

2010: The year that was

Brister Thomas

Contributing Writer

During the past 12 months, the Hickam Kukini, the Hawaii Navy News and now the Joint Base Pearl Harbor-Hickam newspaper, Ho'okele, have covered numerous events that showcased the talents and the dedication of Hawaii's Airmen, Sailors and their families.

While the Kukini and the Navy News reported many of these events and accomplishments during the first half of the year, beginning June 4, the Joint Base Pearl Harbor-Hickam's newspaper, the Ho'okele, combined both Air Force and Navy publications into one newspaper.

Admired the many changes taking place as a result of joint basing, change of commands, ships, submarines and airplanes arriving and deploying, the service members stayed the course and became more involved in the local Hawaiian community by participating in volunteer efforts and sporting events.

Among the many events the military community supported was the Give a little, Give a Lot program, where locks of hair were donated to children who have lost their own hair due to chemotherapy.

There were continued collective efforts, supporting the Fisher House with donated goods and supplies and meals for resident families.

The USO received a new keiki room as a gift from Joint Intelligence Operation Command and the USS Crommelin participated in ceremonies as part of the Merrie Monarch Festival on the island of Hawaii.

The stories continued as children became involved as active participants in the community. More than 750 military children paraded

around the Freedom Tower on Sept. 10 in remembrance of those who were killed as of a result of terrorist attacks just nine years before.

Military personnel and local Girl Scout and Boy Scout troops placed flags at the local cemeteries, honoring veterans and Memorial Day. Local children of deployed military were able to enjoy resident camps at YMCA Camp Erdman and Timberline, compliments of the National Military Family Association and the Sierra Club.

Service members participated in the Ironman World Championship on the island of Hawaii and participated in one of the most fierce long-distance outrigger canoe races to Molokai.

JPBHH was honored by visits from the Secretary of State Hillary Clinton, President Barack Obama, the USNS Mercy, Adm. Jonathon W. Greenert, vice chief of naval operations (VCNO), Jamie Lee Curtis and Sir Michael Caine, to mention just a few.

The makahiki ceremony grew into a base-wide event honoring the traditions of the Hawaiian culture and involving local groups and multiple active duty service members.

Numerous celebrations honoring patriotic holidays such as the Fourth of July, Memorial Day and Veterans Day were celebrated in grand style with activities for the entire family. Noting the importance of morale, President Barack Obama signed a proclamation designating November as Military Family Month stating that, "We owe each day of security and freedom that we enjoy to the members of our armed forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support."

Morale, Welfare and Recreation planned frequent events with celebrations for Easter, Boofest, Springfest and Winterfest.

It is with great eagerness that the staff of Ho'okele looks forward to continuing the tradition of highlighting scores of new achievements and altruistic efforts throughout this new year.



Intramural champs top sports in 2010

Randy Dela Cruz

Sports Editor

In the wacky world of sports, the past year brought surprises and expectations as commands battled throughout 2010 to be named top dogs in intramural sports.

While this year promises to be even more exciting with Joint Base Pearl Harbor-Hickam (JBPHH) integrating Navy and Air Force personnel on the athletic hard courts and field in intramural sports across the board, a reflection upon the past seasons of 2010 serves to remind us of the dedication and determination that drives these warriors in service and the field of competition.

In recapping 2010, our sports coverage for the year started off much in the same fashion as the previous one had ended.

The then Naval Station Pearl Harbor (NAVSTA) basketball team swept through 2009 by going undefeated and continued its juggernaut-like run through the Navy Intramural League in 2010 by increasing its consecutive win mark to 42 and capturing its second title in a row.

Although there were bumps along the road, NAVSTA topped off last season with a heart thumping, double-overtime, 46-43 win over USS Lake Erie (CG 70) in the championship showdown on May 19.

Since the joining of the two bases, the NAVSTA basketball team will start off the season in the Ashore Intramural Basketball League under its new name of 3-peat.

With the loss of its dynamic backcourt duo of Personnel Specialist 3rd Class Aaron Jackson and Lt. Jason Jones, the revamped 3-peat may find it difficult to pull off the hat trick – especially with the added competition from Hickam.

The team will begin its run for another title, when 3-peat kicks off its season with a matchup against Shooters at Naval Station Gym, JBPHH, on Jan. 19.

In intramural soccer, the SEAL Delivery Vehicle Team-One (SDVT-1) accomplished a feat that it hadn't done since 1998.

Although the team had been a perennial playoff participant, 2010 was the year that SDVT-1 washed away its bridesmaid status by beating

Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC), 3-1, to win the Navy Intramural Soccer League championship.

Following the SEALs' title run, the Kunia Cavemen cashed in big time to win the Navy Intramural League's softball championship.

Battling against all odds, the Cavemen clubbed its way to the crown after staging one of the year's most memorable comebacks.

Down by five runs going into their final inning, the Cavemen rallied to tie the score at 11-11 against USS Paul Hamilton (DDG 60) and sent the game into extra innings.

The team went on to complete the comeback by plating two runs on a two-run, inside-the-park homer by Lt. Jeff Murse, who finished the day by batting for the cycle.

However, the most memorable championship won by a command in 2010 has to go to the 613th Air and Space Operation Center, which finished off the year by winning the first ever joint base intramural title with a 33-26 victory over Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) in the flag football championship game at Ward Field on Dec. 13.

Led by scrambling quarterback Capt. Dwayne Clark, the 613 held off a tough PACOM/JIOC squad to earn the first intramural sports bragging rights at JBPHH.

Clark was a one-man wrecking crew as he singlehandedly dismantled

the PACOM/JIOC to the tune of 147 rushing yards and a perfect 11-11 on his passes.

With the Air Force holding a 1-0 edge in JBPHH intramural titles going into 2011, you can bet that things will be hot and heavy as more championship bling will undoubtedly stir the competitive passion in the base's service personnel.

Who will emerge with the most titles this year? Only time will tell.



Tops in Blue will perform at Freedom Tower

Brister Thomas

Contributing Writer

Tops in Blue, the entertainment showcase of the United States Air Force, will present a free performance at 7 p.m. on Jan. 26 at the Freedom Tower lawn at Hickam.

Since 1953 when Maj. Al Reilly (now a retired colonel) decided that the Air Force had enough fitness and sports competitions and they needed a talent contest, active-duty Air Force entertainers tour the world to entertain the military forces. Each year only 35 talented Airmen make the cut at the annual talent show to join this elite team of good-will ambassadors.

Tops in Blue has been known for its 'family entertaining family' entertainment style as they perform on military bases throughout the nation.



Tops in Blue will be performing their world tour show for free at 7 p.m. on Jan. 26 at Freedom Tower, at Hickam.

Throughout each year, the 30-plus Airmen travel the globe except for a brief break in the 1970s when they filmed their performances and appeared on television shows for mass distribution.

Tops in Blue is known for their one-destination, one-show approach, which means that they only do one performance per site and must set up and strike down their stage at every

location in one evening. The group has performed on the Ed Sullivan Show where, at the time, Airman 2nd Class Jerry Van Dyke led the show as master of ceremonies before a viewing audience estimated at 15 million.

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Tops in Blue has performed on the Bob Hope Birthday Specials, in front of the Washington Monument as part of the Fourth of July celebration, and at the Super Bowl.

To date, Tops in Blue has traveled more than four million miles to bases worldwide, performed at six World Fairs, more than 100 state fairs and festivals and at countless air shows, military balls and special events.

This year, Tops in Blue continues its tradition of fun family entertainment with music for everyone. In the 90-minute show there will be sounds of rhythm and blues with

songs by Stevie Wonder. The troupe will swing to Michael Buble's stylings, dance to Lady GaGa, and much more.

"The show is simply a fun way to relax, reflect and realize we can all make a difference if we just believe in ourselves, our family, and our nation" said Tom Edwards, chief of Air Force entertainment, Headquarters Air Force Services Agency.

Taking a break from multi-tasking, 30-plus multi-talented young Airmen, dance, sing and play their way through songs that mean something to each of us. "Music puts the song back in our hearts and lifts our sometimes weary spirit," Edwards said. "We want everyone to leave the show feeling great about who they are and in our future."

For more information, visit www.topisinblue.com.

Civil defense website offers tsunami evacuation zone information

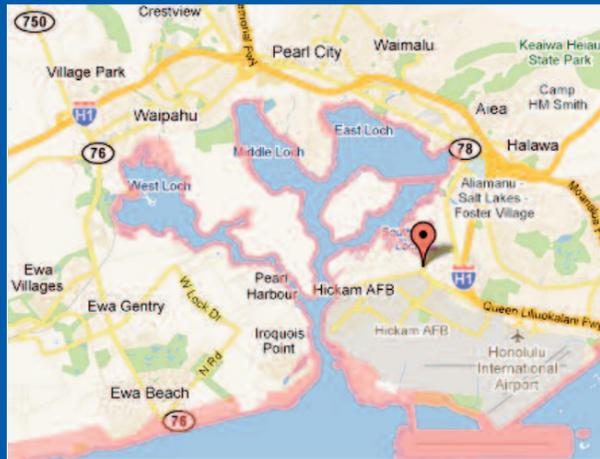
The Hawaii State Civil Defense website, www.scd.hawaii.gov, has an updated tool that allows residents to view maps of their communities to ascertain if they live in a tsunami evacuation zone. Tsunami evacuation zones were recently updated, and all members of the military family (active, civilian, retired

and family members) are highly encouraged to visit the website.

Knowing if you live in an evacuation zone is the first step in tsunami preparation. Do not wait until a tsunami threat is reported to check to see if you live in a tsunami zone.

Simply visit the website and scroll down to the center of the

page. Select your island area and enter your home address. The map viewer returns a map of areas with tsunami evacuation zones based on the information entered. It is vital that you know in advance if your home is located within an evacuation area, and that you prepare an evacuation plan as appropriate.



HO'OKELE Online

PEARL HARBOR - HICKAM NEWS

<http://www.hookelenews.com/> or visit

<https://www.cnic.navy.mil/Hawaii/index.htm>



Martial artists hold seminar at historic JBPHH

Story and photo by
Randy Dela Cruz

Contributing Writer

Fight fans at Joint Base Pearl Harbor-Hickam were given a special treat when a virtual who's who of professional mixed martial artists (MMA) held a seminar about the sport at Hickam's J.R. Rockers on Jan. 6.

The Fighters for Fighters Tour, presented by Armed Forces Entertainment and Morale, Welfare and Recreation, began its first stop of its Pacific tour in Hawaii by holding an interactive demonstration on the art of fighting that included grappling, striking and self-defense.

Additional stopovers were scheduled for Guam, Japan and Okinawa.

At the JBPHH visit, service personnel were delighted to receive many one-on-one opportunities with the warriors of the octagon to get a firsthand view of life inside the cage.

Assembled by former U.S. Marine (1990-94) and active jiu-jitsu competitor Kurt Shrout, the notable group of MMA fighters included ex-local resident Eben Kaneshiro, Edward Dahlen III, Ultimate Fighting Championship (UFC) fighters Dustin Poirier, Nate Quarry and Tom Lawlor, and the No. 1 rated and undisputed heavyweight grappler in the world (www.grapplersquest.com) Joao Assis. Both Lawlor and Quarry were competitors in SpikeTV's "Ultimate Fighter" television series. Lawlor appeared in season eight, while Quarry was a member of the popular show's first season.

Longtime MMA fanatic, Construction Mechanic 2nd Class Alfredo Martinez from Construction Battalion Maintenance Unit 303, said once he heard about the event, he knew that it was something he couldn't miss.



Ultimate Fighting Championship fighter Dustin Poirier blocks a kick by Kurt Shrout, a jiu-jitsu practitioner and former U.S. Marine, during the Fighters for Fighters Tour at J.R. Rockers, Joint Base Pearl Harbor-Hickam, on Jan. 6. The seminar welcomed members of the armed forces to participate in an interactive demonstration on mixed martial arts.

"When I walked in the room and saw these guys, I was in awe. I'm still star struck," Martinez said. "I'm a huge MMA fan. I've watched the sport since it started in '94. To come out here and grapple with these guys is amazing. It's a huge morale boost."

According to Shrout, this is the second Fighters for Fighters Tour that he has overseen. In April, Shrout and his group of fighters toured Europe and the Middle East.

As a former Marine, Shrout said that his idea for the tour came as a direct result of his four-year stint in the military.

With the growth in popu-

larity of MMA, he said that he thought the tour would be an ideal source of entertainment to the many service personnel who are stationed away from home.

"Unless you've been stationed overseas, it's very hard for people to grasp what an 18- or 19-year-old is going through. And also for career guys, who have families stateside and they're somewhere else," Shrout said. "Anything that makes it better is good. Out of the four years that I was in, I was deployed all but 17 months of it. I loved it when people came and visited. You could be in the PGA or a comedian, it didn't matter."

Shrout said that while

selection of his fighters was based in part on their proficiency and prowess in MMA, strength of character was the most important factor in his assembly of the team.

Like all of his teammates, Poirier upholds the group's positive traits of dedication and commitment that also reflects those in the armed forces.

Only five days removed from his latest UFC fight – a win over Josh Grispi in UFC 125 – Poirier joined the team in time to begin the Pacific tour.

"It's a great opportunity to come here and give back a little bit to people that give their lives to the mili-

tary and our country. This is an opportunity that I couldn't give up," Poirier stated. "I have family that have been in the military their whole lives. My uncle is a master chief petty officer in the Navy. This (military) isn't just a job that they go through. This is a lifestyle that they have to live every single day. It's amazing that they go through that," he said.

In addition to the seminar, the fighters also had an opportunity to visit the Pearl Harbor Memorial and the USS Bremerton (SSN 698) earlier in the day.

World jiu-jitsu champion Assis said that it was a dream come true to be in

one of our country's most historic spots.

"For me, this is an amazing experience," Assis said. "I watch a lot of military channel. I love the war ships. When I was invited for the tour, I said, 'man, I'm going to finally know all the places that I saw on TV.'"

However, while Assis said that he was blown away by the sites, he noted that nothing compared to rubbing elbows with the fighting men and women in the military.

"From warrior to warrior, I know how hard is my life, but I believe that their life is much harder," Assis said. "To meet with them, at least once a year, is great."

Youth baseball kicks off winter season

Story and photos by
Randy Dela Cruz

Sports Editor

The 2011 Hawaii Military Youth Athletic Association (HMYAA) winter baseball season got off to a rousing start as boys and girls from ages five to 13 circled the bases on fields at Marine Corps Base Hawaii, Kaneohe and Joint Base Pearl Harbor-Hickam (JBPHH) on Jan. 8.

This season, the league, which is affiliated with Protect Our Nations Youth (PONY) Baseball, is home to 250 players in age divisions that includes Shetland (ages 5-6), Pinto (7-8), Mustang (9-10), Bronco (11-12) and Pony (12-13).

Over at Hickam's Vandenberg Baseball Complex, the day's action was rounded off with a down-to-the-wire exchange between the Mets and the Scrappers in a Bronco Division showdown.

The Mets erupted for four runs to take a 4-1 lead after one inning of play, but the Scrappers lived up to their nickname and battled back to keep the game in doubt all the way until the final out.

In the end, however, the Mets' quick start and gutsy pitching performances by starter Casey Kuwada and relief hurler Adam Walsh stifled the Scrappers' comeback, as the Mets defeated the Scrappers by a score of 8-6.

"Our kids came out and really showed what they got," said Air Force Capt. Ray Miller, who is part of a veteran Mets coaching staff that includes Tech. Sgt. Richard Vasquez and Senior Master Sgt. Garrett Kuwada. "This gave us a good idea of what we need to work on in the future. We're excited about this season. We're ready to go."



(Above) Brian Cox of the Scrappers beats the tag of Mets' third baseman Adam Walsh during the teams' Bronco Division (ages 11-12) at Vandenberg Baseball Complex, Joint Base Pearl Harbor-Hickam, on Jan. 8. The game was part of a full schedule of competition that ushered in the 2011 Hawaii Military Youth Athletic Association (HMYAA) winter baseball season.

(Right) Casey Kuwada, Mets hurler, delivers a pitch.

In the game, the Scrappers got on the scoreboard first with a single run in the first inning.

However, the Mets, armed with an opportunistic running attack, marched eight batters up to the plate in the bottom half of the frame and scored four runs.

"Our philosophy is aggressive running and aggressive pitching," Miller said. "We try to get the boys on and get them around."

The lead did nothing to dampen the spirits of the Scrappers as the team opened up the top of the second inning with three straight singles, before scoring three runs to tie the

score at 4-4.

"They are very good about that," said Brian Reid, Scrappers' head coach, about his team's ability to fight back. "They play very hard and are scrappy."

With the game knotted up, Kuwada stepped up his pitching efforts and kept the Scrappers at bay by posting back-to-back goose eggs in the top of the third and fourth innings.

In the third, Kuwada set down the Scrappers in order and followed up in the fourth by striking out the side. Kuwada recorded eight strikeouts in five innings.

Meanwhile, the Mets were busy on offense and



scored four runs to take an 8-4 advantage going into the top of the fifth inning.

With their backs up against a wall, the

Scrappers came back once again to score two runs in the fifth to cut the deficit down to two runs.

Then after holding the

Mets scoreless in the bottom of the fifth, the Scrappers seemed to be on the verge of tying the score, when the team opened the sixth inning by placing its first two batters in scoring position on second and third with nobody out.

Instead, Walsh, who replaced Kuwada on the mound at the start of the inning, buckled down and struck out the next three hitters to get out of the inning and preserve the Mets' two-run lead.

Walsh appeared to have things in full control in the seventh and final inning, when he started off by retiring the first two Scrapper batters.

However, Walsh walked the next two batters and, after a double steal, found himself in trouble once again with runners on second and third.

After running the count to 3-2 on the next Scrappers hitter, Walsh reared back and zipped a pitch past the batter to end the game.

"We had one of our pitchers hurt so we started with only two pitchers," Miller pointed out. "Adam and Casey came over here and produced. They were awesome."

Reid, who has been coaching for three years, said that while the Scrappers fell short, he was very pleased with the effort of his players.

"We got three kids that have never played, but you wouldn't know that from the way they played," Reid said. "We talk about three things: effort, execution and energy. If we can get that, we're going to be successful."

Miller also complimented his players on their strong play on opening day.

"They're great. They've been working hard," Miller stated. "They want to play, they listen to what we say, and they're picking up the game really quick."

Military spouses make fitness resolutions

Story and photo by
Brister Thomas

Contributing Writer

Driven by their new year's fitness resolutions, a group of joint force spouses attended a nutrition seminar on Jan 5.

Led by Christina Landry of DumBell Fitness, more than 50 participants gathered at the Ford Island Community Center to learn how diet can change their lives.

Courtney Johnson, registered dietitian at Crossfit Oahu, spoke to the spouses about the importance of their food choices to maximize exercise results. "It's about getting back to the basics in our everyday lives."

She emphasized eating more natural foods and fewer processed foods. "One example is that if the food does not expire within two weeks, then it's probably not a good choice for our bodies," Johnson said.

Landry owns DumBell Fitness, a health and fitness company that specializes in personal training and group boot camp. "I was very happy to offer this workshop to military spouses that participate in the boot camps on Ford Island," Landry stated.

Johnson's primary concepts from the seminar are based on the book, "The Paleo Solution: The Original Human Diet" by Robb Wolf.

Commonly known as the 'caveman diet,' this plan is not simply a weight loss regimen. "The Paleo diet is simple and extremely effective for fat loss and preventing a number of degenerative diseases. The easiest way to describe it is that it focuses on lean proteins, fruits, vegetables and healthy fats like nuts and



Courtney Johnson, a registered dietitian with Crossfit Oahu, speaks to military spouses about the importance of their food choices to maximize exercise results.

olive and coconut oil," Landry explained. "We are even thinking of starting our own "Paleolithic 30-day challenge" with the guidance of Courtney's nutritional background and the exercise from DumBell Fitness Boot Camp," she continued.

As many Americans make new year's resolutions, Landry and Johnson stated that they hope to help many people reach their goals by teaching positive eating habits for a lifetime of fitness and health. They encouraged the participants to think of a triangle with the three equal sides being exercise, diet and spirit.

Johnson explained that nutrition has been proven to halt diseases while curing many others. She noted that the plan has been used to reverse some diabetics and is critical to those who have celiac, which is a form of gluten intolerance. Johnson discussed how foods interact with the body and provide energy or tear

it down. Landry talked about how "grains are a huge part of American culture and that is not necessarily a good thing."

"Grains are processed by the body into sugar. Sugar is sugar and the bottom line is that we, as Americans, get too much sugar in our diet," she explained.

The goal is to consume more protein to provide effective and sustained energy.

"What we need to be doing is trying to go back to how we ate thousands of years ago with simple meats, fish, fruits and vegetable. Grains were only relatively recently introduced into the human diet and are not processed by the human body as easily as natural unprocessed food. Fruits, vegetables and proteins contain all the essential ingredients that the human body needs to maintain and thrive," Landry said.

The seminar was filled with positive encourage-

ment to aid the participants in their nutritional needs.

One participant, Tammy Nicols, said, "I enjoyed Courtney's nutritional workshop. She seemed very educated in the right and wrong foods we should eat. I like the way she explained the why behind each food. It really made you think about how your body reacts to certain foods."

"I had never heard of Paleo nutrition before today. She has me wanting to look it up to learn more," Nicols continued.

Nikki Shuler was amazed at how much false information there is and said she was, "motivated by what was discussed today."

"It helped me to realize what is really healthy," Schuler said.

Landry plans to work nutrition into the overall fitness program and shared, "I love the idea of starting a healthy movement in the military community that puts more focus on the military spouses."

Pro Bowl Central events

Morale, Welfare and Recreation has developed numerous venues for active duty service members and their families to enjoy and be a part of the Pro Bowl activities.

They are planning youth fitness clinics, Ohana Day, a Liberty tailgate party, club packages, and chances to win tickets. Selected volunteers automatically receive tickets to the game.

The Liberty tailgating party on Jan. 30 is designed for single service members and offers game ticket and transportation for \$60 per person.

Volunteer and be part of the official NFL Pro Bowl Tailgating Party. Volunteers will receive a complimentary game ticket, a free T-shirt and a box lunch. Single service members (Navy and Air Force) have priority if they register by Jan. 14 at Instant Liberty (Club Pearl) or Beeman Center. Active duty service members who are not single can register to volunteer starting Jan. 15 and continuing until the spots are filled.

There will be free youth fitness clinics with NFL players and cheerleaders, starting at 3 p.m. on Jan. 27. Check-in time is 2:45 p.m. at Ward Field. Pre-

registration is required and space is limited. The event is open to military-affiliated youth ages 9-15. Space is limited to 150 youth for football and 75 for cheerleading.

Registrations are being accepted through Jan. 19 or until filled. Youth will work out like the pros. NFL players and cheerleaders will teach fitness drills, challenges and routines they do to be in NFL shape. Those participating should wear comfortable clothing and athletic shoes and bring the signed waiver form to check-in.

There is also an opportunity to be a part of the free Pro Bowl Ohana Day from 9 a.m. to noon on Jan. 29 at Aloha Stadium. A complimentary shuttle bus will leave Hickam Burger King parking lot at 8 a.m. and return there shortly after noon. Registration will be open until 9 a.m. on Jan. 21. This free family-friendly event is open to all military families. Adults must accompany children ages 15 and younger.

The Pro Bowl begins at 2 p.m. on Jan. 30.

For details and registration information for all of the Pro Bowl activities, go to www.greatlifeohawaii.com or call 473-2583.

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

WHO SAID IT?

"Also remember that in any man's dark hour, a pat on the back and an earnest handclasp may work a small miracle."

This Week's Trivia

During the Revolutionary War, was it Andrew Johnson or Andrew Jackson who was the only president who had also been held as a prisoner of war?

PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE**Morale Welfare & Recreation****NEWCOMERS LUNCHEON**

A free Newcomers Luncheon and Trolley ride starts at 11 a.m. on Jan. 18 at J.R. Rockers. The event is open to all military-affiliated personnel and their families during the first five months after arrival. Enjoy a complimentary lunch, Morale, Welfare and Recreation information booths, prizes, activities and more. The optional trolley base tour (limited space available, register separately for lunch and for trolley tour) starts at 12:30 p.m. following the lunch. To register for either event, go to www.greatlifehawaii.com.

TOPS IN BLUE '10

Tops in Blue, the all-active-duty U.S. Air Force special unit made up of amateur performers, is on the final leg of its 2010 world tour. Tops in Blue will be performing at 7 p.m. on Jan. 26 at the Freedom Tower lawn on the Hickam side of Joint Base Pearl Harbor-Hickam. Those attending should bring lawn chairs and blankets. FMI: www.greatlifehawaii.com.

NFL PRO BOWL OHANA DAY

A free Ohana Day will be hosted by the NFL Pro Bowl from 9 a.m. to noon on Jan. 29 at Aloha Stadium. Ohana Day is open to the general public. A special package is offered to military families including free bus service to and from the on-base Burger King, special seating, prizes, a chance for children to participate in on field contests, and a sneak peak at pre-game and halftime shows. The registration deadline is Jan. 21. To reserve your seat, go to www.greatlifehawaii.com. FMI: 474-3501.

SUPER GARAGE SALE

The Morale, Welfare and Recreation Super Garage Sale will be held from 8 a.m. to noon on Feb. 19 at Richardson Field. The event is open to the public. Sellers must be military-affiliated. Applications are available online. The 10-by-10-foot seller space is unfurnished and does not have electricity. The cost ranges from \$10-\$35 per stall. Register at the Makai Recreation Center. FMI: 449-3354.

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

Community Calendar**January**

14 ~ There will be a Martin Luther King Jr. Day Observance ceremony from 7:30 to 9 a.m. The service will be held at the Hickam Chapel Center. Military and civilian personnel are encouraged to attend. Attire for military is uniform of the day and aloha business attire for civilian.

15 ~ Join the City and County of Honolulu in one of their mauka to makai events called Healthy Yards, Clean Streams Workshop from 8 a.m. to noon at the Hui Ku Maoli Ola Native Plant Nursery. Volunteers must be at least 13 years old. To volunteer for this or other volunteer projects in coordination with the City and County of Honolulu, go to www.cleanwaterhonolulu.com.

17 ~ In observance of Martin Luther King Jr. Day, Navy and Air commissaries will have holiday hours. The Hickam Commissary hours will be 9 a.m. to 6 p.m. Pearl Harbor Commissary will be open from 9 a.m. to 5 p.m. Please plan shopping accordingly.

18 ~ Join ShipShape, a multi-dimensional program focusing on nutrition education, increased exercise and behavior modifications that support a healthier lifestyle, from 2 to 4 p.m. Monday through Friday. Classes are starting now. The program runs for six weeks with Morale, Welfare and Recreation's R2R workout. Everyone with base access is welcome. FMI: 473-1880, ext. 2282.

Movie Showtimes**Tangled (PG)**

When the kingdom's most wanted and most charming bandit, Flynn Rider, hides out in a mysterious tower, he's taken hostage by Rapunzel, a beautiful and feisty tower-bound teen with 70 feet of magical, golden hair. Flynn's curious captor, who's looking for her ticket out of the tower where she's been locked away for years, strikes a deal with the handsome thief and the unlikely duo sets off on an action-packed escapade, complete with a super-cop horse, an over-protective chameleon and a gruff gang of pub thugs.

SHARKEY MOVIE THEATER**TODAY**

7:00 PM Harry Potter and the Deathly Hallows (PG-13)

SATURDAY

2:30 PM Tangled (PG)
4:45 PM Burlesque (PG-13)
7:15 PM The Tourist (PG-13)

SUNDAY

2:30 PM Tangled (PG)
4:45 PM Harry Potter and the Deathly Hallows (PG-13)
7:30 PM Love and Other Drugs (R)

HICKAM MEMORIAL THEATER**TODAY**

6:00 PM Tangled (PG)
8:30 PM Love and Other Drugs (R)

SATURDAY

4:00 PM Tangled (PG)
7:00 PM Standing Ovation (PG)

SUNDAY

2:00 PM Tangled (PG)



Enjoying the exercise, Part 1: Brain tumor survivor cross-trains to fitness

Staff Sgt. Carolyn Viss

Joint Base Pearl Harbor-Hickam Public Affairs

(Editor's note: This is the first of a three-part fitness feature series.)

Carmen knew what to expect going into her second brain surgery. She had been on the operating table before when the doctors first found a mass on the left side of her brain, around her temple, and when an aneurysm that - thankfully - hadn't burst was removed.

This second surgery was required to not only remove a tumor re-growth, but also repair Carmen's skull, which hadn't fused properly after the first surgery. The muscles over her temple had atrophied, causing a huge dent in the side of her face. The slightest pressure on that portion of her head - even what little it took to wear her uniform cover or brush her hair - caused pain because the brain was basically only covered by a layer of skin.

The difference was, this time she was ready. She was ready for the pain, ready for the stitches, but most of all she was ready for the recovery. She had been cross-training for more than a year, and felt great going into surgery.

"I was really surprised, though," said Tech. Sgt. Carmen Colon-Aleman, a Hawaii Air National Guardsman with the 154th Medical Group (MDG). "Last time, from beginning to end, I was on a profile for a year and a half."

After just two months' recovery time, Colon was able to get back in the



U.S. Air Force photo by Staff Sgt. Carolyn Viss

Tech. Sgt. Carmen Colon-Aleman trains at CrossFit Oahu - a habit that has helped her recover from brain surgery faster and increase her overall health.

(Right) Tech. Sgt. Carmen Colon-Aleman had a huge scar on her head after her first surgery to remove a brain tumor in 2004. (Courtesy photo)

gym at CrossFit Oahu (CFO) and began working out again - a modified set of exercises, of course, but cross-training nonetheless. As a health services management technician for the 154th MDG and a prior active-duty management technician in the aeromedical evacuation career field, Colon was not new to the medical career field - but she didn't expect such a drastic difference in her recovery times from when she had her first surgery, in 2004, to her most recent surgery in September 2009.

Prior to her first surgery, Colon had failed her

physical fitness test and started running as a "fix." She passed the re-test by a small margin and kept running, doing about three miles a night to keep up her abilities.

"I was thin," she recalled, but she still lacked what she refers to as "fitness."

She began CrossFit after her husband, Tech. Sgt. Isaiah "Ike" Murray Jr., a loadmaster with the 535th Airlift Squadron, came back from his first workout at CFO with his friend and fellow loadmaster. Ike came back totally exhausted and exhilarat-



ed, and Colon couldn't resist her curiosity as to what kind of workout made her husband exercise so hard. Once she did one workout, she was hooked.

Every year since then, Colon has received a 90 or higher on her PT test, and she has even brought her 13-year-old son, Amir,

into the workouts.

CrossFit not only reshaped her body (she can now do pushups and even pull-ups with ease and has muscle tone to prove it), it has reshaped her life, she said. Throughout the short recovery time of her second surgery, her CrossFit "family" was cheering for

her and encouraging her, the way they do to get her through the toughest "workout of the day" at the gym. Her first day back was a huge triumph.

"There's a great sense of community there," said Colon, who completed the 2009 Great Aloha Run with ease, even though she rarely runs, and no longer needs to drag herself in and out of the gym. "Everyone is family."

And even though she doesn't do it because of any Air Force prescription, she said it definitely benefits her as a military person as well.

"I love the way it makes me feel," she said. "As a female, it makes me feel empowered. It makes me feel like I'm in good shape. Really, you could stick me in a tactical environment, and I can carry the flak vest, I can carry the web belt and all my gear, I can get down and crawl around and do anything else they might have me do," Colon explained.

"I really feel my physical fitness has contributed to my overall health. With having three kids and a husband, it's not just me I have to think about. After I saw how fast I recovered from my second surgery, it was a reality check. I feel great," she continued.

As she pursues a commission in the coming year, Colon said she knows she can get through anything without being "laid up" like she was during her first surgery.

She does it for the health of it.

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