

Early comeback leads Crommelin to huge win

Story and photos by Randy Dela Cruz

Sports Editor

After falling behind by a score of 14-5 in the early minutes of the game, USS Crommelin (FFG 37) Indestructibles burst out to a 15-0 run and never looked back in defeating USS O'Kane (DDG 77), 58-43. The game was an Afloat Division showdown of second-place teams at Bloch Arena, Joint Base Pearl Harbor-Hickam, on March 3.

In beating O'Kane, Crommelin maintained their share of second place by raising their record to 5-1, while the O'Kane saw their Afloat mark drop to 4-2.

Led by a strong bench and Crommelin's high-scoring tandem of guard Seaman Raymond Dixon and forward Gas Turbine System Technician (Mechanical) 2nd Class Martin Houston, the team's combined attack offset O'Kane guard Fire Controlman 2nd Class Frank Lofton's 30 points to earn the lopsided victory.

Dixon scored 20 points, which included two clutch three-point shots in the first half, while teammate Houston, after a slow start, chipped in with 17.

"A lot of it had to do with some guys coming off the bench that don't get a lot of playing time," said Houston about the team's big win. "Beckford (Operations Specialist 3rd Class Jacarous) was out there, got a couple of steals, hustled for us, and I think that got everybody else motivated."

At first, O'Kane, behind Lofton's hot hand, started out on fire and opened up a nine-point lead at 14-5, with Lofton scoring 11 points on three three-point bombs and a basket.

However, a free throw by Houston cut the lead down to eight and four minutes later, a steal and a basket by Beckford narrowed the margin down to two at 14-12.

Then on the next trip down the floor, Dixon popped in a trey to give the Crommelin their first lead of the game at 15-14 with 5:25 remaining in the first half.

"That was pretty big because at first I wasn't doing anything," said Houston about Dixon's lead-changing shot.

Another basket by Dixon, followed by his second three-point shot of the half, extended Crommelin's lead to 20-14, before Information Systems Technician 3rd Class Zach Davis of O'Kane sank a shot with 2:13 remaining until half-time to finally break the run at 15.

"I hit our first 11 points, but then they just concentrated on double teaming me,"



Lofton said about losing the early lead. "When I'm dish-ing the ball out to my teammates, they got to try better to help me out a little bit because with just five players on the team, everybody got to hold their own."

While Lofton tried to keep O'Kane within striking distance after the break, Crommelin's balanced attack slowly put the game out of reach, as the team got 10 second-half points from Dixon, five from center Engineman Fireman Marcus Guffey, four from Boatswain's Mate Seaman Apprentice Davon Saunders, a basket each from Ship's Serviceman Seaman Angel Colonrivera and Beckford, and 13 from Houston.

Houston's basket at the 13:10 mark gave Crommelin their first double-digit lead at 33-23, before a trey and basket on successive trips down the court by the forward put the game on ice with a 15-point advantage at 9:22 left on the clock.

Lofton admitted that entering the game with only seven players took a huge toll on his team in the final minutes of the game.

"That hurt a lot," he pointed out. "We depend on our subs

because we run a fast team. Without subs, it's hard to get fresh bodies in there. Without fresh bodies, you can't do the things you did in the beginning."

Although Houston said that beating a solid team like O'Kane was very satisfying, he stated that the team wouldn't feel complete until it avenges its only loss of the season - a 46-37 defeat at the hands of Koa Kai - the team from USS Chung-Hoon (DDG 93).

"We feel pretty confident. It's something that we talk about on a regular basis," Houston said. "They (Koa Kai) beat us, and we got a little grudge against that. We know we can beat them. We're just waiting for that time to come."



Afloat Division standings (As of March 6, courtesy of MWR)		
	W	L
1. KOA KAI	6	0
2. CROMMELIN	5	1
3. LAKE ERIE	5	1
4. O'KANE	4	2
5. PAUL HAMILTON	3	2
6. USS HAWAII	2	2
7. REUBEN JAMES	2	2
8. CHOSIN	2	4
9. SANTA FE	2	4
10. SHELLZ	1	4
11. OLYMPIA	1	5
12. SEA WARRIORS	0	5

Former Shooters send FFRP to fourth straight defeat

Story and photo by Randy Dela Cruz

Sports Editor

The Will Francia basketball team won their ninth game against only one defeat by holding off a tough and determined Fleet Family Readiness Program (FFRP) Bad Boyz squad in overtime, 51-44, in a Gold Division intramural basketball battle at Bloch Arena, Joint Base Pearl Harbor-Hickam, on March 6.

The Francias, which formerly played as the SEAL Delivery Vehicle Team-One (SDVT-1) Shooters, are competing this season under the name of their team captain Master-at-Arms 2nd Class Will Francia.

Against the Bad Boyz, which started the season on a five-game-winning streak, but have now dropped four in a row, the Francias' fell behind late in the second half, but came back to force the extra period before taking full control in OT.

"We had two big wins last week, but we came out sluggish tonight," admitted Francia forward Yeoman 2nd Class Clinton Miller, who led all scorers with 20 points, including a perfect eight-for-eight from the charity stripe and three big baskets in overtime.

Throughout regulation, the game was tight as the teams fought through four ties with the last draw occurring when Bad Boyz guard Yeoman 2nd Class Eric Quinn sunk a deep buzzer-beater from the left side as time expired.



Yeoman 2nd Class Clinton Miller, forward for the Will Francia basketball squad, goes up for a shot inside the lane during the team's Gold Division intramural game versus the Fleet Family Readiness Program (FFRP) Bad Boyz at Bloch Arena, Joint Base Pearl Harbor-Hickam, on March 6.

Earlier, in the first half, Navy Diver 2nd Class Daryl Waldrup knocked down two three-pointers to give the Francias a 16-10 advantage, but the Bad Boyz

responded with three baskets, the last one from Culinary Specialist 2nd Class Travis Corder, to

knot the game up at 16-16.

Although the Francias went back up by four just before halftime, FFRP guard Ship's Serviceman 2nd Class Wilson White followed up with his third three-point shot of the half to pull his team back to within one.

After intermission, the Bad Boyz trailed for the first 10 minutes, but a free throw by Culinary Specialist 2nd Class Ryan Armstead tied the score at 26-26, before another shot from the charity stripe by White gave FFRP their first lead of the game at 27-26 with 6:42 left in regulation.

The Bad Boyz clung to a two-point lead for the next three minutes, but a basket-and-one by Francia center Navy Diver 2nd Class Patrick Davis put the Shooters back out in front at 31-30.

Bad Boyz guard Operations Specialist 2nd Class James Darden retook the lead for his team on lay-up and a free throw to make it 33-31 in favor of FFRP.

However, the lead was short-lived as Francia, the squad's captain, dribbled down court and swished a three-point shot to give his team a one-point advantage at 34-33.

A basket by Miller raised the lead to 36-33, but that's when Quinn zeroed in on his three-point bomb to tie the game at 36-36 and send it to overtime.

While regulation play was nip and tuck from start to finish, the OT was all Francia, as the former Shooters squad

quickly put the game away by building up a 10-point lead at 51-41.

Miller said that having extra bodies on the bench really helped in overtime. He also pointed out that the team's good night at the foul line played a big role in its win.

For the game, the Francias deposited 19 out of 25 shots from the charity stripe.

"All season, we only had like six or seven (players)," Miller said. "It was really nice to have a deep bench. I think that wore them out at the end."

Although Bad Boyz head coach Culinary Specialist 1st Class Chad Bracewell said that having only seven players wasn't a factor in their defeat, he did admit that the loss of one player may have cost the team a win.

"My biggest defender (Armstead) fouled out. That's my fault because I didn't pay attention to his fouls. That really hurt us," Bracewell acknowledged. "We fought hard, got back into it, but then fell apart in OT."

With only three weeks remaining in the regular season, the win should clinch at least one of the six available Gold Division playoff spots for Will Francia, but the Bad Boyz, at No. 6, have their backs up against the wall.

"Our confidence level is slowly dropped," Bracewell admitted after seeing his team's record fall to 5-4. "I believe that we can (make the playoffs), but I got to have them believe that they can. If they don't believe, then it's a lost season."

Commentary

Window on Pearl Harbor-Hickam

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'Into each life some rain must fall'

Karen S. Spangler

Managing Editor

"Into each life some rain must fall" are lyrics from a song that was made popular in 1944 by Ella Fitzgerald and the Ink Spots. With the torrential downpours we have had in the islands the past week, we all can relate to those words.

I can remember that when I was a young girl, my mother frequently sang the words to the song:

"Into each life some rain must fall. But too much is falling in mine. Into each heart some tears must fall. But some day the sun will shine."

As I watched the rain that pounded down from the skies the past few days, I thought about those words. Eventually the weather system that had been hovering over the state and causing our soggy conditions would leave the islands, and we would again see the bright sunshine and blue skies that are prevalent here in paradise.

Life is a lot like that, too. Some days, it seems like there is a lot of rain that falls in our lives, but not much sunshine.

But remember that just like rain is a good thing, providing much-needed water supplies and replenishing the earth, those "rainy days" in our lives serve to remind us that there are better days ahead. Sometimes we don't know how long the "rain" will last, but we know that at some point, it will become sunny again.

There are times when I face those "rainy days" in a negative frame of

mind and allow myself to feel disheartened. Why can't it be just a light shower and not a downpour? I sometimes ask.

Or maybe those "showers" keep recurring and I am impatient to see the sunshine.

It's at those times especially that I remember something else my mother said. She told us that if we thought we were having a difficult time, we should pay attention to people around us, and we would see that other people had bigger problems than we did.

Her wise philosophy worked for me — and it still does.

Whenever I encounter those challenging days, when the rain pours down from the skies and doesn't want to stop, I look around me and realize that my troubles are small compared to others. Certainly there are times that I wish that instead of a downpour, the rainy days in my life could be more like a drizzle or a gentle shower.

It's important to realize that Mother Nature's showers, just like the "rainy days" in our lives, have some benefit. We know that there will soon be sunshine, that better days are coming.

When the sun finally does pop out from the clouds, it's a welcome sight.

The rain is like whatever problems I may be dealing with and when I am able to resolve them, things will be good again.

Like the song says, "But some day the sun will shine." I'm betting on it.

Have a fine Navy-Air Force day at JBPHH!



Photo illustration | U.S. Marine Corps photo by Chuck Little. U.S. Air Force photo by SrA Christopher Perez

Airmen from the "R.I.S.E. Above" team from Joint Base Pearl Harbor-Hickam participate in the Swamp Romp at Marine Corps Base Hawaii, Kaneohe Bay.

Airmen 'rise above' and climb to first place in Swamp Romp

Don Robbins

Assistant Editor

Although Airmen from Joint Base Pearl Harbor-Hickam crawled through the mud, dirt and sand of this year's 18th annual Swamp Romp at Marine Corps Base Hawaii, Kaneohe Bay, their "R.I.S.E. Above" team wound up rising to the top and winning first place.

The team finished the competition in 53 minutes and 23 seconds. The letters in the team name reference the Air Force core values of "integrity first, service before self, and excellence in all we do."

The five-mile course at Boondocker Training Area on Feb. 25 consisted of a run through Fort Hase Beach, Nuupia Ponds and along the roads on base. More than 2,400 runners from military installations and the community took part in the event.

This unique race, known as the "dirtiest race in Hawaii," takes teams over and under the challenging obstacle-packed course that featured massive amounts of mud. It included low crawling, jumping, climbing and

falling in the sticky muck.

"The sand was a killer on your legs," recalled R.I.S.E. Above team captain Senior Airman Christopher Perez of the 352nd Network Warfare Squadron. "The mud at the end was the thickest and deepest. The course was a lot tougher this year," he added. "They said it was five miles, but it felt a lot longer than that. It was great to win, just to go out and do it. We were very excited about that." Participants ran the course in backward order from previous years romps, and Perez said additional obstacles were added this year.

The other members of the team are Airmen 1st Class Scott Rippeth of the 352nd Network Warfare Squadron, Zac James and Jesse Ogden of 15th Maintenance Squadron, and Savas Rivera and Tony Oakley from 17th Operational Weather Squadron.

Perez and Oakley also competed in last year's race on a whim. They had a good time and wanted to come back to win it this year. Last year, they wore fatigue pants and boots, which wound up weighing them down. This year, however, they wore short-shorts, swimwear and

running shoes. "It made a huge difference. We were not holding so much water or being saturated with mud," Perez said.

My teammates, all of them, love to compete and we all just like to be physically fit," Oakley said.

"I used to be obese when I was younger, and I used to be made fun of," Oakley shared.

However, one summer in high school, he got tired of being made fun of and made a determined effort to eat better and start working out. Now he's part of a team that wins races. "I encourage everyone to give it a shot. It's a good team sport," Oakley said.

Next, the team plans to run in the Hood to Coast Relay in Oregon this August to raise awareness and funds for the Wounded Warrior Project. The nearly 200-mile relay will stretch from Mt. Hood to the Pacific Ocean in Seaside, Ore. The race takes 24 hours to complete and includes 1,500 teams, Perez explained. "Hood to Coast is a big race. We were really lucky to get in. We want to spread the word about the Wounded Warrior Project," Perez said.

Three-point goals shoot down Hangar 5

Story and photo by
Randy Dela Cruz

Sports Editor

Pacific Command / Joint Intelligence Operation Center (PACOM/JIOC) shooters pumped in a total of seven three-point baskets and earned a tough 51-45 win over Hangar 5 in a Blue Division intramural basketball game at Bloch Arena, Joint Base Pearl Harbor-Hickam, on March 5.

The victory helped the joint command keep pace with the top teams in the division by improving its record to 7-3 and stay only one game behind third-place Hangar 5, which owned a mark of 8-2 following the loss. "This was really big because only the top six teams get into the playoffs," said Intelligence Specialist 3rd Class Gary Fry, who accounted for three of the team's long-distance shots, including two in the first half. "We really needed this because I'm transferring out in a week, so we have to get our team ready."

In the matchup pitting two divisional contenders, it was Hangar 5 that quickly broke out on top with three straight baskets to take a 6-0 lead.

However, as Hangar 5 settled down into a two-three zone, PACOM/JIOC shooting guard Intelligence Specialist 2nd Class Josh Kelly got the team's shooting gallery on a roll by sinking a trey and a short jumper to cut the lead down to a single digit.

Hangar 5 stormed back ahead to take an 11-5 advantage, but Kelly ended another five-point run by knocking down his second three-point shot of the first half.



Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) guard Intelligence Specialist 3rd Class Gary Fry drives into the lane for a shot during a Blue Division intramural basketball game versus Hangar 5 at Bloch Arena, Joint Base Pearl Harbor-Hickam, March 5.

Moments later, Fry put PACOM/JIOC ahead at 13-11 with his first splashdown from downtown with 9:40 remaining in the first half.

Two minutes prior to halftime, Fry's second basket from beyond the arch gave his team its first 10-point lead of the game at 27-17, which stood up to the break, as

Blue Division standings (As of March 5, courtesy of MWR)

	W	L
1. TEAM NIOC	10	0
2. 324 IS Tigers	9	1
3. HANGAR 5	8	2
4. PACOM/JIOC	7	3
5. POUNDTOWN	6	4
6. HELLRAISERS	5	5
7. 747 CS	5	5
8. NASTY PAC	4	6
9. 8 IS 'A'	4	6
10. 535 AS TIGERS	3	6
11. 735 AMS	3	7
12. TPU	2	7
13. HQ PAC	2	7
14. FACSFAC	0	9

PACOM/JIOC enjoyed a 31-21 advantage at intermission.

Although Fry finished off his three-point assault on the basket with his third and final trey on the team's first trip down the floor in the second half, the rest of his teammates continued their aerial attack from the perimeter.

Besides a total of five three-pointers from Fry and Kelly, the team also received shooting support from beyond the arch from guard Logistics Specialist 2nd Class Marcus Burdios, who contributed seven points, and Lt. j.g. Spencer Christian.

Fry said that with the way PACOM/JIOC was shooting the rock, he was surprised that Hangar 5 continued to stay in their zone defense.

"We have a vast assortment of shooters on this team," Fry said.

"So I think that (zone defense) played in our hands very well and allowed us to come back and eventually win this game."

Hangar 5 forward Airman 1st Class Phillip Vandenberg, who scored a team-high 17 points and tried to lead a comeback, said that with the kind of shooting night that PACOM/JIOC was having, he thought that the guys would have made their shots no matter what.

"It's easy to say that now, but they hit shots in the first half," said Vandenberg about his team sticking with the zone defense. "They hit everything, so no matter how we played them, they were going to hit it."

Despite the hot night by PACOM/JIOC, Vandenberg said that his team still could have come out on top if he and his teammates shot the ball better.

With the playoffs only three weeks away, Vandenberg admitted that the team couldn't have any more breakdowns like it did against PACOM/JIOC.

"We still got some games left and things could happen," he noted. "We just got to come out strong every game now, and we can't lose another one."

Despite earning a tough win, Fry said he is confident, but also concerned, as his team tries to nail down one of the division's six playoffs spots.

Fry stated that he is scheduled for a permanent change of station in about a week, and the team may also lose a few more players before the postseason.

"We have enough shooters that I think they'll cover my game," he said. "I expect to hear from them that the team is set when I'm gone."

Support sought for March 23-24 Relay for Life

Don Robbins

Assistant Editor

Air Force Master Sgt. Jeffrey Wurn is helping to spearhead the upcoming American Cancer Society Relay for Life of Leeward Oahu, which will be held March 23 and 24 at Kapolei High School.

"Leeward Oahu is our relay, our backyard, our community. It stretches from Joint Base to Waianae and from Barbers Point up to Wahiawa. We need to represent," said Wurn, who is the sponsorship/fundraiser and acting logistic chairperson for the relay. Wurn is stationed at Joint Base Pearl Harbor-Hickam PACAF headquarters. Wurn's wife, Delores, serves as the survivorship chairperson.

Relay is an overnight event consisting of teams of people



Photo courtesy of American Cancer Society Relay for Life

camping out around a track. Members of each team take turns walking around the track during the duration of the event in support of those whose lives have been affected by cancer.

According to Wurn, everyone

has different reasons for participating in the relay. He said for some, it is a way to give back to the community. For others, it is a way to raise funds for cancer research and development, patient care, beauty supplies,

and education campaigns.

"And for others, it is a way to witness the pain leave a cancer survivor's face, if only for a few hours. We relay for our survivors ... they are our hope," Wurn said. "We say 'cancer never sleeps so neither do we' for 12 hours. We commit our team to walking the track and being active in the event from start to finish," Wurn explained. The event stretches from 7 p.m. March 23 to 7 a.m. March 24.

Wurn said all committee members are volunteers. He is looking for dedicated volunteers to head up or assist with various committees year round.

The next committee meeting is at 6:30 p.m. March 15. The next team (captain) development meetings are at 6:30 p.m. March 14 and 21. All meetings are in the Kapolei High School lounge next to the cafeteria.

Wurn also emphasized that teams and sponsors are the engine that propels the relay event. In addition, he said "We honor our cancer survivors and provide a wonderful survivors' dinner ... every cancer survivor (no matter the type or severity) is encouraged to sign up and join us at Relay for Life. We would love to have them."

And finally, he said volunteers are also needed to help with set-up and tear-down the day of the event.

For more information on teams or volunteering, email Pam Lawson, team development chairperson at pamela.lawson@hickam.af.mil or contact Wurn at 449-8678 or 782-7533 or email him at jdj-home308@gmail.com.

Log onto the webpage at <http://bit.ly/xmiPFP> and click "volunteer."

Recollections shared before and after Pearl Harbor

Betty "Tack" Blake,
(www.airman.dodlive.mil)

Courtesy of Department of Defense News, Women's History Month

Betty "Tack" Blake was a Women's Air Force Service pilot during World War II and a graduate of the first graduating class in 1943 near Ellington Field in Houston. She grew up in Hawaii and watched the Japanese attack on Pearl Harbor from her balcony.

There were lots of military in the islands in the Army Air Corps and Navy, so we were swamped with dates because there weren't enough girls to go around. We were all so spoiled. We were having fun every night, and suddenly it all stopped.

I was at a party with this ensign at the officers club at Pearl Harbor on Dec. 6. I'd just had a birthday, so the ensigns and people on the ships invited me to the officers club that night to celebrate. My family didn't

drink, so I'd never had a drink in my life. The next morning, when Pearl Harbor happened, I was in bed with the worst hangover.

Robert Tackaberry and I had been to the party, and it was a long drive from Pearl Harbor back to where I lived. I was the only one with a car because he was based on the ship, and my father didn't want me driving home on that road because there were so many accidents on a Saturday night.

His cabin on the California was below the water line, and they dropped a bomb right in the water beside the ship. His roommate was asleep, and it killed him. So my father always reminded my future husband he'd saved his life.

We lived on a hill overlooking Honolulu and the water, from Diamond Head to Pearl Harbor. That morning, my younger brothers woke me up and we all went out to the balcony of my house to watch all these planes coming over the mountain behind us going toward the



U.S. Air Force photo

Women Airforce Service pilots Barbara Erickson (front left) and Betty Tackaberry (front right) walk in Women's Auxiliary Ferrying Squadron uniforms at March Army Air Base in Riverside, Calif., in 1943.

ocean. When the planes went over, they were [Mitsubishi A6M] Zeroes, but they looked like AT-6s. They had big orange suns painted on the bottom of the

wings. Then we saw them as they started diving into the ocean in front of us. Their machine guns started going off, and you could see the bullets hit-

ting the water and bouncing up.

The secretaries for the officers were all wives of military personnel and after Pearl Harbor, they started shipping them by plane to the west coast. I had a cousin who was skipper of a submarine in Pearl Harbor that day, which fortunately wasn't hit. He called our house and said, "You've got to take a job at Pearl Harbor. They're desperate for people who can type." The very next day after Pearl Harbor, I went to work for the captain of the yard.

It was often after dark when I drove home, which was a 15-mile drive. They covered your lights on your car with blue cellophane, which left a little hole in the middle that wasn't covered about the size of a 50-cent piece. So you could barely see, and I had to drive after dark most of the time I worked at the base. I'd get home and we'd go out on the balcony at night and look out toward the beach and see these little flickers of lights of the people who had permits to drive at night.

VA Center for Aging seeks support for terminally ill veterans

Don Robbins

Assistant Editor

For the past few weeks, Air Force Master Sgt. Paul Nelson of the 647th Logistics Readiness Squadron at Joint Base Pearl Harbor-Hickam has voluntarily visited with veterans at the Veterans Administration (VA) Center for Aging located on the campus of Tripler Army Medical Center.

"My grandfather and father are

veterans. I wanted to get involved on a more personal level, even share my stories with them," Nelson said.

Although he's a new volunteer locally, he previously served as a volunteer at a VA medical center in Delaware.

"I am excited to spend time and 'talk story' with my predecessors in the coming days," Nelson said.

Nelson explained that as a first sergeant, he is a liaison for his group. He added that as a personal trainer, he is also interested in

helping the veterans in a sports or fitness capacity.

The VA Center for Aging houses a number of programs, including the community living center and the hospice program.

The local VA has the mission of comforting veterans at the end of life through a hospice and palliative care volunteer program.

"They need volunteers and help," Nelson said. "We need to have representation from our base." Nelson added that although he feels healthy now, he realizes

he could be struck by illness in the future.

According to the VA Center for Aging, volunteers might consider reading to a veteran, writing letters for them, assisting them in activities such as playing games, listening to them and offering moral support, or just sitting with them as a comforting presence.

Locally trained volunteers would provide direct contact to these terminally ill veterans needing a human touch. The VA provides a monthly volunteer training

whereby volunteers learn the means of comforting terminally ill veterans.

More than 1,800 veterans die each day, representing a quarter of all deaths in America, according to statistics from the National Coalition for Homeless Veterans.

For more information on volunteering time to provide comfort and support to these veterans, contact Joan Foley at Joan.Foley@va.gov or 433-7676 or Ralph Moreno at bettyralph2003@yahoo.com or call 728-4078.

A spending plan is an effective financial management tool

Military and Family Support Center, Accredited Financial Counselors

Everyone is concerned with the increasing cost of gas, food and just about everything else.

Financial counselors believe that a spending plan (another name for budget) is the most effective financial management tool available. It does not matter if you earn thousands of dollars a year, or hundreds of thousands of dollars.

It is important that you know how much money you have to spend and where you are spending it. A spending plan is needed to produce a desired result. With a plan, you can control your financial resources, set and realize goals, and decide in advance how your money will work for you. The idea behind budgeting is to save money up front for known and unknown expenses.

A good spending plan will allow you to know exactly how much money you have, even down to the penny, if you want.

Communication: A budget is a communication tool to discuss priorities for where your money should be spent.

Creating it together is key to resolving differences about money handling.

Control: A budget will allow you to take charge of your finances. You can be in control of your money instead of having your money limit what you do.

Hidden money: A budget will produce extra money for you to do with as you wish. Hidden fees and interest paid to outsiders can be eliminated forever. Savings, even small ones, can be accumulated and made to work for you. We have found it helpful to say, "put that debit card away." Try using cash for such things as eating out (based on what you allotted in your budget). Don't worry about the money when you know where it's going, it's the money that you have no clue where it went that is a concern. Have you ever pulled out \$100 from the ATM, and by the end of the day you say, "where did it all go?"

For assistance preparing a spending plan, the accredited financial counselors at Military and Family Support Center are available for free, confidential appointments. Call 474-1999 to schedule an appointment or check out financial classes that are being offered at www.greatlifehawaii.com.

Financial education classes are available through MFSC

Don Robbins

Assistant Editor

The financial counselors and educators at the Military and Family Support Center (MFSC) at Joint Base Pearl Harbor-Hickam offer many financial education classes/workshops. Times vary monthly to try to meet different work schedules.

Classes are offered for individuals, couples, spouses and children. All military, family members, Department of Defense civilians and contractors are welcome to attend classes. Here are the classes that are being offered in the next few weeks:

- "Million Dollar Sailor/Airman" from 7:30 a.m. to 3:30 p.m. March 12 at the Pearl Harbor MFSC. This two-day class is designed for junior military personnel who will learn about proper budgeting techniques, credit management, savings and investment options, insurance needs, military pay and allowances, consumer rip-offs, how to obtain a loan, and new and used car purchasing techniques.

- "Division Officers Financial Leadership Seminar" from 8 a.m. to 3:30 p.m. March 15 at Pearl Harbor MFSC. This one-day training is for non-CFS trained E-7s and above. It provides a basic understanding of typical military financial problems, develops skills in handling a financial crisis, and creates an awareness of resources available.

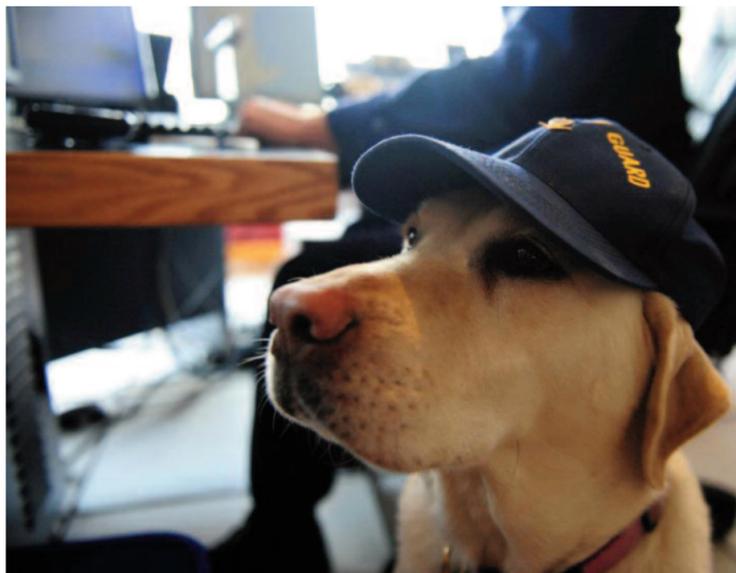
sis, and creates an awareness of resources available.

- "Financial Readiness for Air Force Supervisors" from 7:30 a.m. to 3:30 p.m. March 20 at the Hickam MFSC. Financial concerns are among the top issues leaders most likely will have to address with service members. This class is designed for E-6 and above/officers. It will provide supervisors with the skills/resources available to assist their service members. Topics will be: the need for personal financial management, making a spending plan, paying off debts, car buying strategies, insurance, savings and investments, thrift savings (TSP), credit cards, credit reports and credit scores.

- "Car Buying Strategies" from 5 to 7 p.m. March 21 at Pearl Harbor MFSC. This session tells you what you should know before purchasing a car, such as determining what you can afford, planning for the various expenditures of a car and learning to get the best deal on the purchase.

- "For Richer or Poorer" from 5 to 7 p.m. March 22 at Pearl Harbor MFSC. Financial communication is important in every relationship. This workshop provides information on budgeting, credit reports, money and credit management, as well as establishing financial goals for the future.

For more information and to register, visit the website www.greatlifehawaii.com or call 474-1999.



U.S. Coast Guard photo by Petty Officer 3rd Class Connie Terrell

Coast Guard Station Merrimack River's dog, Abby, "stands the watch" with a station crew member on Jan. 26. Coast Guard mascots have served just as their human counterparts have, with courage, honor and are "always ready" to go to those in need of assistance.

Are you ready for a pet?

(Editor's note: Navy Lt. Theresa Donnelly of U.S. Pacific Command has offered to share her pet-related knowledge.)

Lt. Theresa Donnelly

Pet overpopulation is a sad reality in the United States. Up to 7 million animals enter U.S. shelters every year, according to the American Society for the Prevention of Cruelty to Animals.

Of this number, about 60 percent of dogs and 70 percent of cats are euthanized, and less than 2 percent of cats and 15 to 20 percent of dogs are returned to their owners, according to the National Council on Pet Population Study and Policy.

Military families on the move should think carefully before taking in an animal to avoid contributing to this problem.

First, you should take into account your lifestyle and potential commitment to a pet. Are you an active family, with weekend hikes and daily runs, or do you prefer lazy weekends on the couch? Are you home enough to ensure your furry friend will get the exercise, training and attention they need?

An impending overseas move is another consideration. You may not be able to take your pet with

you. Many duty stations will only allow shipments of cats and dogs, so a pet rabbit may not be the wisest choice. And if you plan to live in housing, it's important to study military housing breed bans and pet limit requirements so you don't end up having to give up an animal because your community doesn't allow it.

As important as evaluating your family circumstances is choosing an ethical location to obtain your pet. Sadly, many pet stores in the United States aren't regulated and deny you the opportunity of personally inspecting the home of a responsible breeder.

"The biggest health consequence because of poor breeding is shortened life span and premature death," said Amanda Morgan, an Air Force spouse and veterinarian technician. "No one wants to spend thousands of dollars on a pet that will only live a few years. This is why potential buyers should do their research and select the best breeder of their future pet."

A great place to start looking for a forever pet is your local animal shelter. Some of these animals are perfectly well-behaved and healthy. They were just given up due to an irresponsible owner or

one who may have had a family emergency.

However, if you do decide to seek a responsible breeder, ask detailed questions, such as what breed-specific health testing has been performed and what drove the decision to breed. You also should visit the home of the breeder to see firsthand how the puppies are raised. The Humane Society of the United States has a checklist of questions to ask when looking for the right animal.

As you consider your options, make sure you're aware of the types of animals that can accompany you on an airplane. Many airlines are prohibiting brachycephalic breeds, also known as snub-nosed dogs, due to their compromised respiratory issues that have caused deaths in flight. Just as important as deciding if you can take on a pet and seeking the right location is making sure that animal can go where you go.

While pets can be a wonderful addition to a military family, the decision to have one should be carefully thought out.

Pets depend on us to be their voice and look out for their best interests. By following some of the tips above, we can be sure we are doing right by these family members.

Joint base to host 15th annual Ford Island Bridge Run

Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam's Morale, Welfare and Recreation (MWR) will hold the 15th Annual Ford Island Bridge Run at 7 a.m. April 7.

The Ford Island Bridge will be closed from 6:50 to

7:05 a.m. on April 7 due to the run. During the closure, there will not be an alternate route.

This 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 at Richardson Field.

The entry fee is \$20 for military and their family members. Non-military pay \$25. All entries must be submitted on or before March 19. Any entries postmarked after this date will be \$30. Late entries will be accepted until, April 6, 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 parking 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 to 14, 15 to 19, 20 to 24, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60 to 64, 65 to 69, 70 to 74 and 75 to 79, and 80 and older.

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

Armed Services Blood Program to hold upcoming drives

Tripler Army Medical Center Blood Donor Center has scheduled upcoming blood drives.

As part of the Armed Services Blood Program (ASBP), the official United States military blood program, a donation serves as a vital link to military service members and their families worldwide. The drives include:

- March 5 and 6, Marine Corps Base Hawaii Kaneohe Bay.

- March 12, Schofield Barracks.
- March 13, Tripler Army Medical Center department "blood battle."
- March 14, the Federal Detention Center.
- March 15 and 21, Tripler Army Medical Center.
- March 28, Joint Intelligence Operations Center (JIIOC).
- March 30, Joint Base Pearl Harbor-Hickam.

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

WHO SAID IT?

"Opportunities have never been better for those willing to take advantage of them. It makes no difference if you are a man or woman. If you are willing to grasp the opportunities the Navy has to offer and give it your full effort, then success will be yours."



Last Week's

WHO SAID IT?

"The most dangerous phrase in the language is, 'We've always done it this way.'"

Rear Adm. Grace Hopper

This Week's Trivia

On Feb. 24, 1952, the former Wheeler Air Force Base was reactivated following a period of minimum caretaker status since 1949. Why did this occur?



Wheeler Air Force Base

Last Issue's Question: On Feb. 24, 1812, Congress passed what act regarding support for the Navy?

Answer: On that date, Congress passed, "An act making appropriations for the support of the Navy of the United States, for the year one thousand eight hundred and twelve." Included in the appropriation for "defraying the expenses of the Navy" that year, Congress included monies for "premiums for enlisting men, musical instruments, bounty to music and other contingent expenses for the marine corps."

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

FREE GOLF CLINIC

There will be a free golf clinic at 2 p.m. Saturday at the Navy-Marine Golf Course. FMI: 471-0142.

KOKO HEAD HIKE FOR TEENS

There will be a hike to Koko Head on March 13 for teens ages 13 to 18. The hike departs from the Hickam Teen Center and is from 9 a.m. to 3 p.m. Cost is \$5 per youth. FMI: 449-3354.

PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m. March 14 at the Joint Base Pearl Harbor-Hickam Library. The theme will be "Dr. Seuss." FMI: 449-8299.

DAY HIKE

Sign up by March 12 to join a hike on March 14 to Nu'uanu Judd/Hidden Palace. The hike is from 3 to 6 p.m. The cost is \$10 per person. FMI: 473-1198.

PEE WEE T-BALL REGISTRATION

Pee Wee T-Ball registration ends March 16. The season runs from April 7 to June 16 and is for children ages 3 to 5. The cost is \$35 per youth. FMI: www.greatlifehawaii.com.

ENLISTED CLUB GOLF TOURNAMENT

The 18th Annual Enlisted Club Golf Tournament will be held March 16 at the Mamala Bay Golf Course. Check-in is at 10 a.m., and the shotgun start is at noon. The cost is \$80 for members and \$95 for non-members. Tickets are needed in advance to participate. FMI: 448-2271, ext. 226.

ST. PATRICK'S DAY 5K

Hickam Fitness Center will hold its free St. Patrick's Day 5K run at 8 a.m. March 17. Awards will be given to first, second and third place finishers for the men's, women's and children's categories. Register at the Hickam Fitness Center. FMI: 448-2214.

NEWCOMERS LUNCHEON

A free newcomers' luncheon for military-affiliated personnel during their first six months of arrival will be held at 11 a.m. March 20 at the Tradewinds Enlisted Club and J.R. Rockers. An optional base tour will take participants to Morale, Welfare and Recreation locations around Joint Base Pearl Harbor Hickam (JBPHH) at 12:30 p.m. Separate registration is required for both activities. The event includes information booths, sponsor tables, children's activities and prizes. FMI: www.greatlifehawaii.com.

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

Community Calendar

March

Today ~ Navy Region Hawaii and Joint Base Pearl Harbor-Hickam will celebrate Women's History Month from 10 to 11 a.m. at the Pearl Harbor Memorial Chapel. This year's theme is "Women's Education, Women's Empowerment." The guest speaker is Beth Terry, a nationally recognized motivational speaker. She will provide insight into "thinking-about-thinking and problem solving tools to make life easier." FMI: 471-0229.

Today ~ Air Force spouses are invited to join the Military and Family Support Center from 7:45 a.m. to 1 p.m. to meet other Air Force spouses. Spouses will participate in activities that will help them unlock the mysteries of the Air Force. Free lunch will be provided. FMI: www.greatlifehawaii.com or call 449-0300.

13 ~ The AFCEA Hawaii (Armed Forces Communications and Electronics Association) buffet luncheon will be held at 11 a.m. at Fort Shafter Hale Ikena Club. Speaker Sanjeev Bhagowalia, chief information officer for the state of Hawaii, will speak about the state's IT transformation initiative. FMI: www.afceahawaii.org or call Ken at 441-8524.

13 ~ Joint Base Pearl Harbor-Hickam Passenger Terminal will be hosting a "space available" brief to anyone interested in exploring this benefit. The brief will be held from 2 to 3 p.m. at the Hickam Theater. FMI: 448-9949 or visit the terminal Facebook page at http://www.facebook.com/#!/HickamAMC.

15 ~ The Hickam Officers' Spouses' Club is now accepting applications for the 2012 scholarship award program. The deadline for submission is March 15. Specific information regarding eligibility and the forms to apply are now available on the website at: www.hickamosc.com.

31 ~ All military families (authorized patrons) and their children are welcome to join the Pearl Harbor Navy Exchange (NEX) for breakfast with the Easter bunny from 8 to 9 a.m. at the NEX food court lanai. Play games, win prizes, get a balloon and glitter tattoo, make crafts, and take home a goody bag. Tickets are on sale at the NEX Aloha Center main mall rotunda first floor. FMI: 423-3287.

At a glance

Participants will be guided through the Hickam Commissary by a Tripler Army Medical Center (TAMC) registered dietician each Tuesday in March at 3 p.m.

The program is open to all commissary shoppers and will include interactive learning activities, handouts and samples. FMI: 433-4950.

Movie Showtimes



Extremely Loud and Incredibly Close (PG-13)

The movie is a story of one young boy's journey from heartbreaking loss to self-discovery, set against the backdrop of the tragic events of Sept. 11, 2001. Eleven-year-old Oskar Schell is an exceptional child: amateur inventor, Francophile, pacifist. He searches New York City for the lock that matches a mysterious key left behind by his father, who died in the World Trade Center on Sept. 11.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Extremely Loud and Incredibly Close (PG-13)

SATURDAY
2:30 PM Joyful Noise (PG 13)
5:00 PM Contraband (R)
7:15 PM Haywire (R)

SUNDAY
2:30 PM Red Tails (PG 13)
5:00 PM Extremely Loud and Incredibly Close (PG-13)
7:15 PM Underworld: Awakening (R)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Big Miracle (PG)
8:30 PM Man on Ledge (PG-13)

SATURDAY
4:00 PM Big Miracle (PG)
7:00 PM Red Tails (PG-13)

SUNDAY
2:00 PM Man On Ledge (PG-13)

