store during this time. The GSA Schofield Barracks store will close for inventory Jan. 30 through Feb. 3. Customers can shop at the GSA Hickam store during this time. FMI: Teresa Demello at Hickam at 448-8937, ext. 241, or Barbara Edwards at Schofield at 655-0280.

24 ~ Free Military and Family Support Center classes include anger management from 8 to 11 a.m. Jan. 24. Classes are for Department of Defense civilian employees, military personnel and family members. FMI: www.greatlifehawaii.com.

25 ~ A free spaghetti dinner and information fair will be held especially for the families of deployed/remote tour Airmen and Individual Augmentee (IA) Sailors from 5 to 7 p.m. Jan. 25 at Military and Family Support Center (MFSC) Hickam Ianai, building 1105. FMI: 449-0300 or email Christina.Gonzalez3@navy.mil.

28 ~ In celebration of the 68th anniversary of the USS Missouri's (BB-63) launching and 13th anniversary of the ship's opening as a memorial in Pearl Harbor, the Battleship Missouri Memorial is offering free admission to *kamaaina* and military personnel Jan. 28. Gates open at 8 a.m. FMI: 973-2494 or visit ussmissouri.org.

30 ~ VITA tax center will open for service Jan. 30. The VITA tax office is located in the Navy College Building (building 679), room 11. The office will be open from 9 a.m. to 4 p.m. Monday through Friday. Tax help will be open to all military members, retirees and their spouses. Tax preparation has transitioned to self-service where clients prepare their returns utilizing tax center computers and on-line filing services such as Military One Source or Turbo Tax with IRS-trained volunteers on-site for assistance . The tax center is no longer full service, which means it will not be providing one-on-one tax preparation, except in limited circumstances for Wounded Warriors and those who are physically unable to prepare taxes via self-service. Service will be provided by a walk-in basis only. Required documents include: military ID, Social Security cards for all family members, last year's tax returns, copy of active duty orders for reservist and any other available tax documentation (1098, 1099, etc.). FMI: 473-4112 or stop by the tax center for further assistance.

Movie Showtimes

Happy Feet Two (PG)

"Happy Feet Two" returns audiences to the magnificent landscape of Antarctica. Mumble, The Master of Tap, has a problem because his tiny son, Erik, is choreo-phobic. Reluctant to dance, Erik runs away and encounters The Mighty Sven-a penguin who can fly! Mumble has no hope of competing with this charismatic new role model. But things get worse when the world is shaken by powerful forces. Erik learns of his father's "guts and grit" as Mumble brings together the penguin nations and all manner of fabulous creatures–from tiny Krill to giant Elephant Seals–to put things right.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Happy Feet Two (PG)

SATURDAY
2:30 PM The Muppets (PG)
5:00 PM Arthur Christmas (PG)
7:00 PM J. Edgar (R)

SUNDAY
2:30 PM Happy Feet Two (PG)
4:45 PM The Muppets (PG)
7:00 PM Twilight Saga: Breaking Dawn Part 1 (PG-13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Arthur Christmas (PG)
8:30 PM Twilight Saga: Breaking Dawn Pt 1 (PG-13)

SATURDAY
4:00 PM The Muppets (PG)
7:00 PM New Year's Eve (PG-13)

SUNDAY
2:00 PM Arthur Christmas (PG)

For more movie information, visit www.greatlifehawaii.com.

Hickam Dental Clinic establishes cancellation email box

In order to better serve its customers, the Hickam Dental Clinic has recently established a dental appointment cancellation email distribution box.

This will allow patients who are unable to conveniently cancel or reschedule dental appointments by phone during normal clinic hours an alternative option. To cancel or reschedule an appointment, email requests to: 15MDG/DentalCancellations@hickam.af.mil

A dental representative will reply to your message promptly on the next duty day. Note that cancellations within 24 hours of a scheduled appointment is considered a broken appointment. Be advised that your chain of command will be notified of the broken appointment.

The clinic's normal hours of operation are Monday, Tuesday, Thursday and Friday from 7:30 a.m. to 4:30 p.m. and Wednesday from 7:30 a.m. to 3 p.m. The clinic is closed on all federal holidays, family days and every third Thursday.

To schedule an appointment, call 448-6371 during normal duty hours.

For an after-hours dental emergency, call 448-6000 and follow the prompts to reach the on-call provider.

Do not leave a voice message to cancel an appointment.

Donations, volunteers sought for Sailor's Attic

Navy Region Hawaii

Plan of the Week

The Sailor's Attic is a facility where junior enlisted (E-5 and below) and their families can go to receive donated goods for free. It is located inside the Makalapa Gate in building 1514 (across the parking lot from the Makalapa Medical Clinic).

If you are in need of any items, stop by during their hours of operation (Friday 10 a.m. to noon and Saturday 10 a.m. to noon). Donations can only be dropped off during the hours of operation. Volunteers are also needed.

The Sailor's Attic will accept the following items in good condition:

- Clothing (men, women, children).
- Baby items (walkers, high chairs, cribs, etc.);
- furniture.
- DVDS.
- Games, toys, books.
- Kitchenware (plates, cups, glasses, silverware, pots and pans, etc.).
- Small appliances (toasters, microwaves, coffee makers, blenders, etc.).
- Linens (towels, blankets, sheets, curtains, etc.).
- Bathroom items/décor (shower curtains, rugs, etc.).
- Home décor (pictures, frames, knick knacks, etc.).
- Electronics (TVs, DVD players, computers, monitors, printers, etc.)

For more information, contact the Joint Base Pearl Harbor-Hickam ombudsman at jbph-homb@yahoo.com or call 590-8380.

AAHA scholarship features essay writing

Hickam African American Heritage Association

The Hickam African American Heritage Association (AAHA) annually sponsors the Chief Doris Brewster Scholarship. This scholarship is designed to give high school seniors who are dependents of active duty or retired military personnel an opportunity to obtain a scholarship by participating in a Black History Month essay writing concept.

The Chief Doris Brewster scholarship award winners will be featured at the Black History Month luncheon Feb. 3. However, all submissions must be received before Jan. 31.

AAHA's main function as an organization is to help the military community. This scholarship is one of the main ways that AAHA accomplishes this mandate.

For more information about scholarship guidelines, essay themes and the submission process, contact Senior Master Sgt. Yvonne Brown at 449-8182 or yvonne.brown@hickam.af.mil or call 449- 4575 or e-mail kareem.adham@hickam.af.mil.

Annual Seabee Run will take place Feb. 11

The 20th annual Seabee Run will be held at 7 a.m. Feb. 11 at Ford Island at Joint Base Pearl Harbor-Hickam. The cost of the event is a $25 registration fee, $10 for children.

There are three ways to register. Register online at www.Active.com.

Contact Luke Dragovich by email at luke.dragovich@navy.mil or by phone at 473-7818 to get a registration form. Mail the registration form and fee by Jan. 31 to NAVSUP FLC, Lt. j.g. Luke Dragovich, 1942 Gaffney St., Ste. 100, Code 701, B-1757, 2nd Floor, JBPHH, HI 96860-4549.

Pick up the registration packet at Runner's HI from 2 to 7 p.m. Feb. 10. Runner's HI is located in Aiea at 98-390 Kamehameha Highway. The phone number is 488-6588.

Participants will receive a Dri-Fit T-shirt (while supplies last).

Awards will be given for the top three male and female runners in each division of the 5K and 10K races.

For more information, go to Active.com, or contact Luke Dragovich at luke.dragovich@navy.mil or call 473-7818.

This Week's Trivia

When was the former Pearl Harbor Naval Station built?

Last Issue's Question: Hawaii-born astronaut Air Force Lt. Col. Ellison Onizuka is remembered as one of the crew members killed in the space shuttle Challenger disaster. What date did the tragedy occur?

Answer: The space shuttle Challenger was destroyed in an explosion on Jan. 28, 1986, which killed all seven crew members.

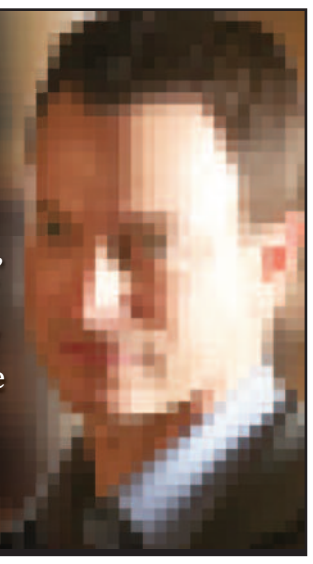
Last Week's

WHO SAID IT?

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

Martin Luther King Jr.

WHO SAID IT?



"Careers, like rockets, don't always take off on schedule. The key is to keep working the engines."

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