

Life Leisure

B



NO BOREDOM for Roller Derby Gals

**Story and Photos by
Randy Dela Cruz**
Contributing Writer

With spouses and significant others on deployment, filling idle hours can be a difficult transition for those who are left behind. While it may not be the first thing that comes to mind, the sport of roller derby has become a welcome activity for two women, with U.S. Navy ties, to help ease the pangs of waiting. "The exercise aspect of it keeps you positive," said Kathie Stevens, a blocker on the Hawai'i Pacific Roller Derby (HPRD) Hulagans,

whose husband, Electronics Technician 2nd Class (SS) Tom Stevens, serves aboard USS Bremerton (SSN 698). "And having the group atmosphere, with everybody on the team, really maintains the positive emotions," said Stevens. Sylvia Flores, who helps coordinate events for HPRD and is also a skater with the team, said that Stevens is one of several military family members who are on the squad. The organization was first formed in February of last year and has become a melting pot that is, equally comprised of military personnel, family members and local gals. "We're slowly, but surely, getting the word out," stated Flores. "This past season, we had enough girls to form two teams." Many of the games this year were held at Marine Corps Base Hawai'i, Kaneohe, but on Nov. 7, the gals competed in a special engagement against the Los Angeles Derby Dolls at Kamiloiki Park in Hawai'i Kai. With Kathie, who goes by the name Collideascope, and her teammates blasting holes for their jammers, the Hulagans rolled over the Derby Dolls, 142-45.

In roller derby, a team is awarded a point when its jammer passes an opposing player. Hulagans lead jammer, Danee Miller, aka Luscius D, had a sterling performance as she started through the gaps, provided by her blockers, to convert much of the team's total score.

Machinist's Mate 2nd Class Joe Hopkins, who serves on USS Tucson (SSN 770) and is Miller's boyfriend, said he is amazed by Miller's skill on the track. And even though Miller is among the smaller players in the pack, Hopkins admitted that he is never worried about her safety. "She (Miller) is too quick for the other women to catch her," noted Hopkins. "I come out and watch whenever I'm not out to sea. She likes it, so I like it, too."

Miller, who is in her first season as a member of HPRD, spent two previous years playing for a squad in her home state of Minnesota. She said that skating gives her a rush and is a great alternative activity — especially for those who love sports. "Back home in Minnesota, sports is really big," said Miller. "We got football, baseball, but it's a lot of things for men. So this (roller derby) is something that we (women) can do."

Although Kathie is in her first season with HPRD, she shared that, like Miller, it didn't take long for her to develop a full appreciation and passion for roller derby. As a blocker, she acknowledged that it feels pretty good to lay down the hammer on her opponents. "The important thing is to do it legally," she said. "So there is definitely a safety issue."

Meanwhile, husband Tom added that even with a lot of physical clashes going on, he has no doubt that Kathie can take care of herself. "I don't really worry about her because she is tough," said Tom. "I know that when she gets out there, she is the one that's going to break some ribs. As a skater, she is very technical. She knows when and where to hit people. Overall, she just makes the game, I think," he added. While Flores granted that there still is a stigma about roller derby, she said that, with more women showing an interest, HPRD is doing all it can to help the sport become mainstream.

Of course, having more athletic gals, such as Miller and Kathie, will go a long way toward making the sport become more popular. "We are trying to show Hawai'i that we are athletes," said Flores. "We would like to see roller derby become a more recognized sport. This is 100 percent real. Nothing is staged."

The next HPRD Roller Derby game will be held at U.S. Coast Guard Air Station Barbers Point at the Hideaway Club on Nov. 21 starting at 4:30 p.m.

For more information, visit the HPRD official Web site at www.pacificrollerderby.com.

Forest City communities receive 'A-list' awards

Story and photo by
Ryan Wilson

Communications Coordinator, Navy Housing Forest City Residential Management, Inc.

Forest City Residential Management recently received some great news from housing residents. Eight neighborhoods received A-List Awards as a result of the CEL surveys filled out by Forest City residents. That means those communities rated Forest City among the best of the best in the real estate industry for resident satisfaction.

Forest City appreciates that residents recognized its hard work as it continues to "strive for five" by providing the exceptional service residents deserve. Many residents had wonderful things to say on their comment cards:

"If I had to only answer one question, 'Are you happy in your home?' we'd say yes and give you a five plus. Thank you."

"I'm an LDO with 27 years in the U.S. Navy. My experiences with Forest City have been the best I've ever seen. From the beauty of my home...to the interaction with the professional staff to the value and ease of renting, Forest City is the number one residential management company, hands down, the Navy has."

"We love living in this community and are very thankful to be here."

"When we move, the reality of how good we had it will be evident from the minute we have [to say] goodbye."

The survey numbers measuring resident satisfaction



Matt Diaz, West Airport groundskeeper, delivers a CEL survey to Dina Budomo, a Moanalua Terrace resident.

tion tell the rest of the story. They're a reflection of the sincerity of the quotes Forest City received. Here are some of the highlights:

- Overall Satisfaction: 80.7 (out of 100)
- Service Satisfaction: 80.5
- Readiness to Solve Problems: 81.1
- Quality of Management Services: 79.4
- Quality of Leasing Services: 85.6
- Quality of Maintenance Services: 84

"These are great scores that we're proud of. They set a very high standard in property management," said Kari Diaz, Forest City Residential Management general

manager. "We're also proud to report that more residents chose to give us a five than any other single rating for every question. We appreciate the high scores. But the constructive criticism we received is just as important because it gives us an idea of how to better serve our military families," she added.

Resident feedback covered a wide range of topics. Many residents asked for new amenities or for policy changes. Others asked about installing speed bumps or had questions about maintenance and landscaping. Forest City wants residents to know

that while it can't accommodate all requests, it is actively working to address new or recurring issues to make the living experience in a Forest City home the best it can be.

For residents who asked for a response to their comments, representatives from Forest City will contact them personally to address concerns. If residents didn't ask for a response but would like one, they can feel free to contact their resident services office. Forest City is committed to improving in all aspects of residential management while continuing to provide residents with exceptional service.

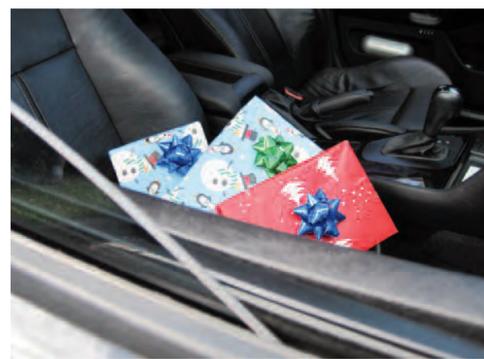


Photo courtesy of Forest City Residential Management

Don't be a victim of a crime of opportunity. If you have to leave gifts in the car, make sure your car is locked and hide the gifts under the seat or in the trunk. Don't leave them out in the open.

Prevent crimes of opportunity

Ryan Wilson

Communications Coordinator, Navy Housing Forest City Residential Management, Inc.

The holiday season is here and that means gifts and goodies. Unfortunately, it's also a time when thieves are on the lookout for an easy target. That's why Forest City reminds all residents to avoid becoming the victim of a crime of opportunity.

Remember to always lock valuables inside your home. If you have to leave a recently purchased gift in your car, make sure it's hidden from view. Place it under a seat or in the trunk.

And here's one suggestion people don't always think about. Don't advertise that you just unwrapped that brand new laptop computer by dumping the box outside your house. Thieves will be tempted to turn your new computer into their new computer.

If you just bought your child his first bike, don't leave it unsecured in the carport or an open garage. Always make sure that bikes are locked up or in a secured location.

"It's unfortunate that crime is a reality no matter where you live and no matter what time of year it is," said Jeff Sandstrom, Forest City security director. "But there are things residents can do to help deter it. They can join their local neighborhood security watch or start one in their community. Communicate with your neighbors and your resident services office about any suspicious activity. To put it simply, residents can make their neighborhoods more secure by walking and talking."

The holidays are supposed to be a time for fun and cheer. Don't let a criminal ruin the season for you. Forest City has additional holiday safety reminders and a printable safety tips flyer at its Web site, www.fcnavyhawaii.com

Newly-renovated USO Hawai'i Airport Center offers troops 'special aloha'

USO Hawai'i

USO Hawai'i hosted troops, their families and business and community supporters at the maile lei untying ceremony of its newly-renovated center at Honolulu International Airport on Nov. 5. With four paid staff and more than 200 volunteers, USO Hawai'i serves more than 60,000 troops and their family members each year.

"For hundreds of military and their families that come through the Honolulu International Airport daily, USO Hawai'i offers a home away from home while they are on the island or in transit," said Thomas Kolstad, vice president, USO Pacific Region Operations. "Aiding troops who often are tired, hungry and in need of relaxation, the services and amenities the USO provides give new meaning to 'service on the ground,'" explained Kolstad.

"We refurbished the USO Hawai'i center to provide troops and their families a comfortable, up-to-date home away from home, with all new furnishings and equipment," said Eva Laird Smith, USO Hawai'i director. "It's our way of saying, 'thank you' and giving back to



U.S. Navy photo

The Hawaiiana seating area with surfboard display welcomes visitors to the newly-renovated USO Hawai'i center at the Honolulu International Airport.

the military community here in Hawai'i."

The center renovation includes 16 eight-foot-tall glass panels featuring Hawaiian motifs and military iconography. The stunning artwork makes the center a showcase of the islands' unique lifestyle and character.

Rare vintage photos from the U.S. Army Museum collection are also on display. The center features comfortable lounge chairs sporting island prints, leather recliners with matching ottomans, contemporary desktops, coffee tables and a video gaming station.

The entertainment lounge features a 62-inch flat screen television, computer terminals with free Internet and e-mail access, Wi-Fi connectivity and free Skype calls that allow troops to stay connected with their loved ones.

Bottomless cups of coffee, pastries and popcorn are available while troops visit the center. Other amenities include a restroom, shower, keiki activity room, magazines and other publications. The center is open to all active duty service members and their families seven days a week from 8 a.m. to midnight.

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 lkameshi@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.



Valdez honored with Hispanic Media Award

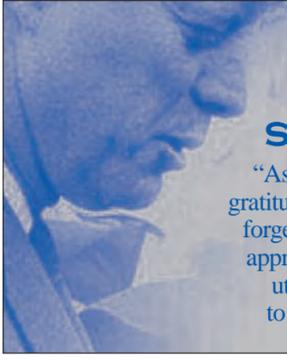
Pedro Valdez (front from the left), general manager of Navy Channel 2 at Pearl Harbor, received the Hispanic Media Award at the annual Hawai'i Hispanic Achievement Awards ceremony held on Nov. 3 in Honolulu. Valdez, a Mexican-American, was also the producer, director and host of the "Que Pasa, Hawai'i?" television show, which was the first Hispanic television show in the Islands that ran from 1991 to 1999.

Photo courtesy of Hawai'i Hispanic News

Skylark CENTRAL

WORD SEARCH
Find the these 38 **SEMORDNILAPS**
Words in English when spelled backwards is still an English word

ANIMAL	LOOTER	W	A	R	T	S	D	A	R	E	G	A	L	I
KEELS	SNAPS	P	E	E	L	S	T	E	E	L	S	K	K	O
REBUT	DESSERTS	S	W	P	N	W	R	T	L	E	P	E	R	
DECAF	LOOTS	P	N	A	W	A	A	R	O	S	W	W	E	
KNITS	SNIPS	N	P	I	R	R	L	O	O	P	S	R	L	B
REDRAW	DEVIL	S	D	D	P	D	P	D	L	O	O	T	S	U
DECAL	PACER	D	E	E	P	S	E	I	N	E	D	O	E	T
LAGER	SNOOPS	L	C	L	N	N	L	R	C	S	T	I	L	T
REMIT	DIAPER	P	A	O	I	A	E	S	P	S	P	D	D	S
DEEPS	PARTS	F	L	M	F	V	V	K	N	I	T	S	T	D
LEPER	SPORTS	A	E	T	I	M	E	R	L	O	A	R	R	S
SLEETS	DRAWER	C	O	L	R	N	R	D	A	S	O	G	A	O
DELIVER	PEELS	E	E	R	E	C	A	P	D	P	P	P	M	P
LEVER	SPOTS	D	E	S	S	E	R	T	S	T	O	P	S	V
SLOOPS	DRAWS													
DENIES	POOLS													
LOOPS	STRAW													
SMART	FIRES													
DENIM	PORTS													



Who SAID IT?

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them."



LAST ISSUE'S WHO SAID IT?

"MANAGEMENT IS EFFICIENCY IN CLIMBING THE LADDER OF SUCCESS; LEADERSHIP DETERMINES WHETHER THE LADDER IS LEANING AGAINST THE RIGHT WALL."

- Stephen R. Covey

BIG WORD SEARCH SOLUTION
Find these 48 words that contain **UP**

UPBEAT	UPSET	N	N	P	U	U	P	L	I	F	T	E	D	U	S	E	P	N	R	
UPMARKET	UPTICK	M	U	U	U	P	W	E	L	L	I	N	G	O	K	A	R	O	K	
UPSTART	UPHILL	E	H	P	R	S	K	A	O	I	P	P	N	A	L	U	A	L	C	
UPBRAID	UPSHIFT	U	U	C	W	T	V	E	U	T	H	A	T	O	T	O	P	I	I	
UPMOST	UPTIGHT	U	P	B	E	A	T	H	E	U	L	P	D	P	E	S	H	S	T	
UPSTATE	UPHOLD	U	S	S	E	N	R	U	U	P	U	G	O	H	K	S	P	P	P	
UPBRINGING	UPSHOT	S	F	H	H	D	I	D	U	P	W	I	N	D	R	L	U	U	U	
UPRAISED	UPTIME	U	P	B	R	I	N	G	I	N	G	K	O	I	A	R	B	P	U	
UPSTREAM	UPHOLSTER	U	G	H	H	N	F	E	K	O	N	P	A	T	M	O	L	O	C	
UPCHUCK	UPSIDE	S	P	N	H	G	R	T	H	G	I	T	P	U	P	O	L	S	T	
UPRIGHT	UPTOWN	U	P	S	I	D	E	E	U	P	S	H	K	C	U	H	G	P	U	
UPSURGE	UPKEEP	P	W	U	C	W	T	P	R	E	P	I	E	E	T	A	T	S	P	U
UPCOMING	UPSILON	R	T	S	P	A	S	T	U	P	R	A	I	S	E	D	D	U	U	
UPRISING	UPTURN	O	U	D	T	L	P	R	U	P	I	H	U	P	M	O	S	T		
UPSWEPT	UPLANDS	A	H	P	R	O	C	E	U	A	U	P	G	R	A	D	E	O		
UPDATE	UPSTAGE	R	U	E	T	L	H	W	E	T	T	A	U	H	U	R	O	S		
UPROAR	UPWARD	O	A	N	I	P	P	S	N	N	H	S	P	T	T	R	D	I	S	
UPSWING	UPLIFTED	M	P	D	A	S	U	P	T	I	M	E	P	E	P	R	N	P	P	
UPEND	UPSTAIRS	N	K	N	I	L	P	U	N	T	U	P	S	U	R	G	E	R	U	
UPROOT	UPWELLING																			
UPTAKE	UPLINK																			
UPGRADE	UPSTANDING																			
UPSCALE	UPWIND																			
UPTHRUST	UPLOAD																			
UPHEAVAL																				

This Week's Trivia

In which Pacific naval battle were the commanders of the opposing fleets able to transfer their flags from a badly damaged carrier to a cruiser?

Last Issue's Question: What was the first jet plane to land on an aircraft carrier?

Answer: On Nov. 6, 1945, the first jet plane to land on an aircraft carrier was a Ryan FR-1, piloted by U.S. Navy Ensign Jake West.



Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

☪ SINGLE SAILORS – THANKSGIVING LUNCH
On Nov. 26, single Sailors will be able to enjoy a Thanksgiving feast at Liberty in Paradise, Instant Liberty and Liberty Express. Food will be served at 11:30 a.m. The event is free and open to all single Sailors. FMI: 473-4279.

☪ SUPER GARAGE SALE
Morale Welfare and Recreation (MWR) will host a Super Garage Sale and Craft Fair from 8 a.m. to noon at Richardson Field on Nov. 21. Admission is free and the sale is open to both the military and general public. FMI: 473-0606.

☪ TURKEY DAY AT SCOTT POOL
On Nov. 26, enjoy Scott Pool from noon to 4 p.m. FMI: 473-0394.

☪ THANKSGIVING SOFTBALL AND TURKEY SHOOT BASKETBALL TOURNAMENTS
Gather your friends and family for a little competitive fun Nov. 27 to 29 for Thanksgiving softball and turkey shoot basketball tournaments. The cost is \$175 per team, per sport. Softball games will be played at Millican Field (near Makalapa Gate) and basketball games will be played at Bloch Arena gym. FMI: 473-2494.

☪ SINGLE SAILORS – UNIVERSITY OF HAWAII VS. NAVY GAME
On Nov. 28, join Liberty in cheering on the Navy. Enjoy a tailgate party before this exciting game. Transportation will be provided. FMI: 473-4279.

☪ 12 DAYS OF FITNESS
Participate in a different workout on 12 consecutive days (from Dec. 1 to 12) to help you get in shape before the holiday parties begin. This is an opportunity to shed those last unwanted pounds in 2009. Times and events for these free classes will be posted at Bloch Arena at the end of November. FMI: Bloch Arena 473-0793

☪ WINTER CAMPS FOR YOUTH
MWR will offer winter camps for youth with locations at Catlin Clubhouse, Ford Island and Rainbow Bay Marina. Winter Camp Adventure is open to children of all active duty and Department of Defense civilians. Online registration is now in progress for active duty and Department of Defense civilians. FMI: 421-1556 or www.greatlifehawaii.com.

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

Community Calendar

☪ November

☪ 21 ~ The Pacific Fleet Band will perform at the Hale Koa at 3 p.m. It is a free concert and no tickets are necessary. FMI: Hale Koa Hotel at 955-0555

☪ December

☪ 1 ~ Pacific Aviation Museum will hold its third annual anniversary event, "A Night to Remember," at 6 p.m. at hangars 37 and 79 on Ford Island. The dinner fundraiser commemorates the opening of the museum and the Dec. 7, 1941 attack on Pearl Harbor. FMI: 441-1008 or tourcoordinator@pacificaviationmuseum.org.

☪ 11 ~ Join in on the season's festivities with Winterfest 2009 at Club Pearl. The fun begins at 6 p.m. Enjoy activities, games, crafts, snacks and more including a visit with Santa. Entertainment includes a performance by the Children's Theatre of Oahu. Get into the holiday spirit by bringing in canned goods to donate to the Armed Forces YMCA Food Bank. Winterfest 2009 is free and open to all active duty, military-affiliated personnel and Department of Defense civilians, family members and their sponsored guests. FMI: www.greatlifehawaii.com.

☪ At a glance

☪ Hawai'i keiki will receive free museum admission to the Pacific Aviation Museum on Saturdays and Sundays. Families are invited to visit the newest of the museum located on historic Ford Island where one child's admission (ages four through 12) is free with each paid adult admission. Children under four are always free. Tickets are available online at www.PacificAviationMuseum.org. Adult ticket rates are \$14 regular; \$10 for kama`aina and military. The museum is open 9 a.m. to 5 p.m. daily. FMI: 441-1000 for or www.PacificAviationMuseum.org.

Sharkey Showtimes



Cloudy With a Chance of Meatballs (PG)

"Cloudy with a Chance of Meatballs" is about inventor Flint Lockwood and his food-making invention. When hard times hit Swallow Falls, its townspeople can only afford to eat sardines. Flint Lockwood, a failed inventor, thinks he has the answer to the town's crisis. He builds a machine that converts water into food, and becomes a local hero when tasty treats fall from the sky like rain. But when the machine spins out of control and threatens to bury the whole world under giant mounds of food, Flint finds he may have bitten off more than he can chew.

TODAY

7:00 PM Law Abiding Citizen (R)

SATURDAY

2:30 PM Cloudy With a Chance of Meatballs (PG)
4:45 PM The Invention of Lying (PG 13)
7:00 PM Zombieland (R)

SUNDAY

2:30 PM Where the Wild Things Are (PG)
4:45 PM Surrogates (PG 13)
7:00 PM The Stepfather (PG 13)

THURSDAY

7:30 PM Cloudy With a Chance of Meatballs (PG)

