

Life & Leisure

PRO BOWL SALUTES MILITARY



U.S. Navy photo by MC2 David Kolmel

Located between the mountains and beaches of Hawaii, Aloha Stadium was the site of the 2013 Pro Bowl, where some of the top ranked players in the National Football competed in an all-star game Jan. 27.

MC2 Daniel Barker

Navy Public Affairs Support Element West, Detachment Hawaii

The 63rd annual Pro Bowl featured players from the 2012 season, and during the week leading up to and during the game itself military service members were involved in some of the events.

On Jan. 24 the NFL's American Football Conference and the National Football Conference Pro Bowl teams conducted a practice and autograph session on Earhart Field on Joint Base Pearl Harbor-Hickham.

Some of the professional football players, along with their families and coaching staff participated in a white boat tour of Pearl Harbor on Jan. 25 with Chief Staff Officer Capt. Douglas Holderman as their tour guide.

On game day the ceremonial coin toss was performed by Adm. Cecil D. Haney, commander of the Pacific Fleet, to officially start the 2013 Pro Bowl.

"It was a thrill to take part in the coin toss to kick off the 2013 NFL Pro Bowl game today here in Hawaii," Haney said.

"With many of the NFL's best on the field representing their teams and the league, I was honored to represent another group of all stars, the men and women of our Navy and combined armed forces. I see some similarities—a lot of fight, determination and courage by members of both groups on our chosen fields of battle."

"We appreciate the NFL supporting our Sailors, Soldiers, Airmen, Marines and Coast Guardsmen," Haney added.

The game's opening ceremony included a fly-over by two Coast Guard HH-65 Dolphin helicopters as hundreds of uniformed service members from every branch throughout Hawaii stood in salute during a performance of the National Anthem by Brian McKnight. Service members also participated in the pre-game show on the field during the performance of the Grammy Award-winning band Train.

The Pro Bowl Halftime Show recognized military personnel who had returned in the last six months from a deployment. The active-duty service members and their family members walked onto the field at half-time to be part of the on-field audience while Hawaiian performing artist Henry Kapono sang "I'm Coming Home" in honor of the military members and their service.



U.S. Navy photo by MC2 Daniel Barker

The game ended with the NFC in a 62-35 victory over the AFC. Players on the winning NFC team each earned \$50,000, while players on the AFC team each earned \$25,000.

Seattle Seahawks quarterback Russell Wilson, who threw three touchdown passes during the game, said afterwards, "It was exciting to be out here with those guys I've been playing with. It's been a great week, it's been an unbelievable week."



U.S. Air force photo by Tech. Sgt. Michael Holzworth

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—Seattle Seahawks quarterback Russell Wilson



U.S. Air force photo by Tech. Sgt. Michael Holzworth



U.S. Navy photo by MC2 Daniel Barker



U.S. Navy photo by MC2 Daniel Barker



Photo by Catherine Leffer



Photo by Ryan Graham



Photo by Catherine Leffer

Pound Town surges past NCTAMS with late run

Story and photo by Randy Dela Cruz

Sports Editor

Airman 1st Class Lortavius Smith highlighted a 22-point effort with two dunks and a trey to lead 647th Security Forces Squadron (647 SFS) Pound Town "A" to a 57-36 win Jan. 28 over Naval Computer Telecommunications Area Master Station (NCTAMS) in a

at 21-11 in the first half, and then threw down 10 points after the break to help his team pull away.

"Basically, it was the help from my teammates—especially Kruzona," said Smith. "I want to give a special thanks to him because he did some outstanding rebounding. My teammates, as well, helped me out. Everybody worked hard and we always play together."

"We definitely want to win the championship. We got new players and what it takes to win a championship."

—Airman 1st Class Lortavius Smith



Airman 1st Class Vincent Kruzona, 647th Security Forces Squadron (647 SFS) Pound Town "A" team, splits the defense of Naval Computer Telecommunications Area Master Station (NCTAMS) guards Electronics Technician 2nd Class Corey Piggee and Operations Specialist 2nd Class Solomon Pulu to score two of his 15 points.

Blue Division intramural basketball season opening game at Joint Base Pearl Harbor-Hickam.

Smith sandwiched a lay-up on an assist from Airman 1st Class Vincent Kruzona between two slams to give Pound Town their first double-digit lead

While the final score represented a blowout, NCTAMS was still in the game with less than 12 minutes remaining on the clock.

Back-to-back baskets by Information Systems Technician 2nd Class (SW/AW) Antowne Blaze cut the lead to four at 21-17

going into intermission.

Then after falling behind at 32-21 early in the second half, NCTAMS put on

another run to pull to within three at 32-29.

Information Systems Technician 3rd Class

Marquis Perkins began the comeback with splash-down from beyond the arch that was immediately followed by another trey from Ensign Gennaro Hawkins and a basket from Information Systems Technician 2nd Class Deville Warren.

However, two fast-break baskets by Smith seized back momentum for Pound Town, which slowly took control, before running away at the end.

Another three baskets by Smith raised Pound Town's lead to 47-32 with 6:41 remaining in the game, and then Smith scored on a put-back a minute later to give his team a 17-point advantage.

Blaze said that with NCTAMS lacking a true post-player inside the paint, the team was limited in its options on offense.

Still, he said that with a little better planning, the team should have been able to stay in the contest until the very end.

"We stopped ourselves. We should have called a timeout to regroup," he said. "We got mostly guards, so that's our game.

Our game is stop and pop."

Smith said that as the game got closer in the second half, Pound Town refocused on stopping NCTAMS and it worked.

"Just like always, it's defense," he said. "We know we were lacking on rebounding, so we all just came together and played as a team."

Meanwhile on offense, Pound Town spread the ball around and was able to consistently find the open player.

A total of eight players scored baskets for Pound Town with Kruzona following close behind Smith with 15 points.

"It takes a lot of practice, hard work and dedication," Smith acknowledged. "It's basically what gets us together and gets us going."

With many of the same players that won the Summer Basketball League on base last year, Smith said that he believes that Pound Town will be a contender to win the intramural season.

"We definitely want to win the championship," he said. "We got new players and what it takes to win a championship."

Logistics Readiness Squadron holds on to upend Bulls

Story and photo by Randy Dela Cruz

Sports Editor

The 647th Logistics Readiness Squadron (647 LRS) lost a nine-point lead early in the second half, but came back to beat the 647th Civil Engineer Squadron (647 CES) Bulls, 34-29, and kick off the Gold Division intramural basketball season Jan. 29 at Hickam Fitness Center, Joint Base Pearl Harbor-Hickam.

Down by a score of 19-10 after halftime, the Bulls went on a 12-0 run to take the lead at 22-19 but couldn't hold on in a seesaw battle that went down to the wire.

Point guard Senior Airman Blake Coney, 647 LRS, said that once the team controlled the pace, he and his teammates controlled the game.

"Slow down and communicate. Definitely, communication was the key," said Coney, who scored nine points. "Without practice, we weren't ready for them to pressure us like that. So it was like get out there and get them to play at our abilities. We wanted to play slow, so we slowed them down. When we wanted to speed up, we tried to speed it up. It worked out in our favor."

At tip-off, the Bulls, behind the shooting of guards Airman 1st Class Jurel Burton and Senior Airman Chris Maquindang, pulled out to a 6-0 lead but began to lose control after a basket by Coney tied the game at 10-10 with 5:35 remaining before halftime.

From that point on, the first half belonged to the



Shooting guard Tech. Sgt. Chris Sage, 647th Logistics Readiness Squadron (647 LRS), goes up for a shot during the team's Gold Division season opener against the 647th Civil Engineer Squadron (647 CES) Bulls.

647 LRS, as the squad followed up with another basket from Coney and six

straight points from Tech. Sgt. Chris Sage on a basket-and-one and trey to take an

18-10 lead at the break.

Then after falling behind by a score of 19-10, the Bulls stepped up the pressure on defense and began to turn the table on the LRS.

Five minutes into the second half, Burton delivered on a bomb from beyond the 3-point arch to give the Bulls a 20-19 lead.

Moments later, the Bulls increased their lead to three after Maquindang capped off a steal with a lay-up at the 12:56 mark.

Sage brought the LRS back to within a point on a jump shot from 15 feet out, and Coney scored on lay-up to regain the lead at 23-22.

The Bulls leapfrogged back in front on two free throws by Tech. Sgt. Jonathan Nightingale at 25-23, but a three-pointer from Coney put the LRS on top at 26-25.

With two minutes on the clock, Nightingale could have tied the score with two free throws but was only able to convert on one of his shots.

On the next possession for the LRS, forward Chief Warrant Officer 2 Helver Lay made the Bulls pay for the miss by scoring on a lay-up to give his team a 32-29 lead with only 1:43 left in the game.

At the other end, Burton drove to the basket for what appeared to be a basket-and-one opportunity, but instead, the guard had his basket erased after he was called for traveling.

"We pulled together as a team," said Sage after the LRS outlasted the Bulls for the win. "We played good defense at the end. We stopped them when we had to, and we scored a few

buckets when we needed to."

Bulls head coach Tech. Sgt. Robert Pope said that a lack of familiarity between teammates proved to be the team's biggest hurdle after getting out to fast starts in the first and second half but faltering in the end.

"I think it was basically getting used to your personnel," Pope admitted. "It's the beginning of the season, but middle of the season we'll be strong. Definitely,

we're going to have to work on defense, but we got a good set. We'll get there."

Sage, who had eight points, said that after only one practice he was glad to get away with a win and likes his team's potential.

"We can definitely make it to the playoffs if not go to the championship game," Sage said. "We got a lot of talent, and if we work together more as a team, we'll be good to go."

Kick off the Year of the Snake with Chinese New Year events

Brandon Bosworth

Staff Writer

Feb. 10 is Chinese New Year. Morale, Welfare and Recreation (MWR) is offering several celebration tours to mark the Year of the Snake.

Tour one takes place from 4:30 to 9 p.m. tonight. It begins with a Chinese-style dinner, followed by the official Year of the Snake opening ceremony, Narcissus Queen and court appearance, lion dances, firecrackers and the street festival. The cost is \$30 for adults, \$25 for children ages 3-11 years old, and free for children 2 years and under who sit on an adult's lap.

Tour two includes a trip to First Friday, a Chinatown block party centered on the area's art galleries and unique shops. This tour happens tonight from 9 p.m. to midnight and is only for those 21 years or older.

Tour three takes place

from 8:45 a.m. to 12:45 p.m. Saturday. This tour is a food and history tour, and includes a Chinese New Year street festival, samples of traditional treats and dim sum lunch. The cost is \$30 for adults, \$25 for children ages 3-11 years old, and free for children 2 years and under on an adult's lap.

The Chinese New Year parade is the focus of tour four. This tour takes place from 2 to 6:30 p.m. Saturday and includes a visit to the Hawaii Heritage Center with a briefing and samples of traditional Chinese treats.

Next up is the street festival and parade, followed by a Chinese-style dinner. The cost is \$30 for adults, \$25 for children ages 3-11 years old, and free for children 2 years and under on an adult's lap.

All tours include round-trip transportation from Information, Tickets and Travel-Hickam. For more information, call 448-2295.

Lake Erie 'A' pulls away from Port Royal 'B'

Story and photo by Randy Dela Cruz

Sports Editor

The emergence of post player Boatswain's Mate 2nd Class Chris Penn and a skintight pressure defense turned a close game into a rout as USS Lake Erie (CG 70) "A" team trounced USS Port Royal (CG 73) "B" team, 58-21, on Jan. 26 in an Afloat Division intramural basketball opener at Joint Base Pearl Harbor-Hickam Fitness Center.

Held scoreless in the first half, Penn bulled his way for 12 points inside the paint to help Lake Erie outscore Port Royal, 41-6, in the second half and gain the lopsided win.

"We had to change our game plan," said Penn about Lake Erie's huge surge in the second half. "We got a lot of steals, and we were able to get the ball inside the paint and we were able to capitalize on that. Once we got a couple of shots up in the air, they (Port Royal) were leaving the big guys open in the blocks."

Up by a score of 17-15 at intermission, Lake Erie broke out of the gates quickly and took a five-point lead on a free throw and basket by Fire Controlman 2nd Class Chris Cook.

Then with 9:46 remaining in the game, Gunner's Mate 2nd Class Bryan Lopez sank one of two free throws to give Lake Erie its first

double-digit lead at 29-19. In the next two minutes, Lake Erie's pressure defense really took its toll on Port Royal as the team expanded its lead from 10 to 18 and blew the lid off the game.

A basket-and-one by Cook made it 33-19 at the 8:43 mark, then two fast-break lay-ups by Lopez upped the lead to 37-19 with 7:32 remaining in the contest.

"We dialed it down in the first half and that kept them in the game," said Cook, who finished with a game-high 14 points. "We came out in the second half with our heads on. We wanted to attack them and it worked. They coughed the ball up a lot, so we just kept feeding into it."

Up by a comfortable lead, Lake Erie kept the pressure on and continued to attack the basket.

Chief Cryptologic Technician (Technical) Jason Townsend connected on Lake Erie's first three-pointer of the game at the 5:06 mark, and Penn put the team up by 30 with a put-back that made the score 49-19 with only 2:27 left on the clock.

"In the first half, we were playing down to their level," Penn said. "We knew we were the better team. We're a quick team, we got a lot of speed and we played the passing lanes and matched up pretty good."

Cook agreed with Penn and stated that once Lake Erie began playing up to its potential, he knew that the



team would pull away. "It was more of us felt like we should have been doing it," Cook said. "We were trying to make up for the first half. We came out and we just wanted to get it. We wanted to get the lead up, make sure we got the win and secured it."

Cook also pointed out that a change in the way the team approached the basket also helped turn the game around.

"We were playing, in the first half, one big man at a time," he said. "Second half, we came with two big men. We wanted to pound it down low and it worked."

Besides Penn and Cook, Lake Erie also got strong contributions from Lopez, who scored 11 points, and Townsend, who chipped in with six.

Of the team's first two halves of the season, Cook said he believes that the real Lake Erie emerged after halftime.

"That second-half team is what we hope to bring every game," he said. "That fire, that drive, just coming out with spunk, trying to win and play team ball."

Gunner's Mate 2nd Class Bryan Lopez, USS Lake Erie (CG 70), gets smacked in the face before sinking a floater inside the lane for a basket-and-one during an Afloat Division intramural basketball season opener between Lake Erie "A" and USS Port Royal (CG 73) "B" team at Joint Base Pearl Harbor-Hickam Fitness Center.

NFL Play 60 kids learn football drills with Pro Bowl players

Emily McNulty

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

For those who are not familiar with NFL Play 60, it is the National Football League's campaign to encourage kids to be active for 60 minutes a day in order to help reverse the trend of childhood obesity.

More than 75 kids from local area schools in Hawaii gathered Jan. 24 at Bloch Arena to play with NFL

The Pro Bowl cheerleaders, coaches, masters of ceremonies and mascots all joined in.

The children were split into groups and worked with various AFC Pro Bowl teams, including the Denver Broncos, Miami Dolphins, Houston Texans and others.

They practiced and learned football drills, and each group of kids played flag football in the center of the gym.

Each year the NFL chooses the youth who will

The children were split into groups and worked with various AFC Pro Bowl teams, including the Denver Broncos, Miami Dolphins, Houston Texans and others.

stars and learn fun ways to stay active.

First, the masters of ceremonies talked to the kids and encouraged them to get up out of their seats to dance with the Carolina Panthers' and New England Patriots' mascots.

The DJ then turned on the song Gangnam Style by Psy, and more than half the kids danced to the music.

participate in this event. [MWR is not in charge of this event and does not choose the kids.]

Besides the Play 60 event, both the NFC and AFC also held a practice at JBPBH on Jan. 24.

The weather was rainy and not ideal Hawaii paradise weather. The NFC practiced defense against offense for about an hour.



Photo by Judy Brown

They moved up and down the field in order to accommodate the more than 500 fans who came out to cheer and see their favorite players practice.

At one point of the practice, more than 20 kids on the sidelines chanted "Larry, Larry, Larry" for Larry Fitzgerald, Arizona Cardinals wide receiver. They also chanted for Russell Wilson, Carolina Panthers quarterback; Drew Brees, New Orleans quarterback; and Eli Manning, New York Giants quarterback.

Once the NFC concluded their practice, the team members signed autographs and took pictures.

After the NFC team finished, the AFC team began. They did an abbreviated version as the field was muddy and the rain kept coming. Chants started again for the players, including Peyton Manning, quarterback for the Denver Broncos and Andrew Luck, quarterback for the Indianapolis Colts. Peyton even did one series as a wide receiver.

After the practice was done, the AFC players signed autographs for the fans.



U.S. Navy photo by Ryan Graham

'Choose to Lose' with joint military alliance event

This year the Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) Exchange, Marine Corps Community Services, commissaries and military medical groups have partnered to bring you the "Choose to Lose" event.

This event will run from Feb. 2 to June 1 and will kick off Feb. 2 with a fun walk, questions and answers with a dietician, and an official weigh-in.

The weigh-in will take place Feb. 2 at the following commissaries: Pearl Harbor, Hickam, Schofield Barracks and Kaneohe, between 9 a.m. and noon.

Monthly follow-up weigh-in progress checks will be conducted in each commissary listed above on the first Saturday of each month.

There will be four categories: active duty, spouses,

retiree and children (up to 18 years old).

The contest will be weighed based on 80 percent percentage of weight loss and 20 percent points accumulated for extra physical activity and health and wellness classes.

Participants can earn points (maximum of seven points per week) by: joining a class provided at your their MWR fitness center, participating in an official sponsored run/walk event on base or on island, and attending the monthly dietician tour at their local commissary twice a month.

Proof of participation will be required and annotated in their "passport to health."

For more information, call the commissaries: Hickam, 449-1363, Pearl Harbor, 471-8402, ext. 101, Schofield, 655-5066 and Kaneohe, 257-1463.

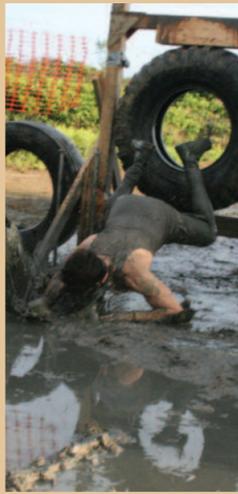
Swamp Romp at K-Bay returns Feb. 16

The Swamp Romp, the dirtiest race of the year, will return to Marine Corps Base Hawaii, Kaneohe Bay (MCBH) on Feb. 16.

The 5-mile run through mud and dirt will begin at 7 a.m. at O'Course Field. The cost is \$140 per six-man team.

The run takes teams through the Nuupia ponds and down the Fort Hase beach, over and under obstacles that challenge the strongest of competitors. The event is open to the public.

This is a team event. The teams must consist of six participants. For the mixed category to be considered



for awards, teams must have three males and three females.

Mandatory packet pick up will take place at Kahuna's Fitness Expo on Feb. 15 from 3 to 7 p.m.

Late fees will begin at 4 p.m. Feb. 8 at \$155 per team.

Every team needs to fill out and bring in a liability waiver to packet pick-up on Feb. 15. If teams do not bring this form with all six signatures to packet pickup, they will not receive packets and timing chips.

For more information and to register, visit www.mccshawaii.com/swampromp.



Photos Courtesy of Marine Corps Community Services Hawaii

Recycling services to expand in Hickam Communities neighborhoods

Hickam Communities LLC

The new year brings changes to refuse and recycling collection services in Hickam Communities. Rolloffs Hawaii has been contracted to provide refuse and recycling services to residents, effective last month. "We brought Rolloffs Hawaii on board to provide refuse collection because of its reliability and state-of-the-art collection vehicles as well as its ability to expand our recycling program," said Steve Quinn, director of property management for Hickam Communities.

Refuse and recycling now takes place on Mondays in all Hickam Communities neighborhoods located at Joint Base Pearl Harbor-Hickam. Refuse is picked up each Monday and recyclables are picked up every other Monday, alternating

between Officer Field and Hale Na Koa one week, and Onizuka and Earhart Villages the following week.

At Hickam Communities Bellows AFB neighborhood, refuse pickup takes place on Tuesdays, and recycling is picked up every other Wednesday. A detailed refuse and recycling schedule is available at www.hickamcommunities.com/go/trash.

Refuse and recycling collection is now automated, meaning the containers are emptied by a truck with a mechanical "arm" rather than being lifted physically by a refuse worker.

"It makes for a more efficient and cost-effective operation," Quinn said. The new vendor also gives Hickam Communities an opportunity to expand its recycling program and makes it easier for families to recycle.

"The small blue bins

have been replaced with one 95-gallon rolling cart and residents can place all their recyclables into one bin, eliminating the need to separate items," Quinn said.

"Additionally, a wider variety of items can be recycled—plastic bottles, glass bottles, aluminum cans, bi-metal cans, newspapers, office-type paper, and cardboard."

Residents are reminded not to place plastic grocery bags, telephone books, ceramics, polystyrene foam, toys, confetti, shredded paper or trash items into the recycling bins. These products are not recyclable by Rolloffs Hawaii, but many of these items can be taken to one of the base recycling centers.

For more information, log on to www.hickamcommunities.com/go/trash or call 423-2300.

Competitors do some heavy weight lifting

The annual Joint Base Pearl Harbor-Hickam New Year's Powerlifting Competition took place Jan. 26 at the Hickam Fitness Center.

The event included bench, squat and deadlift, including men's and women's divisions. Top finishers included:

- Male light heavyweight (150 pounds and under), Brad Angel-Tiedermann. He had a squat of 340 pounds, bench of 205 and deadlift of 380.

- Male middleweight (151 to 175 pounds), John Baland. He had a squat of 365 pounds, bench of 280 and deadlift of 480.

- Light heavyweight (176 to 200 pounds), Christopher Austin. He had a squat of 385, bench of 370 and deadlift of 500.

- Heavyweight (201 to 225 pounds), Christopher Whorley. He had a squat of 400 pounds, bench of 400 and deadlift of 550.

- Master's weight (251 and over), Joshua Slotnick. He had a squat of 450 pounds, bench of 385 and deadlift of 550.

- Female lightweight (125 and under), Ashlee Laing. She had a squat of 175 pounds, bench of 95 and deadlift of 205.

- Female middleweight (126 to 150 pounds), Kristie Pennington. She had a squat of 195 pounds, bench of 95 and deadlift of 245.



Photos courtesy Hickam Fitness Center

Competitors in the Joint Base Pearl Harbor-Hickam New Year's Powerlifting Competition on Jan. 26 at the Hickam Fitness Center heave some "heavy metal."

Hickam Recycling Center to get new roof



Photo courtesy of NAVFAC Hawaii

Navy and Air Force personnel who drop off recyclables at the Hickam Recycling Center (building 1715) on Joint Base Pearl Harbor-Hickam and use its HI5 redemption area are requested to delay delivery for approximately the next three weeks. During this period, the building will be reroofed and customer service will be sporadic. For more information, call 449-5754.

Morale Welfare & Recreation

YOUTH LEAGUE BOWLING REGISTRATION

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

HICKAM HISTORICAL TOUR

Tours of historic Hickam will be held from 9:30 a.m. to 1:30 p.m. on Fridays throughout the month of February. The cost is \$45 for adults and \$40 for children ages 3 to 11 years old, and free for children 2 years and younger. Departures are from Information, Tickets and Travel-Hickam and Royal Alakai Lodge. FMI: 448-2295.

MOVIE ON THE LAWN

The movie "Groundhog Day" will be shown from 5:30 to 7:30 p.m. Saturday on the lawn in front of Pool Hickam2. Bring your lawn furniture and blankets. Children under the age of 10 must be accompanied by an adult. This is a free event. FMI: 448-2223.

UFC 156 IN HD

Watch the bout between Jose "Junior" Aldo vs. Frankie "The Answer" Edgar in high-definition at 4 p.m. Saturday at J.R. Rockers. Doors open at 3 p.m. for preliminaries. The event is free for members, \$10 for non-members. FMI: 448-2271.

KOOLINA WHALE WATCH TOUR

There will be whale watching tours to Koolina from noon to 3:45 p.m. on Feb. 2, 3, 9, 16, 17, 23 and 24. The cost is \$40 for adults, \$35 for children ages 3 to 11, and includes round trip transportation from Information, Ticket and Travel-Hickam. FMI: 448-2295.

BOOT CAMP REGISTRATION

Registration for boot camp fitness runs through Feb. 7. The camp is modified to accommodate all fitness levels and includes nutritional guidance and workout routines. Sessions are held at the Hickam Fitness Center on Tuesdays and Thursdays from 9:30 to 10:30 a.m. and Mondays and Wednesdays from 4:30 to 5:30 p.m. Boot camp is open to all eligible patrons ages 16 years and older. The cost is \$150 per person for an eight-week session. FMI: 448-2214.

BASEBALL CLINICS WITH LIBERTY

Free baseball clinics with Liberty will be held on Tuesdays throughout February. Departures are from at Liberty Express 4 p.m., Beeman Center at 4:45 p.m., Instant Liberty at 5 p.m., and Makai Recreation Center at 5:15 p.m. This activity is for single, active-duty Sailors and Airmen only. FMI: 473-2583.

SWIM LESSONS

Pool 2 is offering a variety of swim lessons beginning Saturday. Hickam Classes are divided into three age groups: 17 and older, 5 to 16 years old, and 3 to 4 years old. Classes are held on Saturdays, and the cost is \$20 per student. Register online. FMI: www.greatlifehawaii.com.

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

Movie Showtimes

**CIRQUE DU SOLEIL: WORLDS AWAY (G)**

From the big top to the big screen, Academy Award-nominated director Andrew Adamson and visionary filmmaker James Cameron invite audiences on an all-new 3D adventure -- Cirque du Soleil Worlds Away. Two young people journey through the astonishing and dreamlike worlds of Cirque du Soleil to find each other as audiences experience the immersive 3D technology that allows them to leap, soar, swim and dance with the performers.

SHARKEY MOVIE THEATER**TODAY**

6:00 PM The Hobbit: An Unexpected Journey (PG-13)

SATURDAY

2:30 PM Monsters, Inc. (G)
4:45 PM Red Dawn (PG-13)

SUNDAY

2:30 PM Cirque du Soleil: Worlds Away (G)
4:45 PM Playing For Keeps (PG-13)
7:00 PM Killing Them Softly (R)

*\$1 for 3-D Glasses Rental

HICKAM MEMORIAL THEATER**TODAY**

6:00 PM Skyfall (PG-13)

SATURDAY

4:00 PM Hotel Transylvania (PG)
7:00 PM Playing For Keeps (PG-13)

SUNDAY

2:00 PM Skyfall (PG-13)

Community Calendar

FEBRUARY

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

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 event is not recommended for children. FMI: www.greatlifehawaii.com.

9 — Registration has begun for the Seabee Run, which will be held at 7 a.m. Feb. 9 at Ford Island, Joint Base Pearl Harbor-Hickam. Registration closes Feb. 4. The fee is \$10 for the children's run. Register online at www.active.com. FMI: Lt. j.g. Chris Hoggan at christopher.hoggan@navy.mil or call 449-3105.

13 — A family fun run will be held in the grassy mall area between the 15th Wing Headquarters building and Freedom Tower. Units should assemble no later than 6:55 a.m. Families, children and adults with strollers are welcome, but pets are prohibited.

15 — A Wings Over America Scholarship Foundation Golf Tournament will be held at the Kaneohe Klipper Course at Marine Corps Base Hawaii. The tournament will be "captain's choice" format with a 12:30 p.m. shotgun start. The foundation provides scholarships to any dependent associated with naval aviation: officer, enlisted, retired and deceased. FMI: www.wingsoveramerica.us

16 — The annual Swamp Romp run will take place at 7 a.m. at Marine Corps Base Hawaii, Kaneohe Bay. This is a six-member team event. The cost is \$140. FMI: <http://www.mccshawaii.com/swampromp>.

22 — HQ PACAF Maintainers will hold a Mardi Gras lunch and golf scramble. Lunch will be from 10:30 a.m. to noon at Foster Point. The golf tournament will be held at Mamala Bay with a 12:30 p.m. shotgun start. Sign up deadlines are Feb. 8 for the golf tourney and Feb. 15 for lunch only. FMI: Jeffrey.wurm@us.af.mil or 449-8678, or michael.shannon.4@us.af.mil or 449-8591.



Battleship Missouri Memorial celebrates duo of 'mighty' anniversaries Feb. 2

Battleship Missouri Memorial Association

In celebration of the 69th anniversary of the launch of the USS Missouri (BB-63) from Brooklyn Navy Yard and the 14th anniversary of the ship's opening as a memorial in Pearl Harbor, the Battleship Missouri Memorial is holding a day's worth of festivities Feb. 2.

The event is free to *kamaaina* and military personnel. Gates open at 8 a.m.

The day will feature numerous special events including band performances, educational demonstrations and activities, Battleship game stations, special tours and a volunteer recognition ceremony beginning at 10:30 a.m. on the ship's fantail.

Anniversary festivities will run until 2 p.m. with normal tours continuing until 4 p.m.

Free admission includes one "Mighty Mo pass" per person and is valid for all active-duty and retired military personnel and military dependants with valid Department of Defense ID, as well as all Hawaii residents with state photo ID (such as driver's licenses).

"The Battleship Missouri Memorial is a proud tribute to the military—the brave men and women who put it all on the line to protect our freedoms—and we welcome all of them to join us on Feb. 2 to celebrate two major anniversaries in the ship's history," said Michael A. Carr, the Missouri's president and chief operating officer.

"We're also taking this opportunity to thank our countless volunteers who keep the Missouri looking ship-shape, and our wonderful *kamaaina* who have been such generous hosts for the past 14 years."

The Missouri is open daily from 8 a.m. to 4 p.m. For those without access into Joint Base Pearl Harbor-Hickam, shuttle buses provide round-trip transportation from the Pearl Harbor Visitor Center during operating hours.

Standard admission, which includes choice of a guided tour, is \$22 per adult and \$11 per child 4-12.

The Battleship Missouri Memorial, located a mere ship's length from the USS Arizona Memorial, completes a historical visitor experience beginning with the "day of infamy" that saw the sinking of USS Arizona in Pearl Harbor and ending with Imperial Japan's unconditional surrender aboard USS Missouri in Tokyo Bay.

For more information or to reserve a tour, call 973-2494 on Oahu, toll-free at 1-877-644-4896 or visit ussmissouri.org.



Battleship Missouri Memorial photo

See whales by taking a hike on Oahu trails

Rebecca Hommon

Navy Region Hawaii
Environmental Counsel

Earth Tip: If taking a boat offshore to see whales just doesn't sound like something your budget can afford, take a free hike instead.

If money is no object, the most active whale area is off the coast of Maui and in the waters between Maui, Molokai and Lanai.

But if the account marked "fun" is depleted, there are still ways to see Hawaii's humpback whales without paying for airfare or a whale-watch cruise. Hike Makapu Point some morning or evening.

Glassy conditions days are the best. Whales seem to be most active on the surface in the early part of the day and near sunset. So a morning hike up the Makapu'u Point Lighthouse



Photo by Navy Lt. Cmdr. Allen Unger

Trail on the far east end of Oahu between Hawaii Kai and Waimanalo can yield enough tail slaps, leaps and mom/calf surface behavior to satisfy the checklist.

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation offers a discounted trip on one of the boats from Koolina but it's not free.

If going out to the lighthouse seems like a good idea, be sure to not leave valuables in your vehicle or to stray from the trail. Unfortunately, cars are often broken into and a young person just died from a fall after departing the trail.

Water, sunscreen and a hat are a must. Binoculars are maybe useful but sometimes a hindrance as you miss a breach just to the right of where you were looking.

The trail is paved so it's a great family hike given

enough water and patience as the trail is a bit steep in some spots. Hiking sticks are a great add.

It's not necessary to hike to the end of the trail to see whales as the trail goes

around the entire point, providing views to the ocean constantly. A view of Molokai is almost certain. For more information on the Makapu'u Lighthouse Trail, visit: <http://bit.ly/eenrNP>

STORY IDEAS?

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

Phone: (808) 473-2890/2895

Email: editor@hookelenews.com

HO'okele

Scholarship applications due March 8 for high school seniors

American Society of Military Comptrollers Aloha Chapter

Applications are due for college scholarships provided by the American Society of Military Comptrollers (ASMC) Aloha Chapter.

"Our local association is providing college scholarships this year to high school students who are furthering their education," said Mary Garcia, ASMC Aloha Chapter scholarship chairperson.

College scholarships will

be for graduating high school seniors entering a field of study directly related to financial/resource management, such as business administration, economics, public administration, accounting and finance.

The objectives of the ASMC Aloha Chapter Scholarship Program are to recognize graduating high school seniors for academic achievement and to provide financial assistance to seniors so they may accomplish their future financial management baccalaureate

educational goals.

The Aloha ASMC Chapter must receive applications no later than March 8 to be considered by the selection panel. Any applications received incomplete or after that date will not be considered for selection.

Award criteria/ submission requirements are as follows:

- Applicant must be a graduating high school senior in the final half of his or her school year or a high school graduate within six months of the application deadline.

- Applicant must be entering a field of study directly related to financial/resource management. Applications that do not fall within these fields will not be considered.

- Application must be submitted on the current official ASMC National Scholarship Form. Incomplete applications or submissions that do not follow the submission criteria will not be processed or considered for evaluation.

An applicant must have two letters of recommenda-

tion from a high school principal, academic dean, or guidance counselor and a high school teacher.

The application will include only the information requested in the application.

The applicant's scholastic achievements, leadership ability, extracurricular activities, career/academic goals and financial need will be considered and must be documented in letters of recommendation and summarized on the form.

A selection panel will review all applications

received and make final recommendations to the ASMC Aloha Chapter Board, who will approve the final award winners. All notification will be done in April. Checks will be mailed to the recipient in June once a college acceptance letter has been received.

For more information, including how to send submissions, e-mail Garcia of Aloha Chapter Scholarship/ Continuing Education at mary.c.garcia@navy.mil or call her at 473-8000, ext. 6320.

Well-baby doctor visits: Why they're so important

Shari Lopatin

TriWest Healthcare Alliance

You've missed your baby's scheduled well-baby doctor exam. Should you be concerned? Your baby isn't sick, so it's not that important ... is it?

Because babies grow so quickly, regular well-baby doctor visits help keep them happy and healthy. Well-ness visits start two days after discharge from the hospital and should continue on the following schedule: 2 weeks old, then 2, 4, 6, 9, 12, 15, and 18 months old.

These regular visits allow the pediatrician or nurse practitioner to check your baby's growth and development. They also give you—as the parent—important information about what to expect as your child grows up.

Identifying any growth or development issues early helps your child get additional specialty care if needed.

During a well-baby visit, your child will also receive any vaccinations that are due. Vaccinations are a big part of protecting your child from disease. If your baby isn't vaccinated, these diseases could make your child very sick, or even cause death.

Make the most during your regular well-baby visits. Write down any questions or concerns you may have about your child's development and bring them with you. This way you won't forget to ask the provider during the exam.

Well-baby visits are a TRICARE-covered benefit with no authorizations, cost-shares, co-payments, or deductibles for those eligible.

Super Bowl XLVII events planned at JBPHH Sunday

The 47th Super Bowl will take place in New Orleans on Sunday. Joint Base Pearl Harbor-Hickam will hold several events celebrating the big game.

J.R. Rockers will host a no-cover NFL Super Bowl Party with doors opening one hour before kickoff. There will be prizes, giveaways and a buffet. For more information, call 448-2271.

Doors open for the Club Pearl's Brews & Cues Super Bowl party at 11 a.m. There will be prizes, giveaways and games. For more information, call 473-1743.

Beeman Center will host

Super Bowl Sunday with Liberty at 1 p.m. Attendees will enjoy free snacks during the big game. This activity is for single, active-duty Sailors and Airmen only. For more information, call 473-2583.

Naval Station Bowling Center will celebrate Super Bowl Sunday from 1 to 4 p.m. For \$15 per person, patrons will get two games of bowling, including shoe rental, plus a personal pan pizza, chicken wings, onion rings and French fries from the Harbor Grill Snack Bar. There will also be free popcorn during the game. For more information, call 473-2574.

Blood drive schedule updated

Tripler Army Medical Center Blood Donor Center has updated its schedule of upcoming blood drives.

- Feb. 12, 11 a.m. to 3 p.m., NEX, Tripler Army Medical Center
 - Feb. 19 and 20, 8 a.m. to noon, Combat Logistics Battalion 3, Bldg. 1044, Marine Corps Base Hawaii
 - Feb. 21, 10 a.m. to 2 p.m., Schofield Barracks Tropics, Schofield Barracks
- For more information, call 433-6699 or 433-6148 or email michelle.lele@amedd.army.mil.