



Pearl Harbor Sailors support

Wildlife Sanctuary

Pouhala Marsh



MC2 (AW) Eric J. Cutright

*Navy Public Affairs Support Element
West Detachment Hawaii*



Naval Station Pearl Harbor Junior Sailor Association (JSA) members met with volunteers at the Pouhala Marsh on Jan. 23 to help eliminate invasive weeds such as pickleweed and mangrove from the area.

Pouhala Marsh is the largest of the wetland habitats in the Pearl Harbor area and is also home to two rare species of birds; the Hawaiian black-necked stilt and the Hawaiian coot.

“What we’re trying to do is remove the invasive vegetation and replace it with native plants to produce a better habitat for the birds,” said Ati Jeffers-Fabro, wetlands coordinator for Hawaii Department of Land and Natural Resources/Division of Forestry and Wildlife.

The 10 Sailors who volunteered their off-duty time didn’t hesitate to get their hands dirty as they trekked through knee-deep mud and water in their efforts to remove the foreign plants.

“This sort of volunteer work is good because it shows that the Navy cares about the community and the area it inhabits,” said Culinary Specialist 2nd Class (SW) Timothy Niitani, assigned to Naval Station Pearl Harbor.

The 70-acre marsh was once a dumping ground until recent years when a land-lease agreement between the City and County of Honolulu and the State of Hawaii allowed the state to manage the entire area as a wildlife sanctuary.

“It’s a great chance for us to see what’s on the shore, see the nature, and be able to help out the local wildlife,” said Master-at-Arms 2nd Class (SCW) Vincent Ingellis, assigned to Naval Station Pearl Harbor.

The Sailors’ volunteer efforts along with their civilian counterparts were part of the Pouhala Marsh Ecosystem Restoration Project in coordination with the Hawaii Nature Center, a non-profit organization which provides hands-on education for families and adults.



(Top photo) Master-at-Arms 2nd Class (SCW) Vincent Ingellis treks through the Pouhala Marsh during a volunteer restoration project on Jan. 23. Sailors from Naval Station Pearl Harbors’ Junior Sailor Association volunteered at the marsh which serves as a wildlife sanctuary.

(Above left) Former Electronics Technician 1st Class (SS) Jason Tremblay removes mangroves from the Pouhala Marsh.

(Above) Culinary Specialist 2nd Class (SW) Timothy Niitani pulls out mangroves at the Pouhala Marsh during a volunteer restoration project.

(Left) Master-at-Arms 2nd Class (SW/AW) Wilson Gacayan removes mangroves

Chung-Hoon anchors Port Royal

Story and photo by
Randy Dela Cruz

Contributing Writer

Yeoman 1st Class Will Brown pumped in 12 of the team's 16 points in the fourth period to help USS Chung-Hoon (DDG 93) power past USS Port Royal (CG 73), 37-26, to open the Afloat Intramural Basketball League's new season at Naval Station Pearl Harbor, on Jan. 23.

Brown led all scorers with 14 points while teammate, Ensign Travis Harlow, connected on four three-pointers to tally 12 for Chung-Hoon. Post-player Ensign Ural Thompson led Port Royal with eight points.

With Chung-Hoon down by a single point, 22-21, entering the final period, Brown became the focal point of the team's attack as he consistently beat the Port Royal defense for some easy shots under the basket.

Brown put Chung-Hoon back out in front in the opening seconds of the fourth on an assist by Engineman Fireman Zack Young, and immediately extended the advantage to five points by converting on a basket and one with 6:35 remaining in the game.

The trend continued throughout the rest of the period as Chung-Hoon took apart the Port Royal press to find an open Brown parked under the hoop.

"All we needed to do was get a runner down and hit the open man because they (Port Royal) were pressing

the whole time," said Brown. "They weren't getting back and my teammates were noticing that. So as soon as my guys picked their heads up, I was down for some easy buckets."

Navy News Sports

While Chung-Hoon was able to streak past Port Royal in the last few minutes, the game was hotly contested for most of regulation play.

Both teams got off to a slow start with only three points apiece after the first period, but things heated up in a hurry – especially for Harlow, who was dialing it up long distance in the second.

Harlow put Chung-Hoon out in front with a three-point bomb with 2:17 left in the half and went on to connect on two more treys before intermission.

"My teammates did a great job of penetrating and dishing, and I just had enough room to shoot," explained Harlow about his hot hand. "Sometimes the rim looks real big."

However, while Chung-Hoon took a six-point lead at halftime, Port Royal opened the third period with a full-court press and rattled off 12 straight points before Young scored on a short jumper to break the string.

Information Systems Technician 3rd Class Byron Brown splashed down a moon shot from beyond the arch to give Port Royal a one-point lead



USS Chung-Hoon (DDG 93) Yeoman 1st Class Will Brown sinks two of his game-high 14 points during an Afloat Intramural Basketball League game against USS Port Royal (CG 73) at Naval Station Gym, Naval Station Pearl Harbor, on Jan. 23. Brown scored a dozen points in the final period to lead Chung-Hoon to a 37-26 victory over Port Royal in the season opener for both teams.

with 5:01 left the game.

"It was a different look and you always come out cold after halftime," noted Harlow. "Once we took some time and talked about it, we were able to break it."

Although Chung-Hoon got hot in the fourth, Port Royal went in the opposite direction, as the team managed only four points in the final eight minutes of play.

Thompson said that a lack of practice time and too much work aboard the ship spelled doom for Port Royal when the game was on the line.

"We're just not used to playing with one another," said Thompson. "Plus, we've been working a lot so we need to get our stamina back. Basketball is really fast-paced. People's legs started giving out in the last quarter."

Still, Thompson maintained that once everyone on the team gets on the same page, Port Royal would be back among the top squads in the league.

"I never really count the first game," he said. "We'll get our defense and offense established. I don't plan on losing any more games."

Meanwhile, with one win in its pocket, Harlow said he believes that Chung-Hoon will have a good season.

"It's hard to tell, but starting off like this, I think that we have a chance to do very well," admitted Harlow. "We got a good mix of big and small (athletes) and the ball moves well. We got good chemistry on this team."

K-Bay Sluggers rally past Mudcats

Story and photo by
Randy Dela Cruz

Contributing Writer

The Sluggers from Marine Corps Base Hawaii (MCBH) exploded for seven runs in the top of the fourth inning to beat the Pearl Harbor Mudcats, 11-1, in a Hawaii Military Youth Athletic Association (HMYAA) Bronco (ages 11-12) Division Winter League baseball game at Lynch Field, Naval Station Pearl Harbor, on Jan. 23.

The HMYAA is an inter-base youth organization that includes teams from Pearl Harbor, Hickam Air Force Base and MCBH.

This season, the Winter League, which is run as an instructional league through Pearl Harbor's Morale, Welfare and Recreation youth sports, has age divisions in Shetland (5-6), Pinto (7-8), Mustang (9-10), Bronco (11-12) and Pony (13-14).

The Sluggers and Mudcats started off their showdown locked in a pitching duel between Collin Sears of Pearl Harbor and Jason Garcia of K-Bay.

For the first three innings, Garcia struck out four batters while allowing only one hit to Dillon Cox, who stroked a single to lead off the first inning.

Cox's aggressive base running turned the lone hit into the game's first run when he stole second base and raced home after a bad throw got past the infield on Cox's pilfer of third.

Meanwhile, after a rocky start in the first, Sears did a masterful job on the mound as he took a no-hitter into the fourth inning.

At one point, Sears retired nine batters in succession with seven Ks before things unraveled for the Mudcats pitcher.

After striking out Garcia to start off the fourth inning, Sears had his consecutive putout streak come to an end after a K-Bay hitter reached base on an infield error.

The boot seemed to open the



Collin Sears, pitcher for of the Pearl Harbor Mudcats, releases a pitch against the K-Bay Sluggers in a Hawaii Military Youth Athletic Association (HMYAA) Bronco (ages 11-12) Division Winter League baseball game at Lynch Field, Naval Station Pearl Harbor, on Jan. 23. The Sluggers beat the Mudcats, 11-1.

door for the Sluggers as the Windward visitors started a merry-go-round that saw a total of 13 batters come to the plate.

Sears was finally replaced in the inning after giving up six runs on one hit, three walks, a hit batsman and seven wild pitches.

"He (Sears) hit a kid in the leg and that kind of took him out of his game," said Chief Information Systems Technician Matt Geurts, who is the head coach of the Mudcats. "Our pitcher-catcher battery was doing phenomenal. He (Sears) had a no-hitter, but he just got tired."

Utilitiesman 1st Class Eric Bailey, an assistant coach for the Sluggers, said that prior to the team's big inning, he instructed each player to be patient and look over every pitch.

"He (Sears) was throwing the ball high," said Bailey, who oversaw the team's strategy after head coach U.S. Marines Lt. Col. Aaron Holland wasn't able to make the trip. "I just told them to just wait for their pitch."

After gaining the big lead, Bailey turned to the rifle arm of Alfred Cataman, who mowed down the Mudcats in order with three straight strikeouts.

"We have had both of our pitchers for a couple of years now," said Bailey, about Garcia and Cataman. "He (Cataman)

plays a lot of baseball and has a good arm."

Geurts, who is assisted by Chief Cryptologic Technician (Technical) Jay Hall, noted that even in defeat, he was extremely proud of the way his players battled throughout the game and never gave up.

Despite the score, Geurts acknowledged that he has seen a lot of improvement from his players since the start of the season and is certain that the team will continue to make progress.

"There was some long innings out there on a hot day, but our kids played hard," said Geurts. "We know of a couple of things that we got to work on, but if we can duplicate our first three innings for the rest of the season, our kids will be doing excellent."

Bailey said that he is also happy with the advancements made by the Sluggers since the beginning of the year.

The team practices two times each week and focuses on fundamentals, such as fielding and batting during each session.

The biggest obstacle facing the Sluggers, admits Bailey, is that the team has to complete the entire season with a bare minimum of players.

"We only got nine players from the entire base," said Bailey. "So things could get pretty interesting if somebody doesn't show up."

Naval Station's defense cools Nasty Pac

Story and photo by Randy Dela Cruz

Contributing Writer

Naval Station Pearl Harbor (NAVSTA) used a ferocious defense enroute to a runaway 40-17 win over Naval Submarine Training Center Pacific (Nasty Pac) in an Ashore Intramural Basketball League game at Naval Station Pearl Harbor, on Jan. 25.

The victory raised NAVSTA's regular-season record to 2-0 and increased its burgeoning winning streak to 29 straight games.

"Our defensive effort was really good today," said Chief Electrician's Mate Troy McCloud, who returns as the starting center for NAVSTA. "They (Nasty Pac) are a good team with a lot of good ball handlers, but our press was able to force a lot of turnovers. Without that, I don't think that we would have won by the margin that we had."

Fire Control Technician 1st Class Casey Pegraim put Nasty Pac out on top with the first basket of the game.

However, the 2-0 start turned out to be Nasty Pac's only lead of the contest as NAVSTA quickly put the clamps on its opponent in allowing only two baskets for the entire first two periods to take a commanding 16-7 advantage at halftime.

Pegraim admitted that the constant pressure applied by the NAVSTA defense was too tough to overcome.

"They (NAVSTA) were very quick and organized," said Pegraim. "They got a press, play good zone defense and have a good motion offense. It's just pure athleticism."

In the second half, NAVSTA's defense began to pay huge dividends on offense as the team converted a number of forced turnovers into easy baskets.

A total of seven NAVSTA players combined to score 15 points in the third period to take a 31-11 lead entering the final eight minutes of play.

The game breaker came on a three-point bomb by Personnel Specialist 3rd Class Aaron Jackson, who connected from downtown with only 3:10 left in the third.

Master-at-Arms Seaman Brandon Thomason, who is playing in his first season as a member of the NAVSTA basketball team, said that one of the keys to the squad's success this season will be its ability to spread the ball around.

Against Nasty Pac, a total of eight different players got in the scoring column for NAVSTA with Thomason pacing the team with a game high of nine points on three field goals and three of four shots from the charity stripe.

In addition to Thomason, Jackson pumped in seven points and was followed by two other players with six points.

"It's best to get everybody in the game. You



Lt. Jason Jones of Naval Station Pearl Harbor (NAVSTA) lays up two of his six points during an Ashore Intramural Basketball League game against Naval Submarine Training Center Pacific (Nasty Pac) at Naval Station Gym, Naval Station Pearl Harbor, on Jan. 25.

don't want to have just one guy scoring all the time," said Thomason. "We kept a lot of people coming in and out so we had fresh legs all game long. We can press all day so they (Nasty Pac) just got tired."

Although the makeup of the team is quite different from the one that took last season's title with an undefeated 23-0 mark, McCloud stated that NAVSTA should be good enough to make another run at the base championship.

"Compared to last season, this is a much faster team. We have more slashers," said McCloud. "We need to be tested to see how we'll do in a half-court setting, but right now, I like the way we're going."

While Thomason wasn't a member of last season's title squad, he also likes NAVSTA's chances of repeating.

As long as the team keeps focused and continues to play as a single unit, he is confident that good things will happen.

"We're not worried, but there is definitely pressure on us. There is a huge bull's-eye on our backs," said Thomason. "We can't get big headed or overconfident. We just got to come out here and play our game."

Skylark CENTRAL

WORD SEARCH
Find these 36 english words of **AFRICAN ORIGIN**

AARDVARK	BOOGIE-WOOGIE	H S E T O T M E I B M O Z B
DIK-DIK	JUKE	O E D O S S P A T R J M O A
MARIMBA	TANGO	O G O O B E R O O N H O G A
AARDWOLF	CHIGGER	D A I T A T E A A K G K K G
GOOBER	KUDU	O I J N E S A B M I R A M N
MOJO	TOTE	O B M I L E I N E B I P A O
APARTHEID	CHIMPANZEE	D B J O S F A W G D S I O C
GUMBO	KWANZAA	O U M A J L O H T O L K H H
MUMBO JUMBO	TSETSE	O B M U J O B M U M G I D I
BANANA	COLA	V B E W G W K T I A M H W G
HOODOO	LIMBO	A M E I E D W R R P O S I G
OKAPI	VOODOO	D I E H T R A P A B M A M E
BANJO	CONGA	I R K I A A N N O V L D P R
IMPALA	MACAQUE	K E U R O A Z A A O D G A M
OKRA	WILDEBEEST	D U J U J E A A C N O R L E
BASENJI	DASHIKI	I A D I E O A E U Q A C A M
JUJU	MAMBA	K R K U M K A E A A E B O A
SAMBA	ZOMBIE	

WHO SAID IT?
"IF YOUR ACTIONS INSPIRE OTHERS TO DREAM MORE, LEARN MORE, DO MORE AND BECOME MORE, YOU ARE A LEADER."

LAST ISSUE'S
WHO SAID IT?
"Injustice anywhere is a threat to justice everywhere."
- Martin Luther King Jr.

WORD SEARCH SOLUTION
Find these 34 words used to describe **HIGHER GROUND**

ALPS	SIERRA	C D N A K C A B E L D D A S
HILL	CREST	L O E C H C U K A B N O A P
PLATEAU	MOOR	E F O O P L A T E A U T W I
ARETE	SPINE	N R F E O R S B L R O T T N
HOGBACK	DOWN	A T A U E E L E G R M M T E
RANGE	MOUND	E K S T L O L D S O I A H E
BARROW	SUMMIT	T S E R C B I U U W H D I B
HUMMOCK	DUNE	U U M G A R H N M U C E G A
RIDGE	MOUNTAIN	L P A T N R T E M L L I H E
BLUFF	TABLELAND	I L M B N A O M I A R M L D
KNOB	FOOTHILLS	O A O H I C O F T G S A A T
ROCK	PEAK	M N O N P C F H H P H E N W
BUTTE	TORS	K D R T K D E R L C A T D E
KNOLL	HEIGHTS	E S U M E G N A R R E I S P
SADDLEBACK	PINNACLE	
CLIFF	UPLANDS	
MESA	HIGHLANDS	

This Week's Trivia
What ship was first to be named after a Sailor?

Last Issue's Question:
When wearing medals or ribbons on a uniform, what is their order of precedence?

Answer:
The person wears the medals from top to bottom, inboard to outboard, within rows.

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

REGISTER NOW FOR YOUTH SPORTS
 Youth sports offers activities to help keep children fit and involved. Registration for NFL flag football, girl's fast pitch softball, baseball, volleyball and tennis is now open. Participation is open to all military-affiliated youth. Fees are due at the time of registration. For a complete list of youth sports teams available and registration dates, visit www.greatlifehawaii.com. FMI: 474-3501.

SHIMMY FITNESS DEMO
 Looking to change your workout for the new year? Come to Bloch Arena for a one-hour shimmy fitness demo at 7:30 p.m. Feb. 2. Learn moves to help tone and tighten your curves and hips. This unique workout will also enhance your abs, back and more. The demonstration is free and open to all military-affiliated patrons. FMI: 473-0793.

SEATTLE SEAGALS SWEETHEART BARBEQUE
 The Seattle Seagals will host a free meet and greet event on Feb. 12 at Naval Computer and Telecommunications Area Master Station with a lunchtime barbecue at the Wahiawa Annex. The event starts at 11:30 a.m. There will be a sweetheart Hawaiian luau at Liberty in Paradise at 5:30 p.m. The event is open to all single Sailors and their sponsored guests 18 and older. FMI: 473-4279.

FREE YOUTH NFL AND CHEERLEADING CLINIC
 There will be a free youth NFL and cheerleading clinic from 10:30 a.m. to 3:30 p.m. Feb. 13 at Kapiolani Park. Military youth ages nine to 18 years old are welcome to participate in these free clinics with NFL players and cheerleaders giving tips, discussions and directions. Space is limited and registration is via the Web site online. FMI: www.greatlifehawaii.com or 474-3501.

Community Calendar

January

29, 30 ~ Actor Gary Sinise and the Lt. Dan Band will perform a concert from 7 to 9:30 p.m. Jan. 29 at the Pop Warner Football Field at Marine Corps Base Hawaii, Kaneohe and from 7 to 9:30 p.m. Jan. 30 at the Freedom Mall Tower located at Hickam Air Force Base. FMI: visit www.uso.org.

February

2-5 ~ A Retirement Transition Assistance Program (RTAP) seminar will be held from 7:30 a.m. to 4 p.m. at the Fleet and Family Support Center (FFSC). This four-day seminar provides vital career/employment information and assists all military members and their spouses within two years of retirement with a smoother transition from military to civilian life. Registration is required through the service member's command career counselor. FMI: 474-1999.

6 ~ Pearl Harbor Morale, Welfare and Recreation will hold a Super Garage Sale and Craft Fair from 8 a.m. to noon at Richardson Field on Kamehameha Highway across from Aloha Stadium. The cost for each 10 foot-by-10 foot spot ranges from \$10-\$15 for garage sellers and \$20-\$25 for crafters/businesses. Common items for sale normally include fitness and outdoor recreation equipment, furniture, toys, books, and clothing (especially for children). FMI: 473-0606 or ww.greatlifehawaii.com.

Now

Joint Services Hawaii presents "Feel Like A Million," an online health improvement program to help you maximize energy using a fun-interactive game show theme. The program is a motivating competition where participants learn stress-reducing and energy-producing activities like exercise, eating healthy and a wellness plan. The program is free and open to all adult military community members including all branches and active duty, family, civilians and retirees. Team and individual registration began Jan. 25 and competition starts Feb. 15. To register, visit <http://hickam.ifeellikeamillion.com>. FMI: Hickam H-PARC at 448-6170.

Sharkey Showtimes



Avatar (PG 13)

Avatar takes us to a spectacular world beyond imagination, where a reluctant hero embarks on an epic adventure, ultimately fighting to save the alien world he has learned to call home. James Cameron, the Oscar-winning director of "Titanic," first conceived the film 15 years ago when the means to realize his vision did not exist yet. Now, after four years of production, Avatar, a live action film with a new generation of special effects, delivers a fully immersive cinematic experience of a new kind, where the revolutionary technology invented to make the film disappears into the emotion of the characters and the sweep of the story.

TODAY

7:00 PM Avatar (PG 13)

SATURDAY

2:30 PM The Princess and the Frog (G)

4:45 PM Armored (PG 13)

7:15 PM Avatar (PG 13)

SUNDAY

2:30 PM The Blind Side (PG 13)

4:45 PM Did You Hear About the Morgans (PG 13)

7:15 PM Brothers (R)

