



COMSUBPAC wins softball title by 'FORCE'

Story and photos by Randy Dela Cruz

Contributing Writer

Representing Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC), the Force softball team used a six-run rally in the third inning to outlast USS Lake Erie (CG 70), 7-4, and capture the Morale, Welfare and Recreation intramural softball championship at Millican Field at Naval Station Pearl Harbor on Aug. 1.

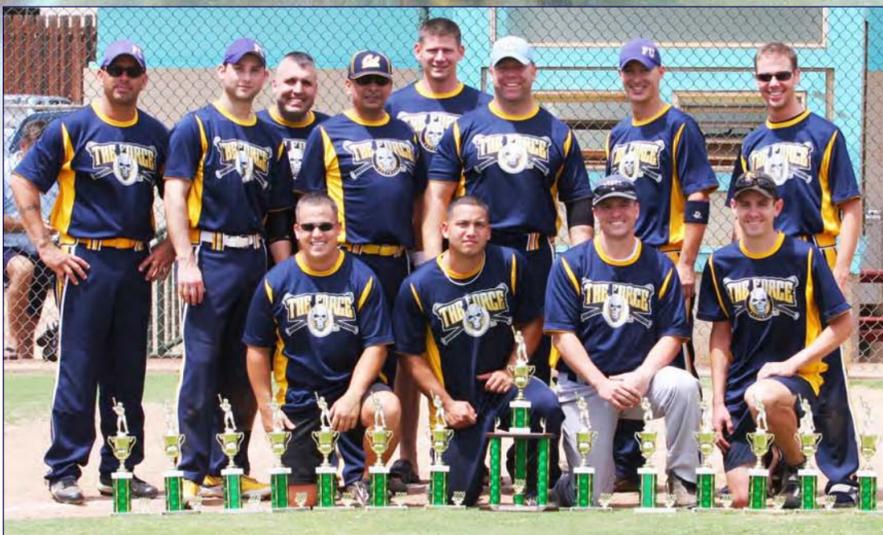
The showdown pitted the champs of the Afloat League, Lake Erie, against the Force, who won the Ashore League title on July 9.

Lake Erie ended the season with an overall record of 14-4, while the Force finished up the year with 13-2 mark.

"It's nice to win it all," said Chief Electronics Technician Jason Karns of the Force after accepting the base championship trophy. "I'm sure our admiral is going to like it."

Although many players on the Force admitted that they were a little rusty after not competing in a league game since they beat Allen's for the ashore title three weeks ago, the team did just enough to take an early advantage and hold on for the victory.

Karns drove in the game's first run on a sacrifice fly in the first inning, but the lead was short lived as Lake Erie came back in



the top of the third to push two runs across with two outs.

However, in the bottom of the inning, the Force stormed back to go ahead on a two-run single by Electrician's Mate 2nd Class Jake Alicuben before Electronics Technician 1st Class Brian Plato blasted a towering fly to the center-field fence, then circled the bases for a three-run homer that gave the Force a 7-2 lead.

"That hit was huge," said Karns about Plato's long shot. "It kept their (Lake Erie) momentum down. They came in the game pretty hyped up. And after that, it knocked them

down a little bit."

Fire Controlman 1st Class Jim Lewis tossed four shutout innings in going the distance for Lake Erie.

While he had success for most of the game, he noted that once the Force started to rally in the third, it was hard to keep the team down.

"They are just a really good team," explained Lewis. "Seven to four is a low-scoring game for slow-pitch softball. That one big inning, they just got the bat on the ball and helped themselves."

Down by five runs, Lake Erie had a golden opportunity for a

huge inning of its own in the fourth when its first three hitters got on base to load them up with no outs.

Instead, Lake Erie hitters mustered only two more singles and scored just two runs.

"They were swinging at stuff that I didn't expect them to swing at," said Lt.

Cmdr. Dave Anderson, who was the pitcher of record for the Force. "They helped us out a little."

Still, in the top of the seventh and final inning, Damage Control Fireman (DCFN) Daniel Mancine kept Lake Erie's hopes

alive when he led off by stroking a single to left field.

The next hitter, Chief Warrant Officer Aaron Commander, followed up with another hit, but Mancine was gunned down while he was trying to advance to third base.

"As I was rounding second, I was being told hold, but I thought I heard go," said Mancine. "I began stumbling and by the time I caught myself, I was halfway to third."

Anderson said that the out at third helped him breathe a bit easier as he settled down to get the next two hitters to fly out and end the game.

"That was a relief because it would have been man on first and third with nobody out," said Anderson. "It felt real good to get him out."

With one championship in their clutches, Anderson announced that many players on the Force have already discussed coming back and making a run in the upcoming winter season, which will also be open to other branches of the armed forces.

Meanwhile, Lewis is already chanting the proverbial runner's up cry of "Wait until next year."

"When you're down four runs, you got to have something big. It just didn't happen," said Lewis. "Things didn't go our way, but we got next year. We got around 90 percent of our players coming back, so we just got to practice, practice, practice."

Kunia Gallos outlast SEALS in soccer

Story and photo by
Randy Dela Cruz

Contributing Writer

The Kunia Gallos, a team that is comprised of players from Navy Information Operations Command Hawai'i (NIOC), stood in a tie at the top of the division in the Morale, Welfare and Recreation Intramural Soccer League after edging the third-place SEAL (sea, air, land) Delivery Vehicle Team One (SDVT-1), 1-0, at Ward Field at Naval Station Pearl Harbor on Aug. 1.

The victory improved

Navy News Sports

Kunia's record to 13-1 and was the second win of day for the Gallos, who defeated La Jolla (SSN 701), 4-0, just an hour before they took the field against SDVT-1.

Kunia is tied for first place with Commander U.S. Pacific Fleet (COMPACFLT) as the Gallos enter their final regular-season game starting at 9 a.m. on Aug. 8 against the fourth-place Pearl Harbor Naval Shipyard/Naval Sea Systems Command (PHNSY/NSSC).

This season's playoffs will begin on Aug. 15 with spots reserved for the top eight teams in the league.

In the matchup between the Gallos and the SEALS, both teams played excellent defense as the squads entered halftime all knotted up at 0-0.

During the first half, Kunia had far more shots on goal than SDVT-1, but the SEALS quick reaction at the net thwarted the Gallos on every attempt.

"We try to communicate as much as possible on



Kunia Gallos striker Cryptologic Technician (Interpretive) 2nd Class Nick Boroughs maneuvers past defenders from SEAL (sea, air, land) Delivery Vehicle Team One (SDVT-1) during their intramural soccer game at Ward Field at Naval Station Pearl Harbor on Aug. 1. Boroughs scored the only goal of the game as the Gallos, made up of players from Navy Information Operations Command Hawai'i (NIOC), defeated the SEALS, 1-0, to end up in a tie for first place.

defense," said Intelligence Specialist 2nd Class Brook Tracy of SDVT-1. "Our big thing is to make sure that our midfielders come back."

Things remained the same in the opening minutes of the second half until Kunia's Cryptologic Technician (Interpretive) 2nd Class Nick Boroughs took a pass from midfield, streaked down the right sideline, and booted in a cross kick for the only goal of the game.

"I didn't know that it was going to go in," said Boroughs about his game winner. "I didn't have a good angle so I just tried to kick a low, hard shot and it went in."

Later in the second half, the SEALS' attempt at a comeback was hindered, when one of its players was ejected – forcing SDVT-1 to play the remaining minutes with one man short

on the field.

Tracy noted playing from behind with one less player was a huge handicap, especially while competing against a top team such as Kunia.

"We missed not having that extra open man sitting out there for a switch," explained Tracy. "I think that's where it hurt us."

In receiving their second defeat in three weeks, Tracy said that the SEALS must find some way to rebound and prepare themselves for the upcoming postseason.

With SDVT-1 losing a couple of players to various exercises, Tracy stated that the remaining players would have to dig deep and pick up the slack.

"If we stay together and play tough, we'll be alright," said Tracy. "Hopefully, we can keep our energy level up and just hustle. That's the name of the game."

Meanwhile, although the Gallos are wrapping up another stellar season, Cryptologic Technician (Interpretive) 1st Class Steven Bloom, who is the team captain for Kunia, said that he and his teammates cannot let their guard down as they head to the playoffs.

"I don't think that there is a team to beat," said Bloom. "On any given day, we have to work."

Bloom added that while winning the league title is the team's ultimate goal, he pointed out that many of the players just show up to have fun.

He said that since a lot of his teammates are about to retire from the Navy, this might be the final year for one big hurrah.

"We've been playing together for five years. We're all friends," said Bloom. "This is a good way to spend our Saturdays."



Now is good time to buy school bus passes

Department of Education Student Transportation Services

With the start of the new school year, approximately 30,000 student riders, or 75 percent of this demographic, have not yet bought their school bus passes.

"Parents and guardians are advised to avoid the back-to-school rush by purchasing bus passes for their children as soon as possible," said James Kauhi, Department of Education (DOE) acting manager of student transportation services. "Even students who are entitled to free bus passes must complete an application form."

Parents can contact their child's school or download bus application forms and student transportation information at <http://iportal.k12.hi.us/SB>

T. The completed application form and payment should be submitted to the child's school for the 2009-2010 school year. Rate schedules and eligibility requirements for school bus services are also available on the website: <http://iportal.k12.hi.us/SBT>.

The school bus fare is 35 cents per trip (except in Maui County, which provides a subsidy). Fares are purchased by academic quarter or for the full year.

The first day of school for most public school students began July 30. Individual school calendars are posted at <http://doe.k12.hi.us/calendars0910>.

For additional information, contact DOE Student Transportation Services Branch at 586-0170 or the Navy school liaison at 474-1999, ext. 6228, or visit doe.k12.hi.us.

Healthy habits: Smiles lighten burdens

Susan J. Bierman, LCSW

Civilian Employee Assistance Counselor

Is your workplace a fun place to work? Have you laughed today.... I mean really laughed? Do you fill your leisure time with fun or with chores?

The human animal is built in such a way that fun and laughter are a vital part of good health. Humans can get really depressed when everything in life is only taken very seriously and fun is overlooked. Some of the most irresponsible decisions have been made in an attempt to relieve boredom.

No matter how much one may want to lose weight, no one follows a diet if the menu restricts all the foods they enjoy. However, people do learn to change eating habits when a strong support system encourages finding good-tasting foods lower in fat, sugar and calories as a fun challenge.

Last year, one federal agency supported a fun, weekly educational group for 22 people who worked together to lose weight (some of whom lost a significant amount).



Everyone knows that sufficient rest is a necessary part of a good healthy lifestyle, but tossing and turning while worrying about the inability to fall asleep results in insomnia. This insomnia then results in all kinds of bad habits like using alcohol to induce sleep, or being so tired the next day that a person misses work, or not hearing the alarm clock because sleep finally occurred at about the same time as the need to get up.

The human body is much more likely to be relaxed enough to get healthy rest if the day included something that felt fun, pleasurable or invigorating.

When trying to stop unhealthy habits like smoking, people are much more likely to surrender to addictive behaviors when

they are bored.

They are also much more likely to follow through on the decision to quit when the change is paired with something that feels playful or rewarding. The new habit to replace the old behavior can be seen as something silly, but a smile will keep the positive change in focus.

Children instinctively know how to play out different outcomes to their traumatic experiences. They laugh with their whole bodies and they don't get high blood pressure. Research now confirms that laughter lowers blood pressure, reduces pain, and eases depression. Workers in a happy environment are more productive than those in a stress filled environment. Smiles lighten burdens. So if laughter is indeed the best medicine,

then shouldn't we all lighten up just a little, smile more often, and play along life's way?

Fleet and Family Support Center (FFSC) classes are free for Department of Defense civilian employees as well as for military, retirees and family members. FFSC course offerings can be found on the Quality of Life Navy Hawai'i Web site at <http://www.greatlife-hawaii.com>.

Call the customer service desk at 474-1999 to register for any class.

Some of the August FFSC classes:

• **Stress Management**

Aug. 11 8-11 a.m.

• **Anger Management**

Aug. 25 8-11 a.m.

• **Savings and**

Investment Basics

Aug. 24 1-3 p.m.

To obtain CEAP information, assessment, referral and/or brief counseling or to inquire about its no cost at-your-site training, call 474-1999 ext. 6206 or 6204.

To schedule an appointment, call 474-1999, ext. 6201/02. CEAP counselors can also be reached via e-mail at susan.bierman@navy.mil or andrea.hantman@navy.mil.

Naval Shipyard Centennial Book wins excellence in public relations award

Marshall Fukuki

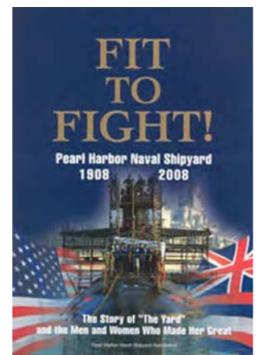
Pearl Harbor Naval Shipyard Public Affairs

"Fit to Fight," the hard-cover book covering the first 100 years of the history of Pearl Harbor Naval Shipyard, won a Koa Hammer Award from the Hawai'i chapter of the Public Relations Society of America (PRSA Hawai'i) on July 16.

PRSA Hawai'i honored the best achievements in public relations statewide in 2008 during its 26th annual awards dinner at the Sheraton Waikiki. The shipyard won the award in recognition of outstanding public relations tactics in the subcategory of book publication.

The book was published last year as part of the shipyard's centennial celebration. It is the first book exclusively devoted to telling the colorful story of the naval shipyard and the generations of dedicated men and women who worked there.

Pearl Harbor Naval



Shipyard is the largest industrial employer in the state of Hawai'i with a combined civilian and military workforce of about 4,700. It has an operating budget of \$620 million, of which more than \$390 million is payroll for civilian employees. The shipyard, strategically located in the Pacific Ocean, is a full-service naval shipyard and regional maintenance center for the U.S. Navy's surface ships and submarines.

For more information on Pearl Harbor Naval Shipyard, visit <http://www.phnsy.navy.mil>.

To report...

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- ✓ We are here to help
- ✓ You can remain anonymous
- ✓ Remember to use your chain of command first

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EMAIL: prlh-cnrhig@navy.mil

Free Classified Advertising for military in Hawaii Navy News

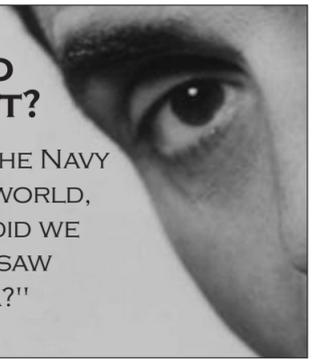
Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows: Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to lkanshi@honolulu.gannett.com), by phone at 521-9111 or by visiting www.honoluluadvertiser.com and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.

Skylark CENTRAL

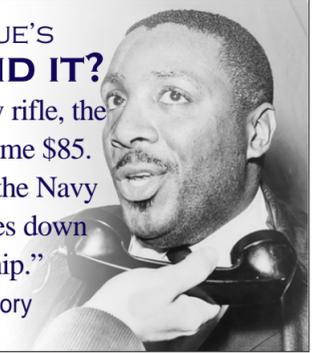
WORD SEARCH
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42ND STREET	LAS VEGAS BOULEVARD	Y S S O T C B V 6 T H S T R E E T A T I P C N
FIFTH AVENUE	SOUTH STREET	R H I L L H O U S E A V E N U E C E E E E T T
OCEAN DRIVE	BROADWAY BOULEVARD	A A O T E E R T S R E K C E E L B A L S N D T
6TH STREET	STATE STREET	S L D S W E B R E T S L O T V D N N E F S R H
FREMONT STREET	CANAL STREET	B L A O B R O T T S I G P R A T B T E R Y I T
PARK AVENUE	LOMBARD STREET	L S O I U T N T E E R T S T H G I A H E L S L
AUBURN AVENUE	SUNSET BOULEVARD	D T T H R S S E R E E E U E T S S R R M V E E
HAIGHT STREET	CASTRO STREET	R R E O Y N T I T R R E E T F D C D U O A G M
PEACHTREE STREET	MADISON AVENUE	A E I E S I R M E T L T S I I S A W 4 N N E O
BASIN STREET	VENTURA BOULEVARD	V E U N T S E I I H H I S E F O Y 2 E T I D S
HILLHOUSE AVENUE	CONSTITUTION	E T T N R A E T R C A H E H R L N L T S A R T
PENNSYLVANIA AVENUE	MICHIGAN AVENUE	L V E B E B T I R A H U D L T D E A B T A A E
BEALE STREET	VINE STREET	U N I K E V E E A E O I L I S U B K V R V V
HOLLYWOOD AVENUE	MULHOLLAND DRIVE	O E G R T E A U E P L I G T R E O E V E E E E
BISCAYNE BOULEVARD	WALL STREET	B B H E D R E N U R H L R A W D U S B E N L T
RODEO DRIVE	DUVAL STREET	D H T T H D A E R D T E E A N N L H R T U E E
BLEECKER STREET	NEWBURY STREET	O N M E R V N V N U E S W D E A E O U T E O E
LAKE SHORE DRIVE	WORTH AVENUE	O E I E T V R A E T B A E V E R V R E B U B R
SAND HILL ROAD	EIGHT MILE ROAD	W T L R E C S H L B L U A T A P A E E E A A S T
BOURBON STREET		Y E E T E E R T S L A N A C A B R D N E V A S
		L E R S R E T R P A O R E R O T D R L U E G D
		L R O O T E A O E S L H K U S T S I N A E E R
		O T A R S S O W I T S A L E I B A V U U E V A
		H S D T L D D D R A V E L U O B T E S N U S B
		U E C S A U A R K E V A V L M R O E U E T A M
		S N D A V M V N N A E S S O C A U V A I R L O
		O I E C U A A U R B R O A D W A Y R S E B A L
		E V I R D O E D O R O A V 6 A T D E E H H E H

WHO SAID IT?
"WE JOINED THE NAVY TO SEE THE WORLD, AND WHAT DID WE SEE? WE SAW THE SEA?"



LAST ISSUE'S **WHO SAID IT?**
"When I lost my rifle, the Army charged me \$85. That is why in the Navy the captain goes down with the ship."
-Dick Gregory



WORD SEARCH SOLUTION
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AIKIDO	TENNIS	D I S L A T Y K I C E H O C K E Y A
ICE HOCKEY	DARTS	C O L L A B T E U Q C A R B E R S K
ROLLER SKATING	KENDO	D T C T N E U R G N K D T T N N H M
BASKETBALL	TAE KWON DO	H A N D B A L L A B Y E L L O V I A
ICE SKATING	DIVING	R B I G I S R B L N U N O K X C T
SNOOKER	KUNG FU	I L W C N K L O E N I N K D E R E A
BILLIARDS	TRAMPOLINING	E E A G O I A L L A B E C D O D S E
JAI-ALAI	DODGEBALL	W T U S C O B L I S R I M N F I K K
SQUASH	MIXED MARTIAL ARTS	E E A M O C A E T A R A K T I G A W
BOWLING	VOLLEYBALL	G N I L T S E R W T R I I T T V T O
JUDO	FENCING	Y N L G O T K S T T S D N R N S I N
SUMO	RACQUETBALL	M I L G H U E K I S G W S E N U N D
WRESTLING	WEIGHTLIFTING	N S L I N T R A M P O L I N I N G O
BOXING	GYMNASTICS	A R E G N O L T S E R W O M U S L O
JUJITSU	ROLLER DERBY	S R F K D A C I R K E O T T M U N L
SWIMMING	HANDBALL	T U H I R L I N F U E A G G L I A I
CURLING		I S O T I A J G E T A T N O L B N E
KARATE TABLE		C R S D D I K H L F I B W E A Y O
		S R S Q U A S H L K X N O A E S E A
		A U S T I N U J L O A B O N L D I S
		T R C A O A E Y B R E D R E L L O R

This Week's Trivia
Which actor was disqualified from Navy's pilot training program during WWII because he was color blind?



Last Issue's Question:
In the U.S. Navy, what is a "deck ape?"

Answer:
Deck apes are surface fleet personnel, usually boatswain's mates, who care for topside gear and equipment.

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

FAMILY FUN AND MOVIE NIGHTS IN AUGUST
Come out for family fun and a movie, courtesy of Navy Region Hawai'i Morale, Welfare and Recreation (MWR) and Forest City Residential Management. The event will be held tonight, Aug. 21 and 28. FMI: www.greatlife-hawaii.com or 471-8658.

YOUTH AND MINI-YOUTH FITNESS ORIENTATION AT BLOCH ARENA
Free youth and mini-youth fitness orientations will be held at Bloch Arena on Aug. 15. The youth program will begin at 9 a.m. and is designed for children ages 10 to 14 years. The mini-youth fitness program will begin at 10 a.m. and is designed to show parents how to supervise their children, ages six to nine years, in the Fit Kids center. Youth must be accompanied by an adult for the orientation. Registration is required by the Thursday prior to each class. FMI: 473-0793.

BAYFEST 2009 TICKETS AVAILABLE
This year's Bayfest 2009 will feature The Black Eyed Peas on Aug. 15 at Marine Corps Base Hawai'i, Kaneohe. Tickets are \$25 at all Information, Tickets and Travel (ITT) locations. Supplies are limited. FMI: 473-0792.

SUPER GARAGE SALE AND CRAFT FAIR
Navy Region Hawai'i Morale, Welfare and Recreation will hold its super garage sale and craft fair from 8 a.m. to noon Aug. 22 at Richardson Field at Naval Station Pearl Harbor. All military-affiliated vendors can apply for a 10-by-10-foot space for a small fee by visiting the ITT office. Admission for buyers is free and the event is open to general public. FMI: 473-0606 or www.greatlifehawaii.com.

LABOR DAY WEEKEND SOFTBALL AND BASKETBALL TOURNAMENT
Registration ends Aug. 21 for the Labor Day softball and basketball tournaments on Sept. 4-6. Participation is open to active duty, family members (18 years and older), and Department of Defense employees. The tournaments are also open to intramural teams. The cost is \$175 per team. FMI: 473-2494.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

August

8-9 - The Pacific Aviation Museum will host "The Biggest Little Airshow on Ford Island" from 10 a.m. to 4 p.m. featuring popular 1 to 5 scale remote control aircraft. The event will also include food, prize drawings, a chance to fly an RC aircraft and hangar tours. FMI: 441-1013.

15 & 22 - Wally Amos from Chip & Cookie will be at the NEX from 10 a.m. to 2 p.m. in celebration of Hawai'i statehood.

15 - George Lee, local photographer, will be at the NEX from noon to 2 p.m. in celebration of Hawai'i statehood.

20 - The Navy Exchange (NEX) will host the Navy College Fair from 9 a.m. to 2 p.m. Stop by and collect information from 15 participating colleges and universities for Spring 2010 enrollment. Admissions and financial services will also be available. FMI: 423-3274.

22 - Kim Taylor Reese, local photographer, will be at the NEX from noon to 2 p.m. in celebration of Hawai'i statehood.

29 - Pacific Aviation Museum will host "Hangar Talk" with Rob Yonover, noted inventor and author of "Air & Sea Survival Technology: Born in Hawaii." Yonover will give a presentation from 1 to 2 p.m. at the Pacific Aviation Museum Theatre on Ford Island. Attendance is free with paid admission. FMI: 441-1013.

Sharkey Showtimes



Ice Age 3: Dawn of the Dinosaurs (PG)

The sub zero heroes are back. Scrat is still trying to nab the ever elusive nut, while maybe finding true love. Manny and Ellie await the birth of their mini-mammoth. Diego the saber toothed tiger wonders if he's growing too soft and Sid the sloth gets into trouble when he creates his own makeshift family by hijacking some dinosaur eggs. On a mission to rescue the hapless Sid, the gang ventures into a mysterious underground world, where they have some close encounters with dinosaurs, battle flora and fauna, run amuck and meet a relentless, one eyed, dino-hunting weasel named Buck.

TODAY

7:00 PM Transformers 2 (PG 13)

SATURDAY

2:30 PM Ice Age: Dawn of the Dinosaurs (PG)

4:45 PM The Taking of Pelham 123 (R)

7:00 PM Transformers 2 (PG 13)

SUNDAY

2:30 PM Ice Age: Dawn of the Dinosaurs (PG)

4:45 PM The Taking of Pelham 123 (R)

7:00 PM My Sister's Keeper (PG 13)

THURSDAY

7:00 PM Public Enemies (R)

