

Life Leisure

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PEARL HARBOR FCPOA HOST AN END OF SUMMER BASH



MC2 (SW) Mark Logico
Commander, Navy Region Hawai'i Public Affairs

More than 150 Sailors and families attended the "End of Summer Bash" hosted by the Naval Station Pearl Harbor First Class Petty Officer Association (FCPOA) at Rainbow Bay Marina on Aug. 28.

The event featured a chili cook-off, dunk tank and lots of barbecued foods. It also included pie and cake contests and activities for the children.

"We have been planning this since June," said Culinary Specialist 1st Class (SW) Tracey Mayweather, the president of the FCPOA. "We wanted to do something for Naval Station families so they could come out and enjoy a day."

With more than 35 active members, the association provided all the food and activities.

"We didn't want people to think that they would come here and pay," said Mayweather. "We wanted them to bring their families and come out and have a good time."

The bash is only one of many activities the FCPOA hosted for the community. The FCPOA has organized clothes drives, beautification projects and other volunteering activities.

"The First Class Association is the key to make things click," said Command Master Chief (SW/AW) Earl Gray of Naval Station Pearl Harbor. "What you see today is a group of Sailors who decided to put together something nice for the command. I think a lot of other commands can learn from what we're doing here today."



NHCH promotes diabetes prevention and awareness in September

Story and photo by Blair Martin

Contributing Writer

According to the American Diabetes Association, diabetes is a chronic disease that affects as many as 23.6 million Americans in the U.S., or eight percent of the total U.S. population. It is also estimated that an additional eight percent of Americans also suffer with undiagnosed diabetes.

In an effort to educate Sailors and their families about the risks associated with diabetes, Naval Health Clinic Hawai'i's (NHCH) health promotions department will be advocating diabetes prevention throughout the month of September.

Lt. Cmdr. Zaradhe Yach, family nurse practitioner at Makalapa Health Clinic, said that at Naval Health Clinic Hawai'i alone there are 335 patients diagnosed with diabetes, 59 of which are active duty.

"It is important to educate our military families, but even more important to advocate early screening [of diabetes] because this condition can have an asymptomatic period for as long as five to 10 years," she explained. "During that time, there can be a lot of damage to the body before someone is even diagnosed."

Diabetes is a condition that occurs when the body is unable to automatically regulate blood glucose levels, resulting in too much glucose, or sugar, in the blood.

The result of large amounts of blood sugar levels in the body can have damaging short-term and long-term effects, such as hypoglycemia, cardiovascular disease and even blindness if left untreated.

"People who do experience symptoms will often tell us they feel excessively thirsty, excessively hungry,



Lt. Cmdr. Zaradhe Yach, Family Nurse Practitioner at Makalapa Health Clinic, counsels Navy spouse Debbie Patterson on the many risk factors associated with diabetes, a chronic condition that occurs when the body is unable to regulate blood sugar levels. An estimated 23.6 million Americans in the U.S. are currently diagnosed and living with this condition.

or feel they are [having to] urinate all the time," Yach said. "Those are all symptoms that tell us that the blood sugar level is so high in the blood stream which is causing relative dehydration as a result."

There are different types of diabetes, including type one, type two and gestational diabetes. According to recent diabetes statistics, type two diabetes accounts for about 90 percent of all cases of diabetes and requires monitoring and treatment.

"We have a lot of active duty members who are diagnosed with type two diabetes," Yach said. "The key is that [the condition] is controlled. We want to really limit any complications through lifestyle modifications and medicine, depending on the severity."

Yach also noted that since diabetes and obesity are usually linked, healthy lifestyle modifications such as exercise and dietary changes can in many cases reverse a pre-diabetic diagnosis.

"It is very rare that diabetes is the only risk factor," she said. "Often times, high blood pressure, high cholesterol, even obesity can

[accompany a diagnosis]. This is why early screenings are so important. The earlier the screening happens, the faster we can conduct a healthy intervention."

Tracy Navarrete, health promotions director, said health promotions plans to host a Healthy Cooking class on Sept. 29 from 11 a.m. to 1 p.m. at Halsey Terrace Community Center, located at 620 Pool St. near Camp Catlin. The class is free and open to all military members, active duty or retired, and their beneficiaries.

Tripler Army Medical Center dieticians and counselors will share recipes for healthy and fresh dishes that accommodate and promote healthy lifestyles for military families.

"Diabetes is now one of the big alerts we are getting because it not only affects adults, it is starting to affect our children," Navarrete said. "A lot of this has to do with poor diet and not enough physical activity so we need to do what we can to [combat] this issue."

Navarrete said families can do simple things like staying in and cooking healthy meals, instead of dining out, and incorporat-

Diabetes Risk Factors

The following are risk factors for diabetes:

- Age 45 years and older.
- Overweight with a body mass index of 25 and above.
- Family history of diabetes (first-degree relative, such as father, mother, sibling).
- Habitual physical inactivity.
- Belonging to high-risk ethnic or racial group (such as African-American, Hispanic, Native American, Asian-American and Pacific Islanders).
- History of delivering a baby weighing nine pounds or more.
- Hypertension.
- Previously identified impaired glucose tolerance or impaired fasting glucose.
- History of vascular disease.
- Polycystic ovary syndrome.

ing more recreational sports or leisure activities into their daily lives that will decrease their chances of obesity and diabetes.

"Everyone thinks you have to make such big changes [when you are diabetic or pre-diabetic], but really all you have to do is make healthy life choices," she said. "Really, if we make a few more commissary visits and cook fresh ingredients at home and [incorporate] physical activity into our lives, our families will not only be happier, they will be healthier."

For more information on diabetes, visit the American Diabetes Association at www.diabetes.org. To sign up for the health promotions Healthy Cooking class, call Eleanor Bru at 473-1880, ext. 2396.



Frank Ilderton, Pearl Harbor Navy Exchange operations manager (far left), presented the award to Amber and her parents, Betty and Alfred Ikeler, on Aug. 22.

Pearl Harbor Navy Exchange announces A-OK winner

Story and photo by Mark Smith

Pearl Harbor Navy Exchange Marketing

Congratulations to Amber Eve Ikeler, 10, who was announced as the winner of the Navy Exchange (NEX) A-OK Student

Reward Program. Amber was presented with a savings bond for \$2,000.

Four winners are drawn every quarter for savings bonds totaling \$11,000. The A-OK program was established to support the students of authorized patrons by rewarding hard work and good grades.

Organization seeks volunteers to host visiting Sailors from French ship

The International Hospitality Center is seeking volunteers to host visiting Sailors from French Navy ship Prairial for Hospitality Day activities on Sept. 20. Volunteers will host Sailors for the day for recreational activities, such as sightseeing, beach/swimming, picnics, barbecues, etc. Prairial will be visiting Honolulu from Sept. 18-23.

To register as a volunteer or for more information, contact Barbara Bancel, IHC director, at 521-3554 or by email at ihc@priory.net. Registration deadline is Sept. 11.

La Jolla spikes NCTAMS in volleyball

Story and photo by
Randy Dela Cruz

Contributing Writer

The USS La Jolla (SSN 701) 1 volleyball squad competed with one less player, but still managed to beat Naval Computer Telecommunications Area Master Station (NCTAMS) in straight sets, 25-13 and 25-14, in a Morale, Welfare and Recreation Intramural Volleyball League match at Naval Station Pearl Harbor on Aug. 29.

With the victory, La Jolla 1 increased its record to 4-2 and is now tied for second place with USS O'Kane (DDG 77) and United States Pacific Command (PACOM) – one game off the pace of Mobile Diving and Salvage (MDSU) One. NCTAMS' record fell to 3-4.

La Jolla 1 nearly forfeited the contest due to a lack of players. But the team was able to gather the bare minimum of five players to



A USS La Jolla (SSN 701) Sailor crushes the ball through the defense of a Naval Computer Telecommunications Area Master Station (NCTAMS) player during an intramural volleyball matchup between the two commands. La Jolla's play at the net was a key factor in gaining a straight-set victory over NCTAMS.

square off versus NCTAMS, who competed with a full rotation of six players on the court.

"We're trying to get our ship out of dry dock right now so we're a little busy," said Lt. j.g. Chris Heine about La Jolla's small turnout.

Still, even though La Jolla 1 was outnumbered on the court, the team seemed to overcome its disadvantage by using a solid passing game and coming up with the clutch hit when it needed one.

In set one, La Jolla 1 got out to a

fast start by winning nine out of the first 10 points to take a commanding 10-1 lead.

Yeoman 3rd Class Christopher Chason of NCTAMS explained that many of the players are just getting used to the sport, and that heavily contributed to the team's slow start.

"We have a lot of new players on the team so they're not familiar with volleyball rules," said Chason. "We were having trouble communicating."

Although NCTAMS recovered to close the gap during the middle of game, La Jolla 1 scored nine of the final 11 points to put the contest away.

In the second set, NCTAMS was able to match La Jolla 1 point-for-point at the start, but eventually faltered to its opponent's taller and more experienced players.

With the score even at 3-3, La Jolla 1 went on the longest run of the match by rallying for eight straight points to earn an 11-3 advantage.

Although NCTAMS responded with three points of their own, following the service break, La Jolla 1 strung together a run of four points to increase its lead to 15-6.

La Jolla 1 closed out the match by winning seven of the final eight points down the stretch.

Chason said that while he and his teammates gave 100 percent on the court, the team's lack of experience and La Jolla 1's height advantage was too much for NCTAMS to overcome.

"It (height) helped them a lot," noted Chason. "It seemed like a lot of the ones we couldn't get to, they were able to get."

Heine stated that although La Jolla 1 played with only five players, the team's level of experience and skills was the deciding factors in its triumph over NCTAMS.

"A couple of our people used to play in high school and used to play in college," pointed out Heine. "At this level of play, it's usually just athleticism – guys who are coordinated and can play."

Wotevaz gets top seeding in volleyball playoffs

Story and photo by
Randy Dela Cruz

Contributing Writer

Wotevaz beat back a spirited challenge by 6-Pack to claim a tough straight-set victory, 25-15 and 25-22, in the teams' final regular-season game of the 2009 Morale, Welfare and Recreation (MWR) Women's Volleyball League at Naval Station Gym at Naval Station Pearl Harbor on Aug. 29.

The Women's Volleyball League is open to ladies who are at least 18 years old and are active duty Navy, family members or Department of Defense employees.

The win by Wotevaz raised its record to 6-1 and placed the gals in the driver's seat with the number one seed for the league's single-elimination playoffs, which will be held on Sept. 5 at Naval Station Gym. It's opponent, 6-Pack, finished with a 3-4 mark and enters the postseason as the number five seed.

Quarterfinal games will begin at 1 p.m. with 6-Pack meeting the 4-3 USS Lake Erie (CG 70). Other matchups include Fobulous (6-1) versus Ace Hitters (1-6), and Souljah Gurlz (4-3) against Bumpers (2-5).

Should 6-Pack get past Lake



Wotevaz hitter Nei Tauanua smashes a kill against 6-Pack during a Women's Volleyball League game at Naval Station Gym at Naval Station Pearl Harbor on Aug. 29. Tauanua's thunderous slams helped Wotevaz defeat 6-Pack in straight sets. Wotevaz finished at the top of the regular-season standings and is the favorite to win the league's playoffs, which is set for Sept. 5.

Erie, the ladies will square off against Wotevaz at 4 p.m. for a spot in the semi-finals which

starts at 5 p.m. The championship game is set for 6 p.m.

Log on to the MWR Web site at

www.greatlifehawaii.com for complete standings and starting-time updates for each playoff contest.

Although Wotevaz will enter the postseason as the favorite to capture the title, the team got a solid test from 6-Pack.

In the first set, 6-Pack matched the league leaders point-for-point after 10 serves and was only three points behind at 14-11 before Wotevaz started to pull away.

Following a service error by 6-Pack, Wotevaz went on to tally five of the next six points to take a 19-12 advantage.

After 6-Pack closed the gap by one, Wotevaz, with Yeoman 1st Class Maryanne Elisara serving, scored five straight points to put the game away.

Elisara explained that 6-Pack did a great job of slowing the game down, which seemed to keep the high-powered attack of Wotevaz off-balance.

"If it's slow, it hard to get going and into the game," said Elisara. "Everybody has an off-day every now and then. Hopefully, we'll do better the next time. They (6-Pack) gave us a run."

The second set was even closer as 6-Pack, led by its solid play at the net and the defensive skills of setter Sharyen Muneoka, nearly pulled off an upset.

No team was able to stage runs

beyond three points, and 6-Pack drew to within a single point of Wotevaz on two occasions.

Finally, with Wotevaz clinging to a 24-22 lead, hitter Nei Tauanua slammed the final kill to end the contest.

While 6-Pack came out on the short end against Wotevaz, Muneoka, who was an OIA first-team all-star setter for Aiea High School in 2005 and also played for Chaminade University of Honolulu, said that she was proud of the way her teammates battled the number one team.

Muneoka said that if 6-Pack continues its spirited play, she believes the team has a good chance of winning it all.

"We need to practice and work on our digging and playing together," she noted. "If we really want it, we can do it."

Meanwhile, Mona Lisa Vaavale, an outside hitter for Wotevaz, said that the team's hard-fought game with 6-Pack was good preparation for the playoffs.

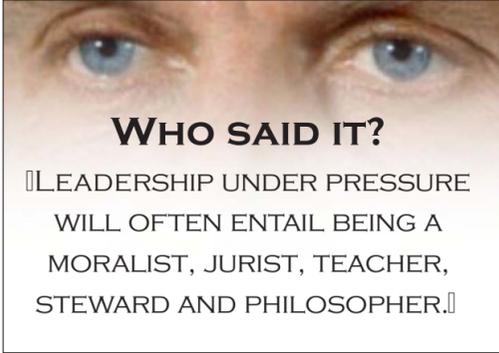
Vaavale added that the game has given Wotevaz something to think about as it gets ready to try and add another league title to its coffers.

"Today's game showed us what we need to fix during practice," said Vaavale. "We had too many serving and passing errors."

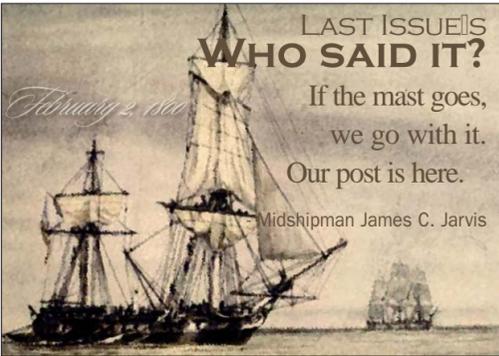
Skylark CENTRAL

WORD SEARCH
Find these 67 words that mean **DECLINE**

ATROPHY	SPLINTER	MOLDER	S O S R C E E W T O T T E R Z Y D R T R L
FALL APART	CRUMBLE	WASTE AWAY	D W I N D L E V I R H S E A A U A R E E Y
SHATTER	FRAZZLE	DISINTEGRATE	F R O P P A L M L L I H N W O D O G A R O
BACKSLIDE	SPLIT	PETER OUT	L S O M U D Z O P N T N E M G A R F T W C
FALL OFF	CRUMPLE	WEAKEN	U I U P T K Z L S I T E S D I E D O W N O
SHRIVEL	GIVE WAY	DROOP	F R A Y O W A D W W H S R G S A P R O I L
BEND	SPOIL	PLAY OUT	C I I F R F R E H O E R O S I O E M D P L
FALTER	DECAY	WEAR OUT	T P Z U V G F R R B S M W U T V T E U P A
SINK	GO DOWNHILL	DROP OFF	U E R Z H G C O Z B K T U O R A E W T L P
BREAK UP	SUBSIDE	RECEDE	O A E O L L S D T L I S G O P Z R W W U S
FIZZLE OUT	DECLINE	WILT	N E T A R E N E G E D E T E R I O R A T E
SLACK OFF	GO TO POT	DWINDLE	R U N O U T O F G A S F R U A E U E S Y D
BURN OUT	TAPER OFF	REGRESS	U N I E V A C U G O S O A F S I T D T R I
FLAG	DECOMPOSE	WITHER	B E L A H R A B T F F L P P A D E T E P S
SLACKEN	HIT THE SKIDS	ERODE	G K P R U G P T E F A D A M E R E R A E B
CAVE IN	TIRE	RUN DOWN	I C S M W E A K E N Z L L C O F E C W H U
FOLD	DEGENERATE	WOBBLE	A A B I K T F L G E D I L S K C A B A R S
SLUMP	LANGUISH	FADE	O L S E R N L U F D E I A O E O E L Y Y W
CHIP AWAY	TOTTER	RUN OUT OF	E S L O O I I E R I N B F D F R F D T N A
FRAGMENT	DETERIORATE	GAS WORSEN	O P P W S S O S N E I U E D A F I F A E H
SOUR	LAPSE	FAIL	Y H P C H I P A W A Y P L A Y O U T H U R
COLLAPSE	WANE		Y W A P P D S O E N W O D N U R L A A R L
FRAY	DIE DOWN		



WHO SAID IT?
 □ LEADERSHIP UNDER PRESSURE
 WILL OFTEN ENTAIL BEING A
 MORALIST, JURIST, TEACHER,
 STEWARD AND PHILOSOPHER. □



LAST ISSUE'S
WHO SAID IT?
 If the mast goes,
 we go with it.
 Our post is here.
 Midshipman James C. Jarvis

WORD SEARCH SOLUTION
 Find the 62 cities that INTERSTATE-95 passes through

HOULTON	LEVITTOWN	D O O W Y L L O H L L Y N L E R U A D W N K S
STAMFORD	ST. AUGUSTINE	B R U N S W I C K M L I V C K S P L N T E R
PETERSBURG	BOSTON	W F B O R O B X O F U E M T N L R R N V A N B
ORONO	PHILADELPHIA	N B A D N O T G N I X E L L E H C O R W E N E
GREENWICH	DAYTONA BEACH	R A L Y V O C V X M N T Y E R E T V Y L A E E
ROCKY MOUNT	FOXBORO	N O T N E E T K J A U N D T O K E I A W L B O
BANGOR	CHESTER	E K I E O T S G Y I H A A A L U E D W N E U M
MAMARONECK	TITUSVILLE	L U M B E R T O N M R S Y E F N R E I T X N T
BENSON	PAWTUCKET	N S O R A L A E A I O P T W O E E N E T A K T
AUGUSTA	WILMINGTON	S N R M P T M O V E H O O D D W O C E K N O I
NEW ROCHELLE	MELBOURNE	T O E F O T F K C I W S X U R B W E N D D O T
FAYETTEVILLE	PROVIDENCE	T H O U R E O R L E L O A O L U N L U O R R U
PORTLAND	ELKTON PORT	A I I T E R A T T L L P W A R W I C K I B S
NEW YORK	ST. LUCIE	B H A S E D W E W T S E E C Y L I R O A Y V
LUMBERTON	WARWICK	K A H T T E A E E F O R A A T P H S K P P A I
KITTERY	BALTIMORE	C C P H O T T N R F C C E J O U O E S L S L
TEANECK	WEST PALM BEACH	U O H P O A B L E I C T H A B B H T S O E D L
FLORENCE	NEW LONDON	T B H C C O W T I C C E C B H T E B A Z I L E
PORTSMOUTH	LAUREL	S I L M I N G T O N N K N N U R E A A H C O V
NEWARK	BOCA RATON	A L L C E W E W H E S C S O S T L K C Y H R I
SANTEE	OLD SAYBROOK	E L D I T E N T W O O A M B E R I D G E P O R T
KENNEBUNK	WASHINGTON	O M R F Y A E E N I T S U G U A T S U G U A T
ELIZABETH	FT. LAUDERDALE	O A N E W H A V E N T R T G Y E M L N B L N O
SAVANNAH	NEW HAVEN	N O M H C I E R G A E O E T G A R E T K W
NEWBURYPORT	ALEXANDRIA	N N O N A L T R O P O N O S N E B E M P O N N
NEW BRUNSWICK	HOLLYWOOD	C L E N L I N E R U L T T T E S A V A N N A H
BRUNSWICK	BRIDGEPORT	O A W E S T P A L M B E A C H E S T E R E U H
LEXINGTON	FREDERICKSBURG	
TRENTON	MIAMI	
JACKSONVILLE	DARIEN	
WALTHAM	RICHMOND	

This Week's Trivia
 What kind of marine disaster took place off the California coast on Sept. 8, 1923?

Last Issue's Question:
 In the national anthem, what type of rocket was Francis Scott Key referring to in the line, "the rockets red glare?"

Answer:
 In the War of 1812, British forces fought the fledgling republic of the United States to a standstill. During the campaign to punish the U.S., the British attempted to take Fort McHenry, a vital fort outside near Baltimore. One of the weapons they used was the Congreve rocket.

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

☞ SINGLE SAILORS – LADIES NIGHT
Single ladies are invited to get pampered at Liberty in Paradise today at 5:30 p.m. Start the weekend with Zumba, manicures, pedicures and massages. Bring clothes, books, purses and other items to trade in the clothing swap. Snacks and punch will be served. The event is free and open to all female, single Sailors. FMI: 473-4279.

☞ MINI-YOUTH ORIENTATION
A Mini-Youth Fitness Orientation will be held at 10 a.m. on Saturday at Bloch Arena. This free program is designed to show parents how to supervise their children, ages six to nine years, in the Fit Kids center. The session reviews standard safety practices, how to operate the equipment, plus proper warm-up and stretching exercises. FMI: 473-0793.

☞ LABOR DAY AT RAINBOW BAY MARINA
Military families are invited to celebrate Labor Day at Rainbow Bay Marina on Sept. 7. Participants will be able to rent a sailboat for half-off the regular price from 12 p.m. to 4 p.m. Certification and military ID required. FMI: 473-0279.

☞ NAVY-MARINE GOLF COURSE LABOR DAY HOURS
Navy-Marine Golf Course will have special holiday hours of operation on Sept. 7. The 1 and 10 tee times are now set for 7 a.m. to 8:45 a.m. and 11:30 a.m. to 1:15 p.m. FMI: 471-0142.

☞ JUNIOR GOLF AT NAVY-MARINE GOLF COURSE
Every Sunday during September from 3 to 4 p.m. military families, ages 8 to 17 years, can learn the basics of the swing, golf etiquette and rules. FMI: 471-0142

☞ JUNIOR GOLF AT BARBERS POINT GOLF COURSE
Every Sunday during September from 3 to 4:30 p.m., Military families, ages 8 to 14 years, can learn the basics of the swing, golf etiquette and rules. FMI: 221-9275.

☞ INTRAMURAL FLAG FOOTBALL LEAGUE
The season runs from September to December and is open to active duty. Games will be played at Ward Field at Pearl Harbor. FMI: 473-2494.

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

Community Calendar

☞ September

☞ 5 – Operation Homefront of Hawai'i will host "Aloha Holiday Care Package Collection Drive" from noon to 4 p.m. at Windward Mall. Local goodies such as Kona coffee, mochi crunch, macadamia nuts, crack seed, cookies, cuttlefish, University of Hawai'i logo wear, Hawai'i calendars, slippers, as well as small holiday decorations are requested. The collected items will be mailed free of charge to troops overseas in time for the holidays. FMI: www.operationhomefront.net.

☞ 7 – Home of the Brave Quilt Project will be at Pacific Aviation Museum from 10 a.m. to 2 p.m. on Ford Island. Volunteers will be making quilts for visitors to sign that will be presented to families of fallen Hawai'i Soldiers. FMI: 441-1013

☞ 12 – UFC Lightweight Champion BJ Penn will be at the Navy Exchange (NEX) from noon to 2 p.m. to promote his new clothing line "Prodigy" and his new DVD release "BJ Penn - 90 Days." He will also be available for autographs. FMI: 423-3274

☞ 15 – The 2009 Hawai'i-Pacific area Combined Federal Campaign will kick off. Pledges from federal civilian and military donors will be accepted from Sept. 14 to Nov. 6. The pledges will support more than 2,000 eligible non-profit organizations that provide health and human service benefits locally, nationally and throughout the world. FMI: contact your unit project officer or Cmdr. Jeanene Torrance at jeanene.torrance@navy.mil.

Sharkey Showtimes



I Love You, Beth Cooper (PG 13)

Nerdy teenager Denis Cooverman harbors a secret crush on Beth Cooper, the hottest girl in high school. During his graduation speech, Denis lets the cat out of the bag and declares his love for Beth, who, instead of dissing Denis, shows up at his house later that day and promises to show him the time of his life.

TODAY
7:00 PM Harry Potter and the Half Blood Prince (PG)

SUNDAY
2:30 PM G-Force (PG)
4:45 PM Harry Potter and the Half Blood Prince (PG)

SATURDAY
2:30 PM G-Force (PG)
4:45 PM I Love You, Beth Cooper (PG 13)
7:00 PM Orphan (R)

7:30 PM The Ugly Truth (R)

