

Life & Leisure

B

All-Navy boxers train for success

Story and photos by MC2 Class Sean Furey

Navy Public Affairs Support Element West, Det. Hawaii

Photo illustration by Richard Onaha Hutter



At the end of the day when most Sailors are off-duty and can head home to relax, Chief Construction Mechanic Elisia Correa and Hospital Corpsman 2nd Class Antonel Cruz-Padilla meet at the gym to hone their boxing skills. They are both members of the All-Navy Boxing Team.

Correa is from Construction Dive Detachment Alpha, part of Underwater Construction Team (UCT) 2 out of Port Hueneme. Correa has been boxing in the 130-pound weight class for six years, with a Navy record of three wins and two losses. She is a coach for the All-Navy Boxing team, one of only five female Navy Seabee divers and the first African-American female Seabee diver.

"I've been helping with the team for about four or five years," said Correa. "Sometimes I am a sparring partner getting beat up, or delivering punishment, but mostly doing more mentoring."

A self-proclaimed "one woman welcome aboard package," Correa not only acts as a boxing coach to Sailors who make the trip to California to train, but also helps them balance life as a boxer and Sailor.

Sailors who are selected to attend the trial camp compete for roster spots available on the All-Navy Team.

Once the All-Navy Team is selected, the boxers will continue to work hard during practice and compete in several matches prior to the Armed Forces Championships.

"In Navy boxing we're always Sailors first, then you're an athlete," said Correa. "We have to work really hard to balance our work ethic and training methods to make the cut."

As a seasoned veteran of the All-Navy boxing team, Cruz-Padilla knows the difficulties of performing his duties in and out of the ring. Cruz-Padilla is stationed at Naval Health Clinic Hawaii specializing in optometry, was the 2010 and 2011 All-Navy Boxing Champion and the 2012 Hawaii State Champion with more than 25 fights.

"You have to be prepared year-round and create a routine," said Cruz-Padilla. "You have to find a local gym and work with the coaches there. No matter what duty station you're at, you have to adjust to get you prepared for camp."

Before a Sailor can entertain the idea of being part of the All-Navy boxing team, they must first meet certain criteria.

"You have to have at least five USA sanctioned fights under you," said Correa. "It's not just a number, it's a safety precaution that tells the club or the team that you know how to conduct yourself in the ring. It lets us know you are mentally strong."

"You have to go out there and compete; you have to get exposed to the fight," said Cruz-Padilla. "The fight is what is going to tell you if you are prepared or not just the training."

Correa and Cruz-Padilla explained about their humble beginnings with boxing in the military.

"My very first fight was in Al Assad, Iraq a long time ago," said Correa. "I fought a Marine girl. She was a Golden

Glove champ, and I pretty much had zero experience. I survived all three rounds and won. Ever since then I've been hooked."

As for Cruz-Padilla, his start in boxing came about while trying to stay in shape.

"I was stationed in Washington State, Whidbey Island in 2008. There wasn't much to do around there, so I found a boxing gym just to keep myself in shape and that's how it started," said Cruz-Padilla.

"I didn't have any intention to compete. I did nine fights before I realized that I had a chance. I made the Navy team and they took me to nationals in 2010 and also made it to the camp in 2011. It's been a fast road for me; it's been unbelievable."

Correa explained that while she is coaching, she favors finesse over brute force and likes to teach her Sailors how to win and lose with honor.

"I like to teach the individual to focus on basics. Amateur boxing isn't about knockouts; it's collecting points," said Correa. "You have to punch with the bounces. I start with basics, and then all the power will come naturally. It's about competing, but you have to win and lose and know how to do both gracefully."

With the cancellation of the 2012 All-Navy Boxing camp, Correa and Cruz-Padilla hope to spark interest in Navy boxing in the years to come.

"I hope we get more candidates to come. The biggest issue is that we don't have enough candidates to come to the camp and lack of command support," said Correa.

"I've been helping with the team for about four or five years. Sometimes I am a sparring partner getting beat up, or delivering punishment, but mostly doing more mentoring."

—Chief Construction Mechanic Elisia Correa

"We have a lot of good athletes in the Navy, but they don't know the Navy boxing is available, or they can't get to the camp. This year we will get the word out that Sailors have an Olympic chance by being on the team. It's all about representing the Navy."

"I would like to go to camp one more time, take the experience I have and get that win for the Navy," said Cruz-Padilla. "If I go again it's not for the experience, no, if I go back it will be to win against anybody there. From there anything is possible."

All-Navy Boxing is an opportunity for Sailors with the appropriate skill set to compete at the highest level outside of the service academies.

All-Navy Sports strives to reach and develop Sailor athletes who have demonstrated the skills required to participate in higher-level sports competition and enable them to serve as goodwill ambassadors representing the Navy, while keeping with the highest traditions of the United States Navy.



Hospital Corpsman 2nd Class Antonel Cruz-Padilla from Naval Health Clinic Hawaii and a member of the All-Navy Boxing Team box during training.



Chief Construction Mechanic Elisia Correa from Construction Dive Detachment Alpha, part of Underwater Construction Team (UCT) 2 out of Port Hueneme, Calif. and a coach the All-Navy Boxing Team, hits the speed bag during training.



Padilla hits the heavy bag during training.



Correa does pull ups during training.

Thousands of runners join Ford Island Bridge Run



More than 3,000 military and community members run across historic Ford Island during the 16th annual Ford Island 10K Bridge Run at Joint Base Pearl Harbor-Hickam. The Ford Island Bridge Run is the largest 10K run in the state of Hawaii.

Story and photo by
MC2 Daniel Barker

Navy Public Affairs Support
Element West, Det. Hawaii

More than 3,000 runners took part in the 16th annual Ford Island 10K Bridge Run held April 6 at Joint Base Pearl Harbor-Hickam.

The annual event has been the largest 10K (6.2 miles) run on Oahu since the opening of the bridge in 1998.

"We started the bridge run 16 years ago, and we were only going to do it one time when the bridge opened," said Rodney Gouveia, Morale, Welfare and Recreation (MWR) athletic program director. "That initial bridge run was so successful that we have done it every year since. The last five years have seen more than 3,000 runners register per year, which makes it the largest 10K run in the state."

"The run is basically put on with Joint Base Pearl Harbor-Hickam personnel from MWR who ran all the manned stations, and members of the Federal Fire Department really helped out with medical preparedness," Gouveia added.

The run began at the entrance of the Adm. Bernard Clarey Bridge, more commonly referred to as the Ford Island Bridge, and continued across the bridge and clockwise around historic Ford Island, ending at Richardson Field across from

Aloha Stadium. Service members, family members and civilians of all ages participated in this year's scenic run.

Capt. Jeffrey James, commander, Joint Base Pearl Harbor-Hickam, assisted with personally presenting some of the winners with awards.

"It's a great opportunity for the community to come together and exercise," said James. "It's an awesome opportunity to bring people onto the base and do something that's healthy."

The bridge run would not have been possible without the efforts years ago of the late Sen. Daniel Inouye who led efforts for construction of the bridge to connect Ford Island to the rest of Oahu. Inouye, who passed away last year, was a Medal of Honor recipient who continuously represented Hawaii in the U.S. Congress since Hawaii achieved statehood in 1959 until his death in 2012.

"I like to think of this as a tribute to Senator Inouye, because he was the one that brought this bridge here," said James. "Every time I cross that bridge I think of him, and I would offer that other people do the same."

Overall winners this year were Douglas Kalmbach, Martin Anders and Jakob Dewald with times of 35:21, 35:53 and 36:59, respectively. A complete list of winners and times can be found at the www.TimeLineHawaii.com website.

Dirt Bags clean up on 96th ARS in season opener

Story and photo by
Randy Dela Cruz

Sports Editor

Sparked by an inside-the-park homer from Builder 2nd Class Fabian Flores, the Construction Battalion Maintenance Unit 303 softball squad, nicknamed "Dirt Bags," broke open a close game and went on to defeat the 96th Air Refueling Squadron (96 ARS), 8-3, on April 9 in a Blue Division season-opening matchup at Millican Field, Joint Base Pearl Harbor-Hickam.

Clinging to a 1-0 lead in the bottom of the fourth, Flores stepped into the box with one out and delivered a line shot through center-field.

The ball rolled to the fence as Flores circled the bases before beating the throw at the plate for a 2-0 lead.

"I saw them shift, so I decided that I wanted to go to center and that's where it went," Flores said. "I took advantage of it."

As Flores rounded third, teammates yelled to hold up, but the Dirt Bags' third baseman just put his head down and went for it.

"I blame that on the pitcher (teammate Chief Construction Electrician Erik Dries)," Flores pointed out. "The only thing I heard from the dugout was him saying, 'I think you can make it,' so that's what I took and went with it."

The bang-bang play at home seemed to light a fire under the 303 as the squad's bat finally started to get to 96 ARS pitcher Tech. Sgt. Joe Royer.

Immediately after Flores put the 303 up by two, the team pared back-to-back singles before Construction Mechanic 2nd Class Andrew Baumann sliced another single through the infield to drive in run number three.

The Dirt Bags tallied their third run of the inning to take a 4-0 lead, but the 96 finally broke up Dries' shutout with a run in the top of the fifth.

However, perhaps still feeling the momentum from the previous inning, the Dirt Bags quickly reclaimed the run and then some.

In the bottom of the fifth, an infield error by the 96 brought in the first run and placed a runner on third with no outs.

Department of Defense civilian shortstop Michael Simpson bashed a double for a 6-1 lead, then moved to third on another infield error, before scoring on a sacrifice fly.

Later, Flores crossed home once again, only this time on an RBI single from Baumann.

The 96 came back in the top of the sixth with two more runs, but after Royer set down the Dirt Bags in order, the team's bats went cold in the seventh

and final inning.

Although the 96 went down in their first game of the season, the team showed marked improvement over a squad that went 2-10 in 2012.

Royer said that after last season, the team hopes to raise the bar in the coming year.

"We're just learning as a team," he admitted. "We're OK with the way the game worked out. I think we started to play together as a team towards the end. That's what's important. Our goal is .500."

Flores also said that the 303 is looking to improve over last season and

believes that the off-season practices have definitely made the team better.

"I think it's a lot of practice between work and last year," said Flores about the team's fast start. "Everybody put a lot of effort into this game, and we got a lot of people with experience and I think that's what

gave us the momentum to push forward."

Although it's only the first game of the season, Flores said that he likes what he sees and is keeping his fingers crossed that the 303 will make some noise this year.

"Hopefully, we can keep the same momentum going all year round," he said.



Builder 2nd Class Fabian Flores slides safely into home to complete a solo inside-the-park homer for the Construction Battalion Maintenance Unit 303 softball team nicknamed "Dirt Bags."

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Chalk up another All-Military title for Hickam bowlers

Story and photos by Randy Dela Cruz

Sports Editor

Combining a mixture of veteran and rookie rollers, the All-Hickam bowling squad continued their amazing run of excellence by capturing their third consecutive Hawaii All-Military (HAM) Bowling Tournament, which concluded April 5 at the bowling center at Pearl Harbor, Joint Base Pearl Harbor-Hickam after four days of grueling competition.

Even with the addition of the youngest bowler in the tournament, Hickam, which has also won four out of the last five titles, proved that the team doesn't rebuild, it just reloads.

"It's not so much as the young guys, but it's about keeping interest in the sport," said Senior Airman Alfred Chock (624th Aeromedical Staging Squadron) about how the team keeps the momentum alive. "There's a lot of good bowlers out there, but they just don't know that the tournament is going on. It's just the fact that we had our youngest member come in. He was eligible, he tried out, did well and did really well in the tournament."

Once again, Hickam led the HAM from wire to wire and finished out on top with a total pin count of 43,509.

The surprising Retirees followed Hickam in second place with 42,304, while Navy, 41,841, Army, 40,616, and Marines, 38,101, rounded out the standings.

While newcomer Airman 1st Class Chasen Ardo (169th Aircraft Control and Warning Squadron) may have been the youngest at 20 years old, he bowled like a veteran and led the men on day two and day three after closing out day one in second place behind teammate Staff Sgt. Robert Brewster (747th Communication Squadron).

Ardo, who bowled nationally as a member of Junior Bowlers, said that camaraderie shared by everyone

on the Hickam team played a huge role in his strong showing at the HAM.

"It was very important," he said. "Coming together helps a lot. If everyone is together, then we can all bowl our game. We also supported each other throughout the tournament."

Overall, Ardo placed third among the men, with only teammate Staff Sgt. Art Hamabata (Headquarters Hawaii Air National Guard) ahead of him at second and All-Navy team Senior Chief Culinary Specialist Derrick Pelekai Jr. (Commander, U.S. Pacific Fleet) leading the pack.

Pelekai edged out Hamabata for first by only four pins at 4,843 to 4,839.

On the women's side, Master Sgt. Annette Gagarin (Headquarters Hawaii Air National Guard) took top honors, with 73 more pins than Navy retiree Bernadette Smith in second, and 219 pins ahead of Era Chock (Alfred's wife) in third place.

In recapping the team's latest championship, Gagarin said that the third one is the sweetest.

"The other two, I was just part of it. I wasn't really the leader," Gagarin admitted. "This time, I was the leader."

Although, Gagarin said it was hard to think up ways to keep everybody motivated, she was glad that it all came together in the end, which allowed her to just relax and bowl her best.

"I listened to music just to calm myself," she said. "And then, just having fun with everybody - not just Air Force, but with all the women. I made new friends."

Chock, whose wife Era ended up in the players pool after Navy entered the tournament needing one more bowler on its women's team, said that even though she was on a different squad, he only wished her the best.

"I wanted her to do well because if she did well, it would push our ladies," said Chock about Era, who usually is among the leaders on the Hickam team. "And as her husband, if she's doing well and happy, then I'm happy."



Members of the All-Hickam bowling team flash the *shaka* after winning the Hawaii All-Military Bowling Tournament for the third consecutive year. Standing from left to right, Staff Sgt. Art Hamabata, Master Sgt. Gina Castillo, Airman 1st Class Chasen Ardo, Senior Airman Alfred Chock, Staff Sgt. Rena Sunaoka, Master Sgt. Annette Gagarin, Master Sgt. Kimberly Weiss, Staff Sgt. Sean Dell and Senior Master Sgt. Scott Fujioka.



All-Hickam bowling team member Senior Airman Alfred Chock watches as all the pins crash for a strike.

The third-place finish by Era did much to improve Navy, which jumped up two places in the standings from its rankings last year.

Master-at-Arms Seaman Chase Jones, a first-year member on the All-Navy, said that with longtime members, such as Pelekai and Logistics Specialist

2nd Class Michael Peters already committed to return, he believes that that the team's future is bright.

"It should be good," Jones said. "You miss a split here, you miss a spear there, but it's all consistency. Air Force is always consistent. Hopefully, next year we can take it home."

As Hickam savored their third straight title, both Chock and Gagarin had a wait-and-see attitude about whether the team will make it four in a row.

Chock did acknowledge though that the All-Hickam team definitely has a good thing going on.

"I think the mere fact

that we won it three times in a row, it makes it more satisfying," he said. "Win it once, you think great, win it again, you say, 'OK, maybe luck,' but you win it three times, then you think to yourself, we got something good. We got a good core of bowlers. We must be doing something right."

Clutch hitting raises NAVSUP FLC past PACOM/JIOC

Story and photo by Randy Dela Cruz

Sports Editor

Naval Supply Systems Command Fleet Logistics Center (NAVSUP FLC) rallied for five runs with two outs in the bottom of the second inning to grab a 7-1 lead en route to a 15-7 win over Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) on April 9. The Blue Division showdown was played at Millican Field, Joint Base Pearl Harbor-Hickam.

The game was the season opener for both teams and was the nightcap of a triple-header at Millican Field.

"It feels great to come out, come together and get that first win of the season," said Chief Logistics Specialist Larry Turner.

"We're trying to improve on our record this year and make it to the playoffs."

NAVSUP FLC clung to a 2-1 lead going into bottom of the second and with two outs, it appeared that the score would remain tight going into the top of the third.

Instead, the team went on to string three singles in a row to drive in a run and fill the bases with runners.

Up with the bases loaded, Turner, who drove in the team's first run with a single in the first, slammed a hot shot off of the third baseman's glove that ricocheted into left field to drive in two more runs.

Pitcher Cmdr. K.A. Applegate followed up with a single to drive in another run and a 7-1 advantage.

"We know what we can do and are capable of doing," said Turner about

the team's clutch hits. "We just told them to relax and have fun. I know what abilities these guys can play and we showed it tonight."

While NAVSUP FLC eventually took an 11-1 lead, it was PACOM/JIOC that got on the scoreboard first after Staff Sgt. Kitrell Hill tripled in the first inning and was driven home on a single by Information Systems Technician 1st Class Billy Lewis.

The lead was short-lived as NAVSUP FLC posted two runs in the bottom of the frame before exploding

for five runs in the second.

Then in the bottom of third, NAVSUP FLC batters continued their timely hitting and added four more runs with two of the tallies being scored after two outs.

After picking up two runs in the third, Senior Chief Culinary Specialist Duane Adams stepped up to the plate with two outs and blooped a single into right field to drive in a run.

Military family member Michael Glass provided more clutch hits by connecting on another two-out sin-

gle for an RBI.

Down by 10 runs, PACOM/JIOC held off losing via mercy rule by scoring three runs in the top of the fourth.

NAVSUP FLC almost put their opponent away for good with another four-run outburst in the bottom of the fourth for a 15-4 lead, but PACOM/JIOC refused to go down and forced the game to the distance after Marine Sgt. Michael Cox hit an inside-the-park homer that drove in two runs.

Applegate, who posted goose eggs for four innings, said that although he was forced to make adjustments throughout the game, he gave credit to PACOM/JIOC for battling back at the plate.

In addition, Applegate said that the solid play of his fielders allowed him to go after PACOM/JIOC hitters.

"They (fielders) are a huge confidence builder," Applegate said. "Knowing that, I can let them (batters) hit the ball. I don't have to try and paint the corners. I don't have to try and force pop-ups or ground balls. I know that when they put it in play, there's a good chance that the defense is going to pick it up."

While Turner mentioned a run to the playoffs might be possible, Applegate, despite the strong showing against PACOM/JIOC, wouldn't offer any predictions.

Applegate said he likes what the team brings to the field, but it's too early in the season.

"These guys are fantastic," he said. "We struggled in a few spots last year, but we've filled the holes. We'll see. We don't know what the competition is like. We feel good about our chances, but we'll see what they throw at us."



Chief Logistics Specialist Larry Turner, Naval Supply Systems Command Fleet Logistics Center (NAVSUP FLC), slides into third base and beats the tag of Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) Information Systems Technician 1st Class Billy Lewis. NAVSUP FLC beat PACOM/JIOC by a score of 15-7.



Live the Great Life

Golf lovers or beginners ... MWR has options for you

Wedge, nine or putter? MWR offers golf lessons for youth and adults, golf specials and more. Here are a few upcoming clinics and specials in April:

» Barbers Point Golf Course: Free golf clinic, April 13 at 9:15 a.m. Free ladies clinic, April 17 at 9:30 a.m.

» Navy-Marine Golf Course: Half-price green fees special, April 29 and 30.

» Ke'alohe Par 3 Golf Course: Pay for nine holes and get the second nine holes at half-price, Mondays–Wednesdays all month.

» Mamala Bay Golf Course: Half-price green fees special, April 15–21. Free junior golf clinic, April 27 at 9 a.m.

For more information, call Barbers Point Golf Course at 682-1911, Navy-Marine Golf Course at 471-0142, Ke'alohe Par 3 Golf Course at 448-2318, or Mamala Bay Golf Course at 449-2300.



Golfers practice at MWR's Barbers Point Golf Course.

Sign up for Outdoor Activities

EXCURSION	DATE/TIME	COST	SIGNUP
Day hike: Waimano Pools ¹	April 20	10 a.m. \$15	April 18
Snorkeling Sharks Cove ¹	April 21	9 a.m. \$30	April 18
Keiki & parent hand-pole fishing & reef walk ²	April 21	9 a.m. \$8	April 19
Learn to stand-up paddleboard ²	April 21	9:30 a.m. \$20 10:45 a.m. \$20	April 18 April 18
Moonlight hike: Lanikai Pillboxes ¹	April 26	5 p.m. \$15	April 18

Note: Excursions subject to change depending on weather conditions.

¹ Sign up with OAC

² Sign up with ODR

For more information and to sign up, call the Outdoor Adventure Center (OAC) at 473-1198 or Outdoor Recreation (ODR) at 449-5215.

Your Weekly Fun with MWR

Visit www.greatlifehawaii.com, or subscribe to MWR's digital magazine *Great Life Hawaii*.



Free Golf Clinic Saturday, April 13 9:15 a.m.

Barbers Point Golf Course
Free

Get some tips on improving your game at this clinic. For more information and to register, call 682-1911.

Lifeguarding Challenge Course Saturday, April 13 10 a.m.–Noon

Scott Pool
\$75/person

This course is for lifeguards whose certifications are current but about to expire. Please bring your certifications when signing up and on the day of the challenge. Exams which will be given include Lifeguard, CPR/FA/AED (written) and Water Skills. For more information, call 473-0394.

Wine Tasting Tours: Springtime Wines

Monday, April 15
6–8 p.m.

Information, Tickets & Travel

\$25 per person (ages 21 years and older only)

Sample new and exclusive wines to broaden your wine repertoire. It includes round-trip transportation from ITT-Hickam, five to six wine samplings and light appetizers. For more information, call 448-2295.

MWR Newcomers Luncheon

Tuesday, April 16
11 a.m.–12:30 p.m.

Tradewinds Enlisted Club

Free

New to Joint Base Pearl Harbor-Hickam? Enjoy a free buffet lunch, MWR information booths, sponsor tables and giveaways. Bring the whole family because there will be activities for the kids. For more information and to sign up, call 473-2570.

Ford Island Historical Tour Wednesday, April 17 8:30–10:30 a.m.

Information, Tickets & Travel

\$25 for adults

\$20 for children (ages 3–11 years old)

Free for lap children (ages 2 years and under)

Visit the often-overlooked historical battle sites on Moku'ume'ume ("Island of Strife") and hear the untold stories of valor and sacrifice on this guided tour. For more information, call 448-2295.

Free Ladies Golf Clinic

Wednesday, April 17

9:30 a.m.

Barbers Point Golf Course

Free

Enjoy this introduction to the game of golf. For more information and to register, call 682-1911.

Movies with Liberty

Thursday, April 18

Depart Liberty Express 4:45 p.m.

Depart Beeman Center 5:30 p.m.

Depart Instant Liberty 5:45 p.m.

Depart Makai Rec 6 p.m.

\$8/person

This event is for single, active-duty Sailors and Airmen only. For more information, call 473-2583.

Swim & Sun at Scott Pool with Liberty Friday, April 19

Depart Liberty Express 11 a.m.

Depart Beeman Center 11:30 a.m.

Depart Instant Liberty 11:45 a.m.

Depart Makai Rec Noon

Free

This event is for single, active-duty Sailors and Airmen only. For more information, call 473-2583.

Earth Day at Hickam Harbor Marina Camping on the Beach:

Friday, April 19, 4 p.m.–9 a.m.

\$30 for campsite at Hickam Beach

\$35 for campsite at Foster Point

Fun at the Beach:

Saturday, April 20, 10 a.m.–3 p.m.

Free

Watch a movie on the beach and make s'mores over a campfire on Friday night. Enjoy a day at the beach on Saturday with water activities for the entire family and Earth Day information booths. For more information, call 449-5215.

Texas Hold'em and Bunco

Friday, April 19

5:45 p.m. Texas Hold'em check in

6 p.m. Bunco check in

6:15 p.m. Play begins

Tradewinds Enlisted Club (Oahu Room)

No cover

There will be drinks and free pupus at this members-only event. All ranks are welcome, and reservations are encouraged. For more information, call 448-2271.

ADS

Morale Welfare & Recreation

CLIMB ALPINE TOWERS WITH LIBERTY

There will be a free Alpine Towers climb with Liberty on Saturday. Departures are from at Liberty Express 8:45 a.m., Beeman Center at 9:15 a.m., Instant Liberty at 9:30 a.m., and Makai Rec at 9:45 a.m. This event is for single, active-duty Sailors and Airmen only. FMI: 473-2583.

YOUTH SUMMER SOCCER REGISTRATION

Youth summer soccer registration runs through May 10. It is open to children ages 5-15 years old. The cost is \$65 per registrant. FMI: visit www.greatlifehawaii.com or call 473-0789

LEARN TO STAND-UP PADDLEBOARD

Learn the basics of paddleboarding at 9:30 a.m. or 10:45 a.m. April 21 at Outdoor Recreation-Hickam Harbor. The cost is \$20 per person, and registration closes April 18. FMI: 449-5215.

SNORKELING SHARK'S COVE

There will be a snorkeling excursion to Shark's Cove on the North Shore at 9 a.m. April 21. Sharks' Cove is one of Oahu's premier snorkeling spots. The cost is \$30 per person, and the deadline for registration is April 18. FMI: 473-1198.

BENCH PRESS BODY WEIGHT CONTEST

A bench press body weight contest is scheduled for April 20. Weigh-ins begin at 9 a.m., and the competition starts at 10 a.m. Awards will be presented in two categories: men's/women's open and men's/women's 40-plus. Fitness attire must be worn during weigh-in (shoes off). The entry is \$10 per person, and the contest is open to military and civilians ages 18 years and older. Contestants can register at Joint Base Pearl Harbor-Hickam Fitness Center. FMI: 471-2019.

GLASS BOTTOM BOAT TOUR

A glass bottom boat tour of Kaneohe Bay will be held from 9:15 a.m. to noon April 20. The tour departs from Information, Tickets & Travel-Hickam. The cost is \$25 for adults and \$20 for children ages 3-11 years old. FMI: 448-2295.

CREATIVE WRITING CONTEST AWARDS

The winners of the base creative writing contest will be announced at 1 p.m. April 20 at Hickam Library. Prizes for both divisions (short story, poetry) will be awarded in all age categories (children, young adult, adult). FMI: 449-8299.

TOBY KEITH PERFORMANCE

Country music singer-songwriter Toby Keith will perform a free concert as part of his "Hammer Down Tour" May 3 at Club Pearl Paradise Lounge, Pearl Harbor-Hickam. Doors will open at 6 p.m. and the concert starts at 7:30 p.m. The event is open to military-affiliated personnel and their sponsored guests. Tickets are not needed although the venue capacity is limited. No outside food, beverage, pets, video or audio recording permitted. The event will be presented by USO, with support from Armed Forces Entertainment and Joint Base Pearl Harbor-Hickam's Morale, Welfare and Recreation. Other shows include 7 p.m. May 4 at Schofield Barracks' Weyand Field and 5 p.m. May 5 at Marine Corps Base Hawaii, Kaneohe Bay's Dewey Square. FMI: 473-2431.



ESCAPE FROM THE PLANET EARTH (PG) 3D

Astronaut Scorch Supernova is a national hero to the blue alien population. A master of daring rescues, Scorch pulls off astonishing feats with the quiet aid of his nerdy, by-the-rules brother, Gary, head of mission control at BASA. When BASA's no-nonsense chief Lena informs the brothers of an SOS from a notoriously dangerous planet, Scorch rejects Gary's warnings and bounds off for yet another exciting mission.

HICKAM MEMORIAL THEATER

TODAY 4/12

6:00 Escape from the Planet Earth (PG) 3D

SATURDAY 4/13

Closed

SUNDAY 4/14

2:00 OZ the Great and Powerful (PG)

Community Calendar

APRIL

NOW — The Joint Base Tax Center, run by the Region Legal Service Office, is now open. The tax center offers "self-service" preparation, with the help of a trained tax volunteer. FMI: email Katherine.lake@navy.mil or call 473-4717.

12 — A Joint Base Pearl Harbor-Hickam Holocaust remembrance luncheon will be held at 11 a.m. at the Tradewinds Enlisted Club. The guest speaker will be Pierre Moulin, author of several World War II books. Sign up at the following link: <https://einvitations.afit.edu/inv/anim.cfm?i=145559&k=0365470C7E5E>. FMI: Senior Master Sgt. Mike Vonahnen at 448-6239 or email michael.vonahnen@us.af.mil.

13 — The top 10 contestants from recent musical Idol auditions will perform at 7 p.m. at Hickam Memorial Theater. An after-party will take place at J.R. Rockers. FMI: 347-5157.

13 — The U.S. Air Force Band of the Pacific-Hawaii's Jazz Trio will perform a one-hour concert on the main stage for Discover Kakaako at Ward Centers from 6:30 to 7:30 p.m. The open-air event also features food trucks and a fashion show. FMI: 448-0281.

16 — Joint Base Pearl Harbor-Hickam Military and Family Support Center will hold a Child Abuse Prevention Month and Month of the Military Child event from 10 a.m. to 2 p.m. at the Pearl Harbor Navy Exchange. Visit the resource table to find fliers, pamphlets and more information. FMI: www.facebook.com/JBPHH.MFSC

19 — The Chiefs on the Waterfront will be at the Pearl Harbor Navy Exchange and Fleet Store from 11 a.m. to noon to distribute handouts about alcohol responsibility awareness. FMI: 474-1930.

24 — A free family movie night event will start at 5:30 p.m. at Hickam Memorial Theater. Students from the Hickam Elementary School Choir will provide a special performance. After the children perform, the theater will have a special showing of "Brave." The movie will begin at 6 p.m. Refreshments will be available for purchase. FMI: Tyra Lamb at 474-1999, ext. 6010.

MAY

2 —Join your junior officer spouse *ohana* (U.S. Navy and U.S. Coast Guard spouses: CWO 1-5 and 01-04) for a "Space A" getaway. Learn the ins and outs of "Space A" travel from 5:30-8:30 p.m. at the fellowship hall in Pearl Harbor Memorial Chapel. Seating is limited, so RSVP by April 18. FMI: hawaiijospose@gmail.com or 474-1999.

10 — Henry Kapono and friends will perform in concert 7:30 p.m. at the Hawaii Theatre. The USO event is titled "Home in the Islands: I'm coming home, a salute to our troops." VIP (a whole package with meet and greet) costs \$78 or \$63.75 for military, level 2 tickets are \$48 and \$41.25 for military, level 3 tickets are \$38 and \$32.75 for military. FMI: 528-0506 or visit the website www.hawaiitheatre.com.

SHARKEY THEATER
is closed
for renovations
until June.

Some MWR facilities and services may be subject to change. For more information, visit the JBPHH website at www.cnic.navy.mil/pearlharbor-hickam or the Navy Region Hawaii website at www.cnic.navy.mil/hawaii.

Movie Showtimes

Reserve Sailors conduct physical readiness assessment



U.S. Navy photo by MC2 Nardel Gervacio



U.S. Navy photo by MCC Donald W. Randall

(Above left): Navy Reserve Sailors assigned to Navy Operational Support Center Pearl Harbor conduct their physical fitness assessment (PFA) April 7 at Bloch Arena, Joint Base Pearl Harbor-Hickam. (Above right): Navy Reserve Sailors run the 1.5-mile-run portion of the PRT.

MC2 Nardel Gervacio Navy Region Hawaii Public Affairs

Navy Reserve Sailors assigned to the Navy Operational Support Center (NOSC) at Joint Base Pearl Harbor-Hickam held their semi-annual physical fitness assessment (PFA) during their drill weekend April 7.

While the PFA is nothing new to service members in the military, executing an event for Sailors who meet one weekend a month can be quite a challenge.

"It's not easy to coordinate an event that, on the surface, would seem routine. Everyone in the Navy completes the PFA, but bringing hundreds of Reserve Sailors in on a weekend to do so is a big job," said Cmdr. Neil McCown, commanding officer of NOSC Pearl Harbor.

"Unlike active duty Sailors, a significant number of service members are not involved with the Navy in their everyday life. So bringing them in to perform something like the PFA can

be a challenging task requiring proactive risk management," McCown explained.

Successfully executing the PFA for Reservists entails months of advance planning and coordination to ensure it runs smoothly and safely.

"It's a lot more difficult and time consuming than you might expect at first glance," said Chief Boatswain's Mate (BMC) Toan Le, NOSC Pearl Harbor's command fitness leader (CFL).

"Our NOSC CFLs and 31 assigned unit CFLs must work together very closely. Without their support, the Reserve PFA would not be possible," Le said.

The goal of the Navy Physical Readiness Program is to ensure Sailors maintain a level of physical fitness required to support the Navy's overall mission readiness and meet minimum physical fitness standards for continued naval service.

CFLs or assistant command fitness leaders (ACFLs) have the necessary tools and knowledge to motivate Sailors to maximize physical readiness

within their command.

"As a CFL, my job is to motivate our Sailors so they can push themselves to get the best possible score and not just be satisfied with achieving the minimum," said

Aviation Support Equipment Technician 3rd Class (AS3) Dehussa Urbieto, currently assigned to NOSC Pearl Harbor. "I tell them to keep going and don't stop."

Physical fitness assess-

ments help all Navy personnel in both the Reserve and active components maintain a minimum prescribed level of physical fitness necessary for worldwide deployment, whenever or wherever needed.

"CFLs are trained and qualified to lead an event that can be very stressful on the participants," said McCown.

"They make certain that the event runs safely and smoothly every time, for everyone. If an incident occurs, they are trained to step in and ensure the member's safety."

The physical readiness test (PRT) portion of the PFA consists of curl-ups, push-ups and a 1.5-mile run.

Some commands, including NOSC Pearl Harbor, offer bike, elliptical, treadmill and swim options at the commanding officer's discretion. The criteria for these events are contained in the physical readiness program instruction.

The events were held at various locations at Joint Base Pearl Harbor-Hickam. The 1.5-mile run was held at the running trail next to

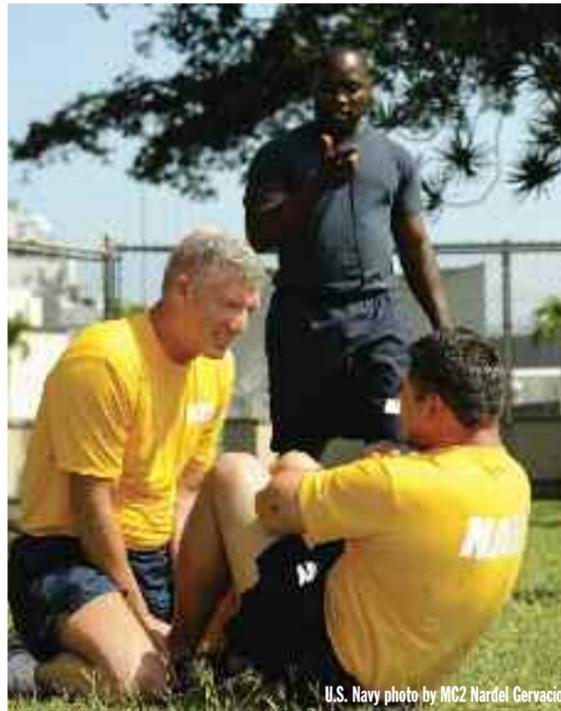
the Air Force's Missing Man Monument, while the swim was held at Scott Pool, and the bike and elliptical were held at Bloch Arena.

Approximately 400 Reserve Sailors participated in the PFA during the drill weekend. "We had a lot of help from the ACFLs to make this weekend PFA run smoothly. Everyone was on time for their assigned event and the PFA went really well," said Urbieto.

Sailors are able to prepare for the PRT using several tools offered by CFLs at command physical training (PT) paired with tools provided by the Navy Fitness Program training offered by Morale, Welfare and Recreation (MWR).

Participation in the semi-annual PFA is required for all active duty and drilling Reserve Sailors, regardless of gender, age, rank, title or billet.

All Sailors are required to participate in one PFA per cycle for a total of two per year. Cycle one is Jan. 1 through June 30 and cycle two is July 1 through Dec. 31.



U.S. Navy photo by MC2 Nardel Gervacio

A command fitness leader watches as Reserve Sailors from NOSC Pearl Harbor conduct their physical fitness assessment.

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Window on  Joint Base Pearl Harbor-Hickam
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Crossing the street 101

Karen S. Spangler

Managing Editor

A young Sailor was struck by a vehicle as he crossed the street while in the crosswalk in front of the Fleet Store on Pearl Harbor Boulevard on the morning of April 2. Luckily, his injuries weren't life threatening, although he sustained a broken right arm, broken right leg and lacerations to the right elbow.

This came as no surprise to me. In fact, I have been expecting it—it was just a matter of time.

On any given day, at any crosswalk at joint base, you may see pedestrians waiting to cross the street as drivers ignore the crosswalks and continue driving without stopping. In some instances, you may also see drivers talking on their cell phones while driving—even though the use of cell phones while driving has been illegal both on and off base for years.

Crossing the street safely should be a no brainer. If you're a driver, waiting for pedestrians to cross the street in the crosswalk should be a no brainer. So why isn't it? Maybe it's time for a refresher course. Let's call it crossing the street 101.

If you are a driver, and you see a pedestrian waiting at the crosswalk to cross or, even more importantly, a pedestrian is already in the crosswalk, stop! Don't try to play Frogger with the pedestrian.

Don't blast your horn at them to hurry. Just wait patiently until they cross the street—even if it is an elderly person with a walker who is extremely slow.

Pay attention when you are driving. Sitting behind the wheel of thousands of pounds of steel while cruising down the street is a huge responsibility. That's what your focus should be. In the split second that you look away to adjust the radio or the AC, rummage through your purse, or do whatever else it is that drivers sometimes do while driving is all the time it takes to miss some important details—such as the pedestrian who is trying to safely cross the street. So pay attention.

Now just because the posted speed limit is 25 mph or 30 mph or whatever, it doesn't mean that you have to achieve that speed limit. Your visibility might be a little

hampered, maybe because of rain or other weather conditions.

Visibility at dusk and dawn is also reduced, and it might be difficult to see pedestrians crossing the street if they are wearing dark clothing instead of light clothing. Take all of these things into consideration and adjust your speed accordingly.

The responsibility isn't totally on the driver. Pedestrians also need to practice rules of good common sense and safety.

From an early age, I was taught to look both ways before crossing the street. That rule still holds true. Not only should pedestrians look both ways before crossing the street, but also they should continue to pay attention to approaching drivers. Does the driver see you? Is he going to stop for you, or is he going to try to beat you across the crosswalk?

At intersections where drivers can turn right on red, keep in mind that many drivers never completely stop, although they are supposed to completely stop unless signage indicates otherwise. Some drivers treat the right turn on red like a moving green.

That brings up another situation. Drivers run red lights. Even if you have the right of way, that isn't going to be much consolation as the ambulance races to the hospital with you, the victim of a driver who didn't yield.

Frequently—and it seems to be happening more and more—pedestrians cross the street totally inattentive to drivers. They are talking on their cell phones, talking to other people, staring into space deep in thought—totally oblivious to oncoming traffic.

Do they not care? Are they silly enough to think that drivers are going to follow all of the traffic laws and stop? Good luck with that one!

So if you are a pedestrian, you have a responsibility to keep yourself safe. Be alert, be careful, and don't even think of playing chicken with the drivers.

Now, what it all boils down to is common sense and courtesy. The rules of the road for both drivers and pedestrians demand it. We need to look out for ourselves, and for each other.

If you're a driver, the life you save may be that of a pedestrian. If you're a pedestrian, the life you save might be your own.

Crossing the street 101 – easy!
(We welcome comments from readers. If you have comments, please send them to: Karen.spangler@navy.mil.)

Air Force, Navy volunteers help clean up Pearl Harbor Bike Path



Photo courtesy of the City and County of Honolulu

Sailors, Airmen and civilians from Joint Base Pearl Harbor-Hickam volunteered at a Pearl Harbor Bike Path cleanup held April 6. Joint Base Pearl Harbor-Hickam partnered with the City and County of Honolulu for the cleanup. More than 75 volunteers from the joint base, plus 28 Junior ROTC cadets and escorts from Atlanta, participated in the cleanup. Partnering with service organizations, churches and other community volunteers, several tons of trash were removed from the bike path and surrounding area.

Books on Bases literacy celebration to be held April 28

Blue Star Families, sponsored by the Walt Disney Company, is hosting a Books on Bases celebration of literacy from 1 to 3 p.m. April 28 at the Hickam Officers' Club, Joint Base Pearl Harbor-Hickam.

Children will receive free books and have the opportunity to participate in reading-related activities and meet and greet some special Disney VIPs.

The event is open to all military families,

but is limited to the first 150 RSVPs. Once the first 150 RSVPs are taken, a waiting list will be started. There are no guarantees on the waiting list, but if slots open up on event day, people on the waiting list will be allowed in as spaces are available. RSVP at <http://disneyhawaii.eventbrite.com>.

For more information, email Ensign Michelle Downs at cnrh.pao@navy.mil or call 473-2920.

overset

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Artwork by Amber Williams

Events at joint base to celebrate Earth Day

A series of events and activities around Joint Base Pearl Harbor-Hickam this month will commemorate Earth Day.

Pearl Harbor Navy Exchange will celebrate Earth Day with a coloring contest and expo.

Children ages 12 and under of authorized patrons are welcome to show off their creativity by participating in the coloring contest.

Parents can pick up the official entry form now and drop off the finished entry by April 15 to either NEX mall aloha center or NEX Garden Center.

Entries will be judged on April 18 and the winner will be presented with a prize and award on April 20. All artwork will be featured in the NEX mall rotunda.

No purchase is necessary to enter the contest.

For more information, call 423-3287.

The NEX Earth Day Expo titled "Partnering for a Greener Future" will be held from 10 a.m. to 3 p.m. April 20 at the NEX. All authorized patrons are invited to "think green" at the one-day expo.

There will be eco-friendly demonstrations, informa-

tion booths, Earth Day kids' games, special appearances by "Coastie" the friendly Coast Guard boat, awards presented to the coloring contest winner and new earth-friendly products. For more information, call 423-3274.

Hickam Harbor Marina on Joint Base Pearl Harbor-Hickam will host Earth Day celebrations April 19 and 20.

On April 19, there will be a campout at Fosters Point or on the beach. Participants can relax with family, while making s'mores and watching a movie on the beach.

On April 20, several activities for the whole family will take place, such as banana boat rides (\$5 for 15-minute ride), free sailing, bounce houses and tide/touch pools for the children and family alike.

Patrons can sign up to help keep local beaches clean and to visit Earth Day booths from the Department of Land and Natural Resources (DLNR), Bioenvironmental, NAVFAC and a local wetland cleanup effort.

For more information on the Hickam Harbor Marina celebration, call 449-5215.

Naval Health Clinic Hawaii closed today

All Naval Health Hawaii operations will be closed today.

This includes all medical and dental facilities at Branch Health Clinics Makalapa, Camp Smith, Wahiawa, Marine Corps Base Hawaii Kaneohe Bay, Pearl Harbor Naval Shipyard and Pacific Missile Range Facility Barking Sands.

Providers will be attending required training to ensure delivery of the best and most current patient care. Beneficiaries are asked to take this into con-

sideration when scheduling care.

All clinics will re-open for regular business hours April 15. For NHCH hours of operation, visit the website at <http://www.med.navy.mil/sites/nhch>.

Beneficiaries can speak to a healthcare provider anytime the clinics are closed by calling the "provider after-hours advice line" at 473-0247, ext. 3. For emergencies, dial 911 or go to Tripler Army Medical Center. For active duty dental emergencies, dial 864-4705.

Sexual Assault Awareness Month events planned at JBPHH

April is Sexual Assault Awareness Month and upcoming events to raise awareness include:

- April 13, 9 a.m. to 3 p.m., Pearl Harbor Naval Shipyard car wash fundraiser at the Fleet Reserve Center.

For more information, call MMC Maya Ault at 285-7378.

- April 19, 6 a.m., Marine Corps Base Hawaii 5K Run fundraiser at the base flight line. For more information, call HM3 Tasha Joseph at 407-687-6394.

- April 24, 1 to 3 p.m., Denim Day ceremony at the PSD classroom, room 143, 4827 Bougainville Road. For more information, call Shari Freeman at 352-8834.

- April 28, 10 a.m. to 2 p.m. "Ryde" Against Sexual Assault Motorcycle Ride at Blaisdell Park. A barbecue will follow.

For more information, call Master Sgt. Charles Freeman

at 599-0382.

The Department of Defense Sexual Assault Awareness Month theme this year is "We own it...We'll solve it...Together."

The Navy's Sexual Assault Victim Intervention Program (SAVI) is now called Sexual Assault Prevention and Response (SAPR). The name change aligns with the mission of the program, underlining the importance of providing standardized and consistent sexual assault awareness and prevention efforts as well as response to survivors Navy-wide.

To report a sexual assault, call the SafeHelpline at: 1-877-995-5247.

For information on how to volunteer or participate in Sexual Assault Awareness Month events, call Freeman at 474-1999, ext. 6220 or Adam Sylvester at 474-1999, ext. 6215.

Hours updated for pools



U.S. Navy photo by Brandon Bosworth

Changes to services and programs offered by Joint Base Pearl Harbor-Hickam have been announced as a result of impacts of the continuing resolution. Scott Pool and Hickam Pool Two are now the only pools open and their hours have been adjusted.

Updated operating hours for Scott Pool are:

- Monday through Friday from 5 to 7 a.m. and 11 a.m. to 1 p.m., lap swim.
- Monday through Friday, 1 to 5 p.m., open swim.

- Saturday and Sunday, 10 a.m. to noon, lap swim.
- Saturday and Sunday, noon to 5 p.m., open swim.
- Holidays, noon to 5 p.m., open swim.

Updated Hickam Pool Two hours are:

- Monday and Tuesday, closed.
- Wednesday through Friday, 1 to 5 p.m., open swim.
- Saturdays, Sundays and holidays, noon to 5 p.m., open swim.

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