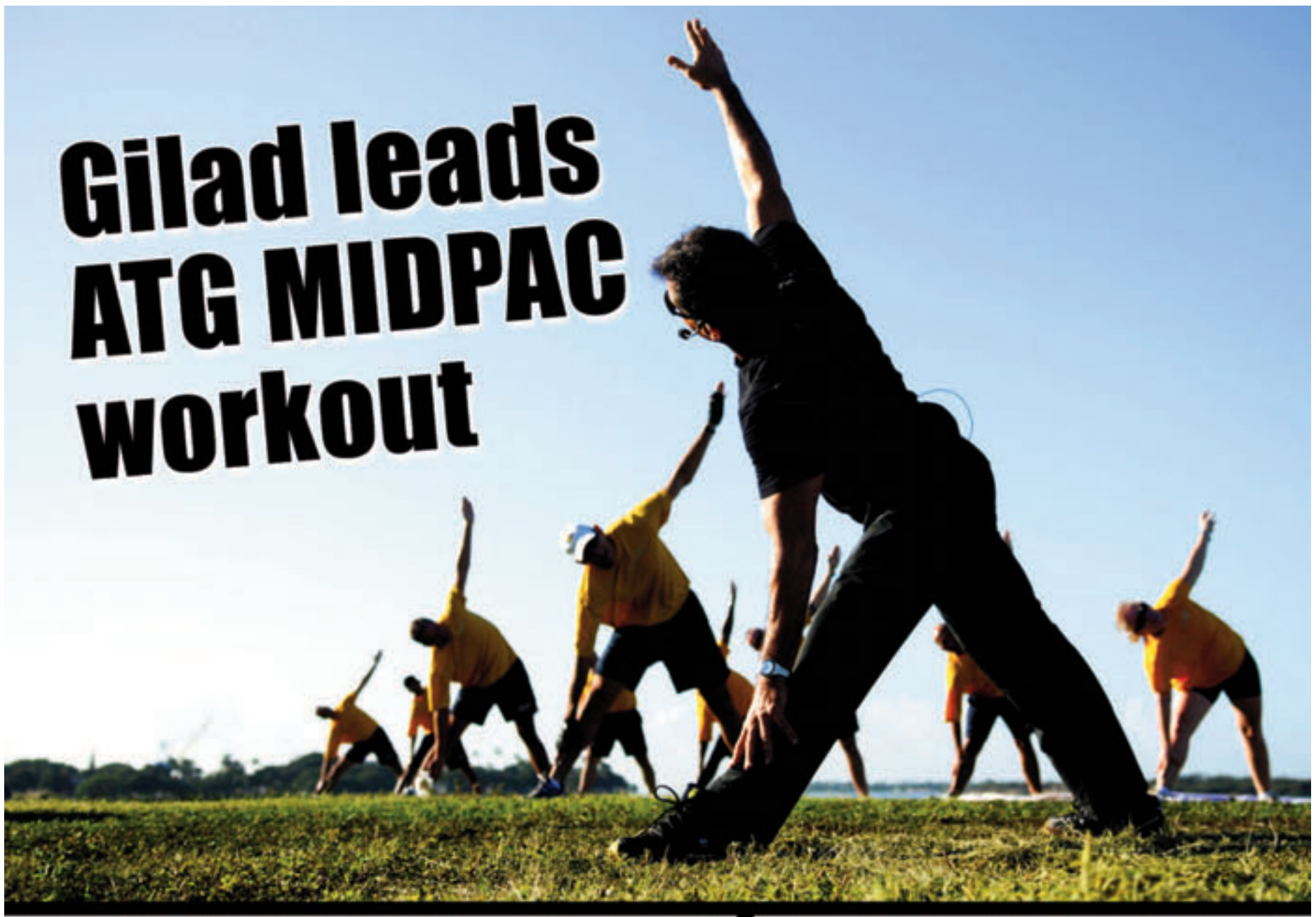
HO'OKELE
Pearl Harbor · Hickam News
Life & Leisure
November 26, 2010
B

Gilad leads ATG MIDPAC workout



Story and photos by MC2 (SW) Mark Logico

Navy Region Hawaii Public Affairs

Television personality and fitness celebrity Gilad Janklowicz led a physical training (PT) session with Afloat Training Group Mid-Pacific (ATG MIDPAC) Sailors on Ford Island on Nov. 17.

Popularly known as "Gilad," with televised programs such as "Bodies in Motion," "Basic Training the Workout" and "Total Body Sculpt," the fitness expert led the PT session through one hour of non-stop stretches, calisthenics and cardio workout.

"I kind of incorporated all of the military-style exercise, a lot of calisthenics and a lot of music and fun into it as well," said Gilad, who once served in the Israeli military as a fitness officer. "In the [Israeli] military, we actually do it to music in the morning. We used to add the music into it, and it would be lots of fun," he continued.

Gilad visited ATG MIDPAC twice this year and has been volunteering his services to the armed forces for more than 20 years.

"It's always fun to come back to the troops who are enthusiastic, always ready to rock and roll," Gilad said.

Gilad was invited to work with the Sailors at the request of Chief Information Systems Technician (SW/EXW) Donald Stephens, who is the command fitness leader for ATG MIDPAC.

"Gilad has always been willing to help us out at ATG to come out and support our fitness program," Stephens said.

More than 40 ATG MIDPAC Sailors attended the session. Capt. Ricks Polk, the commanding officer of ATG MIDPAC, said that the workout brought a different challenge to his command.

"When you get used to a workout, it becomes routine and it doesn't test you as much," Polk said. "When we have Gilad come, he always takes us to a new level and makes us do things we don't normally do."

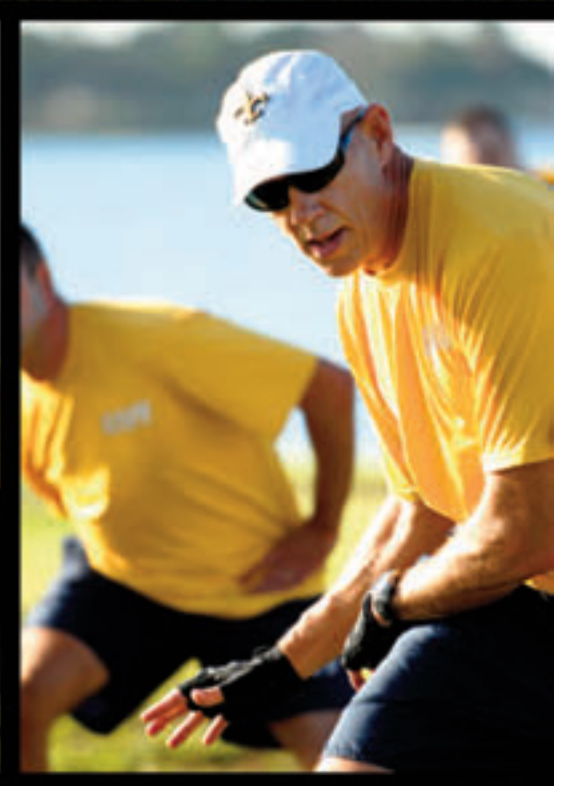
Polk said he believes that physical fitness is critically important, not only to the military but also for long life.

"Within the command, I want people to be physically fit because I want them to live a long life," Polk said. "In fact, I used the SHAPE program in the base gym as well, and I had a test done and I'm 35 years old fitness-wise and I'm 54 years old in real years. I thought that was pretty good," he explained.

"We appreciate Gilad for coming out. This is the second time he has done this with our command, and the fact that he dedicated his time to the military really makes a difference," Polk added.

As a former military service member, Gilad shares a camaraderie with members in the armed forces and knows what it takes to keep Sailors and Soldiers fit and ready for combat.

"I think it's important to maintain a healthy lifestyle," Gilad said. "One of the main components is being in a good physical shape, of course eating healthy and making sure you are doing the right things, not develop any bad habits, that's key."



Iron man performance lifts Chicago over Hopper

Story and photo by Randy Dela Cruz

Sports Editor

While the first scheduled Saturday and Sunday Intramural Afloat Flag Football League's games may have caused a few teams to take a misstep or two, the back-to-back itinerary suited the USS Chicago (SSN 721) just fine.

In one of the most determined efforts of the season, Chicago, despite facing its two opponents with the league minimum of five players, crushed USS Key West (SSN 722), 45-21, on Saturday, before staging a last minute comeback to beat USS Hopper (DDG 70), 28-20, on Sunday.

Not only did all of the Chicago players have to play both ways for the duration of the games, but the team also did it against full seven-man squads each time. League games are usually played seven-on-seven.

"We had a game plan and we stuck to it," said Logistics Specialist Seaman Jerry Acosta, following the team's victory over the Hopper. "We kept it short and safe, and we'd throw it deep every once in awhile to catch them off guard."

Meanwhile on defense, Chicago negated the Hopper's two-man advantage by spreading out into zone coverage and keeping most of its players in the backfield.

"We gave everybody a zone and then we had the two guys at the end," said Chicago Electronics Technician 2nd Class Dwayne Falls. "If he (Hopper quarterback Aviation Maintenance Administration 3rd Class Raynard Holman) had a decent arm, they would have killed us. He could have run or thrown short passes all day. But they couldn't figure it out."

Holman explained that even with two extra players on the field, the Chicago defense did an excellent job of keeping him out of sync.

Logistics Specialist Seaman Jerry Acosta of USS Chicago (SSN 721) intercepts a pass during the team's Intramural Afloat Flag Football League game versus USS Hopper (DDG 70) at Ward Field, Joint Base Pearl Harbor-Hickam, on Nov. 20. Chicago scored a touchdown with 45 seconds remaining in the game to defeat Hopper, 28-20.

The Chicago backfield seemed to have a knack for getting in front of the ball, but Holman also found it difficult to stay in the pocket due to the strong pass rush of Chicago's Electrician's Mate 3rd Class Austin Alejandro.

"They played a good coverage two and kept a good pass rush coming," Holman pointed out. "It kept me from seeing the field. If you can't see, you can't throw, right?"

In the game, both teams got off to good starts, but ended up turning the ball over in the red zone on interceptions.

Chicago took the opening drive to the Hopper 13-yard line, but on fourth down, Holman picked off quarterback Lt. j.g. Paul Chapman's pass to the end zone.

Chapman returned the favor on Hopper's first drive, when he stole a toss by Holman in the end zone for a touchback.

On second down, with the ball on his own 20, Chapman threw a short pass to Alejandro, who made the catch and was tiptoeing down the sideline.

Thinking that Alejandro stepped out of bounds, Hopper players came to a complete stop, only to watch Alejandro catch his balance and race into the end zone on a 60-yard scoring play to give Chicago a 6-0 lead.

After being stunned by the long touchdown, the Hopper immediately came back with a quick strike of its own, when Holman went over the top to connect with Fire Controlman 3rd Class Nahkeem Erving on a bomb for six points. Hopper converted its point after to take a 7-6 advantage.

Following halftime, Chicago scored the next two touchdowns to take a 19-7 lead. The first score came on a 16-yard pass from Chapman to Alejandro, while the QB found Falls on a 38-yard hookup for the second TD.

The Hopper cut the deficit down to 19-13 on a 65-yard bomb from Holman to Culinary Specialist Seaman Apprentice Jasper Murphy.

Then with just over a minute to play, Hopper Gunner's Mate Seaman John Ordanez picked off Chapman to give his team the ball at the Chicago 34.

Three plays later, Hopper took a one-point lead on a touchdown and a converted extra point.

With 45 seconds left in the game, Chapman got one final opportunity to deliver a win, and he didn't disappoint.

Starting at Chicago's own 15, Chapman picked apart the Hopper defense with four straight completions to place the ball at the Hopper one-yard line.

After misfiring on one pass, Chapman zoomed in on Culinary Specialist 1st Class Brian Domer in the left side of the end zone for the game winner as time ran out.

"The game plan on that last drive was to catch the ball and go out of bounds," said Chapman, who helped raise his team's record to 3-4. "We're like one. Everybody knows what to do. We just got that mesh. We work together and play hard together."

Logistics Readiness Squadron dominates Maintenance Group

Story and photo by Randy Dela Cruz

Sports Editor

Led by backup quarterback Tech. Sgt. Paul Nelson and a ball-hungry defense, the 647th Logistics Readiness Squadron (647 LRS) fought its way to a 31-12 mercy-rule victory over 15th Maintenance Group (15 MXG) in a Hickam Intramural Flag Football League game at Hickam Football Field, Joint Base Pearl Harbor-Hickam, on Nov. 22.

Nelson passed for three touchdowns, while the defensive secondary picked off 15 MXG quarterback Senior Airman Evan Wilson four times, as the 647 LRS improved its league record to 5-2 with the lopsided win.

In guiding his team on offense, Nelson did a good job of mixing his plays with a balance of runs and long passes that stretched the field.

"We're normally a running team," Nelson said. "But we saw the opportunity to go deep. I just had to get the ball to my guys so that they could make the plays. It was kind of backwards of our game plan, but it worked."

The 647 LRS scored its first touchdown on a 47-yard bomb from Nelson to 2nd Lt. Devon Ford that, with a converted point after touchdown (PAT), gave the team a 7-0 lead early in the first half.

The play was set up on an interception by Airman 1st Class Gregory Lishman, who made a diving catch after a pass from Wilson was tipped up at midfield.

Airman 1st Class Gregory Lishman of the 647th Logistics Readiness Squadron (647 LRS) makes a grab in the end zone for the first of his two touchdown catches in the team's Hickam Intramural Flag Football League game versus the 15th Maintenance Group (15 MXG) at Hickam Football Field, Joint Base Pearl Harbor-Hickam, on Nov. 22. Lishman also added two interception to help his team earn a 31-12 win over the 15 MXG.

After the 647 LRS made the first touchdown of the game, Wilson responded by engineering a time-consuming drive that traveled 65 yards on eight plays for six points.

The drive was topped off by a seven-yard pass from Wilson to Tech. Sgt. Brian Daniels, who made the catch in the middle of the end zone.

The touchdown seemed to fire up the 15 MXG defense as it got two sacks from lineman Staff Sgt. Abel Varela, which forced the 647 LRS to punt the ball away after only four downs.

Armed with good field position at the 647 LRS 34-yard line, Wilson needed just four plays, before striking pay dirt on a 17-yard toss to Airman 1st Class Aaron Maxwell to put the 15 MXG up by a score of 12-7 at halftime.

Although it seemed that the Maintenance Group had full control of the game at the break, things quickly unraveled as the 647 LRS defense began to assert itself in the second half.

On third and one yard to go for a first at the 15 MXG 19-yard line, Wilson forced a pass into the middle of the field only to have it picked off by Tech Sgt. Michael Gomes, who rambled down to the 15.

Three plays later, Nelson connected with Lishman in the right side of the end zone to help the 647 LRS retake the lead at 13-12.

While Gomes' takeaway helped push the 647 LRS back out in front, the team's defense wasn't done yet.

After getting the ball back, Wilson needed only three plays to move his team into its opponent's territory. But on the very next down, the 15 MXG quarterback threw a pass right into the arms of 647 LRS Senior Airman Blake Coney, who made the grab at the 32 and took it all the way to the house, which extended the team's lead to seven at 19-12.

Then on the Maintenance Group's next set of downs, Wilson was picked off again by Lishman on the 15th's 36.

The interception led to a 30-yard scoring scamper by Ford to put the 647 LRS up at 25-12.

The team added on final touchdown on a 13-yard pass from Nelson to Lishman late in the game.

Following the showdown, both Lishman and Nelson gave credit to their defense for stopping the 15th's potent offense and changing the course of the game.

"We made our adjustments after the first half," Lishman said. "We let each other know what worked and what didn't work, and we stuck with that game plan."

Maintenance Group coach Staff Sgt. Joe Walsh said that game was symptomatic of the way that things have gone for the15th MXG this season, whose record now stands at 3-4.

Still even after suffering one of its worst defeats this year, Walsh said that if the team can get out and practice more, it should do well once the postseason comes around.

"We just need to come together," Walsh admitted. "We're a good team. We just need to get our heads into the game."

Joint Base Sports
Pearl Harbor-Hickam

Teams from the Hickam Flag Football League and Afloat Flag Football League squared off in intramural games at Ward Field and Hickam Football Field, Joint Base Pearl Harbor-Hickam (JBPHH), on Nov. 21 and 22. For the first time, Air Force and Navy squads will meet in the playoffs to determine the inaugural JBPHH flag football champions.

Sikorsky SH-60B Seahawk helicopter makes final landing at Pacific Aviation Museum

Pacific Aviation Museum

Cmdr. Brian Gebo and Lt. Brian Roberts, of Helicopter Anti-Submarine Squadron Light 37 (HSL37), brought a Sikorsky SH-60B Seahawk helicopter in for its final landing at its new home at Pacific Aviation Museum on Ford Island on Nov. 16.

"This fly-in was very exciting for us. It's an acquisition for the museum through a process done by the U.S. Navy when they no longer have a need for an aircraft. We welcome it and will give it a good home," said Kenneth DeHoff, museum executive director, in making the announcement today.

Attending the event was Col. Michael "Swede" Olson, USMC (Ret.), Pacific Aviation Museum Pearl Harbor board member, who was responsible for acquiring the helicopter for the museum. Also in attendance were Gebo's family, wife Heather and three sons, Brady, Aidan and Spencer. "It's kind of cool that it will be at Pacific Aviation Museum and that it will have my husband's name on it. We can visit it here, forever," Heather said.

This "Easy Rider 60" reached its service life cycle and will be a part of the museum's collection, residing in the museum's 85,000-square-foot hangar 79. The hangar is also home to the F-14 Tomcat, F-15 Eagle, Bell UH-1 "Huey", Bell AH-1 Sea Cobra, Stinson L-5 and others. Visitors to the museum will be able to experience the aircraft on the aviator's tour.

Assigned to the Easy Riders of the HSL-37 at Marine Corps Base Hawaii, this particular helicopter has been on deployments throughout the world during its life cycle.

Pacific Aviation Museum Pearl Harbor is open 8 a.m. to 5 p.m. daily and is accessed by air-conditioned shuttle buses from the Arizona Memorial parking area. Daily, visitors from all over the world view the historic aircraft, enjoy hands-on technology experiences including combat flight simulators, hear moving stories told by docents, and see historic films and audio. The museum gift shop and restaurant are unique in their offerings and their authentic 1940s ambiance.

For more information, call 441-1000 or visit www.PacificAviationMuseum.org.

U.S. Marine Corps photo by Lance Cpl. Reece E. Lodder
Sailors with Helicopter Anti-Submarine Squadron Light 37 prepare "Easy Rider 60," an SH-60B Seahawk anti-submarine warfare helicopter, for its final flight from Marine Corps Air Station Kaneohe Bay, Hawaii, on Nov. 16. The helicopter, flown by Cmdr. Brian Gebo, commanding officer of HSL-37, is the squadron's demonstration helicopter and one of the oldest in its fleet. It was flown to Ford Island, where it will be retired and permanently displayed at the Pacific Aviation Museum. The SH-60B Seahawks are being phased out and replaced by the Navy's newest anti-submarine helicopter, the MH-60R Seahawk, said Navy Lt. Sam Peterson, operations department, HSL-37.

Oh Christmas tree, oh Christmas tree!

Christmas trees have arrived on island! The parking lot of the Pearl Harbor Navy Exchange (NEX) is filled with tents of holiday spirit.

The NEX was among the first of local retailers to receive the Christmas trees on the island this season. From two feet table toppers to nine feet tall, from the aromatic Douglas to the long-lasting Nobles, staff at the NEX Christmas tree tent are ready to help select and load cars with the perfect tree for every home. Hours of operation are 8 a.m. to 8 p.m.

Photo by MCC(AW) Bart Bauer
The Pearl Harbor Navy Exchange received some of the very first Christmas trees to arrive on island this season. Their selection includes Douglas, Grand Fir and Nobles from two feet to nine feet tall.

This Week's Trivia

What current branch of the U.S. military was a corps of only 50 soldiers when World War I broke out?

Last Issue's Question:

"What was the only U.S. battleship to be present at both the Japanese attack on Pearl Harbor on Dec. 7, 1941 and at the D-Day invasion on June 6, 1944?"

Answer:

The U.S.S. Nevada

PEARL HARBOR-HICKAM Mana wa Nanea LEISURE

Morale Welfare & Recreation

BLACK FRIDAY COSMIC BOWLING
Naval Station Bowling Center sponsors all day bowling today from 11 a.m. – 11 p.m. FMI: 473-2574.

SINGLE SAILORS DAY AT DAVE & BUSTERS / WARD THEATRE
Beeman Center is sponsoring a trip to Dave & Buster's for lunch and a movie at Ward Theater. Depart Beeman Center today at 11 a.m. Participants are to cover individual costs of lunch and movie. The event is open to single Sailors only. FMI: 473-2583.

THANKSGIVING SOFTBALL AND BASKETBALL TOURNAMENT
Morale, Welfare and Recreation (MWR) is hosting a softball and a basketball tournament for all military ID card holders, 18 years and older, who are associated with a Joint Base Pearl Harbor-Hickam command. The tournaments will be held Friday through Sunday. Softball will be played at Millican Field and the basketball tournament will be held at the Pearl Harbor gym. FMI: 473-2437.

THANKSGIVING AEROBATHON
Join the Hickam Fitness Center to work off those Thanksgiving calories from 9 to 11:30 a.m. Saturday. The cost is $5 per person (coupons not valid). FMI: 448-2214.

PEE-WEE FLAG FOOTBALL REGISTRATION
MWR youth sports is currently accepting registration forms for the new pee wee flag football teams for children who are three to five years old. Participants must be three years old by Jan 7. Dates for registration are Nov. 29 through Dec. 17. The season is from Jan. 8 through March 5. The $50 fee includes T-shirt, football, flag belt and medal. Register online at www.greatlifehawaii.com . FMI: 474-3501.

FAIRY FESTIVAL
Join the fairy festival sponsored by the Hickam. Youth Fitness Center. Play fairy games and make a wooden castle. Make fairy headdresses and decorate cookies with fairy dust from 10 a.m. to noon on Nov. 30. The cost is $25 per child. FMI: 448-4492.

For more information on events, visit www.greatlifehawaii.com or www.hickamservices.com/

Community Calendar

December

2, 7 – The Ford Island Bridge will be closed on the following dates and times in support of Dec. 7 activities: 9:15 to 11 a.m. on Dec. 2 (closed for ship pass-in-review rehearsal) and from 7 to 10:00 a.m. on Dec. 7 (closed for Dec. 7 ceremony). Please plan accordingly. FMI: 473-2926.

3 – The Joint POW/MIA Accounting Command will conduct an arrival ceremony at 9 a.m. Dec. 3 in hangar 35 at Hickam to honor fallen U.S. personnel whose identities remain unknown. Following the ceremony, a public tour of JPAC will be offered from 10 to 11 a.m. for the first 15 requests received. Contact JPAC Public Affairs by noon on Dec. 1 to reserve a spot for the tour. Walk-up requests the day of the ceremony will not be accepted. FMI: 448-1934 or pao_mail@jpac.pacom.mil.

3 – Join the festivities at the Freedom Tower Lighting Ceremony from 4:30 to 8 p.m. Dec. 3 at the Freedom Tower Mall. Admission is free. Food will be available for purchase and there will be youth entertainment, holiday crafts, performance from the Air Force Band of the Pacific and a special visit from Santa with photo opportunities. FMI: 473-2431.

Movie Showtimes

Social Networking (PG-13)
On a fall night in 2003, Harvard undergrad and computer programming genius Mark Zuckerberg sits down at his computer and heatedly begins working on a new idea. In a fury of blogging and programming, what begins in his dorm room soon becomes a global social network and a revolution in communication. A mere six years and 500 million friends later, Mark Zuckerberg is the youngest billionaire in history, but for this entrepreneur, success leads to both personal and legal complications.

SHARKEY MOVIE THEATER

TODAY
7:00 PM The Town (R)

SATURDAY
2:30 PM Secretariat (PG)
4:45 PM Life As We Know It (PG-13)
7:00 PM You Again (PG)

SUNDAY
2:30 PM Legend of the Guardians (PG)
4:45 PM Wall Street: Money Never Sleeps (PG-13)
7:00 PM Case 39 (R)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Legend of the Guardians: The Owls of Ga'hoole (PG)
8:30 PM Life As We Know it (PG-13)

SATURDAY
4:00 PM Secretariat (PG)
7:00 PM Social Networking (PG-13)

SUNDAY
2:00 PM Alpha and Omega (PG)

NEX completes reallocation of space project in time for 'Black Friday'

Story and photos by Brister Thomas

Contributing Writer

The Pearl Harbor Navy Exchange (NEX) has completed its Merchandise Alignment and Reallocation of Space project (MARS) just in time for what retailers refer to as 'Black Friday.' 'Black Friday' is the day after Thanksgiving, which has turned into an American phenomenon shopping frenzy.

Joy Oshiro, NEX store manager, said, "Our MARS project afforded us the opportunity to maximize space in areas of growth such as mass/bridge cosmetics, home and pets."

Renovations were initiated to increase convenience and continuity for their shoppers, according to Stephanie Lau, NEX marketing director, "We hope our shoppers will be pleased with their shopping experience in the NEX. We have put in wider aisles to allow two carts at the same time, and have upgraded our shelving and organization to increase flow and ease for all of our shoppers," Lau said.

The top floor is completely re-organized with the introduction of new departments, the installation of new shelving and walls that have been torn down.

Lau explained that in their efforts to create a quick grab section, they introduced a new self-service health and beauty at the second floor entrance.

An expanded pet section has been added where special orders used to be, next to the new GNC location, and the rear wall is dedicated to fitness.

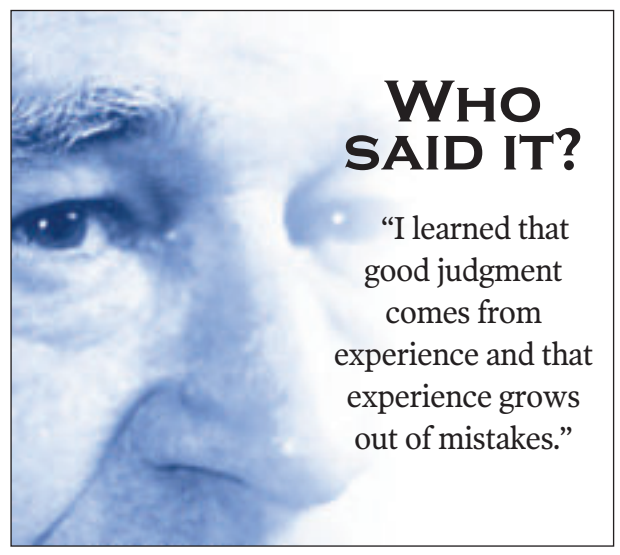
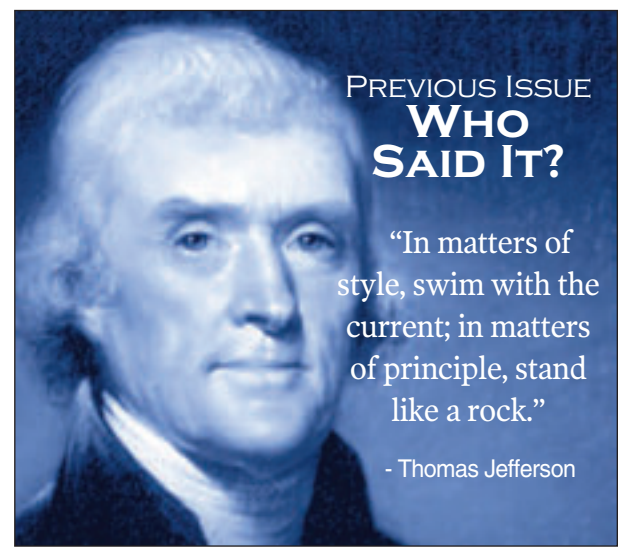
The electronics department has also undergone tremendous renovations, Lau said. "Electronics experiences the heaviest traffic during the holiday season. In response to the need for more space, we have re-arranged to increase number of products and to allow for two carts to move down the aisles at the same time," Lau explained.

Electronics has increased their register count from four to eight to allow for increased efficiency during checkouts.

They have also introduced a new Game Xchange department. Customers can turn in handheld and console computer games for credit toward other purchases.

Lau also explained there is a new price match policy in effect, "We just introduced the 'lowest price promise,' which states that the NEX will match any locally advertised price. Just bring in a flyer and we will match the price on the ad. Previously, we would only match if the other store had the product in stock, but now the process is simplified to increase the shoppers' satisfaction," she added.

Lau noted that last year there were more than 4,000 shoppers in the first hour of 'Black Friday' and over 8,000 by noon. But Lau encourages patrons not to be discouraged. "We will have games and prizes while everyone is standing in line. There will also be coffee, beverages and food available for purchase," she said.

Jim Gordon, the president of Get Marketing who supplies HP and Apple products to NEXs worldwide said, "We will have enough iPads and iPods for the hectic shopping holiday."

Jim Gordon, president of Get Marketing and an eight-year Air Force veteran, assists HM1 John Appleby of the USN 3rd Marine Regiment in selecting which product to purchase for the holiday season. Gordon assured the shopper that there would be enough iPads and iPods for the holiday shopping season.