

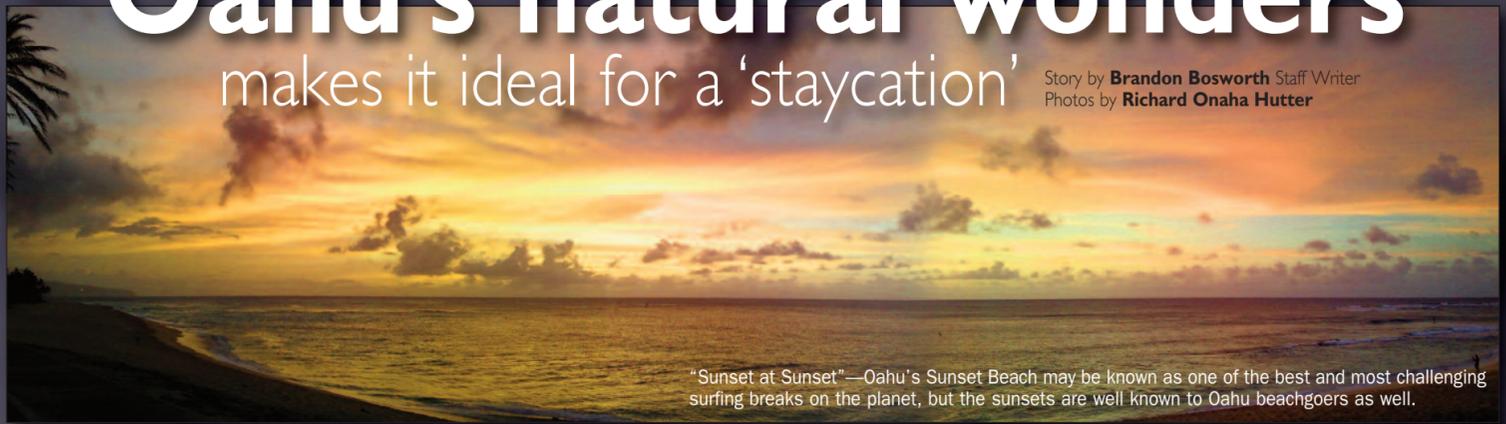
# Life & Leisure

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## Oahu's natural wonders

makes it ideal for a 'staycation'

Story by **Brandon Bosworth** Staff Writer  
Photos by **Richard Onaha Hutter**



"Sunset at Sunset"—Oahu's Sunset Beach may be known as one of the best and most challenging surfing breaks on the planet, but the sunsets are well known to Oahu beachgoers as well.



Time passes slowly at Malaekahana—a rugged beach along Oahu's northeast coast.

For many military and civilian families, tough financial times and cutbacks mean having to put trips off-island on hold. But the beaches and hiking trails of Oahu offer countless opportunities for fun "staycation" activities.

Oahu is justifiably known for its beaches. Lanikai Beach in Kailua was featured as one of the "Top 10 Beaches in the World" in the National Geographic book, "The 10 Best of Everything," and two Oahu beaches—Kahanamoku Beach in Waikiki and Waimanalo Bay Beach Park—were among "Dr. Beach's America's Top 10 Beaches Of 2012."

There are countless ways to enjoy Oahu's beaches and ocean environment without spending much, or any, money. Depending on where you go and the time of year, you can swim, snorkel, scuba dive, surf, body board, kayak, canoe, or even just catch some sun while lounging on the beach. With 112 miles of coastline, there is probably a beach on Oahu to suit every ocean-goer.

For hiking enthusiasts, Na Ala Hele ("trails go on") is the state of Hawaii's trail and access program. Na Ala Hele maintains a website, [www.hawaiitrails.org](http://www.hawaiitrails.org), that features information on more than 40 hikes on Oahu, including maps and detailed trail descriptions. Many of Oahu's trails feature streams or even waterfalls, as well as the chance to observe many of the island's plants and wild birds.

While Oahu's beaches and hiking trails are beautiful, they can also be potentially dangerous. It is always a good idea to do some research, be safe and practice common sense when enjoying the island's natural wonders.

Military members and their families are able to take advantage of what the islands of the state of Hawaii have to offer, through Joint Base Pearl Harbor-Hickam's Morale Welfare and Recreation Information Tickets and Travel (ITT) offices.

For more information, go to your nearest ITT office location.



(Left) Thermal heating produces midday showers over Kaena Point as the sun blazes down at Chun's Reef, a popular surfing break. (Above) Sometimes the best place to watch a *honu* (sea turtle) is in their element. (Right) Remnants of an old pier?...One's imagination is free to roam along Malaekahana's hidden coast.



(Left) Coastal flora. (Above left) Ahupua'a O Kahana State Park, a relatively unspoiled valley, and one of only a few publicly owned *ahupua'a*, or ancient Hawaiian land divisions, in the state. (Above right) The lookout at Diamond Head on the south shore. (Right) Hale'iwa Beach on the North Shore hosts canoe clubs as well as other ocean and family activities. (Below) The south shore's Ala Moana Beach Park.



# Clutch finish helps Shipyard clinch 8th victory

Story and photo by  
Randy Dela Cruz

Sports Editor

Retired Chief Electrician's Mate Troy McCloud sank a clutch three-point shot with only 31 seconds on the clock to give Shipyard a one-point advantage en route to a 47-44 win over the 15th Operations Group (15 OG), March 4, in a Blue Division intramural basketball game at Joint Base Pearl Harbor-Hickam Fitness Center.

The win knocked the 15 OG off of its unbeaten perch at 9-1 and placed Shipyard right back in the race with a record of 8-2.

McCloud, once the cornerstone of a dominating Naval Station Pearl Harbor (NAVSTA) basketball team, took a return pass from the inside and calmly knocked down the long jumper that put Shipyard back out in front after blowing a double-digit lead.

"It's a different story now days," said a smiling McCloud following the game. "Before I was a younger guy, but I still feel like if it's in my hands at the end of the game, I'm still going to want to take the shot. That's never left me. The confidence is still there."

Early in the game, it appeared as if Shipyard would have no trouble putting away the shorthanded 15 OG, which arrived to play with the bare minimum of five players.

McCloud scored a basket with 10:56 remaining in the first half to give Shipyard an 11-point lead at 13-2, and helped his team breeze into halftime with a big 29-17 advantage.

His four points in the first half was among seven Shipyard players that got into the scoring column before the break.

Teammate Engineman 2nd Class (SW) Blake Petenbrink contributed heavily to Shipyard's early lead by sinking two three-pointers and going a perfect three-for-three from the free-throw line.

Shipyard remained in full control early in the second half, and still maintained an eight-point lead at 38-30 after McCloud stole a pass and went coast-to-coast for lay-up with 7:20 left in the game.

However, over the next five minutes, the 15 OG chipped away at the lead and when Airman 1st Class Justin Meehan scored a basket at the 2:10 mark, the game was deadlocked at 40-40.

The teams traded baskets to keep the game tied, but Senior Airman Jimmy Wilbourn broke the stalemate with a lay-up, before missing a free throw to give the 15 OG its first lead of the game at 44-42 with 57 seconds in the game.

Down by two, Shipyard brought the ball upcourt with precious time ticking away.

McCloud got the pass in the corner and threw the ball for a quick hitter inside the paint, but with the lane sealed off, he got a return pass instead.

Without hesitation, McCloud netted the clutch shot for the lead. He later added two free throws to put the game away for good.

Wilbourn said a few adjustments helped the 15 OG get back into the game, but things might have turned out differently had he completed the basket-and-one late in the game.

"We stopped allowing them to crash the boards and took away their threes," Wilbourn said. "We were tired, but we needed to go man because we were down so much."

Wilbourn led the 15 OG with 14 points and was followed by Meehan with 11 points.

McCloud also finished off his night with 14 points, which included 10 in the second half.

He got support from Petenbrink with nine and Department of Defense (DoD) civilian Bao Lei, who tossed in 10.

While the win lifted Shipyard up in the standings, McCloud admitted that he had no idea that 15 OG was undefeated.

The veteran center stated that he and his teammates enter each game with just one thought in mind.

"We don't look at teams and see what record they're at," he said. "We look at each game just trying to get better. Win or lose, it doesn't matter what the record is. The mentality is to get better and hopefully get the victory while we're at that."

As for his past success with NAVSTA, McCloud, who is now a DoD civilian, said that his focus is on the future.

"I don't even know if most of these guys remember that team," said McCloud about the squad that won three base titles in a row. "That dynasty is over. We're trying to start a new one. Piece by piece, the end goal is still the same: win the championship."



Shipyard Department of Defense civilian Troy McCloud goes over the defense of Senior Airman Jimmy Wilbourn, 15th Operations Group (15 OG), for two of his 14 points.

## Story Ideas?

Contact Ho'okele editor for guidelines and story/photo submission requirements.

473-2890

editor@hookelenews.com

# Maintenance Group keeps pace in Blue Division race

Story and photo by  
Randy Dela Cruz

Sports Editor

It wasn't your typical run-and-gun victory for the 15th Maintenance Group (15 MXG), but the team of high flyers did just enough to put away Navy Information Operations Command (NIOC) Regulators, 43-33, on March 4 in a Blue Division intramural basketball matchup at Joint Base Pearl Harbor-Hickam Fitness Center.

The win kept the MXG among the divisional leaders with a record of 9-1, while the Regulators saw their league mark drop to 4-6.

"We have a bad habit of playing to the level of our competition," said MXG point guard Staff Sgt. Jonathan Jenkins about the team's ugly win. "We play NIOC (defending champions) and we beat them, and then we come back and we play this team and..."

Even with the 10-point win, Jenkins had every reason to be disappointed after his team of high scorers seemed to come out flat early in the game.

In the first half, MXG struggled with their outside game and held a slight 16-9 lead, mostly off of the inside play of Marine Sgt. J.R. Martin, at the five-minute mark.

A putback by guard Airman 1st Class Aaron Maxwell gave the MXG their first double-digit lead at 21-11, before back-to-back baskets by Jenkins raised the margin to 25-11 at halftime.

Jenkins said the two baskets just before the break was exactly what the team needed to shake off its slow start.

"We wanted to close the half off well, so we can come back in the second half and carry it over," he said. "Basketball is about a game of runs."

While the post play of Martin seemed to carry the MXG in the first half, the team found more inside help coming out of the break with the play of Senior Airman Al-Tariq Stewart, who started off the second half with three strong hoops inside the paint.

The spark by Stewart appeared to jumpstart the MXG and with 13:05 remaining in the game, a three ball by Jenkins stretched the team's lead to 20 at 35-15.

Although the Regulators cut the deficit to 12 on a trey by Cryptologic Technician (Networks) 2nd Class Joe Vieke at the 10:36 mark and to 10 on another basket by Vieke later in the half, MXG easily held off their opponent for the win.

Vieke, who led the Regulators with 10 points off of two three-pointers and two baskets, said that once his team fell behind by 20, it was too much to overcome.

"I think it was a lot of things," he said. "Our defense wasn't playing that good, and we weren't moving that well on offense. We had a lot of opportunities that we just couldn't capitalize on. It's mostly about having fun, but everyone likes to win. I'm glad to see that our guys came out and played tough."

Jenkins said that in a game where the team didn't perform up to its potential, it was important for the MXG to control the tempo.

After building up a 14-point lead at halftime, Jenkins said that it was time to pick up the pace and attack on offense and defense.

"I tried to speed the game up," Jenkins said. "I felt like we had the better team, so the faster I could make the game, the more turnovers we could cause, then the better chance we would have to win the game."

"I felt like we had the better team, so the faster I could make the game, the more turnovers we could cause, then the better chance we would have to win the game."

—Staff Sgt. Jonathan Jenkins

As the team looks further down the road, Jenkins said the MXG is just about where it wants to be to make a solid run at the title.

"It's the little things," Jenkins said. "Everybody worries about rebounds and points, but it's the little things that don't show up on the stat sheet that wins games. It's all about clicking. I think if we put everything together we'll be OK."



Marine Sgt. J.R. Martin, 15th Maintenance Group (15 MXG), muscled up a shot between two defenders for two of his game-high 12 points.

# Medical Group holds off 647th LRS in double overtime

Story and photo by  
Randy Dela Cruz

Sports Editor

The league-leading 15th Medical Group (15 MDG) fought back to earn a tough double overtime, 51-50 victory, over the 647th Logistics Readiness Squadron (647 LRS). The March 5 showdown matched the Gold Division's top two teams at Joint Base Pearl Harbor-Hickam Fitness Center.

With the win, the 15 MDG stayed put at the top of the division with a 9-1 record while the 647 LRS dropped their third game of the season against seven victories.

"I think we got a little tired," said 15 MDG guard Benjamin Briggs, a military spouse, about the tough win. "We should have managed the clock a little better. It came down to free throws and we weren't hitting."

As the clock wound down in regulation, the 15 MDG could have sealed the game at the charity stripe, but missed four free throws in succession.

Still, ahead by a score of 47-44, the game looked secure for the Medical Group until 647 LRS shooting guard Tech. Sgt. Chris Sage pulled up and drilled a three-pointer from the right wing to send the game into overtime.

"They didn't leave me wide open until my man Coney (Senior Airman Blake) gave me a good screen," Sage said about his game tying shot. "That allowed me to get open."

In the first overtime peri-

od, 647 LRS Department of Defense civilian Bruce Ayers and 15 MDG Staff Sgt. Uriah Seui traded baskets to keep the game deadlocked at 49-49.

Then down by a point after a basket by Briggs in the second overtime, the 647 LRS committed a huge error in fouling Briggs with 21 seconds on the clock.

Since the clock does not stop for fouls in overtime, the 15 MDG let time run out to secure the win.

"This was real tough," Sage said following the loss.

"If we'd have won, we would have been in first place. I think there were a few bad calls, but it is what it is."

The heartbreaking defeat was even harder to swallow after the 647 LRS staged a strong comeback to send the game into overtime.

Tied at 19-19 with just over two minutes remaining in the first half, the 15 MDG scored seven straight points on a trey and basket by Briggs and a hoop by Yeoman 3rd Class Eriek Ausbey to take a 26-21 lead into halftime.

The 15 MDG continued

aggressive," said Sage about the team's scramble to tie the score. "But we just made minor mistakes that cost us the game."

Sage led the 647 LRS with 15 points and was followed by Coney with 10.

Meanwhile, Briggs tallied 21 points to lead all scorers and was joined by Ausbey in double figures with 12.

Briggs said that in the end, it was the team's defense that pulled out the win for the 15 MDG.

"It's great," Briggs claimed. "Considering the season we had last year, it's



Benjamin Briggs, guard for 15th Medical Group (15 MDG), goes up for a shot in a Gold Division showdown versus the 647th Logistics Readiness Squadron (647 LRS). Briggs scored 21 points to help lead the 15 MDG to a 51-50 double-overtime victory over the 647 LRS.

"We really want to win a championship. They say that medical don't win much of anything, but we plan to change that. We hope to prove a lot of people wrong."

— Benjamin Briggs

to maintain their lead until Coney scored on a driving lay-up to cut the deficit down to two at 36-34 with 6:48 remaining.

Then with 1:15 left in regulation, the 647 LRS finally caught and went ahead of the 15 MDG, 44-43, on a three-point basket by Staff Sgt. Pernell Hart.

A shot by Briggs put the 15 MDG back out in front, and Ausbey sank two free throws before Sage threw down the game-tying trey to end regulation.

"We came together as a team and were a lot more

a lot better. I think we've become better as a team. When we started off, we were all over the place, but I think we're starting to play a little better."

After gaining some breathing room at the top of the division, Briggs said he hopes that the win over the 647 will springboard the team to bigger and better things.

"We really want to win a championship," he said. "They say that medical don't win much of anything, but we plan to change that. We hope to prove a lot of people wrong."

# Early-entry deadline for Ford Island Bridge Run ends March 22

## JBPHH Morale, Welfare and Recreation

The Ford Island Bridge Run will be held at 7 a.m. April 6 at Joint Base Pearl Harbor-Hickam.

The bridge will be closed from 6:50 to 7:05 a.m.

For the past 15 years, the Ford Island Bridge Run has been one of the largest 10K runs on Oahu. Race walkers, leisure walkers, serious and recreational runners have been able to observe the scenic and historical sights along the run.

The run is sponsored by Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation. It will start at the entrance to Adm. Bernard "Chick" Clarey Bridge. The race will proceed across the bridge onto Ford Island.

Participants will then circle the island clockwise on a scenic flat perimeter course and run back across the bridge to finish on Richardson Center Field across from Aloha Stadium.

There will be limited free parking at Rainbow Bay

Marina. Additional parking is available at the Aloha Stadium overflow parking lot.

The entry fee is \$20 for military or their family members, \$25 for non-military. The entry deadline is March 22. Any entries postmarked after March 22 will be \$30. Late entries will be accepted until April 5. Mail-in entries will not be accepted if postmarked after April 1. No entries will be accepted on race day. T-shirts for late entries will be based on availability.

Runners, walkers and persons with strollers are eligible to participate in the race. Strollers will be lined up at the back of the pack. No pets are allowed.

Packet pickup will be from 8 a.m. to 4 p.m. at Richardson Pool, building one, located across from Rainbow Bay Marina. All pre-registered entrants will receive a pre-race postcard. No packets will be issued without ID or postcard. The race packet will include a race number and T-shirt.

Prizes will be awarded to first, second and third



U.S. Navy photos by MC2 Tiarra Fulgham

More than 3,000 runners of all ages participated in the 15th annual Ford Island Bridge Run last year. This event is a time when the bridge is open for both military and local residents to see the historic sites on the island.



U.S. Army Col. Marty Muchow

overall male and female military and non-military finishers.

First, second and third place prizes will be award-

ed in each age category.

For information call 473-0784, 473-2494 or 473-2473.

Pick up registration forms

at all MWR Fitness Centers, on the Great Life Hawaii Face-book Page or register here:

<http://bit.ly/13bsABx>.

# National Nutrition Month theme focuses on eating right, your way

## 1st Lt. Karla Bell

Tripler Army Medical Center Nutrition Care Division

At the beginning of the new year, many of us have the great intention to start eating healthier. But for some reason that new year resolution starts to deteriorate after a short time, and we tend to go back to our old eating habits.

What can we do to make sure we sustain this new healthier eating lifestyle?

Make sure to build an eating plan with your unique lifestyle and nutritional needs in mind. This will make it easier to adhere to the new healthy lifestyle, regardless of your busy lifestyle or food preferences. March is National Nutrition Month, and this year's theme is "Eat Right, Your Way, Every Day." It encourages personalized healthy eating styles and recognizes that preferences, lifestyle, cultural and ethnic traditions can impact individual food choices.

Use the following tips and tricks to help sustain a healthier you and avoid falling into those old eating habits:

- If you tend to do mainly desktop dining, you will most likely lean toward on-the-go foods. Try to keep foods such as peanut butter, individual wheat cracker packets, whole grain bread, tuna or fruit in your desk.

If there is a refrigerator available in your office, bring leftovers from home, Greek yogurt, fresh cut fruits or veggies, hummus or low sodium frozen foods.

Always keep water around to ensure you are well-hydrated and not tempted to run the vending machine to



Photo by Jeltovsk, Mourgefile

get a soft drink, juice or any other sugary beverages.

- Are you a student on a budget? Make sure to stock up on healthier snacks that contain both protein and carbohydrates to help control your appetite or the urge to stop by drive-through restaurants.

You can prepare for the week ahead by having hardboiled eggs ready to ensure you don't skip breakfast when running late to class. String cheese, apples, bananas, yogurt and unsalted almonds are other snacks to keep on hand to make sure your brain is fueled.

- Whether you are a competitive athlete or just like to work out on a regular



Photo by Kevin P., Mourgefile

basis, fueling and hydrating before, during and after workouts is a must. Your diet and hydration status will affect your performance.

Eat a small snack or breakfast containing carbohydrates, protein and small amounts of fat before your workouts. Be sure to replace fluids lost by hydrating before, during and after with water or low-sugar sports drinks.

- Being vegetarian does not necessarily preclude you from being deficient in certain nutrients or mean you are healthier than omnivores.

Make sure you're getting the right types of vegetables in your diet. Choose veggies that contain high amounts of calcium, iron

and B vitamins that are usually obtained from animal products.

There are a variety of ways to incorporate a balanced diet, even as a vegetarian. Look for power-house foods such as nutrient-rich beans, vegetarian chili, hummus, broccoli, spinach and kale.

- If you are a busy parent who is always taking care of everyone else, it can be tough to look out for yourself. Preparing meals that are well balanced will help keep you healthy and promote healthier eating habits for your children.

Trying new recipes is a great way to not only help introduce new foods, but also keep children engaged in meal preparation. Allowing children to

play a role in preparing meals encourages them to try it. Other tasks children can help with are setting the table, making a salad and clearing the table after a meal is done.

No matter what your lifestyle is, there are ways

to sustain a healthier you. Staying motivated, planning ahead, and having basic nutrition knowledge and a support line can help ease the process.

For more information email [mary.staudter@us.army.mil](mailto:mary.staudter@us.army.mil).

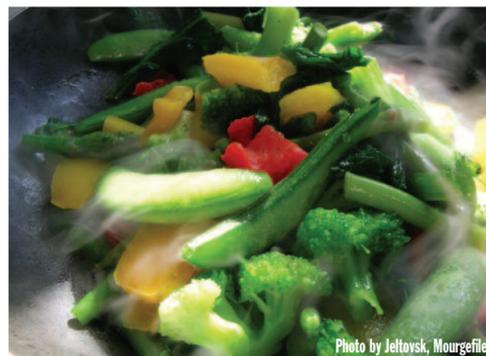


Photo by Jeltovsk, Mourgefile

## My Favorite Photo...



Air Force Master Sgt. Noel Ramirez took this photo of the Ford Island tower on a recent beautiful day in Hawaii.

## How to submit

Email your (non-posed) photos to [editor@hookelenews.com](mailto:editor@hookelenews.com)

Morale Welfare & Recreation

**JUNIOR LIFEGUARD/OCEAN SAFETY REGISTRATION**

Registration for the junior lifeguard class ends today. This program will give young people the opportunity for hands-on training and provides a foundation to become a junior lifeguard. The program is designed to allow young people to gain a basic understanding of pool/ocean awareness, water rescue techniques, physical conditioning skills, general first-aid and overall self-confidence. The session runs April through May, and the cost is \$95 per student. This program is for ages 11-17. FMI: 473-0787.

**SPRING OPEN HOUSE**

In observance of National Craft Month, the Hickam Arts & Crafts Center is hosting a free spring open house from 11 a.m. to 3 p.m. Saturday. There will be "make-n-takes," demos, door prizes, specials, and free hot dogs and soda. FMI: 448-9907.

**WHALE WATCH WITH LIBERTY**

There will be a whale-watching excursion with Liberty on Saturday. Departures are from Beeman Center at 9:30 a.m., Instant Liberty at 9:45 a.m., Makai Rec Center at 10 a.m. and Liberty Express at 10:45 a.m. The cost is \$10 per person. This event is for single, active-duty Sailors and Airmen only. FMI: 473-2583.

**PRESCHOOL STORY TIME**

Preschool story time is held from 9 to 10 a.m. Wednesdays, at the Hickam Library. This week will feature stories by Dr. Seuss. FMI: 449-8299.

**FLAVORS OF ASIA**

A wine and travel affair "Flavors of Asia" will be held from 6 to 8 p.m. March 14 at Tradewinds Enlisted Club, Oahu Room. The cost of the event is \$30 for club members and \$35 for non-members. The event is for participants 21 years and over only. Reservations are recommended. FMI: 448-2271, ext. 226.

**STAND-UP PADDLEBOARD**

There will be a stand-up paddle boarding trip to Anahulu Stream on the North Shore at 9 a.m. March 16. Departures are from Outdoor Adventure Center-Fleet Store. Transportation, instruction and equipment are provided. The cost is \$25 per person, and the registration deadline is March 14. FMI: 473-1198.

**DOLLAR AND A HALF MONDAY**

Throughout the month of March, shoe rentals, bowling games and hot dogs are \$1.50 each from 5 to 9 p.m. at the Naval Station Bowling Center from 5-9 p.m. FMI: 473-2574.

**ANNUAL CREATIVE WRITING CONTEST**

Entries for the base library's annual creative writing contest are being accepted now through March 31. Judging begins on April 1. Awards will be presented April 20. Prizes in two divisions (short story and poetry) will be awarded in all age categories (children, young adult and adult). FMI: 449-8299.

**MWR NEWCOMERS LUNCH**

A free Morale, Welfare and Recreation (MWR) Newcomers' Lunch will be held 11 a.m. March 19 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 the luncheon and tour. This event is open to all military-affiliated personnel during their first six months of arrival. FMI: 473-0787.



**LES MISERABLES (PG-13)**

Bille August directed this Rafael Yglesias adaptation of the 1862 classic by Victor Hugo (1802-1885) about the quest of Inspector Javert to capture escaped convict Jean Valjean, originally an honest man who was jailed for stealing a single loaf of bread to feed the family of his starving sister. This new interpretation of Hugo's epic begins with Valjean (Liam Neeson), released after 20 years of cruelties and hard labor, reporting for parole in Dijon.

**HICKAM MEMORIAL THEATER**

**TODAY 3/08**

6:00 PM Rise of the Guardians 3D (PG)

**SATURDAY 3/09**

4:00 Parental Guidance (PG)

7:00 Les Miserables (PG-13)

**SUNDAY 3/10**

2:00 Les Miserables (PG-13)

Movie Showtimes

Community Calendar

**MARCH**

**NOW** — The Joint Base Tax Center, run by the Navy Region Legal Service Office, is now open. The tax center offers "self-service" preparation. With the help of a trained tax volunteer. FMI: email Katherine.lake@navy.mil or call 473-4717.

**9** — Hawaii Opera Theater and Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation will host a free concert event called Great American Voices at 7 p.m. at the Hickam Officers' Club lanai. Open seating will begin at 6 p.m. FMI: www.greatlifehawaii.com or call 473-0606.

**11, 13, 18** — Military housing residents can meet with Navy leadership and Forest City representatives at upcoming community meetings scheduled for 6 p.m. March 11 at Moanalua Community Center, March 13 at Ford Island Community Center and March 18 at NCTAMS in the old conference center (the old chapel). Residents are encouraged to take this opportunity to ask questions and address concerns. For more information, contact your Forest City community manager's office.

**13** — A command-wide base cleanup will be held from 8 to 11 a.m. at Joint Base Pearl Harbor-Hickam. The focus will be on high-visibility areas, the waterfront, along the perimeter of the base and individual areas. The base first lieutenant shop can provide cleaning supplies and equipment. FMI: 471-3521.

**15** — Marine Corps Community Services (MCCS) will hold the annual Marine Corps Base Hawaii, Kaneohe Bay Career and Education Fair from 9 a.m. to 1 p.m. at Kahuna's Enlisted Club. The fair is free and open to the military community from 9 a.m. to 1 p.m. and open to the public from 11 a.m. to 1 p.m. FMI: 257-7787, 257-7790 or 257-2158.

**19** — The AFCEA Hawaii (Armed Forces Communications and Electronics Association) buffet luncheon will be held from 11 a.m. to 1 p.m. at Fort Shafter, Hale Ikena Club. Guest speaker will be Peter Colvin, director of business development, Maui High Performance Computing Center. All military and civilians are welcome. FMI: www.afceahawaii.org or call Ken at 441-8524.

**23** — Breakfast with the Easter bunny will be held from 8 to 9 a.m. at the NEX food court lanai. Following the meal, there will be entertainment, games, prize giveaways, a jelly bean guessing contest, face painting and balloon-twisting. Tickets are now on sale. FMI: 423-3287.

**SHARKEY THEATER**  
is closed  
for renovations  
until June.

# Women at the Helm: Celebrating 2013 Women's History Month

**Chief Operations Specialist  
Jessica Myers**

*Navy Office of Women's Policy*

WASHINGTON (NNS) — The Navy joins the nation in celebrating Women's History Month during the month of March, as announced in Naval Administrative message 039/13, released Feb. 22. Commands are strongly encouraged to increase their knowledge and awareness of the contributions of women to our Navy and nation by celebrating the national Women's History Month theme, "Women Inspiring Innovation through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics (STEM)" through programs, exhibits, publications, and participation in military and community events.

One Navy STEM pioneer includes Grace Murray Hopper, who wanted to put her Ph.D. in mathematics to use for her nation in the midst of World War II. In 1943, she joined the Naval Reserves and was commissioned as a lieutenant in 1944. During World War II she worked at the Bureau of Ordnance Computation Project at Harvard University and at the end of the war joined the Harvard faculty.

Retiring as a rear admiral, Hopper was recognized as a pioneer computer programmer, the co-inventor of common business oriented language (COBOL), and for coining the term "bug" for computer malfunctions. Hopper was buried at Arlington National Cemetery in 1992.

USS Hopper (DDG 70), homeported at Pearl Harbor, Hawaii, was commissioned as her namesake in 1997. This was only the second Navy warship to be named after a woman.

Also during World War II, the Navy launched the Women Accepted for Volunteer Emergency Service (WAVES) program. Along with Hopper, more than 85,000 WAVES worked in STEM fields as air traffic controllers, cryptologists, draftsmen, meteorologists and translators during World War II.

In December 2012, history was made in the Navy's nuclear community when Lt. j.g. Marquette Leveque, assigned to the gold crew of USS Wyoming (SSBN 742), and Lt. j.g. Amber Cowan and Lt. j.g. Jennifer Noonan of USS Maine (SSBN 741) blue crew became the first female unrestricted line officers to qualify in submarines and receive their submarine warfare insignia, also known as "dolphins."

Today in the Navy, female officers fill 10 percent of STEM positions, including engineering duty officers and information warfare professionals. Female enlisted Sailors make up 22 percent of the cryptology and intelligence community and 21 percent of operational ratings, including aviation warfare systems operators and sonar technicians. Female Sailors continue to excel both ashore and afloat, serving in various STEM related fields.

More than 54,000 active duty women and more than 10,000 female Reservists are



U.S. Navy photo by Lt. j.g. Liza Swart

Lt. Trey Hines addresses the first all-female division in recent history at Recruit Training Command at Great Lakes, Ill. Members of the Women Accepted for Volunteer Emergency Service (WAVES) were aboard for the division's commissioning ceremony.

serving in the Navy. They make up 17.3 percent of the force and make indispensable contributions to our mission and operations. Nearly 59,000 women serve in a wide range of specialties as Navy civilians.

The current Navy total force includes 33 active and Reserve female flag officers, 67 female senior executive service members, 56 female command master chiefs and six female command senior chiefs leading from the front.

Currently, the top three highest-ranking female officers in the Navy are Vice Adm. Carol Pottenger, Vice Adm. Michelle Howard and Vice Adm. Robin Braun. Pottenger, a surface warfare officer, was one of the first women selected for sea duty and went on to become the third commander, Navy Expeditionary Combat Command.

Howard also a surface warfare officer, was the first African American woman to command a ship in the U.S. Navy when she took command of USS Rushmore (LSD 47), and in 2012 she became the first African-American woman to receive a third star in flag rank within the Department of Defense when she was promoted Aug. 24.

Braun, a career naval aviator and former commanding officer of VR-48, has more than 5,800 flight hours in Navy aircraft. The top three highest-ranking female enlisted leaders in the Navy are Fleet Master Chief Joann Ortloff, Fleet Master Chief April Beldo and Force Master Chief Nancy Hollingsworth.

Beldo, currently the Naval Education and

Training Command force master chief, will make history as the Navy's first female African American fleet master chief when she assumes her position as the manpower, personnel, training and education (MPT&E)

fleet master chief later this month.

For more information about the history of women and their numerous contributions to the Navy, visit [http://www.navy.mil/submit/display.asp?story\\_id=72279](http://www.navy.mil/submit/display.asp?story_id=72279).



DoD photo by Petty Officer 1st Class James Kimber

U.S. Navy Lt. j.g. Luke Leveque (right) pins the submarine officer warfare device on his wife Lt. j.g. Marquette Leveque (left) at Naval Submarine Base Kings Bay, Ga. on Dec. 5, 2012. Marquette Leveque is one of the first three female unrestricted line officers to qualify in submarines. Marquette is assigned to the Gold crew of the ballistic missile submarine USS Wyoming (SSBN 742) and her husband Luke is assigned to the Gold crew of the ballistic missile submarine USS Maryland (SSBN 738).

## Scholarships are available to Hickam Communities residents

**Hickam Communities LLC**

WinnCompanies, Hickam Communities' partner in providing property management and maintenance services, is celebrating four decades in business by offering a scholarship opportunity to residents.

"In an effort to enhance the lives of all that we serve, high school seniors, high school graduates and GED graduates living in communities managed by WinnCompanies or its affiliates are invited by the board of directors of WinnCompanies to apply for scholarship grants for the 2013-2014 academic year, to be awarded in May 2013," said Gilbert Winn, managing principal of WinnCompanies.

WinnCompanies' WinningEdge Scholarship Program invites distinguished residents who are pursuing some form of higher education, in community college, college, university or trade/professional school, to apply for scholarship grants starting at \$1,000. To find out if you or members of your family are eligible for a WinningEdge scholarship, log on to [www.hickamcommunities.com/go/WinningEdge](http://www.hickamcommunities.com/go/WinningEdge) for complete details and an application packet.

Applications are also available at Hickam Communities' offices. All completed applications must be submitted to a Hickam Communities' office no later than April 12 for consideration.

## Events planned for Women's History Month at JBPHH

Joint Base Pearl Harbor-Hickam will commemorate Women's History Month throughout the month of March at the following events:

- Women's Military Leadership Panel featuring Col. Christine Gayagas (ret.), Col. Eva Jenkins, Cmdr. Kate Dolloff, Chief Master Sgt. Lisa Jayne and Chief Fire Controlman Natalie Stein from 11 a.m. to 2 p.m. March 13 at the Makai Recreation Center, McChord Street, building 1859. This is a brown-bag (bring your own lunch) event.

- Meet Elizabeth Blackwell: Library Event for School-Aged Children from 2 to 3 p.m. March 20 at the Hickam Library, 990 Mills Blvd., building 595.

- One-Note Training on Microsoft 2010 at 11:30 a.m. March 21 at the 15th Wing Conference Room.

- "How to Achieve Your Highest Potential and Help Others Reach Theirs" Leadership Development Seminar featuring Congresswoman Tulsi Gabbard, Rear Adm. Raquel Bono and Col. Eva Jenkins from 11 a.m. to 2 p.m. March 29 at Hickam Memorial Theater, Kuntz Avenue, building 1766. This is a brown bag event.

Those who plan to attend should register in advance at <https://usaf.evanced.info/hickam/sr/homepage.asp>.

For more information, call 449-8296 or email [phyllis.frenzel@navy.mil](mailto:phyllis.frenzel@navy.mil).

## Examine expenses in difficult financial times

**Military and Family Support Center**

Joint Base Pearl Harbor-Hickam

The following are some tips to maintain fiscal prudence in difficult financial times.

Review your net pay per pay period and determine the amount of a 10 percent or 20 percent reduction.

Can you pay your bills with the remaining amount? Do you have enough funds in savings to replace any short term reduction in your take home pay?

Come up with a plan that fits you and your family. Make a list of all your monthly expenses. Distinguish between mandatory expenses and discretionary/deferable expenses.

Does reducing or eliminating your discretionary expenses make up for the loss of net pay?

If not, consider reducing the discretionary spending now to generate savings to help offset any reduction you might be forced to take in the future. Increase your emergency funds to cover the missed income in your paychecks.

How can you reduce spending now to save and lessen the impact of a 10 percent or 20 percent reduction in take home pay

that may occur a month or two from now? Some suggestions include:

Commuting: Join a car-pool and reduce your fuel or metro expenses.

Shop around: Find out what competitors are offering on auto insurance, cable, etc.

Are there reductions in benefits that would not put the family at risk and would not require an open season in order to restore?

TSP contribution: If you are considering a reduction in benefits, be sure you understand the consequences. Reducing and/or forgoing a TSP contribution under FERS may forfeit the government match portion. Contact the Department of Navy Benefits Center if you have any questions before implementing your plan: [www.public.navy.mil/donhr/Benefits/benefitsline/Pages/Default.aspx](http://www.public.navy.mil/donhr/Benefits/benefitsline/Pages/Default.aspx).

Do you have another source of funds that you could rely on, if need be, for short-term assistance?

Make a list of the key companies to which you will have obligations. Have the contact information and your loan information for your mortgage, car or student loans on hand. Many lending institutions have contingency plans for their customers just for this purpose. Find out ahead of time and get the procedure for contacting them or getting relief.

## Military families invited to diabetes summit

**Don Robbins**

Assistant Editor

Military and civilian families who are interested in the latest news about type 1 diabetes are invited to attend the annual Family Education and Research Summit which will be held from 8:30 a.m. to 4 p.m. March 9 at the Kapiolani Medical Center for Women and Children.

"This is an important disease that is more common than most people realize, and we know in looking at historical data that the incidence is on the rise. Type 1 diabetes now accounts for two-thirds of new diagnosis of diabetes in patients less than 19 years of age," said Lt. Col. Michelle Flores, a pediatrician with the 15th Medical Group, Joint Base Pearl Harbor-Hickam.

Dr. Flores added that "In an era of new scientific discoveries, families must stay informed of new research in order to help provide every advantage in combatting a chronic disease such as type 1 diabetes. Conferences such as this provide ways for families to stay informed, get up-to-date and most importantly network with other families who may be experiencing similar challenges in dealing with a chronic disease."

Type 1 diabetes does not know the difference between military families and those who are not, said Gail Ann

Chew, executive director of JDRF (Juvenile Diabetes Research Foundation) Hawaii, which is hosting the free summit.

"Diabetes type 1 is an autoimmune disorder that typically presents in childhood or adolescence," explained Air Force Capt. Chelsea B. Payne, M.D. Payne is the medical director of the Family Health Clinic, 15th Medical Group at Joint Base Pearl Harbor-Hickam.

"Diabetes type 1 is thought to be triggered by both a genetic predisposition and environmental factors," Payne said.

"Common symptoms include weight loss, fatigue, increased thirst and increased urination. By working closely with your pediatrician and diabetes team, diabetes type 1 can be successfully managed," Payne added.

This year's summit will feature Dr. Sanjoy Dutta, senior director for treatment therapies for JDRF New York, who is involved with initiatives and partnerships evaluating the pipeline of candidate drugs, devices and related opportunities to deal with the disease.

He is a member of the Artificial Pancreas Program, with responsibilities for examining new therapies for improving everyday glucose control, avoiding serious hypoglycemic episodes, and preventing long-term complications of the disease.

The summit will also feature Sam Talbot, a chef, restaurateur and TV

personality on Bravo's "Top Chef" program. Talbot was diagnosed at the age of 12 with type 1 diabetes. His cookbook, "The Sweet Life ...Diabetes Without Boundaries," was published in December 2011.

"Type 1 diabetes is known as juvenile diabetes, as the onset typically occurs in children and young adults," said 1st Lt. Kathleen Eisenbrey, community health element chief of the Public Health Flight, 15th Medical Group, Joint Base Pearl Harbor-Hickam.

"Estimates from the Centers for Disease Control and Prevention indicate approximately 215,000 Americans under the age of 20 were afflicted with type 1 or type 2 diabetes in 2010," Eisenbrey said.

Juvenile diabetes is a lifelong illness that does affect some military children, emphasized Navy Lt. Katherine Koss, M.D., a pediatrician at Naval Health Clinic Hawaii.

"This conference should provide education into new research and development to improve the quality of life for these children," Koss said. "I'm hoping the research provided at this conference can provide families with information about the latest breakthroughs in juvenile diabetes management."

For information on the summit or to register, contact JDRF Hawaii at [HawaiiEvents@jdrf.org](mailto:HawaiiEvents@jdrf.org) or call 988-1000, or visit [www.jdrfhawaii.org](http://www.jdrfhawaii.org).

## TRICARE West region to be served by United Healthcare

Beginning April 1, UnitedHealthcare Military & Veterans will be the new contractor for TRICARE beneficiaries in the West Region.

TRICARE's priority is to ensure a smooth transition under the new contract on behalf of service members, families and retired beneficiaries.

For more information about the transition, visit [www.tricare.mil/t3contracts](http://www.tricare.mil/t3contracts).

You can also access additional TRICARE information by visiting the UnitedHealthcare Web site at: [www.uhcilitarywest.com](http://www.uhcilitarywest.com) or the TRICARE Web site at [www.tricare.mil](http://www.tricare.mil).

You can also contact UnitedHealthcare customer service at 1-877-988-9378.

In addition, beginning April 1, United Healthcare Military & Veterans will become the west region managed care support contractor.

As part of the transition, referrals written prior to April 1 will expire May 31.

The 15th Medical Group urges patients to proactively book appointments to prevent delays in receiving care. Referrals written starting April 1 will last the usual six months. For information regarding referrals, call the referral management center at 448-6133.

**Courtesy of the Enlisted Heritage Research Institute**

Fort George G. Meade

Staff Sgt. Esther McGowin Blake has the distinction of being the "first woman in the Air Force." She enlisted in the first minute of the first hour of the first day regular Air Force duty was authorized for women on July 8, 1948.

Blake originally enlisted in March 1944 in Miami in the Army Air Forces, served one year in the Alaskan division and was discharged in November 1945.

She re-enlisted in April 1947 and was assigned to the ground force but seized the first opportunity to return to the Army Air Forces. Service in the nation's armed forces was nothing new for Blake.

She supported the war by working at the Miami Air Depot as a civilian employee. Blake was a widow. She joined the Women's Army Corps when she found out

her eldest son, Lt. Julius Blake, was reported missing. He was a B-17 Flying Fortress pilot out of England and had been shot down over Belgium.

Her other son, Lt. Tom Blake was serving in B-25 Mitchell medium bombers in Italy. He was also shot down at a later time.

At the time, Blake was quoted in the Miami Herald as saying that her reason for joining the WACs was the hope of helping free a Soldier from clerical work to fight, thus speeding the end of the war.

"If I can do this, my efforts will be worthwhile," she said.

During the months and years that followed, she saw both her sons return from combat with only minor wounds and heavily decorated.

She was assigned to several bases throughout the United States and in Alaska and the Yukon Territory near the Aleutians. She separated from service briefly and returned to her



civilian job in Miami in the mid-40s.

However, she heeded a recall for women in service and returned to an Army assignment at Fort McPherson near Atlanta.

It was during this assignment that the Air Force became a separate branch of the service and women in the Air Force were authorized. She remained active

with the Air Force until 1954 when she separated and went to work with the civil service at the Veterans Regional Headquarters in Montgomery, Ala.

Blake, the first woman in the Air Force, died Oct. 17, 1979. In 1987, the Air Force Senior NCO Academy at Maxwell Air Force Base, Ala., named one of their student dormitories in her honor.

## Free financial readiness forums to be held March 11, 12, 13

Free financial readiness forums will be held from 8 to 11 a.m. March 11 and 12 at the Hickam Memorial Theater, Joint Base Pearl Harbor-Hickam.

In addition, a financial readiness forum will be held from 9:30 to 11:30 a.m. March 13 at Army Community Service, building 2091, Schofield Barracks. Seating is limited.

The forums are open to all armed services, including reserves, National Guard, retirees, Department of Defense/Department of Homeland Security civilian employees and their spouses.

Discussion will include strategies for smart saving

and investing, considerations for transition, how to avoid scams and more.

The event is presented by the Financial Industry Regulatory Authority (FINRA) Investor Education Foundation, in partnership with the U.S. Securities and Exchange Commission.

There is no charge for the program or refreshments. This is an educational program, and no sales presentations will be permitted.

For more information and to RSVP, contact the Military and Family Support Center at 474-1999.

For information on the forum at Schofield Barracks and to RSVP, call 655-4227.

### WHO SAID IT?

"Happiness is not something ready made. It comes from your own actions."

Last Week's

### WHO SAID IT?

Leadership is a two-way street, loyalty up and loyalty down."

—Grace Hopper

## Federal employees eligible for transit benefits

All part-time and full-time federal employees (active duty military, reservists, civilian and non-appropriated-funds employees) are eligible to receive vouchers for the vanpool for \$240 a month, or free monthly bus passes.

If you want to participate in an existing vanpool that is looking for riders from your area, check the web-

site at [www.vride.com](http://www.vride.com) to see existing vanpool times and routes.

For more information and the paperwork to receive vouchers, contact the Air Force representative Tina Mercer at [Kristina.mercer@hickam.af.mil](mailto:Kristina.mercer@hickam.af.mil) or 448-2906

or the Navy transit benefit manager Jamie Chatarsa at [Jamie.chatarsa@dot.gov](mailto:Jamie.chatarsa@dot.gov) or call 202-366-1641.

## 'Go Green' to celebrate Saint Patrick's Day with events at JBPHH

March 17 is Saint Patrick's Day and Joint Base Pearl Harbor-Hickam is holding several events to celebrate the holiday.

Brews & Cues will hold a "go green" party from 4:30 to 6:30 p.m. March 15. There will be prizes plus pupu and specials for those wearing green.

For more information, call 473-0841.

The St. Paddy's Day 5k Run will take place at 8 a.m. March 16. The race starts and finishes at the Hickam Fitness Center. Runners are encouraged to wear St. Paddy's Day costumes. Prizes will be awarded for best costume. This free event is open to

all eligible patrons and their guests. No registration is required.

For more information, call 448-2214.

The Hickam Officers' Club will hold its annual St. Patrick's Day champagne brunch from 10 a.m. to 1 p.m. March 17.

The brunch will feature Irish dishes such as corned beef, cabbage and shepherd's pie. The cost is \$24.95 for adults, \$13.50 for children ages 7-12, \$8.25 for children ages 4-6, and free for children ages 3 and under. Reservations are required, and all ranks are welcome.

For more information, call 448-4608.

### This Week's Trivia

When did the Air Force launch the first polar orbiting satellite?

Last Issue's Question:

What are the official Navy colors?

Answer:

The official Navy colors are blue and gold.

### Story Ideas?

Contact Ho'okele editor for guidelines and story/photo submission requirements.

473-2890 / [editor@hookelenews.com](mailto:editor@hookelenews.com)

## NEX celebrates Girl's Day with Hello Kitty



Photo by Justine Elona

Military families celebrated the local tradition of Girl's Day with Hello Kitty on March 2 at the Pearl Harbor Navy Exchange in the children's department. NEX associates handed out balloons and gifts with purchases. Customers met and took pictures with Hello Kitty. Girl's Day is a traditional holiday originally established by the Tokugawa Shogunate to promote family peace and stability.

# Highlights from this week in USAF and PACAF history

Charles Nicholls

PACAF historian

• On March 6, 1942, the Army Air School for black aviators at Tuskegee, Ala., graduated the first five African American military pilots. George Roberts, Benjamin Davis Jr., Charles BeBow Jr., Mac Ross and Lemuel Custis received the silver wings of Army Air Force pilots. These men were the first of nearly 1,000 Tuskegee aviators to complete Army flight training and earn their wings. Despite the obstacles of racial prejudice, the Tuskegee Airmen built an admirable combat record in World War II.

• On March 10, 1966, Maj. Bernard Fisher, a 1st Air Commando Squadron A-1E pilot, became the first USAF Medal of Honor recipient in Vietnam. Fisher led an attack on enemy forces surrounding an outpost in the A Shau Valley in the northwest part of South Vietnam. For his outstanding courage and airmanship, Fisher received the Medal of Honor.

• On March 10, 1967, Capt. Merlyn H. Dethlefsen earned the Medal of Honor during the first bombing mission against the Thai Nguyen industrial works in North Vietnam. Dethlefsen was a pilot in a flight of F-105 aircraft engaged in a



On March 10, 1966, Maj. Bernard Fisher, a 1st Air Commando Squadron A-1E pilot, became the first USAF Medal of Honor recipient in Vietnam.



Lt. Col. James H. Kasler was among 104 American POWs released by the North Vietnamese on March 4, 1973. A painting commemorating Kasler's service to the United States is on display at PACAF Headquarters in the I-wing second-floor stair landing.

fire suppression mission designed to destroy the anti-aircraft artillery and surface-to-air missile sites protecting the targets.

• On March 10, 1967, Capt. Mac C. Brestel, an F-105 pilot flying out of Takhli, became the first USAF pilot to down two MiGs in one mission in the Vietnam War.

• From March 4 to 5, 1971, Typhoon Yolling, a tropical storm from the Pacific Ocean, struck Okinawa in the Ryukyu Islands. The Air Force launched an immediate relief operation, airlifting more than 80 tons of equipment to Kadena AB,

Okinawa. In 1972, the United States and Japan signed a treaty transferring Okinawa and the Ryukyu Islands from the United States to Japan, with the condition that U.S. military bases remain.

• Among 104 American POWs released by the North Vietnamese on March 4, 1973 was Lt. Col. James H. Kasler, the only three-time recipient of the Air Force Cross.

Kasler was later promoted to full colonel and went on to be a fighter wing commander. A painting commemorating Kasler's service to the United States is

on display at PACAF Headquarters in the I-wing second-floor stair landing.

• On March 7, 1983, in the largest B-52 mining exercise to date, 10 B-52D/Gs dropped mines off the South Korean coast in "Team Spirit 83." The exercise included U.S. Navy and Marine minelayers and fighters, Strategic Air Command and Navy tankers, and Republic of Korea fighters. Between 1976 and 1993, Team Spirit became PACOM's largest exercise, with more than 200,000 personnel participating in the 1986, 1988 and 1989 events.

• On March 10, 2006, the United States and Malaysia

joined forces for Cope Taufan '06, a three-week air-to-air training exercise designed to sharpen air combat tactic skills and promote closer relations between allies. Cope Taufan (*taufan* means "big storm" in Malaysian) is held bi-annually near the northwest coast of that country.

Eight F-15 Eagles and more than 114 maintainers, munitions handlers and pilots from the 18th Wing participated in the exercise. The Malaysian Air Force flew MiG-29s, providing USAF pilots with the opportunity to fly against "the real thing."



U.S. Air Force photos

On March 6, 1942, the Army Air School for African American aviators at Tuskegee, Ala. graduated the first five African American military pilots.

• On March 9, 1945, area bombing of Tokyo took place. More than 300 B-29s dropped incendiary bombs that destroyed 16 square miles of Tokyo, about a fourth of the city. In terms of immediate loss of life (80,000 to 100,000), this air raid was the most destructive in history to date. The attack reflected a shift in U.S. bombardment policy from high-altitude daylight attacks on specific military targets to low-level area bombing at night in order to demoralize the Japanese.



On March 9, 1945, area bombing of Tokyo took place.



An F-105 gun camera image of a victory over a MiG-17 by Maj. Ralph Kuster Jr. on June 5, 1967 and the flightline at Takhli.



Malaysian A MiG-29s participated in Cope Taufan.

# Audition to become Idol

Auditions are underway to become a musical Idol.

Auditions will be held March 15 at the Tradewinds Enlisted Club on the Hickam side of the base and March 22 at Club Pearl Country Bar. All auditions will be held from 3 to 6 p.m.

The top 10 from the auditions will perform the final night at 7 p.m. April 13 at Hickam Memorial Theater.

An after-party will take place at J. R. Rockers.

For more information, call 347-5157.



## Blood drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives as part of the Armed Services Blood Donor Program (ASBP).

Currently scheduled drives include:

- March 11, 9 a.m. to 1 p.m., Naval Submarine Support Command, Building 661, 822 Clark St.
- March 13 and 18, 9 a.m. to 1 p.m., Pearl Harbor Memorial Chapel, room 1601, 850 Ticonderoga St.

- March 19, 8:30 a.m. to 1 p.m., Camp Smith Pollock Theatre, Camp Smith.

- March 22, 7:30 a.m. to noon, Joint Base Pearl Harbor-Hickam Makalapa Clinic.

For more information, call 433-6699 or 433-6148 or email [michelle.lele@amedd.army.mil](mailto:michelle.lele@amedd.army.mil).



## Sons of Anarchy meet-and-greet events to be held March 17

Two Sons of Anarchy free meet-and-greet events will be held March 17 at Joint Base Pearl Harbor-Hickam.

The events will be held 9:45 a.m. at Makai Recreation Center and 3:30 p.m. at Club Pearl's Brews & Cues.

Three of the TV show's celebrities will be in attendance, including Kim Coates (Tig), Mark Boone Jr. (Bobbie) and Dayton Callie (Unser).

Fans can bring their cameras to take photos. The event is open to all military-affiliated personnel and their sponsored guests.

Sons of Anarchy is an FX cable network TV drama series created by Kurt Sutter about the lives of a close-knit outlaw motorcycle club operating in Charming, a fictional town in California's Central Valley.

For more information, call 449-7790.

