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Pearl Harbor · Hickam News
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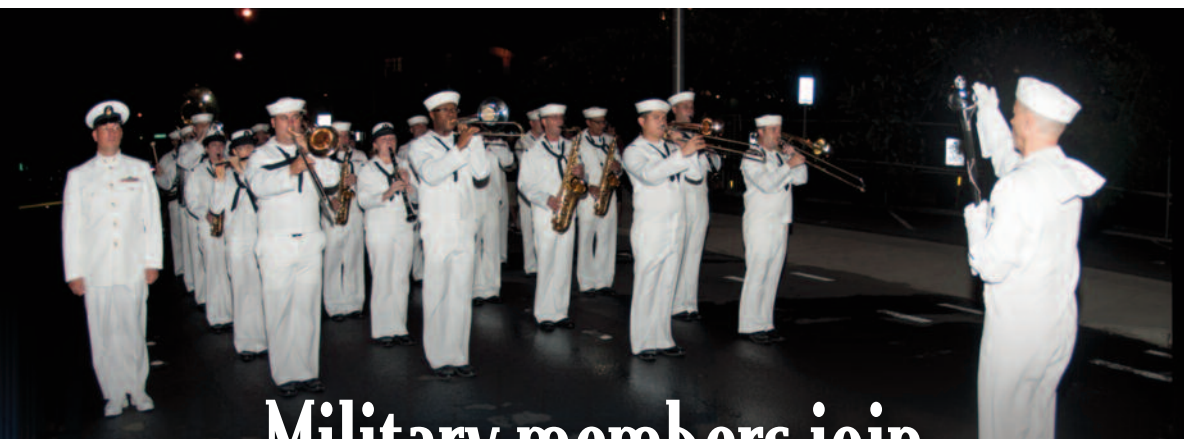


Military members join

Great Aloha Run on President's Day

Navy Region Hawaii Public Affairs

More than 28,000 runners and walkers traveled from Aloha Tower to Aloha Stadium in the 28th annual Great Aloha Run on President's Day, Feb. 20.

The 8.15-mile course started in Honolulu at Aloha Tower and continued down Nimitz Highway past Honolulu Harbor. It went along Kamehameha Highway and into Aloha Stadium to the finish line.

The race raises money for charitable organizations such as Morale, Welfare and Recreation (MWR) programs, while also promoting health and fitness.

The event included divisions such as active duty military, their families, reserves, National Guard, and Department of Defense civilian employees, Sounds of Freedom (active duty military units running in formation) and others.

Navy support of the event included the Sounds of Freedom teams coordinated by MWR, an aid station located across from Halawa Gate, and the Pacific Fleet Band, who led the Sounds of Freedom Division from the staging area to the start line on Nimitz Highway near the Aloha Tower.

Photo illustration | U.S. Navy photos by MC3 Sean Furey

All-Navy bowling team aims for comeback

Story and photos by Randy Dela Cruz

Sports Editor

From winning the All-Military Tournament in 2010 to its last-place finish in last year's bowl-off, the All-Navy bowling team has had its share of ups and downs in recent times.

Following its three-day tryouts at Naval Station Bowling Center (NSBC) last week, the new squad, minus its yet-to-be-named-four-women qualifiers, is loaded with enough familiar faces to evoke promise that the team could return to the winner's circle at this year's All-Military Bowling Tournament. It will be held April 3-6 at armed forces bowling centers throughout the island.

This year's tournament will kick off with the doubles competition at Hickam on April 3, continue with mixed doubles at Marine Corps Base Hawaii, singles event at Schofield Barracks, and finish up with the team finals at NSBC on April 6.

"We got some big bowlers that can really carry well when they get hot," said Cmdr. Paul Hess, Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC), one of the seven men who qualified for the All-Navy squad. "It's possible. It all depends on who gets hot at the right time."

Hess, who was among the most consistent bowlers at this year's tryouts, made the cut for the second year in a row after averaging 188.75 during the three-day, 24-game audition.

He is joined on this year's team by Culinary Specialist 2nd Class Jason Flynn (United States Pacific Command), three-year All-Navy member Yeoman 2nd Class Erik Day (Commander, Submarine Squadron One), Cryptologic Technician (Technical) 1st Class Shea Benitez (Joint Interagency Task Force West), Operations Specialist 1st Class Gregory Holzwarth (Afloat Training Group Middle Pacific), and (alternate) Builder 2nd Class Quinlin Verbovance (Naval Facilities Engineering Command).

Senior Chief Culinary Specialist Derrick Pelekai Jr. (Commander, U.S. Pacific Fleet), who failed to qualify for last year's team, had to reschedule his final round of matches, but appeared well on his way to making his 10th All-Navy team.

After two days of bowling, Pelekai led the tryouts with an average of 216.25.

Bowlers threw down for three days of tryouts to earn a spot on the All-Navy bowling team that will compete in the upcoming All-Military Bowling Tournament to be held on April 3-6. Six of the qualifying members of this year's Navy team are, from left, Cmdr. Paul Hess, Cryptologic Technician (Technical) 1st Class Shea Benitez, Operations Specialist 1st Class Gregory Holzwarth, Culinary Specialist 2nd Class Jason Flynn, Yeoman 2nd Class Erik Day and Builder 2nd Class Quinlin Verbovance.

Culinary Specialist 2nd Class Jason Flynn reaches back before rolling down a shot during the All-Navy tryouts at Naval Station Bowling Center.

While all the men's qualifying spots have been filled, the team is still looking for four women to complete the 10-person squad.

If the team's search is unsuccessful, the Navy men will be allowed to compete in the All-Military Bowling Tournament, but will be at a distinct disadvantage, as it will be challenging 10-member teams with only six bowlers.

Although this year's Navy tryouts were without any women hopefuls, the men more than made up for their absence by battling each other for a spot on the team.

Hess, who was nursing an injured thumb on his bowling hand, said that tryouts, which required each bowler to roll eight games on each consecutive day, were grueling.

"Eight is a lot. Last year we only did six, so this old guy is beat," Hess admitted. "This (tryouts) was about keeping the ball in play, so you have something to spare. The first day is all about scoring, but after that, it's about survival."

Day, who qualified for the previous two All-Navy squads, couldn't compete with his teammates last year due to a tight work schedule.

The veteran bowler finished third in the tryouts with an average of 178.66, and said that he is extra excited about helping his team try to win its second All-Military Bowling Tournament in three years.

"Me, personally, because I made it, but couldn't bowl because of work, I'm very motivated to come back and win this tournament," Day said. "When we won in 2010, that was a big deal. It was fun, we had a good team and team camaraderie."

Over the next few weeks, Day said the players will not only work on their game, but will also focus on bonding as a team.

If the players can do that, Day said, he believes that the Navy will have a good shot at winning it all.

"I hope so," he said. "I'm not going to predict it because I know better, but right now we got a good team. Everybody's laid back, and there won't be any individualism this year. We'll build camaraderie, and that's the biggest thing in a team event."

Logistics Readiness Squadron gets past NCTAMSPAC

Story and photo by Randy Dela Cruz

Sports Editor

Post-player Logistics Specialist 2nd Class Eric Cotton scored 17 to help the 647th Logistics Readiness Squadron/Code 450 (647 LRS/Code 450) hold on and defeat Naval Computer Telecommunications Area Master Station Pacific (NCTAMSPAC), 37-32, in a Gold Division intramural basketball game at Bloch Arena, Joint Base Pearl Harbor-Hickam, on Feb. 21.

Cotton tossed in eight close-range points in leading the 647 to a 14-10 lead at halftime, and then came up with several clutch baskets in the second half to help beat back a determined effort by NCTAMSPAC.

"Everything should be running through Cotton as it is. He is a good player," said 647 head coach Darrell Lester, a Department of Defense civilian and retired Air Force master sergeant. "We kind of got out of that and taking a lot of outside shots, but we worked it out."

The win improved the 647's record to a perfect 5-0 and kept the team in pace with the 15th Maintenance Squadron (15 MXS), which started off the week at the top of the heap with a mark of 6-0.

Staff Sgt. Damien Scott, 647th Logistics Readiness Squadron/Code 450 (647 LRS/Code 450) power forward, rips down a defensive rebound on Feb. 21.

NCTAMSPAC, which was coming off of a two-game winning streak, saw their record fall to 4-3.

Against the visitors from Wahiawa, the 647 struggled in the first half, but threatened to break the game open coming out of halftime.

A swish from beyond the three-point arch by Tech. Sgt. Chris Sage opened up an eight-point lead at 22-14 with 12:34 remaining in the game.

However, after going up by 10, NCTAMSPAC began to reel in the 647 and went on a 7-2 run over the next three minutes to narrow the gap down to five at 26-21.

After a lay-up by 647 forward Staff Sgt. Damien Scott gave his team a little breathing room at 32-25, a three-point shot and two free throws by NCTAMSPAC guard Ensign Gennaro Hawkins pulled his squad to within three at 33-30 with only 1:23 on the clock.

As time wound down, Sage, who came up with a few clutch shots of his own in the second half, finally sealed the game by going two-for-two from the free-throw line to give his team a 35-30 lead.

Sage scored only three points in the first half, but the 647 shooting guard pumped in a dozen points after intermission, including seven-for-nine from the charity stripe.

"As always, Sage is a go-to man," Lester said. "He's super energetic, so he's the one that pushes the ball up the court real hard. So whenever we start to get a little tight, he's the one that kind of breaks the defense down."

Information Systems Technician 3rd Class Marquis Perkins scored 10 points for NCTAMSPAC and along with Hawkins, who scored 11, accounted for most of the team's offense.

Perkins said that it was frustrating to come so close and not catch the 647.

"We just couldn't hit shots," he admitted. "They went 'man' on us, but we've been forced to play 'man' all year. We just started off slow and couldn't hit shots."

While NCTAMSPAC has been hovering at the .500 mark all season long, Perkins said that he still believes that the team has what it takes to ultimately challenge for the division's top spot.

"We just need better ball movement and be relaxed," he said. "It's pretty frustrating, but we still got time. I really believe that we have a chance to win it all. Just hit our shots, get open and play defense."

Meanwhile, Lester said that although the 647 remains undefeated, he thinks that the team isn't fully operating on all cylinders just yet.

In the meantime, the 647 coach stated that the team will have to make sure it doesn't sell any of its opponents short.

"We need to take everybody seriously," he said. "We're at about 90 percent. We're still trying to work on a good rotation. We just need to play tough defense, rebound, and we should be OK."

Air Force spouses invited to interact on March 9

Air Force spouses are invited to join the Military and Family Support Center from 7:45 a.m. to 1 p.m. March 9 to meet other Air Force spouses.

Spouses will participate in interactive games and activities that will help unlock the mysteries of the Air Force.

Expert presenters and panelists will enlighten spouses about benefits and entitlements and how to adjust to the demands of military life. Free lunch will be provided.

With advance notice, free childcare may also be available. Visit the website www.greatlifehawaii.com or call 449-0300 to register.

Unbeaten Koa Kai pressures Crommelin into first defeat

Story and photo by
Randy Dela Cruz

Sports Editor

USS Chung-Hoon (DDG 93) intramural hoops squad Koa Kai raced out to a 9-0 lead and then rode the strong inside play of center Operations Specialist 3rd Class Byron Jones to defeat USS Crommelin (FFG 37), 46-37, in a battle of unbeaten Afloat Division teams at Bloch Arena, Joint Base Pearl Harbor-Hickam, on Feb. 18.

With the victory, Koa Kai preserved their status as the only undefeated team in the Afloat Division with a record of 4-0, while Crommelin dropped their first game of the season and saw their mark fall to 3-1.

Against the Crommelin, Koa Kai attacked from the opening tipoff with a suffocating defense that blanketed their opponents from baseline to baseline.

The strategy seemed to work to perfection as the Koa Kai held Crommelin without a basket for the first seven minutes of the game until forward Gas Turbine System Technician (Mechanical) 2nd Class Martin Houston scored on a lay-up to cut the lead down to seven at 9-2.

Koa Kai's defense also opened up the team's running game by creating turnovers that led to easy baskets.

"That's our game – points off of turnovers," said Koa Kai head coach Lt. j.g. Travis Harlow. "We use the pressure defense, that's our bread and butter. That's what we work on more than anything else. We expect a lot of good things to happen from that pressure defense, so we keep it on the whole game."

Although Crommelin managed to cut the lead down to three points after Houston finished off a basket-and-one to make it 11-8 with 8:11 before halftime, Koa Kai fought back to reestablish themselves by outscoring their foe by a margin of 10-2 over the next seven minutes and went on to hold a 23-15 advantage at the break.

While Koa Kai threatened to break the game wide open in the opening minutes of the second half, Crommelin stood tough and found themselves down by only eight points with 12:40 remaining in the game, following another basket-and-one by Houston and a shot by Logistics Specialist 3rd Class Brandon Kennard.

However, with the game on the line, Koa Kai turned to Jones, who responded by cleaning up under the basket and throwing down huge shots in the paint.

A basket-and-one by the Koa Kai big man increased his team's lead to 13 at 35-22, then with only 3:50 left on the clock, Jones put the game on ice with back-to-back baskets and a 42-29 advantage.

For the game, Jones led all scorers with 15 points on five field goals and five free throws out of 10.

"OS3 Jones, whenever he knows we need a bucket, he makes it happen," said Harlow about Jones' nine big points in the second half. "Everybody knows that everything goes through him. He is the center of our offense. Whenever we need something, he does it."

Martin explained that with Crommelin's frontcourt battling foul trouble, Jones was just too much to handle.

The Crommelin forward also added that his team just wasn't patient enough against the Koa Kai press, but thinks that the loss may turn out to be a blessing in disguise.

"This is good for us because in '09 we went undefeated until we played Lake Erie in the championship game," said Martin, who led Crommelin with 11 points. "I'd rather take the loss now than take it in the playoffs. At least now we know we got some things to work on."

Although Harlow admits that Koa Kai still has room for improvement, he likes where the team is right now and welcomes the pressure of being undefeated.

"This feels good," Harlow stated. "We want everybody's best every week, so that when the playoffs come around, we'll be well tested."

Operations Specialist 3rd Class Byron Jones, center for USS Chung-Hoon (DDG 93) intramural hoops squad Koa Kai, splits the defense of USS Crommelin (FFG 37) forwards Seaman Richard Dixon (21) and Gas Turbine System Technician (Mechanical) 2nd Class Martin Houston, for two of his game-high 15 points in an Afloat Division showdown of unbeaten teams at Bloch Arena, Joint Base Pearl Harbor-Hickam, on Feb. 18.

Afloat Division standings
(As of Feb. 21)

	W	L
1. KOA KAI	4	0
2. USS HAWAII	2	0
3. CROMMELIN	3	1
4. O'KANE	3	1
5. LAKE ERIE	3	1
6. CHOSIN	2	2
7. SANTA FE	2	2
8. PAUL HAMILTON	1	2
9. REUBEN JAMES	1	2
10. OLYMPIA	0	3
11. SEA WARRIORS	0	3
12. SHELLZ	0	4

NHCH Health Promotion now offers 'Wellness on Wheels'

Story and photo by
Don Robbins

Assistant Editor

The new Naval Health Clinic Hawaii (NHCH) Health Promotion mobile "Wellness on Wheels" van could be seen at Bloch Arena parking lot at Joint Base Pearl Harbor-Hickam on Valentine's Day Feb. 14, to provide metabolic testing and a "healthy heart" fair.

The event featured tables for blood pressure checks and health-related educational materials such as brochures and displays.

"We're multi-service," said Tracy Navarrete, health promotion director for NHCH. "We have all the information that we can give out to them. We want to be wellness on wheels. We want to be out there and we want to be mobile."

Information Systems Technician Jason Gatzemeyer discovered the van as he walked by it and took some brochures with him. "It's always a great idea to get health and wellness information out to the military members," Gatzemeyer said.

Displays at the van included rubber models of 1-pound and 5-pound masses of muscle, to show that maintaining strong muscles is a key to overall health. Another display depicted 1-pound and 5-pound globs of fat, representing the look and feel of body fat.

Hospital Corpsman 2nd Class Rory Farrell explained that the new health-service van has been in existence about a month. It can travel from site to site at multiple military bases, offering information about heart health, stress education, tobacco cessation and more.

In addition, health promotion staff members can perform an important "resting metabolic test" from a machine inside the van. The 10-to-12-minute test will tell a person exactly how many calories that person needs in a day, using an internal algorithm, taking into account individual factors such as the person's physical ailments and their prescribed medications.

"The benefit of the test is that it is not generalized. It is specific to the individual and should be the baseline of a diet plan," Farrell said. "Within 15 minutes, we can go over the result, and what it means, whether your metabolism is fast, slow or normal. The goal is to help you meet your fitness and health goals."

The clinic staff stresses that learning to eat for his or her metabolism will free a person to leave conventional diets behind and move on to a healthy lifestyle.

Resting metabolic rate testing is also done by appointment by the clinic.

To make it happen, attend a nutrition class at Makalapa clinic; complete metabolic testing and attend follow-up sessions with a nutrition counselor.

The clinic also offers a Return to Readiness program called "ShipShape." It is a multi-dimensional program at Bloch Arena starting March 5.

ShipShape focuses on nutrition education, increased exercise and behavior modifications that support a healthier lifestyle, including various types of workouts such as spinning and circuit training.

Aviation Support Equipment Technician 2nd Class Michael Kirby recently participated in a ShipShape session at Bloch Arena Fitness Center.

"I love this class. I've been in [it] for a couple of weeks, and I've lost 10 pounds so far. They also have a mixture of different workouts," Kirby said.

The ShipShape program consists of six weeks of classes from 7 to 8 a.m. and 2 to 3 p.m. Monday through Friday with Morale, Welfare and Recreation's (MWR) R2R and SHAPE workouts. The program is sponsored by NHCH Health Promotion and MWR Fitness.

For more information on any NHCH Health Promotion classes, call 473-

(From left) Tracy Navarrete, health promotion director for Naval Health Clinic Hawaii, staff member Linda Chamizo and Hospital Corpsman 2nd Class Rory Farrell demonstrate some of the displays and monitoring equipment available outside the "Wellness on Wheels" van in the parking lot of Bloch Arena on Feb. 14.

CH-53D Sea Stallion joins PAM

Pacific Aviation
Museum Pearl Harbor

Pacific Aviation Museum Pearl Harbor's (PAM) newest aircraft is a Sikorsky CH-53D Sea Stallion, S/N 157173. The CH-53 has been the Marines' heavy lift helicopter since the days of the Vietnam War.

The museum's aircraft was commissioned in December 1969 and quickly went to Vietnam. It crashed on Oct. 10, 1970 but was retrieved and placed back in service. Since then, this bird has served in most major conflicts, most recently in Afghanistan.

Until its recent retirement, it belonged to Heavy Marine Helicopter Squadron HMH-363 at Marine Corps Base Hawaii, Kaneohe Bay. The squadron's nickname, the "Ugly Angels," is a comment on the CH-53's boxy bulldog appearance.

Today, the Marines have transitioned out of most of their CH-53Ds and are trying to extend the lives of the CH-53Es to stay in service until the CH-53Ks arrive sometime around 2018. The CH-53 is the largest helicopter outside Russia, yet Marines have shown that it can be rolled and even looped.

The United States Air Force has also used the CH-53 widely. In Vietnam, the HH-53B and HH-53C were the "Super Jolly Green Giants" that rescued downed air crews deep in enemy territory. After Vietnam, MH-53H, MH-53J, and MH-53M Pave Low helicopters inserted and extracted special operations forces and led the first attack in Desert Storm.

Photo courtesy of Pacific Aviation Museum Pearl Harbor

Military Saves Week fair to be held at NEX Feb. 28

In support of Military Saves Week, a Department of Defense event, the Military and Family Support Center (MFSC) plans to hold a Military Saves Fair from 9 a.m. to 2 p.m. Feb. 28 at the Pearl Harbor Navy Exchange (NEX).

Pearl Harbor Federal Credit Union is sponsoring the Radio Station 102.7 Da Bomb at the fair. Da Bomb will be located outside the NEX, and it will provide music/prizes to participants in support of Military Saves Week.

The campaign's purpose is to develop a military command climate that supports sensible financial behavior by focusing on financial literacy education, supporting available savings products, and encouraging service members and their families to take action.

For event information about the 2012 Military Saves Week Campaign, visit the websites http://www.militarysaves.org and www.navy.mil.

Pearl Harbor Historic Sites announce launch of new website

The Pearl Harbor Historic Sites has launched its new website, PearlHarborHistoricSites.org. The website features descriptions containing historical information, tour operation and other facts on all four Pearl Harbor historic sites and also includes a calendar of events, map and tips on how to plan your visit.

The partnership between the USS Arizona Memorial, Battleship Missouri Memorial, USS Bowfin Submarine Museum and Park and the Pacific Aviation Museum Pearl Harbor allows the website to serve as a portal for package deals and exclusive specials, saving guests time and money.

For those interested in the whole Pearl Harbor experience the website features the new "Passport to Pearl Harbor" ticket options. The one day Passport to Pearl Harbor provides access to all primary Pearl Harbor historic sites for just $55 per adult and $30 per child.

A two-day Passport to Pearl Harbor is available for $65 per adult and $35 per child and is valid for seven days. Passport to Pearl Harbor passes include the USS Arizona Memorial Audio Tour, and admission to the USS Bowfin Submarine, Battleship Missouri Memorial and the Pacific Aviation Museum.

"No longer will guests have to visit four or more websites to get information about Pearl Harbor. PearlHarborHistoricSites.org creates a central hub for those who want to learn more about the sites and plan their Pearl Harbor experience. With all the information in one place, it takes a lot of the guess work out of planning a visit," said Michael A. Carr, president and chief operating officer of the Battleship Missouri Memorial.

"With four historical sites for guests to explore, visitors can easily spend a full day or even two exploring the historic sites at Pearl Harbor. The Passport to Pearl Harbor gives people more flexibility to experience all the sites and offers a better value than if each site was purchased separately."

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:

- Feb. 27, Naval Submarine Support Command (NSSC).
- Feb. 28 and March 27, at Pearl Harbor Navy Exchange Hawaii (NEX).
- March 5 and 6, Marine Corps Base Hawaii, Kaneohe Bay.
- March 12 at Schofield Barracks.
- March 13, Tripler Army Medical Center Department "blood battle."
- March 14, the Federal Detention Center

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

JBPHH will celebrate Women's History Month on March 9

Joint Base Pearl Harbor-Hickam will celebrate Women's History Month from 10 to 11 a.m. March 9 at the Pearl Harbor Memorial Chapel.

This year's theme is "Women's Education, Women's Empowerment."

The guest speaker will be Beth Terry, a nationally recognized motivational speaker.

For more information, call 471-0229.

Soccer Tournament games to be held Feb. 25

Hawaiian Island Invitational Soccer Tournament games will be held on Feb. 25 at Aloha Stadium.

The consolation game will be held at 5 p.m. between the loser of game one and loser of game two. The championship game will be held at 7:30 p.m. between the winner of game one and the winner of game two.

All military with valid ID can receive a 15 percent off discount at the Aloha Stadium Box Office for games on Feb. 25.

For information, visit www.alohastadium.hawaii.gov

Dog trainer makes appearance at NEX

Denise Nakasato

Pearl Harbor NEX Customer Relations Supervisor

Wendy Mah, Hawaii animal behaviorist and certified pet dog trainer met with patrons at the Pearl Harbor Navy Exchange (NEX) pet shop Feb. 15.

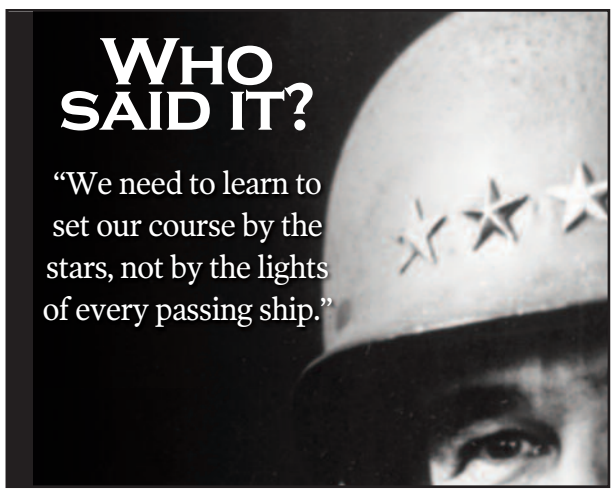
Mah has been a dog trainer for more than 25 years in Hawaii. She became a trainer because she always had a love for animals.

Mah is originally from Hawaii. And has a bachelor's degree in psychology and a master's degree in animal learning psychology.

She met Dr. Ian Dunbar (founder of Association of Dog Trainers) in San Francisco, and she now teaches people to enjoy their dogs. She provides positive dog training in four different locations: Moilili at the Hawaiian Humane Society, and in the Ward, Kapolei and Kaneohe neighborhoods.

Photo by Cheryl Nakashima

Machinist's Mate 1st Class Nicholas Luthman and his girlfriend, Paula, talk to Wendy Mah about training their dog, Shadow, at the NEX pet shop Feb. 15.



This Week's Trivia

From February to April 2000, U.S. Air Force personnel and cargo aircraft participated in Operations Atlas Response and Silent Promise. What were the operations?

Last Issue's Question: Impressing of American seamen into the British navy became one factor building up to the War of 1812. What did James McCulloch of Baltimore forward to Secretary of State James Monroe on Feb. 12, 1812?

Answer: James McCulloch of Baltimore forwarded to Secretary of State James Monroe proof of citizenship for Thomas Marshall, John Ridout and Jacob Bierd, American seamen impressed into the British navy. McCulloch also informed Monroe that impressed American seaman Elijah Sterling had not yet been discharged from the British navy.

PEARL HARBOR-HICKAM Mana'wa Nanea LEISURE

Morale Welfare & Recreation

NFL SPRING FLAG FOOTBALL REGISTRATION
Spring flag football registration ends today. The season runs from March to June and is for youth ages 5 to 15. The cost is $65 per child. FMI: www.greatlifehawaii.com.

CATCH A FALLING STAR
There will be a showing of video footage of the Corona Project, a top-secret CIA mission supported by Hickam AFB until 1986, at the Hickam library at 6 p.m. Feb. 28. The event is free and will show actual video footage of mid-air satellite film "catches," recently declassified photos taken from the spy satellite and more. FMI: 449-8299.

FRIENDS OF GERMAN FOOD 'STAMMTISCH'
There will be a "stammtisch" event at the Tradewinds Enlisted Club at 6 p.m. Feb. 28. Dinner is a four-course meal. Cost is $25 for members and $30 for non-members.
FMI: 448-2271, ext. 226.

HALF-PRICE GOLF
The Ke`aloha Golf Course will continue its half-price golf special from Mondays to Wednesdays until the end of February. Until 3 p.m., patrons can pay for the first round and get the second for half off the . FMI: 448-2318.

PLAY UNTIL DUSK
The Barbers Point and Mamala Bay Golf Courses are continuing their "play until dusk" special until the end of February. From 1 to 3:15 p.m., customers pay for nine holes and then play as many holes as they can until the sun sets. FMI: 682-1911 or 449-2300.

OFFICERS' CLUB LUAU
There will be a luau at the Hickam Officers' Club on March 3 from 5:30 to 8:30 p.m. The luau will include island arts and crafts, Hawaiian music and Chef Robert's *kalua* pork. Cost is $35 for adults and $25 for children 11 and younger. There is also a $5 members first discount for adults. FMI: 448-4608.

WEIGHT MANAGEMENT CLASS
There will be a weight management class on Tuesdays and Thursdays from 6 to 7:30 p.m. at the Bloch Fitness Center. The class will run from March 6 to April 12. The cost is $75 per person. FMI: register at Bloch Fitness Center front desk or 473-0793.

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

Community Calendar

February

25 ~ Joint Base Pearl Harbor-Hickam and the Hickam African American Heritage Association will hold the third annual Gospel Fest and Taste of Soul from 5 to 8 p.m. at the Hickam Main Chapel. FMI: Master Sgt. Joshalin Wilson at 449-7969.

25 ~ The Navy Supply Birthday family 5K fun run/walk will start at 7:30 a.m. at Joint Base Pearl Harbor-Hickam. The event will begin at the end of South Avenue. Registration is $25 for military, Department of Defense dependents and students 18 years old and under. The cost is $30 for all other adults. Sign up online at http://bit.ly/Afsz8t. Online registration closes at 10 p.m. today. FMI: Cmdr. Tim Benesh at 728-9986 or Cmdr. Donald Tyer at 473.8000, ext. 4203.

27 ~ Free "CompTia Security +" exam preparation training will be offered from Feb. 27 to March 2 at Joint Base Pearl Harbor-Hickam building 1430, room 125. The training is open to military and government civilians, but it is first-come, first-served, due to limited space. Training is offered by Naval Reserve (Space and Naval Warfare Systems Command (SPAWAR) instructors. Instruction focuses on preparing students to be able to take the "CompTia Security +" exam. The exam itself is not being offered. Call PSC Eugene Tai at 512-680-6917 to register.

March

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.

The Hickam Officers' Spouses' Club is now accepting applications for the 2012 scholarship award program. All military dependents residing in the local area who are attending or planning to attend an accredited undergraduate and/or graduate program are eligible to apply. Specific information regarding eligibility and the forms to apply are now available on the website at: www.hickamosc.com. The deadline to apply is March 15.

Movie Showtimes

Red Tails (PG 13)

A crew of African American pilots in the Tuskegee training program, having faced segregation while kept mostly on the ground during World War II, are called into duty under the guidance of Col. A.J. Bullard.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Joyful Noise (PG-13)

SATURDAY
2:30 PM We Bought a Zoo (PG)
5:00 PM Extremely Loud and Incredibly Close (PG 13)
7:15 PM Red Tails (PG-13)

SUNDAY
2:30 PM We Bought a Zoo (PG)
5:00 PM Joyful Noise (PG 13)
7:00 PM Contraband (R)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM The Adventures of TinTin: The Secret of Unicorn (PG)
8:30 PM Extremely Loud and Incredibly Close (PG-13)

SATURDAY
4:00 PM The Adventures of TinTin: The Secret of Unicorn (PG)
7:00 PM Contraband (R)

SUNDAY
2:00 PM The Adventures of TinTin: The Secret of Unicorn (PG)