Since its beginning four years ago, the Morale, Welfare and Recreation Fitness Challenge has given an opportunity to Joint Base Pearl Harbor-Hickam families to sample a variety of the base’s many fitness classes at JBPHH and Hickman Fitness Centers.

This year’s event held Jan. 24 at JBPHH Fitness Center continued the tradition, and base families responded with enthusiasm.

For the first time, more than 100 people participated in the event that ran from 9 to 11 a.m. and featured cardio kickboxing, Piyo Strength, Zumba and yoga.

Piyo Strength is being added to the lineup of year-round fitness programs at JBPHH this year and is scheduled to begin in February.

“Each year, it’s growing and shows that it’s a successful event,” said Lori Gaynor JBPHH fitness manager about the Fitness Challenge. “The primary reason that I hold this event year after year is to show the military community what we have to offer in the fitness department.”

While getting back into shape can be intimidating, Gaynor said that the Fitness Challenge is a good way to introduce workouts that aren’t tedious but are fun and entertaining.

“The classes are for everyone,” she said. “If you’re focusing on flexibility, yoga is ideal. It’s good for stress relief. If you want something that’s high intensity, where you want a workout on burning calories, kickboxing and Zumba work all of the major muscle groups, so try to gear toward every individual.”

It’s not just the variety of classes that draws people to the event, but the fact that any fitness level can participate in the challenge.

Fitness instructor Amy Koncak, an Air Force spouse, led the Zumba fitness portion of the challenge and conducts classes at JBPHH Fitness Center every Tuesday and Wednesday from 4:30 to 5:15 p.m. and on Saturday from 9:15 to 10:15 a.m.

Koncak’s classes, which follows the format of Zumba International, is a high-energy and fun-filled workout that keeps everyone hopping to a heavy Latin beat. Though the music offers a rhythm to keep-in-step, Koncak said, like every other program highlighted at the challenge, individuals are encouraged to go at their own pace.

“It can be for all varieties,” she noted. “It’s for all levels and modifications are showed and then we bump it up.

For anyone thinking about getting in shape with a full-body workout, Koncak said that Zumba is a great way to get things done while having a great time.

“In Zumba, the cardio is mixed with dance and fitness,” she explained. “So you use core strength and leg strength. It incorporates the fun factor with music and the music has to be fun.”

After an hour and 30 minutes of workouts, retired Navy Capt. Karen McDonald finished off the fitness challenge by taking the remaining faithful through a 30-minute session of yoga.

She said that yoga was the perfect way to wind things down and added that it’s a good way to supplement any exercise regimen.

“Since they were already warmed-up, at that point, all of that hip and tightness in the upper body, I needed to stretch that out before they went home,” McDonald said. “We all (instructors) talked before we did this. We wanted to give a big variety and support each other for the entire two hours.”

McDonald agreed with Gaynor that this year’s event was the most successful in showing its largest turnout ever.

She said that the challenge is a great way to support people to something that they’ve never done before and judging by how many people stayed for the entire two hours, she believes that they must have been having fun.

“We had over a hundred people here,” she pointed out. “We still have 70 for the very last 30 minutes. That’s pretty amazing that people stayed and were able to participate for that long.”
Hickam Airman a defender on base, basketball court

Staff Sgt. Alexander Martinez

3rd Wing Public Affairs

Ever since he was a child, Senior Airman Lortavius Smith always knew he wanted to join the Air Force, and he has always loved playing basketball. With his work on the basketball court and with the support of leadership in the 447th Security Forces Squadron (SFS) at Joint Base Pearl Harbor-Hickam, he was able to be one of 12 Airmen selected to be part of the Air Force Men’s Basketball Team.

“It’s been great to be part of something so big,” Smith said. “I get to represent the Air Force and the U.S. in something I love doing.”

Squadron (SFS) at Joint Base Pearl Harbor-Hickam, he has always loved playing basketball. Smith always knew he wanted to join the Air Force, and the U.S. Armed Forces Men’s Basketball team. His first event as a member of the team was the SHAPE International Basketball Tournament Dec. 8, in Belgium where they beat out Italy, Kuwait, Latvia, France, Canada, United Kingdom, Belgium, and the reigning champions, Lithuania, for the gold.

Smith and his teammates and their dynamic attitude helped the team make it.

The Joint Base Security Department is very proud of his selection to the armed forces team. It speaks volume of his commitment as a defender and Air Force member,” said Master Sgt. Russell Raymundo, 647th SFS first sergeant. “I’m just going to continue to play and do my best to see where it leads me,” Smith said. “Being in the military I think our military bearing and discipline will help us as through. It helps us work together and win.”

History month events planned for February

Navy Region Kwajalein and Joint Base Pearl Harbor-Hickam will celebrate the following events for African-American History Month in February.

• Feb. 18, 2 to 4 p.m. A poetry workshop will feature poets presenting their written poetry at the Makanaka Community Center.
• Feb. 26, 7-30 p.m. The 447th Security Forces’ annual awards banquet will be held at Joint Base Pearl Harbor-Hickam’s Ka Makani Club.

According to the Defense Equal Opportunity Management Institute, African Americans account for 18% of the military population, and 1/4 of all military retirement benefits are currently going to African Americans. African Americans have contributed to the nation made by people of African descent, American historian Carter G. Woodson established Black History Week in 1926. Woodson chose the second week of February for this celebration to coincide with the birthdays of abolitionist Frederick Douglass and Abraham Lincoln. In 1976, the third week of February was designated as Black History Month. My favorite photo...

Do you enjoy taking pictures and have a favorite photo? Would you like to see it featured in Ho’okele? Here is your opportunity.

Your favorite photo can be just about anything, but keep in mind that it should be in good taste. We won’t consider images that are sexually explicit or offensive. Please send your photos and contact information to: kapua@hookelenews.com or mail to: Karen Spanker, photo editor, at karen.spanker@hookelenews.com. Photos and contact information will determine if/when your photo will be published. Photographs should be in good taste. We aren’t looking for posed family shots, but artistic, creative, here is your chance to see it published.

Photo submissions will be reviewed by Ho’okele editors who will determine if/when they will run in the newspaper. Along with your photo, please send a little bit of information about the photo, such as where it was taken or any interesting details. Also include the name of the photographer and contact information.

Please send your photos to kapua@hookelenews.com or mail to: Karen Spanker, photo editor, at karen.spanker@hookelenews.com. Break up on your photography skills ready, set, shoot!

My Favorite Photo...

‘Larry Bird!’ the budgie taught as Dan Robbins attempts to take his picture recently.

How to submit: send your non-posed photos to editor@hookelenews.com.
Hawaii is known as a melting pot because of its unique culture based on a mix of different nationalities and ethnicities. The islands’ people have adopted many cultural celebrations as well, including the celebration of Chinese New Year.

Unlike New Year’s Day, which falls on Jan. 1 of every year, the Chinese New Year date changes since it is based on the Chinese “lunisolar” calendar. The celebration can last up to 15 days with different events including lion dances, fireworks, family get-togethers, special meals and more.

This year’s Chinese New Year falls on Feb. 19 and will be the Year of the Sheep. Every year is marked with one of the different zodiac animals: the ox, tiger, rat, snake, dragon, horse, sheep, monkey, rabbit, dog or rooster. Each animal sign has a set of different characteristics and is said to reflect upon people who are born in that year. Those who are interested can find out which animal their birth year falls in online.

One place to attend the Chinese New Year festivities is in Chinatown, located in downtown Honolulu. There are a variety of stores and restaurants selling Chinese goods and foods. The Chinatown community hosts a large block party to celebrate Chinese New Year, with live entertainment, a lion dance, pole jumping and food vendors along the streets.

Chinatown festivities tend to be crowded with minimal parking. However, the Joint Base Pearl Harbor-Hickam MWR Information, Tickets & Travel (ITT) office will offer tours with round-trip transportation provided for the Chinese New Year celebrations. Two tours will be on Feb. 14. Tours include round-trip transportation from the Hickam ITT office.

The first Feb. 14 tour will be held from 8:30 a.m. to 1 p.m. The cost is $33 for adults, $25 for children ages 3 to 11, and free for children under age 3 on an adult’s lap. The event will include treats samples, street festivities and Chinese-style lunch.

The second Feb. 14 tour will be from 2 to 6:30 p.m. The cost is $37 for adults, $30 for children ages 3 to 11, and free for children under age 3 on an adult’s lap. The tour will include treat samples, a street festival, dragon parade and dinner.

Malls throughout Hawaii also celebrate Chinese New Year. Most hold a lion dance performance that goes through the center and visits participating stores in hopes of bringing good fortune. Some even have larger events with pole jumping performances and kung fu demonstrations.

For more information on the MWR tours, call an ITT office: Fleet Store at 473-0792, Hickam at 448-2295, Pearl Harbor Navy Exchange at 422-2317, Barber’s Point at 692-2319 or Wahiawa Annex at 564-4454/4445.
Your Weekly Fun with MWR

**Chili & Grill Plan-Baili’l Tumney** will be held from 5 to 8:30 p.m. today at Beeman Center. Patrons can watch the Cowboys game in a chili pot and play a table game. The entry fee is $10 for single active-duty service members or $15 for non-active-duty. A $5 late entry fee will be accepted after March 20. Park set-up will be from 4 to 5 p.m. on March 18. Registration is required and includes a ticket and a T-shirt. Participants can go to any clinic center or Information, Tickets & Travel office at Joint Base Pearl Harbor-Hickam to pick up the application, or they can download the application at www.greatlifewaikiki.com or register online at https://www.greatlifewaikiki.com/events/registration/attendee-id=11397953. For more information, visit greatlifewaikiki.com or call 473-0749/2449/2437.

**Registration opens for Ford Island Bridge Run**

**Helen Koo**

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

**Join us!**

Visit the Adm. Bernard "Buck" Cram Bridge at the start of last year’s run. The entry fee to participate in 2015 is $10 for military or their family members and $15 for non-active-duty. A $5 late entry fee will be accepted after March 20. Park set-up will be from 4 to 5 p.m. on March 18. Registration is required and includes a ticket and a T-shirt. Participants can go to any clinic center or Information, Tickets & Travel office at Joint Base Pearl Harbor-Hickam to pick up the application, or they can download the application at www.greatlifewaikiki.com or register online at https://www.greatlifewaikiki.com/events/registration/attendee-id=11397953. For more information, visit greatlifewaikiki.com or call 473-0749/2449/2437.

**Multiple MWR spots available to watch big game on Sunday**

Reid Tokeshi

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

**Football fans will have many places to watch the Super Bowl, football’s biggest game, this Sunday. Depending on their preferences, service members can turn to a variety of places to see the game.**

These looking for a party atmosphere can go to Beaver & Cage at Club Pearl, with big screens across TV, pool tables and darts. Customers can buy mixers also with a game away bonus happening at halftime. The event opens to patrons 15 years of age and older. For more information, call 473-1743. If like of eating, drinking and TV’s everywhere are desired, then JR Rockers is an option. Doors open at 12:30 p.m. and a special menu will be available. For more information, call 473-2377.

For singles who want to watch the game with a partner, Paddlefish will be hosting a party on Bows & Arrows Corner. Customers can watch the game on the large theater projector screens in the main room. Five appetizers will also be offered. Winners from the other Livery Bars will be available to take service orders to the event. For more information, call 473-2372.

For those who want to watch the game where they can just sit back and enjoy the game, you can go to the 10th Pikes at Reno’s Golf Course and the Hapa Bar at San Choy’s.

For more information, call the 10th Pikes at 448-9890 or the Girls Bar at 422-3002.

**Your Weekly Fun with MWR**

Live the Great Life

**Registration opens for Ford Island Bridge Run**
JANUARY

TAX ASSISTANCE CENTER TODAY — The Navy Tax Assistance Center will open at the start of the tax season. The self-service model center will be located at the Navy College, 1260 Pierce St, building 679, Joint Base Pearl Harbor-Hickam in classroom 11. The tax center will be open daily from 8:30 a.m. to 4 p.m. Volunteers are also being sought for the assistance center. FM: 1-877-644-8896 or visit usnmmss.org.

LIVING HISTORY DAY AT BATTLESHIP MISSOURI SATURDAY — A living history day event will be held from 9 a.m. to 4 p.m. at Battleship Missouri Memorial at Ford Island. The event will include military displays, tours of the memorial, military musical bands, oral histories, a vintage aircraft flyover and other activities. FM: 1-877-644-8896 or visit usnmmss.org.

WATCH THE GAME AT BELLOWS SATURDAY — Patrons can watch the Super Bowl beginning at 1 p.m. at Bellows Air Force Station Turtle Cove lanai. Hot dogs, hamburgers and nachos will be available for purchase while supplies last. The event is open all Bellows AFS guests and eligible patrons including active duty military, military retirees, Reservists, National Guard members, current and retired Department of Defense civilians employees with an authorized ID card and their families. FM: 259-4212 or visit www.bellowsats.com.

OMALLEY VCC CLOSED TEMPORARILY NOW — The O’Malley Visitor Control Center (VCC) is closed for approximately three months for renovation. All sponsors (except those authorized call-in privilege sponsors) will need to meet their guests at the Nimitz VCC, building 3455 (also known as pass and ID), located outside Nimitz Gate for access onto the installation. During the renovation period, Nimitz VCC will be open 24 hours a day, seven days a week. FM: 449-0865.

STROLLER WARRIORS NOW — Smokey Warriors Pearl Harbor is a free running club for military spouses living on Oahu. The club holds workouts twice a week, both beginning at 9 a.m. at Joint Base Pearl Harbor-Hickam on Tuesdays and at Marine Corps Base Hawaii on Thursdays. FM: email strollerwarriorspearlharbor@gmail.com or visit www.facebook.com/BlokeWarriors or www.strollerwarriors.com.

PASSENGER TERMINAL HOURS CHANGE NOW — The Joint Base Pearl Harbor-Hickam Passenger Terminal’s hours of operation have changed. The terminal will remain open seven days a week, but it will be closed from 10 p.m. to 4 a.m. daily. Roll calls will be advertised between the hours of 10 p.m. and 4 a.m. The terminal will open one hour prior to the roll call time to allow passengers to sign up and mark themselves present for the flight. Passengers are able to sign up for travel using the remote sign-up process. All flight information will remain available through social media and the pre-recorded telephone services. FM: https://www.facebook.com/Hickam ANC/tr-cbr-3r or call 449-6833.

HOSC SCHOLARSHIPS NOW — The Hickam Officers’ Spouses’ Club is now accepting applications for scholarships. All college-bound military family members are eligible, including high school seniors, current students and spouses. Applications and eligibility information are available online at www.hickamosc.com. Applications need to be postmarked and mailed by March 9. FM: email hoscScholarship2015@gmail.com.

ASMC SCHOLARSHIPS NOW — The Alaska Chapter of the American Society of Military Comptrollers (ASMC) is providing college scholarships this year to Hawaii high school seniors entering a field of study directly related to financial/resource management, such as business administration, economics, accounting and finance. Applicants do not need to be affiliated with ASMC or the federal government. Applications are due March 6. Application and submission requirements are located at the chapter website at http://chapters.asmconline.org/aloha/awards-4/. FM: email marcy.garcia@navy.mil or call 473-8600, ext. 6230.

HICKAM BEACH RESTROOM RENOVATIONS NOW — Renovations on the Hickam Beach restroom, building 3470, have begun. During renovations, the women’s and men’s restrooms will be closed to facilitate interior refurbishment. Renovations are tentatively expected to be completed by March 13. During the closure, porta-potties will be available adjacent to the restrooms. Alternate shower facilities will still be available for use until the renovations are complete.

HART UTILITIES WORK NOW — The Honolulu Authority for Rapid Transportation (HART) has begun work on Kamahameha Highway near Makalapa Gate and Radford Drive next to Joint Base Pearl Harbor-Hickam, which includes single lane closures in the eastbound direction. Drivers will experience staggered single lane closures along Kamahameha Highway in the eastbound direction for pole and camera installations, and intermittent closures of the right lane exiting Makalapa Gate heading east. Right turns onto Kamahameha Highway will be controlled from the center lane for Honolulu Police Department officers. Work near Radford Drive includes staggered single lane closures in the westbound direction for potholing and utility probing. Construction work takes place from 8:30 a.m. to 2:30 p.m. Motorists should follow posted speed limits and other signs in the construction areas. FM: www.honolulustransit.org.

FEBRUARY

PEARL HARBOR COLORS CEREMONY 26 — A Pearl Harbor Colors Honor and Heritage ceremony will be held at 7:30 a.m. at the Pearl Harbor Visitor Center. The theme will be “American History and Heritage,” with a focus on Doris Miller, the Tuskegee Airmen, Americans and civil rights.

NIGHT AT THE MUSEUM: SECRET OF THE TOMB (PG-13) Get ready for the wildest and most adventure-filled Night At the Museum ever as Larry leaves New York City for London, 7:50 p.m. Night at the Museum: Secret of the Tomb (PG)

7:00 p.m. The Gambler (R)

SATURDAY 1/31
2:30 p.m. Annie (PG)
5:10 p.m. Into the Woods (PG)
7:00 p.m. Night at the Museum: Secret of the Tomb (PG)

SUNDAY 2/1
2:30 p.m. Into the Woods (PG)
5:10 p.m. Untitled (PG-13)
8:00 p.m. Woman in Black 2: Angel of Death (PG-13)

THURSDAY 2/5
7:00 p.m. The Gambler (R)

HICKAM MEMORIAL THEATER TODAY 1/30
6:00 p.m. The Hobbit: The Battle of the Five Armies (PG-13)

SATURDAY 1/31
4:00 p.m. Annie (PG)
7:00 p.m. Big Eyes (PG-13)

SUNDAY 2/1
2:30 p.m. Night at the Museum: Secret of the Tomb (PG)
**February Events**

- The Cupid 5K Run/Walk will begin at 7 a.m. Feb. 5 at Scott Pool. Participants need to a 500 meters will receive a gift. Signups will be taken at the front desk of the Millenium Center from 8 a.m. to noon Feb. 14. For more information, call 653-5542.

- The free 2015 Sweatheart Swim will be held from 10 a.m. to 1 p.m. Feb. 14 at the Historic Hickam Officers Club. The cost is $14 per person, and supplies are included. For more information, call 449-2722.

- Valentine’s Day movie special will be held at 4, 6:30 and 9 p.m. Feb. 14 at the Hickam Arts & Crafts Center. The activity is for adults only and will include live jazz music. It is open to all ranks of military members. For more information, call 448-4908.

- A Valentine's Day special menu will be held Feb. 14 at Sam's Chowdies Island Style Seafood Grill. Prices vary and advance reservations are recommended. For more information, call 447-8235.

- A Valentine's Day special menu will begin at 9 a.m. Feb. 14 at the Hickam Station Dining Facility to receive a free game of bowling for each movie ticket purchased. The offer is on sale only for participants with valid military ID.

- A free couples golf clinic will be held Feb. 14 at Hickam Golf Course. All ages and skill levels are welcome. For more information and to register, call 449-2304.

- Valentine’s Day lunch special will be held from 11 a.m. to 2 p.m. Feb. 14 at the Hickam Station Dining Facility. The event is for adults only and will include live jazz music. It is open to all ranks of military members. For more information, call 448-9907.

- Valentine’s Day’s romantic special will be held at 7:30 p.m. Feb. 14 at the Hickam Arts & Crafts Center. The activity is for adults only and will include live jazz music. It is open to all ranks of military members. For more information, call 448-9907.

- An event titled “The War That Changed The World,” has opened aboard the Missouri Battleship Memorial in tribute to the U.S. Mission’s integral role in World War II.

- A new exhibit, history day to highlight ‘Mighty Mo’

- New division but same results for Pound Town

- Valentine’s Day’s romantic special will be held at 7:30 p.m. Feb. 14 at the Hickam Arts & Crafts Center. The activity is for adults only and will include live jazz music. It is open to all ranks of military members. For more information, call 448-9907.
Radford Transition Center celebrates 10-year anniversary

Samantha Kinnard and Erika Purseglove

Radford High School Students

Room 112 is home to Radford High School’s transition center (TC) with a wooden plaque on its door that reads, “Malama I Na Haumana,” meaning “Caring for Students.” The TC has worked with its transient population to make new students’ introduction to the school as painless as possible.

Invited guests joined school officials recently with an on-campus celebration to mark the center’s 10-year anniversary. Valerie and Military Youth Advisory Council members including Capt. Mark Manfredi, Navy Region Hawaii chief of staff; Col. David Kirkendall, Joint Base Pearl Harbor-Hickam deputy commander; and Capt. Chris Bussell, commander of Destroyer Squadron 31; donned lei while gathered around the center’s entrance.

The event included a ribbon-cutting ceremony followed by an on-campus celebration to mark the center’s 10-year anniversary. Visitors and Military Youth Advisory Council members including Capt. Mark Manfredi, Navy Region Hawaii chief of staff; Col. David Kirkendall, Joint Base Pearl Harbor-Hickam deputy commander; and Capt. Chris Bussell, commander of Destroyer Squadron 31; donned lei while gathered around the center’s entrance.

After the program, students brought the concept and started a similar program at their new school in the Washington, D.C. area.

New students are not the only ones who benefit from the center. “After being in the program, I noticed the difference we make in the students,” said Charlie Agoot, student facilitator and parent. “Seeing the students smile and laugh gives me confidence.”

“The transition center is a wonderful resource for students new to Hawaii. The center also develops social and leadership skills that will enable young men and women to be successful in life, long after high school. I only wish my children had this resource when they were growing up, moving from location to location. It would have made family life easier,” said Lt. j.g. Anthony Crutchfield, deputy commander for United States Pacific Command.

“Parents trying to figure out where to put our kids, the facilitators were phenomenal,” said Donna Carlson, assistant superintendent of schools of facility and support services (and former Joint Base Pearl Harbor-Hickam deputy commander). “We have never seen a program like this,” he said.

“I was just blown away,” said Ronn Nozoe, deputy superintendent. “Talking to the student facilitators was just remarkable,” said Jay Horton, a senior, came to Radford last year and recently became a facilitator. “We gave campus tours, show them where their classes are, and serve as a lunch buddy for a certain day,” Horton said.

“It helped provide a place where I can just sit quietly,” said Chandler Carlson class of 2013 alumnus. “First I plugged in… and helping me blossom,” said Chandler Carlson class of 2013 alumnus. “At Radford, adapting to change and coping with stress, I noticed the difference we make in the students,” said Charlie Agoot, student facilitator and parent. “Seeing the students smile and laugh gives me confidence.”

“The transition center is a wonderful resource for students new to Hawaii. The center also develops social and leadership skills that will enable young men and women to be successful in life, long after high school. I only wish my children had this resource when they were growing up, moving from location to location. It would have made family life easier,” said Lt. j.g. Anthony Crutchfield, deputy commander for United States Pacific Command.

Radford, adapting to change and coping with stress, give the students the opportunity to interact with other students.”

“After being in the program, I noticed the difference we make in the students,” said Charlie Agoot, student facilitator and parent. “Seeing the students smile and laugh gives me confidence.”";

“The transition center is a wonderful resource for students new to Hawaii. The center also develops social and leadership skills that will enable young men and women to be successful in life, long after high school. I only wish my children had this resource when they were growing up, moving from location to location. It would have made family life easier,” said Lt. j.g. Anthony Crutchfield, deputy commander for United States Pacific Command.

The TC is led by 14 volunteer student facilitators who help new students integrate quickly into the school and its community. All facilitators had to submit an application, pass an interview, and undergo training before they could start.

“Talk to the student facilitators was just remarkable,” said Jay Horton, a senior, came to Radford last year and recently became a facilitator. “We gave campus tours, show them where their classes are, and serve as a lunch buddy for a certain day,” Horton said.

“It helped provide a place where I can just sit quietly,” said Chandler Carlson class of 2013 alumnus. “First I plugged in… and helping me blossom,” said Chandler Carlson class of 2013 alumnus. “At Radford, adapting to change and coping with stress, I noticed the difference we make in the students,” said Charlie Agoot, student facilitator and parent. “Seeing the students smile and laugh gives me confidence.”

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