



NAVY PUMPS UP BODYBUILDING CHAMPIONSHIPS

Story and photos by Randy Dela Cruz

Contributing Writer

The old question of, "Where's the beef?" was emphatically answered, when 22 hulking-up contestants paraded onto the stage at the 27th Annual Armed Forces Bodybuilding Championships at Sharkey Theater, Joint Base Pearl Harbor-Hickam, on April 17.

Bodybuilders representing Navy, Army, Air Force, Marines and Coast Guard flexed their way through five men's divisions and two women's divisions in a night that also featured a guest appearance by last year's overall men's winner, Chief Operations Specialist Marcus Allen, whose high-energy routine delighted the packed house.

During the event, each fitness athlete was subjected to a grueling battery of posing rounds that allowed a panel of judges to critique every body part and overall symmetry.

At the end of the night, two athletes reigned supreme, as U.S. Marine Sgt. Jeffery Velazquez and U.S. Army family member Jessica Gaines captured, respectively, the men's overall and women's overall crowns.

While Navy competitors failed to claim the top prizes in the yearly championships, buffed Sailors nabbed first place in three of the five men's weight divisions and also secured the top spot in the overall team event.

In the men's ban-

weight division, Information Systems Technician 2nd Class Alex Starr of Naval Computer Telecommunications Area Master Station Pacific (NC-TAMSPAC) edged Navy Department of Defense employee Ralph Custodio for first.

Meanwhile, a ripped Hospital Corpsman 2nd Class Anson Sing of Naval Health Clinic Hawaii (NHCH) beat out Air Force Lt. Col. Joe Yezzi of Special Operations Command, Pacific (SOC-PAC) for the lightweight title, with Senior Chief Hospital Corpsman Georges Taino of USS Lake Erie (CG 70) taking third.

Information Systems Technician 2nd Class Michael Grant of Special Projects Patrol Squadron Two (VPU 2) at Marine Corps Base Hawaii rounded out the Navy's individual victories by topping the competition in the welterweight class.

Sing and Taino also teamed up with Navy Diver 2nd Class Justin Sayler of Pearl Harbor Naval Shipyard (PHNSY) Regional Dive Locker to beat out four other squads to earn the night's team championship.

In the remaining men's divisions, Army family member, Tyson Allen, took home honors in the light heavyweight class, while Velazquez placed first among the heavyweights.

For the women, Senior Airman Rebekah Velazquez, Jeffery's wife, took care of business in the light division, with Gaines cashing in on the hardware in the heavy division.

After being presented with the top prize in among the ladies, Gaines said it was an awesome feeling to win the overall crown in her first bodybuilding competition.

Previously, Gaines noted that she has competed onstage in the figure category, but the thought of putting on quality muscle pushed her to take the plunge into bodybuilding.

Like Velazquez, Gaines acknowledged that she hopes to earn a professional card and is almost certain she'll pursue it as a bodybuilder.

If she does, Gaines assured that she wouldn't get caught up in

the desire to be the biggest female bodybuilder in the game.

"I love to build muscle, but I know my limits," she said. "I know what I want to look like, and at the end of the day, it's going to be a lady."

Velazquez, who entered the men's competition at a very shredded 193 pounds, also agreed that although he is considered a heavyweight, he doesn't envision himself mirroring the professional behemoths, such as 2009 Mr. Olympia Jay Cutler, who competes at around 270 pounds and weighs as much as 310 in the off-season.

While Gaines joked that she had to keep herself away from Twinkies and Ho-Hos, as she dieted herself to a skintight 126 pounds, Velazquez said since he and his wife maintain healthy eating habits throughout the year, he didn't have to overhaul his diet too much as he prepared for the contest.

"Definitely, without my wife's support, it wouldn't be possible," said Velazquez, who previously won the Far East Bodybuilding competition in Okinawa. "It's one of those things where the whole household has to be into fitness. Like I tell everybody, if the household is eating pizza, you're going to eat pizza."

Velazquez said that he hopes to have his pro card in about one year, but his immediate goal is to find a sponsor.

"This is a very, very expensive sport," he stated. "The supplements and food is very expensive. So if I could even get a partial sponsor, where I could get discounts, that is my main goal."

Event coordinator Rodney Gouveia, Morale, Welfare and Recreation (MWR) athletic program director, said that he was very pleased with this year's competitors and attendance.

Gouveia also noted that the high level of competition is a reflection of the hard work and dedication that is maintained by the men and women in the armed forces.

"A lot of the contestants from our show use this as a springboard to go into other compe-



Combined squad beats SEALS in OT shootout

Story and photo by
Randy Dela Cruz

Contributing Writer

Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) needed an overtime shootout to defeat SEAL Delivery Vehicle Team One (SDVT-1) in a battle of third-place teams during a soccer intramural league game at Ward Field, Joint Base Pearl Harbor-Hickam, on April 17.

With the victory, PACOM/JIOC improved its record to 5-1, as SDVT-1 dropped down to fourth place with a league mark of 4-2.

In the matchup between two of the top teams in the league, SDVT-1 and PACOM/JIOC fought to a 1-1 tie in regulation time, with both scores coming in the second half.

The game was knotted up 0-0 in defensive struggle until Lt. j.g. Travis Garland of SDVT-1 scored on a breakaway down the right side of the field with around 15 minutes left to play in regulation.

It was one of the few times when SDVT-1 was able to get to the outside lane due to a strong PACOM/JIOC defense that funneled most of the day's action toward the middle of the field.



Lt. j.g. Travis Garland of SEAL Delivery Vehicle Team One (SDVT-1) kicks a shot toward Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC) goalkeeper, Intelligence Specialist Seaman William Pozuelos, during a soccer intramural league game at Ward Field, Joint Base Pearl Harbor-Hickam, on April 17. PACOM/JIOC beat SDVT-1 in overtime to improve its league record to 5-1.

"Their keeper was really fast to the ball and he cut our angles off pretty good," explained Garland about SDVT-1 struggles on offense. "We were playing hard, but we were missing some simple passes. We

were kind of flat."

However, while SDVT-1 had to fight its way downfield on almost every play, PACOM/JIOC wasn't having much luck with its offense as well.

As time neared expiration, PACOM/JIOC got a huge break when Lt. Cmdr. Darren Hale found himself standing in front of a free ball just a few feet away from the goal moments after a corner kick.

Amid the confusion, Hale calmly set himself and kicked the ball to the back of the net to tie the score up at 1-1.

"The ball bounced around a little bit. I kicked it with my left foot and was able to put it in," said Hale. "I guess just by instinct through practice, I stayed calm and got a good connection on it."

The game-tying kick set the stage for the nail-biting overtime shootout that lined up three of SDVT-1's top shooters against the best trio from PACOM/JIOC.

After each of the teams' first shooters made good on their attempts, PACOM/JIOC goalkeeper, Intelligence Specialist Seaman William Pozuelos, gave his teammates a big boost when he rejected a shot off the foot of Machinist's Mate 1st Class Eder Contreras of SDVT-1.

While Contreras said that he just missed the kick, Pozuelos believes that he may have influenced the errant boot before it left the foot of the Navy SEAL.

"I have a thing with penalty kicks where I try to psych them out by pretending to go one way and jump to the other," noted Pozuelos. "It causes them to change their shot at the last minute, and I know that's what happened when I blocked that shot."

Both teams converted on their next kicks, which left Pozuelos as the final shooter for PACOM/JIOC.

With the game on the line, Pozuelos stepped up and ended the game by kicking in the winning goal to the right side of the net.

Again, Pozuelos said he used a little trickery to get the ball past SDVT-1's goalkeeper.

"When I went up for my shot, the entire time I was looking to my right, making the goalkeeper think that I was going to go to his left," said Pozuelos. "The goalkeeper did jump to his left, which is what I wanted him to do."

After securing the win, Pozuelos said that it felt great to beat a tough team such as SDVT-1.

But with the season less than half way done, Pozuelos pointed out that there is still a lot of work ahead.

"I'll feel comfortable when we have the trophy," he acknowledged. "Potentially, we can do it."

NIOC Hawaii's Family Readiness Group hops into spring with annual bunny hop

CTI2 (SW) Victoria L. Stack

Naval Information Operations
Command Hawaii

Naval Information Operations Command (NIOC) Hawaii's Family Readiness Group (FRG) recently hosted its annual bunny hop event.

It brought together the various command organizations and invited the command's families to enjoy the festivities. With more than 30 children in attendance, there was food, games and arts and crafts to entertain. The pinnacle of the gathering was the egg hunt where hundreds of eggs were spread out for all to find.

The sound of laughter echoed as children enjoyed various games and entertainment. The life-size

game of Connect Four, standing three feet tall, was enjoyed by several children. Chief Cryptologic Technician (Collections) Monique Batiste assisted her daughter, Cierra, as they set up outdoor bowling pins. "I love bowling," Cierra grinned as she rolled the ball down the sidewalk for a perfect strike.

Cryptologic Technician (Interpretive) 1st Class Emily Dabruzzi and her mother watched as Dabruzzi's two sons bounced around the inflatable joust ring. When asked what they were excited about, both of them responded, "The egg hunt!"

The NIOC Junior Enlisted Organization (JEO) supported the FRG with its egg hunt and also set up an arts and crafts table for the event. Cryptologic Technician (In-



Photo courtesy of NIOC Hawaii
NIOC Hawaii Sailors help with the Easter egg hunt during their bunny hop event

terpretive) 2nd Class John Hammond demonstrated skill with the knitting and crocheting, assisting in

each step in the simple method of making scarves. Also, with markers and spring themed stamps, children made decorative Easter cards covered with rabbits and flowers. The Chief Petty Officers Association (CPOA) and the First Class Petty Officers Association (FCPOA) manned the grill, cooking burgers and hot dogs. With an assortment of chips and drinks, there was plenty for everyone to enjoy.

Chief Cryptologic Technician (Collections) Darren Toussaint prepared for the egg hunt with NIOC's ombudsman, Melanie Slocum. Slocum, who is also treasurer of the FRG, said, "I am happy all of the families came out to support the FRG and I hope that all of the kids have a good time."

While discussing the importance of the FRG to the families of NIOC

Hawaii, Slocum emphasized that it is open to everyone, both families and single Sailors alike. One of the other events that the FRG sponsors is the deployed spouse dinner, held at 5:30 p.m. every third Tuesday at the chapel at Joint Base Pearl Harbor-Hickam. Like all of the FRG's events, this is open to everyone. Slocum encouraged, "It is a great way to make connections with Sailors and families."

As the group of youngsters with baskets in hand began to gather around Toussaint, the highly-anticipated egg hunt was about to start. Eager children edged closer to the field as Toussaint explained the safety precautions and called it "open season." With all of the eggs collected, the sun began to set in the valley surrounding the NIOC Hawaii pavilion.

Naval Health Clinic pitches in for victory

Story and photo by
Randy Dela Cruz

Contributing Writer

Naval Health Clinic Hawaii (NHCH) pitcher, Hospital Corpsman Isaac Garcia, threw five shutout innings to lead his team to a 7-3 win over We Fix Ships (WFS) in an Ashore Intramural Softball League game at Millican Field, Joint Base Pearl Harbor-Hickam, on April 20.

The win evened out NHCH's record to 2-2, while WFS, a team comprised of Sailors from Pearl Harbor Naval Shipyard (PHNSY) Regional Dive Locker, fell to 1-3.

Garcia, who is playing in his first season as NHCH pitcher, toyed with a no-hitter for the first three innings before giving up a leadoff double to Navy Diver 1st Class Shawn Chamlee in the top of the fourth.

For the game, Garcia allowed a total of only eight hits, walked one batter, while



Naval Health Clinic Hawaii (NHCH) pitcher, Hospital Corpsman Isaac Garcia, releases a pitch in an Ashore Intramural Softball League game against We Fix Ships (WFS) at Millican Field, Joint Base Pearl Harbor-Hickam, on April 20. Garcia tossed a complete-game gem in helping NHCH to a 7-3 win over WFS.

striking out two hitters.

"I was just moving around my pitches and looking at their (WFS) batting stances to see what might work," said Garcia. "This is my first year pitching, so I'm still learning."

Chamlee, who later added a single, said that it was just one of those days when the balls weren't falling in for WFS batters.

"The last game, our bats were there, but this game we didn't have our bats going,"

said Chamlee. "We settled in at about the fifth inning, but it was too late. No excuses, it was just a bad day."

While Garcia was holding WFS bats at bay, NHCH did a solid job of taking advantage of scoring opportunities in the first three innings of the game to grab a huge 7-0 cushion.

In the first inning, WFS retired the first two NHCH batters on routine plays, but an infield error opened the door for NHCH to tally three runs.

Another fielding error by the WFS infield helped NHCH to three more runs in the second inning, before the team plated one final score in the third.

Although WFS fielders committed six fielding blun-

ders during the game, Chamlee said that it was the team's struggles at the plate, not the errors, that led to its defeat.

"Defense does come into play," he noted, "but if you can put the ball where people aren't, that's what wins games."

After Chamlee's leadoff double in the fourth, WFS finally broke through for a run, but didn't get on the scoreboard again until the final inning when the team broke out for three singles and a double to cross home two more times.

Besides Garcia's strong outing on the mound, the day's blustery conditions made it nearly impossible for batters from both teams to go deep.

Many of WFS's long shots to left field got hung up by the incoming wind and died for easy putouts by NHCH outfielders.

"The wind was blowing in pretty heavy so it was definitely a factor," said Garcia. "I saw a few balls just drop in because the wind carried it a little."

Batters on WFS didn't do much better with balls hit to the infield, as NHCH's defense played a tight game around the horn.

"If I throw it up there and they hit it, I've got confidence in my defensive players that they're going to get it," said Garcia. "We've got a strong infield. They're out there making the grabs and they all play good together."

Pacific Aviation Museum hosts 'Women in Aviation'

MC2 (AW)
Eric J. Cutright

The Pacific Aviation Museum held the first "Women in Aviation" conference on April 16-18, to provide information about the women who blazed the trail for female aviators.

The three-day event included enhanced exhibits, an industry career field and speeches given by female aviators for the museum patrons.

"We took a look at the museum and realized that we're often telling stories about the men involved in aviation in the Pacific," said April Emerson, the education coordinator at the museum. "We found that there was very little information available in the museum about the women who participated, as well, and that was the inspiration for the conference."

Some of these women pioneering were in aviation groups like Women Airforce Service Pilots (WASP). The group was established during World War II in an attempt to free up male pilots for combat duty. Missions of the WASP pilots included towing targets for live anti-aircraft practice, transporting cargo and delivering aircraft to distant commands.

Another group of female pioneers in aviation were "The Ninety-Nines," a non-profit organization that was first established in 1929 by a group of 99 female aviators whose goals were to provide mutual support and promote aviation for women. The famous aviator Amelia Earhart was the first president of "The Ninety-Nines" from 1931 to 1933.

Another topic discussed at the conference involved the road that female African-Americans had travel to become aviators.

"It all started way back in the 1920s with Bessie Coleman," said Robin Jackson, a docent at the Pacific Aviation Museum. "Back then, this country was segregated, and Bessie wasn't able to obtain



Photo courtesy of Pacific Aviation Museum

Pacific Aviation Museum Pearl Harbor volunteer, Angel Uherek, and education coordinator, April Emerson ("Rosie the Riveter"), helped host the first annual Women in Aviation Conference at Pacific Aviation Museum Pearl Harbor on April 16-18.

her pilot's license. Bessie had heard that France was training female pilots, so she studied French, went to France, got her pilot's license and came back to the United States."

"Coleman had a dream of one day opening her own flight school for black aviators," said Jackson. "Unfortunately, Bessie died at the age of 34 while performing in an airshow, leaving the dream unfulfilled."

The event also featured modern-day female aviators as guest speakers in the museum's education room.

"We wanted to not only educate people about the role that women played in aviation, but to also give young people, both men and women, the opportunity to meet some of the local aviators to find out how they navigated the path to aviation," said Emerson.

One of those guest speakers was Navy helicopter pilot, Cmdr. Kristen Herr-Garrett, the J2 deputy director of intelligence at Joint POW/MIA Accounting Command at Joint Base Pearl Harbor-Hickam.

"I received a phone call from Ms. April Emerson for me to come down and speak at the Women in Aviation Conference here at the Pacific Aviation Museum," said Herr-Garrett. "I wasn't really sure myself what this was, but she enlightened me and told me that this was an attempt to bring aviation to young kids, both female and male. She really wanted to give them firsthand knowledge on that career path."

Various organizations also attended the event to offer guests the opportunity of a path into aviation. The vendors included BAE Systems, Hawaii National Guard, Aloha

Chapter of Ninety-Nines, Embry-Riddle Aeronautical University and the Civil Air Patrol, among others.

"As the women have pointed out today, the path to aviation actually starts by taking that first step. Ask questions of those who are already involved, find out what options are out there, whether it be military or civilian, and then begin the process," said Emerson.

Guests at the museum also had the opportunity to have their photos taken with the likes of Amelia Earhart, Rosie the Riveter and a WASP pilot. The roles of these aviation icons and pioneers were played out by docents and volunteers at the museum.

"Women in Aviation" is planned to be an annual event at the Pacific Aviation Museum.

"We are looking forward to an exciting year this year and planning for next year. We intend to expand the conference, not only as a main conference day but also as a weekend-long event," said Emerson.

"This event kind of says, 'Hey women, come and see what aviation has for you,'" said Jackson.

WHO SAID IT?

"ALL GREAT CHANGE IN AMERICA BEGINS AT THE DINNER TABLE."

LAST ISSUE'S WHO SAID IT?

"One man with courage makes a majority!"

- Andrew Jackson

This Week's Trivia

Which two Navy ships sailed from Massachusetts to assist the Titanic survivors in April 1912?

Last Issue's Question:

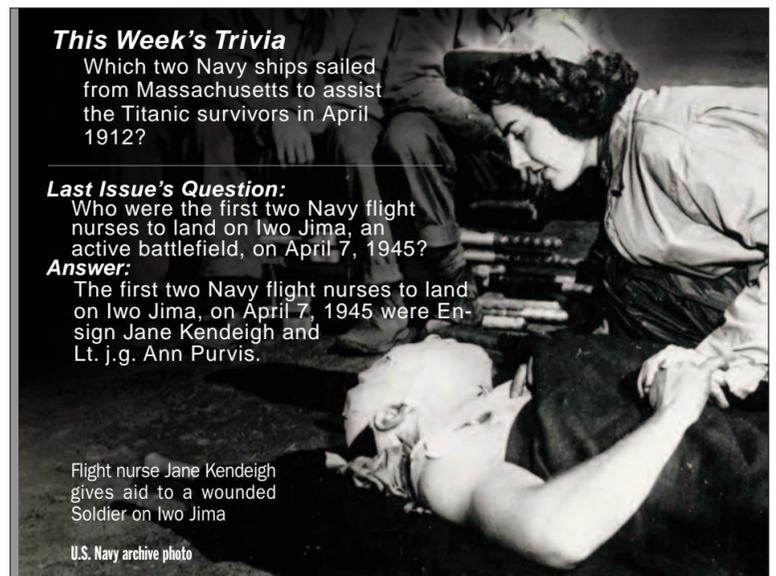
Who were the first two Navy flight nurses to land on Iwo Jima, an active battlefield, on April 7, 1945?

Answer:

The first two Navy flight nurses to land on Iwo Jima, on April 7, 1945 were Ensign Jane Kendeigh and Lt. J.G. Ann Purvis.

Flight nurse Jane Kendeigh gives aid to a wounded Soldier on Iwo Jima

U.S. Navy archive photo



Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

SPRINGFEST CELEBRATION

In celebration of the Month of the Military Child, Springfest will be held from 2 to 5 p.m. April 24 at Ward Field at Joint Base Pearl Harbor-Hickam. In case of rain, the event will be held at Club Pearl, Paradise Lounge. The event is free and will include crafts, games and entertainment. Well-known ventriloquist headline act Willie Tyler and Lester will perform at 4 p.m. FMI: 473-0606 or 421-1556

MAY DAY IS LEI DAY

Come to Scott Pool from 9:30 to 11 a.m. May 1 for lei-making with tropical goodies. Prizes will be given for the most creative lei. FMI: 473-0394.

YOUTH AND MINI-YOUTH ORIENTATION

A youth and mini-youth orientation will be held on May 1 and 15 at Bloch Arena. The program is free and is designed to show parents how to help their children in the Fit Kids center. For youth, ages 10-14, orientation will begin at 9 a.m. For mini-youth, ages six to nine, orientation will begin at 10 a.m. FMI: 473-0793.

WEIGHT MANAGEMENT AT BLOCH ARENA

A six-week Weight Management class will be held from May 4 to June 10 at Bloch Arena. The program includes a full physical assessment, nutritional education and a motivational fitness specialist to teach and guide cardiovascular and weight training exercises, flexibility and strength conditioning. The sessions are held at Bloch Arena on Tuesday and Thursday evenings from 6 to 7:30 p.m. The cost is \$75 and space is limited. FMI: 473-0793.

CINCO DE MAYO

A Cinco de Mayo celebration will be held May 5 at Brews and Cues club. There will be free snacks from 4 to 6 p.m. FMI: 473-1743. Single Sailors are invited to celebrate Cinco de Mayo at the Beeman Center and Instant Liberty beginning at 6 p.m. May 5. The event is free and open to all active duty single Sailors. FMI: 473-2582 or 422-7167.

For more information on Navy Region Hawaii MWR events, visit www.greatlifeohawaii.com

Community Calendar

April

23 ~ "Willie Tyler and Lester," world famous ventriloquist act, will perform at a dinner show at JR Rockers, the enlisted club on Hickam. Dinner and cocktails start at 6 p.m. The show starts at 8 p.m. The cost is \$20 for club members, \$25 for non-members. The cost for children, ages six-10, is \$10. Admission for children age five years and younger is free. FMI: 448-2271, ext. 226.

24 ~ There will be lei-making demonstrations at the Pearl Harbor Navy Exchange (NEX) from 10 a.m. to noon. Professional lei-makers will show off their skills of an old Hawaii tradition. Lei-making fabrics will be available for purchase if you are looking for a new hobby or if you are an avid lei-maker. The demonstration will also be held May 1 from 10 a.m. to noon. FMI: 423-3287.

25 ~ An Earth Day expo will be held from 9 a.m. to 6 p.m. at the Pearl Harbor Navy Exchange. Learn earth-friendly tips to keep our planet a cleaner, greener, healthier place to live. There will be vendors, exhibitors and giveaways to show the military and their families what they can do to promote recycling, planting, keeping our Hawaiian sea life from harm and much more. This is a free event, no purchase necessary. FMI: 423-3287.

29 ~ The Junior Officer (JO) Spouse Workshop Committee will host a workshop from 6 to 8:45 p.m. at Lockwood Hall at Pearl Harbor. The event is open to all Navy and Coast Guard spouses of CWO 1-5 and O1-O4. FMI: 474-1999 or hawaiijspouse@gmail.com.

30 ~ Listen to North Shore's teacher "Miss Jenny" Fixman read her books and CD collection to children from 11 a.m. to noon at the Pearl Harbor Navy Exchange. "Miss Jenny" has developed eight programs that teach all subjects through 225 original songs. This is a free event. Merchandise will be available for purchase and autograph. FMI: 423-3287.

Sharkey Showtimes



Our Family Wedding (PG 13)

"Our marriage, their wedding." It's lesson number one for any newly-engaged couple, and Lucia and Marcus are no exception. Lucia's mother is busy planning the wedding of "her" dreams and the only levelheaded one in the bunch is Angela, the groom's father's best friend and lawyer, who manages to keep her cool when the madness reaches a crescendo.

SHARKEY MOVIE THEATER

CLOSED FOR RENOVATIONS

Sharkey Theater will close for renovations April 22-30. These renovations include new carpeting, new seats and a revamped concession area. When the theater re-opens, ticket prices will be as follows: \$4 for general admission (including active duty) and \$2 for children ages 6-11. Admission for children ages five and under remains free.

HICKAM MEMORIAL THEATER

TODAY

6:00 PM Our Family Wedding (PG-13)
8:30 PM Remember Me (PG-13)

SATURDAY

4:00 PM The Princess and the Frog (G)
7:00 PM She's Out of My League (R)

SUNDAY

2:00 PM Family Wedding (PG-13)

