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PEARL HARBOR · HICKAM NEWS
Life & Leisure
April 6, 2012
B

Comebacks push Key West to win over La Jolla

Story and photos by Randy Dela Cruz

Sports Editor

USS Key West (SSN 722) rebounded from two four-run deficits to earn a nail-biting 14-13 victory March 31 over USS La Jolla (SSN 701) in a season-opening Afloat Division intramural softball game at Millican Field, Joint Base Pearl Harbor-Hickam.

Key West fell behind by scores of 4-0 in the first inning and 13-9 going into the bottom of the final frame, but topped off an amazing comeback on a triple by Machinist's Mate 3rd Class Eddy Carter who drove in two runs for the win.

"It (pitch) was a little outside, so I was looking to hit it to the opposite field for sure," said Carter about the game-winning hit.

"There was definitely pressure."

Down early in the game, Key West started to chip away at the first four-run deficit by scoring two runs on three extra-base hits in the bottom of the third.

After trading single runs with La Jolla in the fourth inning, Key West exploded for six runs in the bottom of the fifth to go out in front by a score of 9-5.

The key hit in the inning was a base-loaded single by Machinist's Mate 3rd Class Kawika Hines who plated two runs, which gave Key West their first lead of the game at 7-5.

However, the team's lead was short-lived as La Jolla stormed back to score eight runs in the top of the sixth and take a 13-9 advantage with time running out.

In La Jolla's big inning, Lt.j.g. Chris Donnelly's two-run single tied the score at 9-9 before pitcher Machinist's Mate 1st Class Jimmy Kruzan helped his own cause by following up with a base hit to put his team back on top at 10-9.

Although Key West entered the season with a reputation for staging come-from-behind wins after their strong showing in the league's pre-season tournament, pitcher Chief Engineman Chris Clark said after falling behind for the second time, he did have some doubts about being able to overtake a tough La Jolla squad.

"To see those runs come in like that and to go from being ahead to drop behind by four, it's frustrating," Clark said. "But you just got to keep in it and hope. It's pretty much, 'Come on guys we got to get in this, get some bats going and keeping it until the end.'"

After Key West scored two runs, Hines stepped into the box with a runner on third and the tying run standing on second base with two outs.

Hines proceeded to slap a grounder to shortstop for what appeared to be the final out of the game, but a bad throw kept Key West's hopes alive as Hines reached safely at first, while one run scored and the tying run moved to third base.

The missed game-ending putout set the stage for Carter, who stepped up to the plate and promptly drilled a line shot into right field that skipped into the corner, which allowed two Key West runners to score and give the team a walk-off victory.

"We did it twice last week," said Hines about the team's comeback triumph. "We came in second in a tournament last weekend. We came from behind and won two, so we're getting used to it I guess."

In one of those victories, Key West faced a deficit of 10 runs, but still ended up on top to advance to the final round of the pre-season tournament.

Hines said that while luck does play a role in making a comeback, the team seems to be very good at paying attention to the little details when the going gets rough.

"Getting the right guys up at the right time helps, I guess," Hines admitted. "But everyone stays in the game, pays attention to what's going on, stuff like that."

In fact, said Hines, he believes that if everyone continues to come out to the games, Key West has a very good chance of being among the top teams in the Afloat Division.

"If we have 10 guys every game, I think we'll be right up there with everybody else," he said. "Forfeits have held us down in the past, so hopefully that's not something we'll have to worry about. Most of us have been together for three years now. I think the main core has been together two years. We got some good ball players out here."

Intelligence Squadron surprises Security Forces Squadron

Story and photo by Randy Dela Cruz

Sports Editor

Staff Sgt. Doug Davenport strokes a single for the 324th Intelligence Squadron (324 IS) in the bottom of the third inning.

Only two weeks into the intramural softball White Division season, the 324th Intelligence Squadron (324 IS) accomplished what no team was able to do all last year – defeat Poundtown from the 647th Security Forces Squadron (647 SFS).

Last season the two squads finished up the regular season at the opposite ends of the standings, with Poundtown racking up 14 wins against no defeats and the 324 IS picking up the rear with a final record of 1-13.

Now armed with a new attitude and several additions at key positions, the 324 IS went a long way to prove that things will be different this year by earning a tough come-from-behind 7-6 win April 2 over the defending champ Poundtown at Hickam Softball Complex, Joint Base Pearl Harbor-Hickam.

The victory gave the 324 IS a record of 2-0 while Poundtown, which won a game earlier in the evening, saw the loss drop its mark to 2-1.

"This is my first year on the team and, from what I understand, this doubles the wins that we had last year," said Airman 1st Class Randy Kondrath, who scored the game-winning run and tightened the 324 defense with his outstanding play in left field. "Every one is a good one."

With the Poundtown bats getting off to a slow start, Kondrath put the 324 in front by driving in teammate Airman 1st Class Lothar Reck with the first run of the game on a clutch two-out triple to left field.

An RBI triple by Tech. Sgt. Devin Stuckey kick started Poundtown's offense and led to a 2-1 lead in the top of the third, but the 324 mounted their first comeback of the game to go back out in front with two runs of their own in bottom half of the inning.

As quickly as the 324 retook the lead, Poundtown, led by a triple by pitcher Tech. Sgt. Robert "Woody" Wooderson and a double by Senior Airman Ender Castro, scored three runs in the top of the fourth inning for a 5-3 advantage.

Then after a quiet fifth inning, things heated up once again as the 324 regained command of the matchup by putting up three runs of their own for a 6-5 lead.

However, just as quickly, the 324 saw their margin reduced to zero when Poundtown tied the score with a run in the top of seventh and final frame.

With the game on the line, Kondrath found himself, once again, in the middle of all the action.

The 324 left fielder came up in the crucial half inning and stroked a single before moving to second base on a ground out by Staff Sgt. Doug Davenport for the second out of the inning.

Up next, Tech. Sgt. Andrew Small walked to the plate and smacked a bouncing ground ball to the Poundtown shortstop for what seemed to be an easy out.

Instead, the ball skipped through the legs of the 647 infielder, which allowed Kondrath to round third base and score the game-winner.

"I'm looking for one solid pitch I could hit, and it came in and I swung and got it," said Small about his at-bat. "At first I thought he (shortstop) had it. I was very happy he missed it. I'm very excited to get this win. This (Poundtown) is the No. 1 team in the league."

Meanwhile, Kondrath said, "It's two outs, so I just ran as fast I could."

Although Stuckey said that while no one on Poundtown is happy about suffering a rare defeat, he is certain that the loss won't affect the way they perform for the rest of the season.

He said that even though the personnel has changed a bit from last season, this year's squad has enough talent to contend for a second title in a row.

"This team is a lot younger than last year's team," Stuckey pointed out. "But we have some great young talent and, as the season goes through and these guys get some games under their belt, that's when we're going to peak. We'll be back and we're not going to get beat again."

As for the 324, while Kondrath admits that the season is young, he sees no reason why the team can't go on winning.

"We practice twice a week, and we're determined to get some wins this year," he said. "If we keep the people on the ball, everything should be good."

First-inning explosion catapults 96 ARS to victory

Story and photo by Randy Dela Cruz

Sports Editor

Staff Sgt. Matt Ison, third baseman for the 96th Air Refueling Squadron (96 ARS), gets ready to receive a throw, as Cryptologic Technician (Collection) 3rd Class Ryan Smith of the Direct Support (DIRSUP) Drillers slides into third.

The 96th Air Refueling Squadron (96 ARS) rallied for 10 runs in its first at-bat and went on to score a 17- 3 mercy-rule win after five innings over the Direct Support April 3 (DIRSUP) Drillers in a Gold Division intramural softball game at Hickam Softball Complex, Joint Base Pearl Harbor-Hickam.

With both teams entering the contest looking for their first win, 96 ARS hurler Tech. Sgt. Joe Royer said a round of batting practice before the game might have been the trick to their early-inning outburst and initial victory of the season.

"Our last game we weren't so successful. We just weren't hitting the ball quite as well," he pointed out. "We got out early and got some batting practice tonight and I think that helped a lot. It got everybody's confidence up a little bit when they got up to bat."

The cushion seemed to have a positive impact on Royer as well, who pitched three shutout innings, while only allowing one run in the first and two in the third on RBI singles for DIRSUP by Cryptologic Technician (Technical) 1st Class Tim Johnson and Cryptologic Technician (Collection) 2nd Class Ryan Grieb.

Royer said that the lead, plus some advice he got from his brother, certainly helped his performance on the mound.

"I texted my brother, who's a real good pitcher, and he sent me a list of things to work on," Royer admitted. "Things like pushing the upper limit, throw it high until the ump calls you on it, work it inside, outside, and work my feet to make my position work to the bat."

Royer even got in on the team's hit parade by launching a deep drive over the center fielder's head, while leading off the second inning, for inside-the-park solo shot.

"I was definitely just trying to make good contact on the ball," Royer explained. "As a batter on a small field like this, you really want to try and hit it out of the infield. I just happened to get under it a little bit and got lucky that it carried. That tailwind didn't hurt at all either."

After dropping its second game of the season, Cryptologic Technician (Collection) 3rd Class Ryan Smith, shortstop for DIRSUP, said that with the team still searching for its identity, falling behind by 10 runs after the first inning made things that much more difficult to match up with the 96 ARS.

Besides some clutch hitting by the 96 ARS batters, Smith admitted that the first-inning nightmare was aided by fielding errors committed by a few of his teammates playing unfamiliar positions.

"We had a few of our starters that were not here, so we had to throw people, at the last minute, into unfamiliar positions, and that led to a few errors," he said. "It's difficult anytime you're down. Trying to fight back and trying to keep your spirits up too is really hard. But we got a competitive bunch that's going to fight until the end."

Despite fielding a young squad, Smith said it's that competitive drive that will help the team become stronger as the season goes along.

"We don't have much experience," Smith noted. But if we can keep cracking on the fundamentals and focus on the fielding, we should be in good shape."

In defeating DIRSUP, the 96 ARS unveiled a deep squad that features a solid batting order, with the likes of Staff Sgt. Matt Ison, Maj. Eric Alden and 1st Lt. Ken Burch.

Maintaining that depth, Royer said, will be the key to a successful season for the 96 ARS.

"We're a pretty busy flying squadron, so for us to keep a full team is going to be our most important point," Royer stated. "I think it's definitely possible (to reach the playoffs). I've seen some big squadrons that have some big teams and they really crush the ball. We're real fast and I think that's going to be our advantage – be aggressive and try to steal as many bases as we can."

Airmen offer pilates in honor of Women's History Month

Jazzmin Williams

Contributing Writer

In honor of Women's History Month, two women decided to team up and give back to their fellow Airmen and offer free Pilates courses March 29 and 30 at Joint Base Pearl Harbor-Hickam.

"I chose to become a Pilates instructor as it is an unique opportunity to continue serving others," said 1st Lt. Kathleen Eisenbrey, a public health officer for the 15th Aerospace Medicine Squadron who co-instructed the course. "Although I believe it is integral to demonstrate service to others, my experiences have led me to believe that I am most effective when I am able to affect health status on an individual basis."

Eisenbrey taught the course along with Capt. Aspen Heger, physical therapist for the 15th Medical Group. The first day of classes was held at the Bloch Fitness Center, the second at the Hickam Fitness Center.

The method of Pilates taught, called Stott Pilates, is a form of Pilates developed by Lindsay and Moira Merrithew. According to the Stott Pilates website, it "builds on the essence and principles of the late Joseph H. Pilates' work by incorporating modern knowledge about the body."

Eisenbrey engaged in more than 375 hours of classroom instruction to be certified to teach proper form and technique to students of any age and fitness level.

Staying physically fit is essential for Airmen and Sailors to continue to serve their mission. A critical portion of the required PT test is the one-and-a-half mile run. Although Pilates may not seem a traditional method of conditioning for running, it can prepare a person in different ways.

"The most important muscle for runners is core strength," said Jason Ham, exercise physiologist in the 15th Medical Group. "Sixty percent of the PT test score is based on running. It is best to be properly prepared."

Pilates also focuses on proper head and neck control, neutral alignment, lower back strength and how to control breathing. According to Heger, her primary patients are active duty Air Force members and a majority of them have desk jobs. Sitting properly with correct head and neck alignment can reduce pain and prevent strains. On base, lower back pain is the second most common physical therapy diagnosis, second only to knee pain.

Both days of classes were a success, with eager students and small class sizes lending themselves to a more personalized experience, the instructors said. Exercises utilized a supportive mat.

"We had the perfect combo, a licensed physical therapist and a certified Pilates instructor, Heger said. For beginners, that is a real treat."

Air Force Lt. Col Marlene M. Kerchenski, 15 MDG/chief nurse, said, "I very much enjoyed the Intro to Pilates class. I wish the gym offered Pilates classes."

As far as the future, Heger spoke of possibly coordinating more Pilates classes with the Navy. Eisenbrey concurred, noting that they looked forward to working with joint service partners to help Sailors and Airmen prepare for the PT test.

Both Eisenbrey and Heger combined their experience and knowledge to help students experience a free class not currently offered on base.

"Whether you're Navy, Air Force or civilian, classes like this help promote physical and emotional well-being," Heger said.

Photo by Maj. David Eisenbrey, 13 AF/A3X

Air Force 1st Lt. Kathleen Eisenbrey and Capt. Aspen Heger lead a Pilates class March 30 at the Hickam Fitness Center.

Easter services announced for JBPHH

Easter services have been announced for April 8 for Joint Base Pearl Harbor-Hickam (JBPHH).

They include:

- 9 a.m., Easter Sunday at Pearl Harbor Memorial Chapel (PHMC) (Catholic).
- 11 a.m., Easter worship at PHMC (Protestant service).

For more information, call 473-3971.

Easter services for the Hickam side of Joint Base Pearl Harbor-Hickam have also been announced. They include:

Catholic services at the Chapel Center:

- Good Friday, 7 p.m. April 6.
- Holy Saturday (Easter Vigil Mass), 7 p.m. April 7.
- Easter Sunday, 10:30 a.m. April 8.

Protestant services at the Hickam Chapel Center include:

- Contemporary Easter service, 8:30 a.m. April 8.

Protestant services at Nelles Chapel include:

- Good Friday Tenebrae service , 7 p.m. April 6.
- Easter morning traditional service, 9 a.m. April 8
- Easter morning gospel service, 10:45 a.m. April 8.

For more information, call 449-1754.

Easter sunrise service includes Army, Navy, Air Force chaplains aboard Missouri Memorial

An Easter sunrise service will be held at 6:30 a.m. April 8 aboard the Battleship Missouri Memorial.

The service will include representation from Army, Navy and Air Force chaplains. In addition, the event will include a prelude, closing hymn and postlude by the Pacific Fleet Band and special music by AMR Praise Team.

Hula no ke Akua will perform a hula service.

For more information, call RP2 (FMF) Benjamin Carter at 473-3971 or email Benjamin.a.carter2@navy.mil.

Marine Corps League offers college scholarships to high school seniors

HONOLULU — Marine Corps League's Aloha Detachment 363 is offering college scholarships to eligible high school seniors again this year. Two weeks remain to submit applications.

Approximately 10 scholarships ranging from $2,000 to $4,000 will be awarded for the 2011-2012 academic school year based on academic achievement, community involvement, leadership, merit and recommendations.

This is the third consecutive year the detachment has offered scholarships. Previous years' scholarship amounts totaled $43,000 and were distributed to nearly 20 local students.

To be eligible to apply for this year's scholarships, applicants must be a high school senior in good standing, and must be part of one of the following criteria groups:

- Enrolled in either a Marine or Navy Junior ROTC program on Oahu.
- Be the son or daughter of an active duty Marine or Sailor stationed aboard MCB Hawaii.
- Be the son or daughter of a retired Marine or Sailor employed by MCB Hawaii.
- Be the child of a MCL Aloha Detachment member.

The completed application must be postmarked no later than April 16 and mailed to:

Marine Corps League
Aloha Detachment
Attention: Scholarship Committee
P. O. Box 1101
Kailua, Hawaii 96734

The Scholarship Committee will review and evaluate each application before final selections are made. Applications postmarked after the deadline will not be reviewed. The scholarship committee selections are final. Those selected will be notified be early May.

For more information, call 227-9115, email jsachick@mac.com, or visit www.aloha363detachment.org.

This week in USAF and PACAF history

Charles Nicholls

PACAF historian

On April 3, 1939, President Franklin D. Roosevelt signed the National Defense Act of 1940, which provided the Army Air Corps more than 48,000 personnel, a $300 million budget, and 6,000 airplanes. It also authorized the Air Corps to train black pilots.

"Flying the Hump" took place on April 8, 1942. A strategic objective of Allied forces in World War II was to supply Chinese forces fighting Japan. The Allies used an overland supply route that ran from India through Burma to China, but the Japanese cut this route in early 1942.

On April 8, two DC-3s (later purchased in huge numbers as C-47 Skytrains) transported gasoline and lubricating oil over the Himalaya Mountains from eastern India to southern China to begin World War II's largest airlift operation.

On one of the earliest missions, eight airplanes carried the fuel and oil to service the B-25 bombers from the "Doolittle Raid."

On April 7, 1945, the 20th Air Force launched the first fighter-escorted B–29 raid on Japan. Acquisition of the island of Iwo Jima, after heavy fighting in February and March, made this raid possible by providing a base within fighter range of Japan.

On April 3, 1967, the First Chief Master Sergeant of the Air Force (CMSAF) was installed. Chief Paul W. Airey was installed as the first CMSAF. During World War II, Airey was a radio operator and gunner on B-24 bombers and is credited with 28 combat missions in Europe.

He had to bail out of his flak-damaged aircraft, was captured, and became a prisoner of war from July 1944 to May 1945. Airey spent much of his career as a first sergeant. In 1966, the Air Force began a search for "the best qualified and most impressive individual" in the service to be the first CMSAF.

Above is a A-47 Thunderbolt of the U.S. Army Air Forces authorized by the National Defense Act of 1940. (Far right) In this historynet.com photo by Kathy Manney, U.S. armed forces assisted with the South Vietnam evacuation in 1975.

The CMSAF serves as the personal adviser to the chief of staff and the secretary of the Air Force on the welfare, readiness, morale and proper utilization and progress of the enlisted force.

From April 4 to Sept. 16, 1975, South Vietnam evacuation took place. As communist forces took over South Vietnam, more than 130,000 refugees fled by sea and air. The Vietnamese refugee airlift, the largest aerial evacuation in history, included a series of overlapping operations: Babylift, New Life, Frequent Wind and New Arrivals.

The U. S. Air Force, working with the Navy and private contractors, flew more than 50,000 refugees from Southeast Asia to islands in the Pacific Ocean and eventually to new homes in the United States. Aircraft involved included C–141, C–130, CH–53, HH–53 and C–9.

On April 4, 1975, a C-5 crashed in an emergency landing near Saigon while flying the first mission of Operation Babylift. It was carrying South Vietnamese children and their escorts from Tan Son Nhut AB in Saigon to Clark AB. Only 176 of the 314 passengers survived the crash.

First Lt. Regina Aune, a flight nurse aboard the C-5, ignored her broken leg and other injuries to help evacuate nearly 80 children from the wreckage. She later received the 1975 Cheney Award. The C-5 pilot and copilot, Capts. Dennis W. Traynor III and Tilford W. Harp, received the Air Force Cross for extraordinary heroism.

From April 5 to 6, 1986, the Osan fuel explosion took place. After a tank of jet fuel exploded at Osan Air Base, four C-141 Starlifters and one H-3 Jolly Green Giant helicopter from the 63rd Military Airlift Wing delivered fire suppressant foam to the base. The aircraft also evacuated burn victims to Seoul for treatment.

On April 5, 1991, Operation Provide Comfort began. From April 5 to July 15, Military Airlift Command units flew more than 7,000 tons of supplies to northern Iraq, southeastern Turkey and western Iran to help more than a million Kurdish rebels who fled from Iraq after being defeated by Iraqi forces.

Shipyard career fair to offer 150 apprentice and engineering jobs

Katie Vanes

Pearl Harbor Naval Shipyard

The Pearl Harbor Naval Shipyard (PHNSY) Apprentice and Engineering Career Fair will be held from 8 a.m. to noon April 14 at Honolulu Community College (HCC) main campus, 874 Dillingham Blvd. in Honolulu.

The event is open to all U.S. citizens interested in employment at the shipyard.

Apprentice program applications are open to all U.S. citizens, 18 years or older by Jan. 15, 2013, who graduated from high school.

Attendees will include:

• PHNSY trade and engineering representatives, current apprentices and engineers, program administrators and production resources personnel.

• Human resources to discuss both apprentice and non-apprentice job opportunities.

• HCC representatives.

Pearl Harbor Naval Shipyard officials expect thousands of hopefuls to attend the career fair April 14 to learn about approximately 150 job openings with Hawaii's largest industrial employer and largest employer of engineers.

In a change to the hiring process this year, applications for apprenticeships will be accepted only at www.usajobs.gov.

The apprenticeship application period will be in the late May to June.

Applications for engineering positions should be submitted at www.usajobs.gov. More information on the application process will be available at the career fair.

For more information about the career fair and the apprentice program, visit the website www.navsea.navy.mil/shipyards/pearl.

Who said it?

"Children are likely to live up to what you believe of them."

This Week's Trivia

What happened on March 28, 1966 with regard to the Seventh Air Force?

Last Issue's Question: What happened March 27, 1799 in U.S. naval history?

Answer: The U.S.S. Constitution recaptured the sloop Neutrality from France. Later, during the War of 1812, Constitution won the legend "Old Ironsides" by defeating English warships.

Last Week's

Who said it?

"I may be compelled to face danger, but never fear it, and while our Soldiers can stand and fight, I can stand and feed and nurse them."

Clara Barton

Springfest features multiple themes for children, families

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) will hold Springfest from 3 to 6 p.m. Saturday at Ward Field.

The free event is open to all military-affiliated personnel and their sponsored guests. The event will observe the Month of the Military Child, Easter and Earth Day.

Entertainment will include:

• 3:30 p.m., "One Strong Ohana" pledge in honor of Child Abuse Prevention Month.

• 4 p.m., "Hypersquad" high-energy dance group performing the hippest moves.

• 5 p.m., "The Day Prevails," band members from the MWR Teen Center.

Activities

• Bounce houses, basketball and batting cages.

• United States Tennis Association (USTA) madness and fitness challenge.

• crafts and "food faces" for fun.

• Eggland — MWR's Easter fun.

• Easter bunny photo booth.

• Pinwheels for Prevention.

• Earth Day celebration featuring learning how to prepare, protect and restore the earth and its natural resources.

• Sponsor's row featuring local organizations that support the military.

In addition, in honor of Earth Day, free community paper shredding opportunities for business or personal use will be held from 10 a.m. to 3 p.m. today and Saturday at Bloch Arena parking lot.

For more information, visit the website www.greatlifehawaii.com.

Arizona Pool closed for repairs

Arizona Pool on Ford Island is closed for repairs.

During this time, patrons may use the other Morale, Welfare and Recreation pool facilities at Joint Base Pearl Harbor-Hickam.

PEARL HARBOR-HICKAM Manawa Nanea LEISURE

Morale Welfare & Recreation

EASTER RELAY SWIM
There will be a free Easter relay swim at 10:30 a.m. Saturday at Hickam Pool 2. Groups of four will race to win "the golden egg." Sign ups are at pool 2. FMI: 448-2223.

HICKAM HISTORICAL TOUR
The Hickam Historical Tour will continue to be offered by the Information, Tickets & Travel-Hickam (ITT-Hickam) office Wednesdays in April. The tour is from 9:30 a.m. to 12:30 p.m. and departs from ITT-Hickam. The cost of the tour is $45 for adults and $35 for children 3 to 11. A military ID is required for this tour. FMI: 448-2295.

DIGITAL PHOTOGRAPHY
A digital photography course focusing on digital SLR cameras will take place at the Hickam Arts and Crafts Center from April 10 to 24. Times and days for the course are either from 10 a.m. to noon on Tuesdays or from 6 to 8 p.m. on Thursdays. This class is for participants 16 and older. The cost is $45 per person. FMI: 448-9907.

PRESCHOOL STORY TIME
The theme for this month's story time is "Princes and Princesses." Story time will take place from 9 to 10 a.m. April 11 at the Hickam Library. FMI: 449-8299.

TEEN LOCK-IN
A teen lock-in will be held from 6 p.m. to 8 a.m. April 13 at the Hickam Teen Center. A signed permission slip is required. The cost is $20 per youth, ages 13 to 18. FMI: 448-0418.

LEISURE AND TRAVEL SHOWCASE
A "Leisure and Travel Showcase" will be held from 9 a.m. to 2 p.m. April 14 at the Pearl Harbor Navy Exchange (NEX) mall. The free event will feature prize giveaways and live entertainment. The theme of the showcase is "Exploring Hawaii and Beyond." FMI: 473-0792 or www.greatlifehawaii.com.

BODYBUILDING CHAMPIONSHIP
The annual Armed Forces Hawaii Bodybuilding Championship will be held April 14 at Sharkey Theater. Doors open at 6 p.m., with prejudging and show at 7 p.m. The cost is $10 for spectators and $20 for competitors. FMI: 473-0784 or 473-2494.

FATHER-DAUGHTER DINNER DANCES
Father-daughter dinner dances will be held from 4 to 7:30 p.m. April 21 and May 5 at the Officers' Club lanai. The cost is $15 for each father/daughter pair and $5 per additional daughter. FMI: www.greatlifehawaii.com or 474-1999, ext. 0

For more information on events, visit www.greatlifehawaii.com.

Community Calendar

April

7 ~ The Ford Island Bridge Run will be held at 7 a.m. The bridge will be closed from 6:50 to 7:05 a.m. on April 7 due to the run. FMI: call 473-0784, 473-2494 or 473-2437. Visit the website www.greatlifehawaii.com or http://www.active.com/event_detail.cfm?event_id=2006042.

7 ~ From 10 a.m. to 2 p.m., during "bag" sexual assault at the Pearl Harbor Commissary, volunteers will bag groceries while handing out information with emphasis on new Sexual Assault and Prevention policies.

20 ~ The Naval Supply Systems Command Fleet Logistics Center Pearl Harbor (NAVSUP FLC PH) Earth Day fair will be held from 9 a.m. to noon at Kilo 8/9 Pier, the pier warehouse behind building 475. The theme is "Partnering for a Greener Future." The Federal Fire Department will set up a fire prevention exhibit and display the tools and equipment they use to respond to chemical and oil spills. NAVFAC Hawaii will set up displays on region environmental programs such as storm water pollution prevention, oil spill response, recycling and more. FMI: email luke.dragovich@navy.mil.

21 ~ Volunteers are encouraged to participate in a Pearl Harbor Bike Path cleanup from 8:30 to 11 a.m. April 21 in partnership with the City and County of Honolulu Department of Environmental Services at Neil Blaisdell Park and Kapakahi Stream. Volunteers can contact:MAC James Wooten at james.wooten2@navy.mil, or 472-7149, or 225-5347. FMI: Grace Hew Len, CNRH public affairs at 473-3926 or email grace.hewlen@navy.mil, or Patty Colemon, CNRH regional environmental coordination, 473-0369 or email patricia.colemon@navy.mil.

28 ~ Turn in your unused or expired medications for safe, anonymous disposal from 10 a.m. to 2 p.m. during the National Take Back Initiative at Pearl Harbor Navy Exchange (NEX) main lobby, 4725 Bougainville Drive. FMI: WWW.DEA.GOV or 541-1930.

Movie Showtimes

This Means War (PG-13)

Two top CIA operatives wage an epic battle against one another after they discover they are dating the same woman.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Safe House (R)

SATURDAY
2:30 PM Journey 2: The Mysterious Island (PG-13)
4:45 PM Ghost Rider : Spirit of Vengeance (PG-13)
7:00 PM Wanderlust (R)

SUNDAY
2:30 PM Journey 2: The Mysterious Island (PG-13)
4:45 PM Tyler Perry's Good Deeds
7:00 PM This Means War (PG-13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Journey 2 : The Mysterious Island (PG-13)
8:30 PM Wanderlust (R)

SATURDAY
4:00 PM Ghost Rider : Spirit of Vengeance (PG-13)
7:00 PM This Means War (PG-13)

SUNDAY
2:00 PM Journey 2: The Mysterious Island (PG-13)