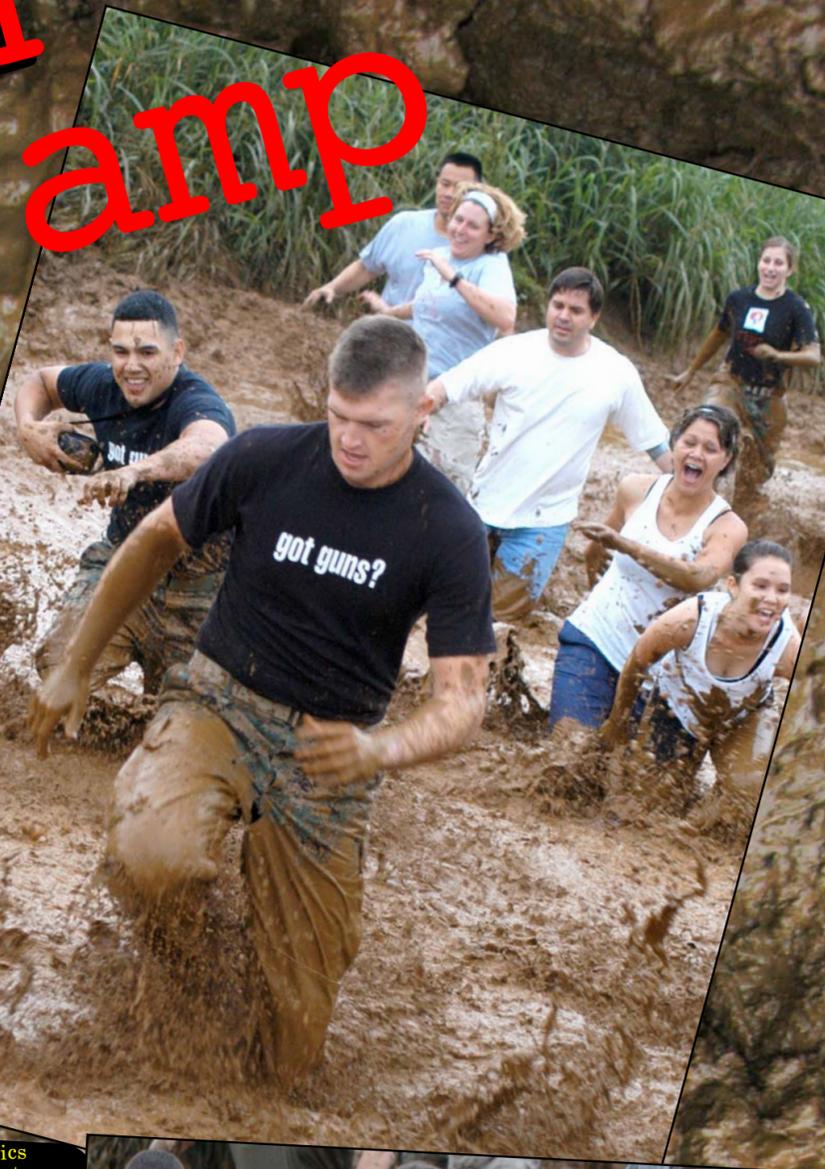


Romp the in swamp



Story and photos by
JO2 Devin Wright

Editor

Marine Corps Community Services (MCCS) and Combat Service Support Group Three (CSSG-3) held the 12th Annual Swamp Romp March 25 at Marine Corps Base Hawai'i (MCBH) Kaneohe Bay.

Two hundred sixty teams of six competed in Oahu's dirtiest footrace.

The event was open to any daring team whether military or civilian. Teams were made up of six members and all members had to finish the race together. Teams finishing without a teammate were penalized 60 seconds off their race time.

"The Swamp Romp is our way of giving the local community an opportunity to experience some of the fun aspects of the Marine Corps camaraderie and teamwork

while negotiating a challenging race course of mud, sand, ocean, obstacles and more mud," said Col. Brian Hearnberger, commanding officer CSSG-3.

Coordinators of the event say the popularity of the event is giving civilian and other services the opportunity to be a Marine for a few hours.

"This event has become a staple as part of the Marine Corps way of life," Stacey Barkdull, MCCS Varsity Sports Coordinator. "I think that is a big part of what draws people to this event. This is part of what a Marine exercise would consist of," she said.

While other services may not have been chomping at the bit to play Marine, several Navy teams did participate in the four and a half mile mucky obstacle course.

"We came prepared," said Machinist's Mate 2nd Class Michael Renda assigned to

Marine Air Logistics Squadron 24. "We are sporting the old school dungarees to show our Navy pride. This is my first romp in the swamp but I figure if the Marines can do it so can I," he said.

"This is a great way to start your Saturday morning," said Boatswain's Mate 3rd Class Jeffrey Newman assigned to Pacific Command. "It's 8:30 in the morning and I'm covered with mud. You can't beat it. Our team was pretty much at the same fitness level so it was easy to stick together. We all had a blast," he said.

One hundred sixty five gallons of water plus Mother Nature's help with several inches of rain recently was used to give the course a swamp like feel.

More than 2000 competitors and spectators attended the 2006 Swamp Romp, which is MCBH's 3rd largest community relation's event.



Annapolis kids learn to "eat smart, play hard"

JO1 (SW/AW) Lacy Hicks

U.S. Naval Academy Public Affairs

The U.S. Department of Agriculture (USDA) Food and Nutrition Service's "Power Panther" visited the U.S. Naval Academy on March 8 and 14 to teach kids about healthy eating and good exercise programs.

Only two percent of America's children meet all the recommendations of the food guide pyramid. Medical personnel from the Naval Health Clinic Annapolis invited the Power Panther to the Naval Academy Primary School (NAPS), Billy the Kid Youth Center and Naval Academy Child Development Center to turn those numbers around for children of the Annapolis Area Complex.

Power Panther came to Annapolis to teach children to "eat smart, play hard," a slogan and campaign designed to motivate children and their caregivers to make positive changes in eating and physical activity behaviors. The goal is to improve long-term health and reduce the risk of developing diet-related diseases.

"It's a fun way to bring the message of good nutrition and exercise to children," said Susan Shelton, a dietitian assigned to the clinic. Shelton worked with the clinic's health promotion coordinator to set up the event. "Dietary habits are established very early in life. It is extremely important to teach proper nutrition as early in life as possible," said Shelton. "Children ages three-five are really the prime candidates for this program."

According to the USDA's Web site, "caregivers have a strong influence on the development of healthful lifestyles." School

administrators and child care professionals agree.

"School is not just about reading and writing," said Devon Clouse, NAPS director. "We welcome the opportunity for the dietitian to speak at the school. Children this age love mascots. They really help get the message to the children."

Children exercised with Power Panther, played active games, made healthy dinners using the food pyramid, and received information to take home to help their parents implement some of their newly-learned health tips.

"Power Panther let us jump and move around," said 6-year-old Jack, a NAPS student.

Children in Annapolis seemed to get Power Panther's message about the importance of healthy eating.

"I like to eat good food," said 6-year-old Madison, also a NAPS student. "Some of my favorites are chicken, broccoli, celery, carrots, tomatoes, lettuce and fruit."

According to the USDA, less than 20 percent of American children eat the recommended servings of vegetables, only 25 percent eat the recommended servings of grains, and only 19 percent of girls ages 9 to 19 meet the recommended intakes for calcium. The USDA claims that obesity in youth often carries over into adulthood, contributing to the development of many chronic diseases, including heart disease and diabetes.

For more information about Power Panther and the campaign, contact the food and nutrition service at 703-305-2286, or visit their Web site at www.fns.usda.gov.

For related news, visit the U.S. Naval Academy Navy NewsStand page at www.news.navy.mil/local/usna/.



A youngster swings a pitch during a youth baseball game, The Boys & Girls Clubs of Navy Hawai'i and Navy Region Hawai'i Morale, Welfare and Recreation offer a variety of youth sports for Navy keiki.

Youth sports - kids score!

Story and photo by Amiee Huepenbecker

Community Support Programs - Marketing

Whether your youngster wants to shoot three-pointers, slug that ball into the outfield or cheer Pearl Harbor to victory, Boys & Girls Clubs of Navy Hawai'i offers an array of sports programs to keep them active. Different sports are offered throughout the year for Pee Wee (ages 3-5) and youth (ages 6 years and up).

Boys & Girls Clubs offers team sports like baseball, soccer, basketball and cheerleading, as well as individual sports such as martial arts, tennis, racquetball and dance. John Mosby, recreation assistant for Navy Region Hawai'i Morale, Welfare and Recreation (MWR), said, "The Boys & Girls Clubs of Navy Hawai'i gives kids an opportunity to find what interests them most, whether it is a sport or a hobby."

Youth sports have countless benefits for your child. According to the American Sport Education Program, sports involvement builds an appreciation of personal health and fitness; develops a positive self-image; teaches how to work as part of a team; develops social skills with other children and adults; teaches how to manage both success and disappointment; and teaches how to respect others.

Mosby commented, "Sports are a positive way for kids to stay active after school. Kids make friends and compete at all levels in sports. And the coaches are positive role models, not only in sports, but as mentors in life."

Youth soccer registration will begin in May. Registration for Pee Wee T-ball begins in June. Download the 2005 Pee Wee and Youth Sports schedules online at www.greatlife-hawaii.com or call 474-3501. For more information on martial arts or dance classes, call 471-8658.

Got Questions?

Write to us at hnn@honoluluadvertiser.com

Dealing with verbal abuse

Gene-Thomas Gomulka

Lifelines

Some partners can tend to imitate their parents' behavior when it comes to resolving problems. For example, if a person comes from a home where his or her parents were physically or verbally abusive at times, that person may have a tendency to likewise resort to hitting or yelling whenever a problem arises.

Spouses who have never experienced any form of verbal or physical abuse may be particularly sensitive to being yelled at. When you and your spouse have some quiet time together, you may want to share this concern, discussing how your respective parents may have had an influence on how each of you handles conflicts for better or for worse. You may also wish to identify both positive parental qualities that you would like to emulate, and negative parental traits that you want to avoid.

In one case, a husband who came from a large family said that he was accustomed to raising his voice when agitated, as it was the only way he could be heard in his crowded childhood. He also admitted that his parents would argue with each other

in front of the kids that moved them sometimes to run to their bedrooms.

His wife, however, reminded him that she was an only child and pointed out that her parents never showed displeasure toward each other in her presence. By discussing their home experiences and how they perceived yelling allowed them to understand each other better. The husband was more careful not to raise his voice and the wife was less inclined to interpret his excitability as a lack of love on his part.

Unfortunately, abuse does take place within military and civilian families. Excessive anger can be manifested in various forms of abuse (e.g., verbal, spousal, child). Anger-management classes and other therapies can help arrest such behavior and reduce the chances of divorce, hospitalization of the victim of abuse or even incarceration of the abuser. For more information about resolving conflicts in constructive ways, speak with a chaplain or family support counselor. They are trained and ready to help you.

(The Fleet and Family Support Center (FFSC) at Naval Station Pearl Harbor offers classes and counseling on anger management and domestic violence. For more information, call 473-4222.)

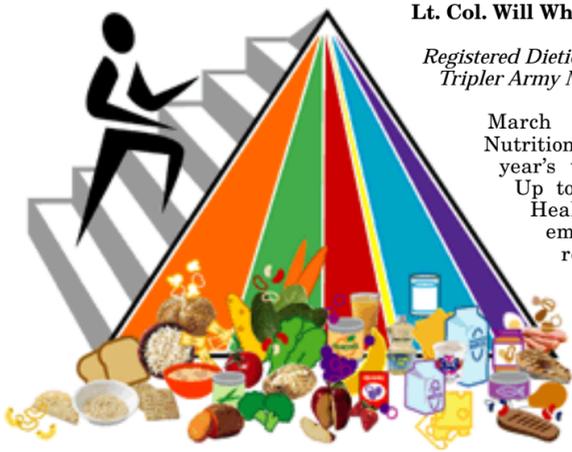
Glorious yard frames Old Glory



Photo courtesy of Forest City Residential Management

An award-winning yard and the recipient of the Yard of the Month honors for March for the Radford Terrace community makes a glorious "frame" for flying Old Glory. Top yard honors for the community went to SKCM(SS/SW) Jamie L. Goodman and his family.

March is National Nutrition Month: How to make better choices for your meals



Lt. Col. Will Wheeler

Registered Dietician
Tripler Army Medical Center

March is National Nutrition Month. This year's theme is "Step Up to Nutrition and Health" with an emphasis on the revised Food Guide Pyramid. Registered dietitians nationwide will be promoting choices this year.

Every day

we make choices in what we eat and drink that impacts how we feel today and in the future. To assist us in making better choices, the Food Guide Pyramid is available in a user friendly and individualized format at the Internet site <http://mypyramid.gov>.

Readers are encouraged to check out the Web site at their convenience. As an example of how to use the Web site, let's take a look at the fruit food group. Based on the Food Guide Pyramid, an adult should consume two cups of fruit per day with the simple guidance of choosing a variety and going easy on fruit juices. Calorie-wise fruit juice is no different than

soda and although juice is more nutritious than soda, you can usually get more nutrients per calorie and more satisfaction with fruit than with juice.

Writing this article has motivated me to have a cup of fruit right now. A challenge in doing that is having smart food choices available. At work, I am fortunate enough to have a few places where I can pick up a piece of fruit. You may be in a location that is more challenging. In that case, it takes planning and more than likely a trip to the commissary. For your commissary trip, review the pyramid recommendations and ensure that the groups that are a challenge for you make it onto your

shopping list.

Those who use military dining facilities are in luck. Military dining facilities are food establishments that offer a variety of choices and reasonable portion sizes. When it comes to fruit, leaving with a serving of fresh fruit is usually allowed.

Today I brought a pear (medium - 2.5 pears per pound) in to work and will pick up a nice orange (one large - three-inch diameter) when I go to the dining facility for lunch. So I have my two cups of fruit covered, but it did take some planning.

Take a little time to make the right choices and plan your food intake. "Step Up To Nutrition and Health," it's worth it.

GOT SPORTS
hnn@honoluluadvertiser.com

Phone: (808)473-2888

Contact the HNN editor for guidelines and story/photo submission requirements



Skylark Central

What ship is it?



On May 7, 1915, a German submarine sank the British ocean liner shown in this photo, drowning 1,198 civilians. More than 100 U.S. citizens were among the dead. In reply to President Woodrow Wilson's protest, Germany justified the attack on grounds that the British government intended to arm merchant ships. Prior to the ship's departure, the German government warned passengers that ships entering the war zone could be fired upon.

What ship is it?

Cryptogram Solution

What famous woman said:

"You manage things, you lead people. We went overboard on management and forgot about leadership. It might help if we ran the MBAs out of Washington."

— Rear Admiral Grace Murray Hopper



Know your Navy

Most U.S. fleet tugs are operated by which organization?

Last week's question...
The hand salute was adopted by the U.S. Navy from which country's navy?

Answer -
the British navy



MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

TODAY

7:00 p.m. Final Destination 3 (R)

SATURDAY

2:30 p.m. Curious George (G)
4:45 p.m. Firewall (PG 13)
6:45 p.m. When a Stranger Calls (PG 13)

SUNDAY

2:30 p.m. The Pink Panther (PG)
4:30 p.m. Date Movie (PG 13)
6:45 p.m. Running Scared (R)

SUNDAY

7:00 p.m. When a Stranger Calls (R)

Memorial Theater
Hickam Air Force Base
(449-2239)

TODAY

7:00 p.m. Curious George (G)

SATURDAY

2:00 p.m. Curious George (G)
7:00 p.m. The Pink Panther (PG)

SUNDAY AND WEDNESDAY

7:00 p.m. Firewall (PG 13)

THURSDAY

7:00 p.m. The Pink Panther (PG)

Sgt. Smith Theater
Schofield Barracks
(624-2585)

TODAY

7:00 p.m. When a Stranger Calls (PG 13)

SATURDAY

7:00 p.m. Final Destination 3 (R)

SUNDAY

7:00 p.m. Something New (PG 13)

WEDNESDAY

7:00 p.m. When a Stranger Calls (PG 13)

THURSDAY

7:00 p.m. Final Destination 3 (R)

Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held.

OUTDOOR ADVENTURE EVENTS

- **April 1:** Wa'a hila Ridge hike, 8:30 a.m., \$7.
- **April 2:** Family fun – kids and kayaks, 9 a.m., free.
- **April 8:** Kahana Valley hike, 8:30 a.m., \$7. Register by April 5.
- **April 9:** Boogie boarding, 9:30 a.m., \$10. Register by April 9.

9TH ANNUAL FORD ISLAND BRIDGE RUN

Sign up now for the 9th Annual Ford Island Bridge Run, the biggest 10k on Oahu, on **April 8**. Early registration (with T-shirt) is **today**. Entry forms are available online at www.greatlife-hawaii.com or can be picked up at any military fitness center. For more information, call 473-2494.

YOUTH EL TORO REGATTA

Rainbow Bay Marina will host a youth sailboat regatta the first Saturday of every month. Races begin at 10 a.m. and the cost is \$5 per boat. The next regatta will be **April 1**. For more information, call Rainbow Bay Marina at 473-0279.

NAVY CHESSE TEAM

Applications are now being

accepted for the 2006 Navy Chess Team. Compete around the world and represent the U.S. Navy. The deadline is **April 1**. Visit www.mwr.navy.mil for an application. For more information, contact Julie at julie.k.smith@navy.mil.

FINAL FOUR CHAMPIONSHIP

Come watch the excitement on **April 1** (semis) and **April 3** (championship) at Pool and Pizza, Club Pearl and Ocean's CPO Club. If your pick is still in it to win it, come down and see if you're correct. Participants must be present to win. For more information, call 473-1743.

BOAT RENTAL SPECIAL

Rent a sailboat, kayak or paddle boat at Rainbow Bay Marina for only \$1 per hour on **April 1**. Sailboat rentals require blue card qualification. For more information, call 473-0279.

YOUTH FITNESS ORIENTATION

Get active with the Youth Fitness Orientation on **April 8** at Power Point Fitness Center, Barbers Point. The orientation, geared for youth ages 10-15, includes a facility tour, safety guidelines, equipment usage demo and a review of center rules and regulations. The registration deadline is **April 6**. Youth must be accompanied by an adult. For more information or to register, call 682-5243.

ARMED FORCES BODY BUILDING COMPETITION

April 6 is the last chance to enter the Armed Forces Body Building

Contest which will be held **April 22** at Sharkey Theater, Pearl Harbor. Pick up an entry form at any military gym or fitness center. The entry fee is \$20. Pre-judging begins at 9 a.m. The spectator fee is \$5. The evening show begins at 7 p.m. The spectator fee is \$10. For more information, call 473-0784 or visit www.greatlife-hawaii.com.

SPRINGFEST

Celebrate Month of the Military Child with Morale, Welfare and Recreation on **April 14** near the Navy Lodge on Ford Island. This year's "Fun with Experiments" theme promises free fun activities, including bounce houses, arts and crafts, hands-on experiments, science demonstrations and more. On-stage entertainment will include Reading with Ronald McDonald and Mad Science. The movie, "Cheaper By the Dozen 2" (PG), will begin at 7 p.m. with free popcorn. Food and beverages will be available for purchase. The event is open to all military-affiliated personnel and their sponsored guests. For more information, go to www.greatlife-hawaii.com or call 471-8658.

MWR EXPO

Find out everything you need to know about Morale, Welfare and Recreation programs and many of the island's most popular restaurants, shows and island excursions from 10 a.m.-3 p.m. **April 25** at The Banyans. There will be live entertainment, food, prizes and information. Attendees will

have a chance to win this year's grand prize – a trip for two to Las Vegas. For more information, visit www.greatlife-hawaii.com or call 473-0606.

FIRST PLAY FRIDAYS

Visit Beeman Center at 7 p.m. every Friday and be among the first customers to watch newly received movies. The Navy Motion Picture Service provides the movies and continually rotates the movie library. Patrons can watch the movie on a 60-inch screen and enjoy free popcorn. Beeman Center is open only to active duty personnel and sponsored guests. For more information, call 473-2582.



Today: Battle of the Bands, Beeman Center, 7 p.m., free.
April 1: Paintball 9:00 a.m., \$25.
April 2: Surfing lessons & lunch, 9:30 a.m., \$7.
April 3: WWE wrestling, food, 5:00 p.m., free.
April 5: "There's something going on at Beeman," 6:30 a.m., free.

Weekly events:

Sunday: Chess tournament, 6:30 p.m.
Monday: 8-Ball tournament (Beeman Center)- 7 p.m.
Tuesday: 8-Ball tournament - 7 p.m.
Wednesday: Game show - 6:30 p.m.
Thursday: 9-Ball Pool tournament - 7 p.m.



Curious George

The adventures of Curious George, the inquisitive little guy with an insatiable taste for adventure. George's spunky and fun-loving nature endears him to new friends, but also lands him in a series of (mis-) adventures.

Final Destination 3: When a high school student fails to stop the fated roller coaster ride that she predicted would cause the deaths of several of her friends, she teams with a schoolmate, in a race against time to prevent the Grim Reaper from revisiting the survivors of the first tragedy.

Firewall

Jack is a bank security expert, whose specialty is designing infallible theft-proof financial computer systems. But there's a hidden vulnerability in the system he didn't account for - himself. When a ruthless criminal mastermind kidnaps his family, Jack is forced to find a flaw in his system and steal \$100 million. With the lives of his wife and children at stake and under constant surveillance he has only hours to find a loophole in the thief's own impenetrable system of subterfuge and false identities to beat him at his own game.

Running Scared

Two 10-year-old boys get their hands on a mob gun with which a cop was shot. The father of one of the boys must take to the streets in a desperate bid to recover the weapon before the mob finds out it's missing.

Something New: While 42.4 percent of African-Americans have never been married, Kenya, a professional African-American woman is determined to do something about it. She is shocked to discover, however, that she's falling in love with a white landscaper.

The Pink Panther

A world-famous soccer coach has been murdered and his priceless, legendary ring has been stolen--a ring set with the stunning diamond known as the "Pink Panther." The French government needs a master detective to solve the crime and recover the gem--but he's not available, so they recruit none other than Inspector Jacques Clouseau.

When a Stranger Calls: While babysitting, a high school student is terrorized by a stranger who calls her, asking "have you checked the children lately?" The police eventually notify her the calls are coming from inside the house.

Community Calendar

To have your activity or event featured in the *Community Calendar*, e-mail your requests to hnn@honoluluadvertiser.com or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

All Military Bowling Tournament - The All Military Bowling Tournament will be held **April 4-7** at military installations on Oahu. The tournaments will begin at 10 a.m. each day and run until approximately 3 p.m. The Hickam Bowling Center will host the first day of competition on **April 4** followed by Marine Corps Base Hawaii, Kaneohe on **April 5**, Schofield Barracks Lanes on **April 6** and the Naval Station Bowling Center on **April 7**. For more information, call 473-2651.

Housing town hall meetings - Town hall meetings have been scheduled to provide information to Navy housing residents about phase two of public-private venture (PPV). A meeting is planned for 6:30 p.m. **April 5** at the Ford Island Community Center for residents of Ford Island.

Commissary closure for inventory - The Pearl Harbor Commissary will close early at 3 p.m. on **April 12** to conduct its annual inventory. The store will be open from 9 a.m.-3 p.m. on that day. The commissary will open again for its normal business hours on **April 13**. Pearl Harbor Commissary is open from 9 a.m.-8 p.m. seven days a week. For more information, call 471-8402, ext. 154.

Military spouse scholarships - The National Military Family Association (NMFA) is now accepting applications for NMFA'S Joanne Holbrook Patton Military Spouse Scholarships. Any uniformed service spouse - active duty, retired, National Guard, Reserve, or survivor - studying toward professional certification or attending post-secondary or graduate school is encouraged to apply. Scholarships may be used for tuition, books, fees and school room and board. The number of scholarships awarded each year varies. More information can be found at www.nmfa.org/scholarships2006. Applications will only be accepted online and must be submitted by midnight **April 15**.

Fishing Tournament - Naval Station Pearl Harbor is hosting its first-ever fishing tournament from **April 24-30**. The grand prize is a six-hour, expenses paid fishing trip, sponsored by Aikane Sport Fishing Charters at Hickam Air Force Base. Those who plan to "go fishin'" should meet at 5 a.m. at the Hickam Air Force Base fishing pier (on the right before Mamala Golf Course) to complete registration and a captain's safety brief. Cast-off will be at 5:30 a.m. with a planned return time of about 3:30 p.m. Fish will be weighed after return to the pier. The winner for each trip will be awarded a \$50 discount on a return trip and other fishing accessories. The grand prize winner will be announced May 1. The entry fee is \$120 per person and includes all tackle, water and soda. A maximum of six persons will be able to participate each day. Fishermen (or women) should bring their own food and other beverages. No glass bottles will be allowed.

The entry deadline is **April 18**. A portion of the proceeds will go to the Naval Station holiday event. For more information or to register, call 473-1574 or email at gaetano.critelli@navy.mil.

Pouhala Marsh Clean-up - Pouhala Marsh work days

have been scheduled for **April 29** and **May 20** for cleanup and removal of pickle weeds at the north end of Pearl Harbor's West Loch. The project will cover a Hawaiian fish pond and coastal marsh of about 70 acres. Volunteers are needed to help with the project from 8 to 11:30 a.m. Anyone who is interested in participating should call 473-1203 or email adeline.lopes@navy.mil or Pauline Kawamata at 955-0100, ext. 18.

NEX price matching - Through the Navy Exchange price matching policy, the NEX will match the price of any identical item sold in any local store. Customers may provide proof of the lower price and the NEX will match it. If the price difference is under \$5, the store will match it on the spot. Some restrictions apply to the policy. Please see a sales associate for more information.

Tax Center - The Pearl Harbor Tax Center, located in building 679, room 11, is open for walk-ins from 9 a.m.-4 p.m. Mondays and Fridays and from 9 a.m.-noon on Saturdays. Appointments can be made from 11 a.m.-6 p.m. Tuesdays and Thursdays and from 9 a.m.-4 p.m. on Wednesdays. For more information, call 473-4112.

Red Cross Volunteers - The American Red Cross needs volunteer instructors for cardio-pulmonary resuscitation (CPR) and first aid classes. Free training is provided. Volunteers must make a commitment to teach eight classes a year and have at least one year left in the area. For more information, call 449-0166.

How to contact TriWest/TRICARE services - Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their Web site at www.triwest.com, or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic. The TRICARE Service Center located at the Pearl Harbor Makalapa Clinic is open from 7:30-11:30 a.m. and 12:30 to 4:30 p.m. Monday-Friday. The TRICARE Service Center located at the Kaneohe Clinic is open from 7-11:30 a.m. and 12:30-4 p.m.

The University of Oklahoma offers a master of arts in managerial economics and a master of public administration. The non-thesis programs can be completed in about 18 months. The school offers one-week classes that are TDY/TAD friendly. For more information, contact UO at 449-6364 or aphickam@ou.edu or visit www.gouou.edu.

T.O.P.S. (Take Off Pounds Sensibly), a nonprofit, noncommercial weight-loss support group, meets every Wednesday at the Armed Services YMCA, Aliamanu location. Weigh-in begins at 5:30 p.m. and the meeting starts at 6:15 p.m. Membership fees are low and includes the T.O.P.S. magazine. There are also incentive programs offered. The first meeting is free.

T.O.P.S. in Hawai'i is a support group for helping members Take Off Pounds Sensibly. The group recently held its state convention and crowned the state queen. She had lost all her weight by the end of December 2003 and lost 163 pounds. The first meeting of T.O.P.S. is free. If you need support in your weight loss efforts, the group offers low monthly fees and a low joining fee. For more information, call Delcie at 623-1403.

GOT SPORTS

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STORY IDEAS?

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Hawaii Navy News