

Annual Humpback Whale Census starts in Hawaii Jan. 26

Don Robbins
Assistant Editor

Hawaii is in the midst of whale watching season, and the state is a popular destination for as many as 12,000 humpback whales from November through May.

In fact, the public is invited to become part of the official count that the Hawaii Humpback Whale Sanctuary Ocean Count sponsors annually.

The sanctuary ocean count provides Hawaii residents and visitors with the opportunity to actively participate in evaluating the status of humpback whales. Hundreds of volunteers are being sought in Hawaii to take part in the yearly census count and record the behaviors of humpback whales.

Volunteers on Oahu, the Big Island of Hawaii and Kauai will spend three Saturdays looking for whales as part of the Hawaiian Islands Humpback Whale National Marine Sanctuary's Ocean Count.

It will be held this year on Jan. 26, Feb. 23 and March 30. For more information and to volunteer, call 888-55-WHALE, ext. 253. or visit the website hawaiihumpbackwhale.noaa.gov/involved/ocvolunteer.html.

Naval Supply Systems Command Fleet Logistics Center Pearl Harbor (NAVSUP FLCPH) will be among the participants in the annual NOAA whale count this year.

"This is a fun volunteer activity to help provide important population and distribution information on humpback whales around the Hawaiian Islands," said Lt. j.g. Luke Dragovich, public works officer of NAVSUP Fleet Logistics Center Pearl Harbor.

Volunteers are trained to recognize and record specific behaviors, and groups are also welcome to register online.

Joint Base Pearl Harbor-Hickam's Information, Tickets and Travel office also features whale watch tours. Ko Olina whale watch tours are scheduled from noon to 3:45 p.m. Jan. 19 and 26. The cost is \$40 for adults and \$35 for children ages 3 to 11. The tour includes round-trip transportation from ITT-Hickam. For more information, visit an ITT office or see the website www.greatlifehawaii.com.

While the population of humpback whales is increasing, they are still considered endangered.



Hawaiian Islands Humpback Whale National Marine Sanctuary was designated to protect humpback whales and their habitat in Hawaii.

Mariners may also encounter the humpback whales when they surface, breach or slap their massive tails and flippers.

Boaters are encouraged to observe extra safety precautions to prevent collisions. These acrobatic, massive marine mammals attract wildlife enthusiasts, but collisions between vessels and whales pose a serious injury threat both to the animals and boaters.

The whales are 45-ton marine mammals congregate in ocean waters less than 600 feet deep throughout the main Hawaiian islands during their annual migration season.

Humpbacks are acrobats of the ocean. They are often found jumping out of the water, breaching, slapping the water with their tails and fins and blowing air out of one of their two blowholes. The name humpback describes the motion the whale makes as it arches its back out of the water in preparation for a dive.

Weighing in at upwards of 50 tons and averaging 52 feet long, these huge-hearted animals (with

hearts weighing in excess of 450 pounds) return to Hawaiian waters annually to mate and give birth.

Besides whale counts and watches, the public is invited to participate in the 24th Annual Maritime Symposium, which will take place from Feb. 16-18 at the NOAA Office of National Marine Sanctuaries, 6600 Kalaniana'ole Highway, Ste. 302, Honolulu. The theme of this year's symposium is "Evolving Landscapes in the Maritime World."

The symposium is co-sponsored by the NOAA Office of National Marine Sanctuaries, the University of Hawaii Marine Option Program, and the Maritime Archaeology and History of the Hawaiian Islands Foundation.

Participants must register to attend the Saturday and Sunday presentations (the regular cost for both days is \$75, single-day \$40, military/student/teacher \$30, single-day \$20). However, underwater archaeologist Dr. James P. Delgado, director of NOAA's Maritime Heritage Program, will give a free public keynote talk from 6:30 to 7:30 p.m. Feb. 16.

For more information on the symposium, call NOAA heritage coordinator Hans Van Tilburg at 271-4187, email hans.vantilburg@noaa.gov or visit the website www.mahhi.org.



Wounded Warriors upend Navy Commanders by score of 20-13

Story and photos by
Randy Dela Cruz

Sports Editor

The Wounded Warriors Amputee Softball Team (WWAST) rallied for four runs in the bottom of the fifth and sixth innings to turn back a stiff challenge from Navy Commanders Jan. 10 and win by a score of 20-13 at Millican Field, Joint Base Pearl Harbor-Hickam.

Up by only one run at 12-11 in the fifth, the WWAST got bases-loaded singles from Kyle Earl and Robert McCardle to break open a close contest and put the Wounded Warriors ahead for good.

Earl, a right-hand amputee, and McCardle, who is without his right leg from below the knee, were both U.S. Marines and wounded in Operation Iraqi Freedom.

"That was definitely one of them," said Earl about his hit being a turning point of the game. "You get up there, bases loaded, one out, you just want to put the ball in play. You get the ball in play and these guys are athletic enough, they will push the envelope and make it happen. As soon as one guy starts firing it up, everybody feeds off of it."

Following the two-run single by Earl, Phillip "Randall" Rugg II, another Marine who took part in Operation Iraqi Freedom, reloaded the bases on an infield single.

That's when McCardle came up with the team's second big knock of the inning.

"I've been kind of struggling the last couple of at-bats," McCardle admitted. "I went up there just swinging. Stop thinking and just take a cut. That's the best way for me to get out of a



Capt. Jeffrey James, commander of Joint Base Pearl Harbor-Hickam, is tagged out in a close play at home by WWAST catcher Matias Ferreira, a double amputee, who was wounded while serving as a Marine in Operation Enduring Freedom.

slump."

Prior to the start of the game, McCardle said he knew that the Navy Commanders weren't going to go down without a fight.

Batting first, the Commanders broke out to a quick 2-0 lead behind RBI singles from Cmdr. K.A. Applegate, operations officers, NAVSUP Fleet Logistics Center Pearl Harbor and Capt. James Childs, commodore, Commander, Submarine Squadron One.

Then after falling behind by two, the Commanders stormed back to the lead with a five-run outburst in the top of the second.

Big hits in the inning were a two-run triple by Cmdr. Bill Ellis, commanding officer, Patrol Squadron 47, and a one-run triple by Applegate.

Playing from behind for the second time in the game, the WWAST went

back to work to score two runs in the bottom of the second.

After shutting out the Commanders in the top of the third, the WWAST tied the score at 7-7 on a fielder's choice that was hit by Timothy Horton, U.S. Marine Corps, Operation Iraqi Freedom, to drive in Thomas Carl, U.S. Army, Operation Enduring Freedom.

Over the next frame, both teams traded big innings as the WWAST scored five runs in the bottom of the fourth only to be matched by a four-run explosion by the Commanders in the top of fifth.

However, the game was finally put away when the WWAST followed their four-run fifth with another four runs in their next at-bat for a commanding 20-12 advantage.

Although the Comm-

anders failed to get the win, Rear. Adm. Frank L. Ponds, commander, Navy Region Hawaii and Naval Surface Group Middle Pacific, said that the event was much more than a game.

"This has everything to do with warrior spirit," said Ponds, who ignited one rally with an RBI single in the top of the fifth. "Look at all the family and friends out here. They will never ever forget this moment. I know I won't."

Capt. Jeffrey James, commander, Joint Base Pearl Harbor-Hickam, also acknowledged the significance of the event.

"It's really inspirational," he said. "Here you got guys that are missing limbs, and they're coming out here giving it their all and beating guys like us. These guys are supposed to be less than and they're actually more than."

The goose bumps continued even after the game as

while on crutches as Earl and the crowd cheered her on.

"For Nina, it's empowering for her to see that they can do everything that everybody else does," said Nina's mom Julie. "A little girl came up to her and asked about her leg and generally she feels shy about it. But I heard her telling her story. I think she feels a lot of freedom is seeing other people like her."

Both Earl and McCardle agreed that seeing the positive reaction they get from audiences around the country makes being a member of WWAST worth every ounce of effort they put in.

"We get a lot out of others that struggle with similar injuries," McCardle said. "We were all there, too, when we got injured, thinking we're not going to be able to do things anymore. So if even one person, especially with a similar injury, is inspired to get back up and be active, that would make it all worthwhile."

Earl escorted eight-year-old Nina Bezzant around the diamond.

Bezzant, who is missing her leg from the left knee down, navigated the bases



Rear. Adm. Frank L. Ponds, commander of Navy Region Hawaii and Naval Surface Group Middle Pacific, strokes a single to drive in a run during a slow-pitch softball game between Navy Commanders and the Wounded Warriors Amputee Softball Team (WWAST).

Navy bodybuilder reaches the top of his class at age 39

Story and photos by
Randy Dela Cruz

Sports Editor

For Senior Chief Sonar Technician Arvin Combs, Destroyer Squadron 31, competing in his third bodybuilding contest proved to be the charm.

On Dec. 1, Combs, a long-time weightlifter, but newbie to the stage, accomplished a feat that most bodybuilders need a lifetime to achieve. He earned a pro card after taking the overall bodybuilding championship at the International Natural Bodybuilding Association (INBA) Aloha Classic, which was held on the island of Kauai.

The win allows Combs to compete at the highest level of the INBA, something that he has dreamed of since appearing in his first show at the 2010 Annual Armed Forces Bodybuilding Championships.

"It was a sigh of relief," he said about making his dream come true. "This is my first show that I've won first place overall. I felt like I put in more time in cardio and diet than most people."

Combs, who took the stage weighing 238 pounds and a lean three percent body fat, said that this was the first time that he felt ready to win the big prize.

"I knew that if I was going to beat that person, I would have to be really, really good," Combs admitted. "I was ready."

To prepare for the contest, Combs said he had to follow a strict regimen that included training six days a week for approximately three hours per day.

Starting with a morning session of cardio, Combs balanced out his physique with weightlifting at lunch and another grueling hour

"I knew that if I was going to beat that person, I would have to be really, really good."



Senior Chief Sonar Technician Arvin Combs prepares for leg day by warming up with leg extensions at Joint Base Pearl Harbor-Hickam Fitness Center.

of cardio in the evening.

His body type, Combs said, made it necessary to put in the extra work.

"I do not lose fat that easy," he acknowledged. "I have to do cardio twice a day. That's what it takes for me to get that lean."

Besides the work, Combs said he also has to plan his meals. In order to pack on muscle, he stated that he has to avoid junk foods, such as his favorite brownie sundae, and eat as much as

up to 7,000 calories of the right kind of food per day.

With the Aloha Classic scheduled right in the middle of the holidays, Combs pointed out that staying disciplined isn't always easy.

"I'm in an office environment, and people bring McDonalds and all kinds of stuff," he said. "This show was right after Thanksgiving, Halloween, and people were bringing candy. On Thanksgiving, the only thing I had was turkey."

As if lifting weights, extra cardio and diet isn't enough, Combs also noted that he has one additional foe to battle against: Father Time.

At age 39, Combs admitted that being an iron warrior is much more difficult than when he started weightlifting in 1999.

"I can be in Masters (division) in a couple of months," he said. "It's harder. I'm sore. I've had surgery in both my knees. The biggest adjustment is body fat. To lose the body fat, as I've gotten older, has gotten harder and harder."

Still, Combs has big dreams and goals to aim for in the next two years.

With his pro card in hand, Combs said that he now has his work cut out for him as he prepares to battle with fellow bodybuilders on a national scale.



Senior Chief Sonar Technician Arvin Combs, Destroyer Squadron 31, strikes the pose after winning the overall bodybuilding championship at the International Natural Bodybuilding Association (INBA) Aloha Classic. For winning the event, Combs earned the coveted pro card, which will now allow him to compete at the association's highest level.

He said that developing his legs would be first on his agenda for 2013 and if he is successful, he'll go for the big prize in July. If not, then he'll focus on 2014.

"I want to win the Natural Olympia," he stated. "My

legs are my weakness. If I can put about two inches on my legs between now and July, I'll enter in November. If I can't put two inches on, then I'll have to re-qualify in 2014."

Cardio kickboxing kicks away workout blues at JBPHH

Story and photo by
Randy Dela Cruz

Sports Editor

OK, it's the new year and everybody needs to work out right?

Of course we all agree that a fit body adds to the quality of life, but how can you achieve it and have fun at the same time?

Well, the folks at Joint Base Pearl Harbor-Hickam Fitness Center seem to have everyone covered, and if you're looking for a way to shape up with a few laughs, then the center's cardio kickboxing class might be just what you need.

Held every Tuesday from 11:30 a.m. to 12:30 p.m., the class is led by Morale, Welfare and Recreation fitness specialist, Frieda Chandler, who guides, and even tells jokes in a fast-paced routine that is sure to put a smile on your face.

"I always crack jokes, even corny ones, but they laugh anyway," said Chandler who has led cardio kickboxing classes since it began at Bloch Arena two years ago. "I think it covers everybody's goals. It's a good class because you're very mobile, and it's interesting because you're not stuck on a machine."

The workout is set to music that provides just enough of a boost to get your body moving.



Frieda Chandler, Morale, Welfare and Recreation fitness specialist leads a session of cardio kickboxing at Joint Base Pearl Harbor-Hickam Fitness Center. The class is held every Tuesday from 11:30 a.m. to 12:30 p.m. and is free.

Incorporating arms, legs and just about everything else, cardio kickboxing, said Chandler, is a great way to hit your body from every angle.

"Cardio kickboxing aims for an aerobic exercise, but to me it's full conditioning," Chandler said. "We learn agility movements, learn-

ing footwork, moving back and forth, and then I add plyometrics. What makes this different is that it has upper body movement, which elevates the heart rate."

Lt. Cmdr. Christina Wong, Commander, U.S. Pacific Fleet (COM-PACFLT), was new to the

class, but admitted that she has taken cardio kickboxing sessions in the past and is well aware of their benefits.

She said that the constant movement and the direction of an experienced instructor makes cardio kickboxing a favorite practice of hers to stay fit.

"It's very active and

there's music, and you get to work out some aggression," she said with a laugh. "It focuses you, and it's good to have someone guide you and make sure your form is correct. Also, if you're starting to getting discouraged, you have someone to encourage you a lot to keep going."

While the class may

sound intimidating for people who are getting back into an exercise routine, Chandler said not to worry. Sessions are geared toward any level and can be modified to fit everyone.

"They don't (have to be in shape)," Chandler noted. "I give modifications. For people that are just starting, I take the hop out. And instead of a kick, they just do a leg extension."

Lt. Karlee Scheimreif, COMPACFLT, said that she had taken the class before and loved it, so she decided to give it another try.

"I took this a little while back, but I figured to get into it regularly now," Scheimreif said. "Frieda is very high energy. She connects with each person, which is really good. You feel like you're part of a class. The workout is great. You really engage everything."

Chandler said that cardio kickboxing is also a great way to balance out any workout routine.

Great for men and women, Chandler acknowledged, cardio kickboxing is perfect for someone looking to kick start a lifetime of fitness.

"It's interesting because the time really goes fast," she said. "You have music and I really go around and coach people. So you get the benefit of making sure you're doing things properly. And the class is free."

Cervical cancer: Four risks you don't know

Shari Lopatin

TriWest Healthcare Alliance

January is Cervical Cancer Awareness Month, and you might know that getting regular Pap tests is the number one way to protect against cervical cancer. However, do you know if you are at high risk?

Cervical cancer occurs most often in women older than 30 years old, according to the Centers for Disease Control and Prevention (CDC). It used to be the leading cause of cancer death for American women. However, over the past 40 years, the number of deaths has dropped significantly.

This is all thanks to the Pap test—which TRICARE covers.

However, a few factors can

increase your risk for cervical cancer and some are not well known.

Risk factors for cervical cancer include:

- A high number of full-term pregnancies: According to the National Cancer Institute, women who have had seven or more full-term pregnancies could have an increased risk of cervical cancer. The CDC lists that number as three or more children.

- Long-term use of birth control pills: Women who have used "the pill" for five years or more have a greater risk of cervical cancer than women who don't use oral contraceptives, experts agree.

- Smoking: This is perhaps one of the greatest preventable risk factors of cervical cancer. Quitting smoking can cut your risk in half.

- HPV: Not to be confused with HIV, HPV stands for human papillomavirus, a common sexually transmitted virus. The CDC says that almost all cervical cancers are caused by HPV. Luckily, there is a vaccine, and it's covered by TRICARE.

TRICARE and Pap tests

Above all else, getting regular Pap tests remains the number one way to detect cervical cancer early enough for successful treatment. TRICARE covers Pap testing every year beginning at age 18 (or younger if sexually active). Then, after three consecutive normal tests, TRICARE will cover a Pap test every three years, unless recommended otherwise by the doctor.

(For more information on cervical cancer prevention, visit TriWest.com/prevention.)

Sailor's Attic needs unused items

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, from 10 a.m. to noon Friday and Saturdays. Donations can only be dropped off during the hours of operation, from 10 a.m. to noon Fridays and Saturdays. Volunteers are also needed.

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

- Clothing (men's, women's, children's)
- 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.)

The Sailors Attic has a Facebook page at <http://on.fb.me/W7Ky1m>. For more photos of the inside of the store and sample items, view the following video at <http://1.usa.gov/10zTvXC>.

(For more information, contact MA1 Zahul Puello at zahul.puello@navy.mil or call (908) 397-9523.)



Military 'scores' at next week's Pro Bowl events

Brandon Bosworth

Staff Writer

The NFL's All-Star game takes place Jan. 27 at Aloha Stadium. Joint Base Pearl Harbor-Hickam's Information, Tickets & Travel (ITT) is pre-selling tickets for the same prices as last year. Prices range from \$50-\$135 per person. For those who have already purchased seats, the actual game tickets will be distributed soon.

ITT is also selling tickets to the official NFL Pro Bowl Tailgate Party taking place before the game at Richardson Field. The party will feature an all-you-can-eat buffet of local and mainland cuisine, plus live entertainment and appearances by the Pro Bowl Cheerleaders, NFL legends and more. The cost is \$225 per person. Call 473-0792 for more information.

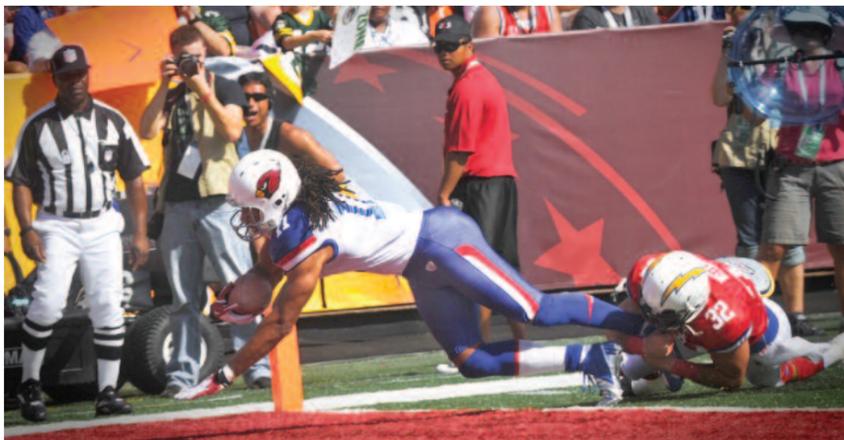
JBPHH Morale, Welfare and Recreation is also looking for volunteers to help with the tailgate party. Volunteers receive a free T-shirt, a box lunch and a ticket to the game. This opportunity is open to all AF/Navy ID cardholders. Priority will be given to single Sailors and Airmen. Sign up by registering at Beeman Center. For more information, call 473-2583.

Other Pro Bowl events include:

Official NFL Pro Bowl practice

Pro Bowl practice will be held from 10 a.m. to 12:30 p.m. Jan. 24 at Earhart Field. 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 NFC practice begins at 10 a.m., and the AFC practice will start at 11:20 a.m. Parking is available



(U.S. Air Force photo/Senior Airman Lauren Main)

Maurice Jones-Drew running back for the San Diego Chargers, tackles Larry Fitzgerald, wide receiver for the Arizona Cardinals, as he scores one of his three touchdowns during last year's Pro Bowl at the Aloha Stadium in Honolulu.

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. This is a free event. For more information, visit www.greatlifeohawaii.com.

NFL Pro Bowl Ohana Day

Ohana Day is a family-friendly event hosted by the NFL Pro Bowl and will be held from 8:30 to 11:30 a.m. Jan. 26 at Aloha Stadium. This free event is open to the general public. A special package available to military families includes seating near the action, a chance for kids to get out on the field for contests, challenges and games, a sneak peek at the pregame and halftime shows, and chances to participate in prize drawings throughout the morning.

Free round-trip bus service to and from Aloha Stadium is available only to Department of Defense ID cardholders with children in attendance. Adults must accompany youth ages 15 years and under. Pickup is at 7:30 a.m. from the Hickam Burger King parking lot, and the bus returns to Burger King at approxi-

mately noon. Space is limited. Call 473-0789 or visit www.greatlifeohawaii.com.

There is also a need for volunteers to participate in various Pro Bowl activities, including:

Pro Bowl Pre-game Show volunteers

Pro Bowl Banner: Navy and Air Force volunteers in uniform are asked by the NFL to participate in a pre-

game show on field as part of 1,000 uniformed active duty personnel involved in the event. This is a chance to be a part of the pre-game show on the field, while enjoying the Grammy Award-winning band Train perform. Volunteers will receive a free ticket to the game and can enjoy the event immediately following kickoff.

Participants will be

required to attend a practice on Jan. 25 from 7:30 to 10 p.m. and on Jan. 26 from 12:15 to 6 p.m. To sign up, email your full name, home/cell number and email to: for Navy: james.wooten2@navy.mil or for Air Force: bobby.mckenzie@us.af.mil.

Pro Bowl Anthem Show: Participants should wear dress short-sleeved Class B uniform for the Air Force or Navy service uniforms for the Navy and march onto the field during the pre-game show for the anthem. The Grammy Award-winning band Train will perform in the pre-game show as well. Receive a free ticket to the game and enjoy the event immediately following kickoff. A convenient changing room is set up to accommodate changing and storing uniforms as needed.

Participants will be required to attend a practice from 6:30 to 9:30 p.m. Jan. 23 and on the morning of the Pro Bowl prior to the game on Jan. 27. To sign up, email your full name,



(U.S. Air Force photo/Senior Airman Lauren Main)

This year's Pro Bowl will take place Jan. 27 at Aloha Stadium.

home/cell number and email to: for Navy: michelle.l.downs@navy.mil or for Air Force: john.gilmore.1@us.af.mil.

Pro Bowl Halftime Show

The show is for personnel returning in the last six months from a deployment and their families. Active-duty must be in BDUs/ABUs and can bring up to two family members (there may be exceptions made for up to three family members) in civilian attire, to walk onto field for halftime and then surround the stage, view the performance and be part of the on-field audience to enjoy the show. Each service member receives a free ticket for themselves and up to two tickets for their family members.

One practice will be required for the active-duty member only, held from 6:45 to 9 p.m. Jan. 22 at Aloha Stadium. To sign up, email your full name, home/cell number and email to: for Navy: (all slots have been filled) and for Air Force email bryan.ewing@us.af.mil.



(U.S. Navy photo by MC2 (SW) Mark Logico)

Hawaii-based Sailors gather at the American Football Conference (AFC) end zone to watch the tail end of the 2012 Pro Bowl second quarter. More than 200 Sailors marched across the Aloha Stadium field during the Pro Bowl Military Appreciation halftime show.

✈ FITNESS CHALLENGE 2013

Fitness Challenge 2013 will be held from 9 to 11 a.m. Saturday at the Joint Base Pearl Harbor-Hickam Fitness Center. This free event features Zumba, kickboxing, hot hula, yoga and more. The event is open to all eligible patrons. FMI: 471-2019.

✈ KO'OLINA WHALE WATCH TOUR

There will be whale watching tours to Ko'olina from noon to 3:45 p.m. Jan. 19 and 26. The cost is \$40 for adults, \$35 for children ages 3-11, and includes round trip transportation from Information, Tickets and Travel-Hickam. FMI: 448-2295.

✈ ACTIVE-DUTY HICKAM HISTORICAL TOUR

A special Hickam historical tour will take place from 9:30 to 11:30 a.m. Saturday. This condensed tour is tailored specifically for active-duty personnel and open only to active-duty and their guests. The tour will include visits to the original buildings at Hickam where the Army Air Forces' Airmen, nurses, and officers' and enlisted families lived. This is a chance to hear personal stories of the "day of infamy." The cost is \$24 per person. The tour departs from Information, Tickets and Travel-Hickam. FMI: 448-2295.

✈ FREE GOLF CLINIC

The Barbers Point Golf Course is hosting a free golf clinic at 9:30 a.m. Saturday. FMI: 682-1911.

✈ STAND-UP PADDLEBOARDING AT HALEIWA WITH LIBERTY

There will be a free paddleboarding excursion to Haleiwa with Liberty on Sunday. Departures are from Beeman Center at 8:15 a.m., Instant Liberty at 8:30 a.m., Makai Recreation at 8:45 a.m., and Liberty Express at 9:30 a.m. This event is for single active-duty Sailors and Airmen only. FMI: 473-2583.

✈ MWR NEWCOMER'S LUNCH

A free Morale, Welfare and Recreation (MWR) newcomer's lunch at 11 a.m. Tuesday at the Tradewinds Enlisted Club. This event features lunch, MWR information booths, sponsor tables and activities for kids. At 12:30 p.m. there will be a tour of MWR locations around the base. Separate registrations are required for luncheon and tour. This event is open to all military-affiliated personnel during their first six months of arrival. FMI: www.greatlifeohawaii.com. Information, Tickets & Travel-Hickam. FMI: 448-2295.

✈ PRESCHOOL STORY TIME

Preschool story time will be held from 9 to 10 a.m., Wednesday at the Hickam Library. The theme for the day is "Zoos & Wild Things." FMI: 449-8299.

✈ YOUTH SPRING VOLLEYBALL REGISTRATION

Registration for the "Have a Ball" youth bowling league continues through Feb. 1. Teams meet every Wednesday and Friday during the season, which runs from Feb. 6-March 15. Youth ages 5-17 years old are eligible. The \$120 fee includes end-of-season personalized drilled bowling ball. FMI: www.greatlifeohawaii.com.

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

January

✈ Today - A Martin Luther King Jr. Day ceremony will be held at 9:30 a.m. at the Tradewinds Enlisted Club. FMI: Staff Sgt. Kendria Camp at 448-6114.

✈ 21, 24 - Col. (Ret.) Ben L. Walton will sell and autograph copies of his nonfiction book "Great Black War Fighters: Profiles in Service" from 1 to 5 p.m. Jan. 21 at the Pearl Harbor Navy Exchange mall and from 10 a.m. to 1 p.m. Jan. 24 at the Hickam BX at Joint Base Pearl Harbor Hickam. The book signings will be in celebration of Dr. Martin Luther King, Jr. Day and in commemoration of African American History Month, which will take place in February. FMI: (720) 253-9624.

✈ 21 - An event to make the world's largest human peace sign in celebration of the Dr. Martin Luther King Jr. Day holiday is scheduled for 7 a.m. to noon Jan. 21 at Kapiolani Park in Honolulu. The current world record stands at 5,814 people. Volunteers are also needed. FMI: Eric Butler at 284-3577 or email ericbutler777@gmail.com or una-hawaii@gmail.com.

✈ 24 - Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will host a National Football League Pro Bowl practice with the league's top players on hand. The Pro Bowl practices are open to all military members and their families who already have base access. The NFC practice begins at 10 a.m. with the AFC practice following at 11:20 a.m. Parking is available within walking distance along Kuntz Avenue across from the Hickam Arts & Crafts Center. Bleachers are available in designated areas along Earhart Field for spectator viewing. Fans are encouraged to wear their favorite team's colors and bring a camera for once-in-a-lifetime access to a Pro Bowl team practice. 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. FMI: www.greatlifeohawaii.com

February

✈ 1 - The City & County of Honolulu will conduct the monthly statewide outdoor warning siren test at 11:45 a.m. The Joint Base Pearl Harbor-Hickam "Giant Voice" works in conjunction with Honolulu's outdoor warning sirens and will sound a steady tone for 45 seconds.

✈ 4 - Navy Entertainment and Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will present the alternative rock band Vertical Horizon at Club Pearl's Paradise Lounge. Doors open at 6 p.m., and the free show begins at 7:30 p.m. The Great Life Hawaii Facebook page will hold a giveaway contest to win backstage passes. Seats are available on a first-come, first-served basis. The event is not recommended for children. FMI: www.greatlifeohawaii.com.



Flight (R)

In this action-packed mystery thriller, Academy Award winner Denzel Washington stars as Whip Whitaker, a seasoned airline pilot who miraculously lands his plane after a mid-air problem, saving nearly every soul on board. Afterwards, Whip is hailed as a hero, but as more is learned, more questions than answers arise as to who or what was really at fault, and what really happened on that plane?

SHARKEY MOVIE THEATER

TODAY
7:00 PM Killing Them Softly (R)

SATURDAY
2:30 PM Montsters Inc. *(3-D) (PG)
4:45 PM Playing for Keeps (PG 13)
7:00 PM Life of Pi (PG)

SUNDAY
2:30 PM Cirque du Soleil: Worlds Away (PG)
4:45 PM Playing for Keeps (PG 13)
7:00 PM The Twilight Saga: Breaking Dawn - Part 2 (PG 13)

*\$1 for 3-D Glasses Rental

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Hotel Transylvania (PG)

SATURDAY
4:00 PM Wreck it Ralph (PG)
7:00 PM Flight (R)

SUNDAY
2:00 PM Hotel Transylvania (PG)

Hoakalei Cultural Foundation looking for volunteers

Brandon Bosworth

Staff Writer

The Hoakalei Cultural Foundation is seeking volunteers from Joint Base Pearl Harbor-Hickam for two upcoming projects. Military and civilian employees of the base are welcome to participate.

A cleanup of the One'ula-Honouliuli shoreline will take place from 8 a.m. to 11:30 a.m. Jan. 26. Participants will walk the shoreline from the west end of One'ula Beach Park to White Plains, picking up debris. Volunteers may see unique cultural and natural resources as they explore the coastline.

In addition, Kauhale Wetland Preserve Habitat Restoration Day will take place from 8 to 11:30 a.m. Feb. 23. The Kauhale

Wetland Preserve Habitat is situated on the west side of the Hoakalei property and is the wetland home of many endangered Hawaiian water birds.

The wetland is severely stressed by introduced plants. Nesting season begins in March. In order to help preserve the wetland and foster a healthy waterfowl population, volunteers are needed to help prepare the nesting grounds for the birds. Volunteers are asked to bring hoes, rakes and picks.

To volunteer for either or both of these projects, contact MAC James Wooten at james.wooten2@navy.mil or by calling 472-7149 (work) or 225-5347 (cell).

The Hoakalei Cultural Foundation was established in 2006 to ensure good stewardship of the land and heritage of the Ewa Plain.

Make 'no gossip' a priority

Andrea Hantman

Civilian Employee Assistance Program

Make "no gossiping" one of your office priorities this year. If a colleague seeks to engage you in talk that is dishonoring someone else, you can choose to set your boundary and not participate.

Here's an example of the effects of workplace gossip: Lisa does not want to come to work on this Monday morning. She really does not want to come in because Lisa is a target of workplace gossip. She knows she shouldn't let it bother her, but it takes all of her energy to cope.

Gossip in the workplace is not necessarily meant to harm, but it can and it does. It undermines morale, trust and teamwork. It leads to defensiveness and isolation. It distracts from the work to be done, and the energy that could go to creativity is wasted.

What is the difference between talking things out (processing your feelings) and gossiping? We each need to be able to talk to someone we trust.

If you are talking to one person and you are not "reading in," "jumping to conclusions," "labeling" or "mind-reading," you probably are not gossiping. If you are talk-

ing to a number of people at work about someone at work, you are gossiping.

We can never know all there is to know about a co-worker. We can't fully understand what they are experiencing and why they come to the conclusions they do. We do not live in their bodies or their minds or walk in their shoes. We need each to stay clear of office gossip, honor boundaries and set our own boundaries so that we live in alignment with our values and our best self.

To obtain Civilian Employee Assistance Program (CEAP) information, assessment, referral and/or brief counseling, call centralized scheduling at 474-1999, ext 6201 or 6202. Inquire about no cost at-your-site training.

In addition, the Military and Family Support Center (MFSC) offers classes, which are free for DOD civilian employees as well as for military members and their families.

Some MFSC classes scheduled this month are: Managing Money and Credit from 10 to 11:30 a.m. Jan. 18, and Anger Management from 8 to 11 a.m. Jan. 22. MFSC course offerings can also be found at www.greatlifeohawaii.com.

Call the customer service desk at 474-1999 to register for any class.

Harbor Hustle 5K/10K scheduled for Feb. 2 at joint base

The Harbor Hustle 5K/10K is scheduled for Feb. 2, at Joint Base Pearl Harbor-Hickam. This event is open to military and civilians.

The cost is \$25 if registering on or before Jan. 25, \$30 after Jan. 25 up to race day. Same day registration is available starting at 7 a.m. on race day for \$30. Partial proceeds will go to the Fisher House at Tripler Army Medical Center. This is a pet and stroller friendly race.

The race begins at the Hickam Fitness Center. Participants are required arrive by 7 a.m. to check-in on race day. T-shirts will be available to those who pre-register but availability may be limited if registering after Jan. 25. Medals will be given for first, second, and third place in the following age categories: under 16, 16-30 31-49, and 50 plus.

For more information and to see maps of the route, visit www.active.com and search for "Hawaii Top 3 Harbor Hustle" or go to <http://tinyurl.com/ba9t66c>.

WHO SAID IT?

"True courage is being afraid, and going ahead and doing your job anyhow, that's what courage is."

This Week's Trivia

Which new United States air commanders took duty on Jan. 9, 1917?