



FCC (SW) Teaquia Bailey

USS O'Kane Sailors celebrate

Women's History Month

Story and photos by
Blair Martin

Contributing Writer

This month marks the 22nd annual observance of Women's History Month during which a grateful nation celebrates the many notable contributions made by women.

The female Sailors of the USS O'Kane (DDG 77) are among the many dedicated Sailors not only committed to their work, but also to serving their country.

Cmdr. Timothy Steadman, O'Kane commanding officer, said he believes the female Sailors aboard his ship are the best in the Navy.

"They are just fantastic," he said. "This ship wouldn't be where it is right now without them. They are in every single division, every department and they are all excellent Sailors doing a great job for us," he added.

Lt. j.g. Heather Behnke, public affairs officer for O'Kane, said her decision to join the Navy came from being raised in a military family deeply rooted in naval traditions.

"My father was in the Navy for many years and exposed me to the Navy lifestyle," said the Chicago native. "We grew up sailing as a family so I always loved the ocean. I've also always been attuned to

leadership roles," she added.

Behnke said in the 27 months she has been in the Navy, she has been with the O'Kane on multiple underways and three deployments, including Asia, the Middle East and South Pacific.

"The best thing about being in the Navy is you interact with so many people from different walks of life," she said. "It helps you have a profound respect for the human condition and get along with just about anybody. Plus, it helps you [as a leader] tailor your leadership style to whomever you work with," she added.

Electrician's Mate 3rd Class (SW) Nastasia Andreanoff said her decision of joining the Navy also came from family traditions.

"My dad was in the Army and would always talk about his times in [overseas] and I wanted to have stories to one day tell my own children," said the Alaska native.

Now working in a predominately male rate, Andreanoff said she didn't find the transition to be too hard.

"I don't think it was as hard for me because my dad raised us [kids] with similar values that he had as a service member. He taught me honor, courage and commitment and whatever you do, don't go against your moral [code]," she added.

After joining the Navy four years ago, Fire Controlman 2nd Class (SW) Melissa Hoover said she went from small town girl to "just one of the guys" working in a predominately male rate on a naval ship.

Hoover, who came from a medical background as a pharmacy technician, said going from civilian to Sailor was a drastic change.

"It was a little bit of shock," said the Louisiana native. "[At first], I never thought I would do anything like [becoming a fire controlman], but now I find it very empowering. I think it is a good thing to step out of your safety zone every once in a while," she added.

In fact, Hoover said her broad civilian experience has only made her further value the lessons she has gained as a Sailor.

"We may not have as much freedom as the civilian world, but that also [forces] us to respect each other and work together as a team," she explained. "In the Navy, you can't just quit without serious consequences. You are held accountable which is something that does not always happen [on the outside]," she added.

Chief Fire Controlman Teaquia Bailey said when she joined the Navy as a 20-year-old, she also experienced culture shock.

"Like most kids, I was rather immature and I had to do a lot of growing up," said the Chicago native. "Luckily, I had a couple really good chiefs at my first command that really helped me. Now, that is what I am trying to do with my Sailors," she added.

Bailey, who was among the first women to work in her rate which was a predominately male environment, said it was an adjustment at first, but in the end, very rewarding.

very protective of me being the only female in the division," she said. "They took me in and taught me everything I needed to know and were ultimately, my role models. [Ultimately], they made it a lot easier for me," she added.

Information Systems Technician 1st Class (SW) Jessica Bennett, who has spent 10 years in the Navy, said as a female Sailor she has been afforded every opportunity for advancement as her male counterparts. In fact, her entire chain of command on the O'Kane are women, including her leading petty officer, chief and communications officer.

"I don't see male or female, I see blue or khaki," said the Louisiana native. "And if you work hard and do your job, then the advancement opportunity is there. I can't tell you how many wonderful female mentors I have had over the years," she added.

Bennett, the mother of three, said what she loves most about the Navy is the emphasis made on friendships and family.

"As a [Sailor], you automatically have this huge extended family [culture] where everyone looks out for each other," she said. "You just can't find that in the civilian population. It is rewarding to know that when you have to go away [on deployments], you will have these [built-in] support and resource systems there with

someone else ready to help or look out for your family," she added.

Hoover said she believes above all, female Sailors should keep an open mind with their naval careers.

"Having a positive outlook has always helped me in my life," she said. "Working in my field, I may not be able to lift as much as the [male Sailors], but I contribute in my own way which makes all the difference. That is what it is all about, teamwork," she added.

Bennett said her advice to younger female Sailors is instead of "playing a gender card," work hard and remain committed to your work.

"You have some people who will [always] play the female card," she said. "[But] you should never say 'I am a female, [therefore] I can't do this.' You are [only] setting yourself up for failure because in the Navy, you are not male, you are not female, you are a Sailor," she noted.

"The [men Sailors] were actually



FC2 (SW) Melissa Hoover

EM3 (SW) Nastasia Andreanoff

Lt. j.g. Heather Behnke

BENNETT
IT1 (SW) Jessica Bennett

Navy lieutenant renews love for boxing

Story and photo by
Randy Dela Cruz

Contributing Writer

It's been six years since he last fought in a boxing match, but for Lt. Gene Lattus, who is attached to Program Management Office Pearl Harbor, re-entering the ring was just like riding a bike.

Showing good hand speed and solid combinations at 185 pounds, Lattus improved his amateur record to 3-0 by scoring a unanimous decision in a USA-Boxing sanctioned tournament that was hosted by the Yeshua Boxing Club at Sure Foundation Church on Feb. 21.

According to Lattus, the victory represented a warm welcome back to the sport that he had to put on hold after being stationed on USS Pasadena (SSN 752) for the past few years.

"I was on sea duty and that's where I put all of my focus," said Lattus. "Now I'm on shore duty and I'm just picking it (boxing) back up again. I've got a permanent schedule so it's fairly easy to manage my time."

Bitten by the boxing bug once again, Lattus explained that he knew that it wasn't going to be a matter of just heading out to the local gym and lacing up the gloves.

With so much catching up to do, he decided to do things right and sought out help from someone who really knew the sport from inside and out.

While doing some research on the Web, Lattus stated that he found the PearlSide Boxing Club, which trains every Tuesday, Thursday and Saturday at Momilani Community Center in Pearl City.

Founded in 1997 by former two-time American Athletic Union boxing champ Eiichi Jumawan,



Lt. Gene Lattus, who is attached to Program Management Office Pearl Harbor, moves in on boxing coach Eiichi Jumawan before unleashing a combination during a sparring session at PearlSide Boxing Club on March 14. After a six-year absence, Lattus returned to the ring on Feb. 21 and scored a unanimous decision at a USA-Boxing sanctioned tournament on the Big Island. The win gave Lattus an amateur boxing record of 3-0.

the club has won numerous accolades in local and mainland tournaments.

As a boxer, Jumawan had an amateur record of 153 wins and 16 losses, while capturing national titles at 119 pounds in 1975 and 125 pounds three years later. He was also a 1976 USA Olympic Boxing Team runner-up.

"He's a great coach," said Lattus about Jumawan. "He's got 169 amateur fights, so he knows what he's doing. He's world class."

Jumawan noted that he was

more than happy to welcome a person with Lattus' enthusiasm to the club with open arms.

The former champ said that Lattus is a hard worker, who brings his "A" game to every practice. And the Sailor also likes to share some of his gung-ho zest with fellow club members.

"He's (Lattus) matured and provides good leadership," pointed out Jumawan. "When the other guys are slacking off, he's up there going, 'come on guys.'"

The lieutenant's solid work

ethic, said Jumawan, has also been a strong factor in helping him relearn the sport after the long layoff.

Since Lattus started with PearlSide in August, the coach noticed that he has pushed himself hard to polish up his ring technique and the work has paid off.

On a typical week, Lattus admitted that he practices boxing four to five times a week, with roadwork every other day.

"He's good and aggressive, but

at first, he didn't have a setup," acknowledged Jumawan. "For him, I just organized his boxing style. I put some strategy in so that he utilizes his jab to set up his other combinations."

Lattus added that after getting his first taste of boxing after a long layoff, he is eager to step back in the ring and throw down with another opponent.

On March 28, he plans to climb back into the ring in a boxing tournament that will be hosted by the Waipahu Boxing Club.

Then there is another tournament on April 4-5 in Waimanalo, which will be followed by the state championships on April 17-18.

While the upcoming bouts are short-term goals, ultimately, Lattus said that he hopes to fight in a National Golden Gloves event and when his pugilistic days are over, wrap it all up by becoming a boxing coach himself.

"Boxing tells you a lot about yourself," he said, explaining his love for the sport. "It's just you and a guy in the ring and there's nowhere to hide. So you got to make a stand."

Jumawan said that Lattus represents a growing military community in the 13-year-old boxing club.

In fact, said the ex-champ, PearlSide currently has members from nearly all branches of the military.

"We never intentionally sought them (military personnel), but it has started to be a big section of our program," said Jumawan. "I've got about three families from Hickam and about another four or five from Navy."

For more information about PearlSide Boxing Club, call Jumawan at 256-2885 or send him an e-mail at coach-jumawan@hawaii.rr.com.

The club is also on the Web at www.pearlsideboxing.org.

Cardio kickboxing has 'leg up' on exercising

Story and photo by
Randy Dela Cruz

Contributing Writer

Staying in a workout routine to keep fit can be challenging — especially when there are so many temptations that can undermine even the most resolved effort.

If the boredom of walking up a Stairmaster or stepping on an elliptical machine is about to make you throw up your arms in despair, then you might want to check out the Morale, Welfare and Recreation (MWR) cardio kickboxing class that is held at Bloch Arena Annex Naval Station Pearl Harbor from 10-11:30 a.m. every Saturday morning.

"You get sick of some of the other exercises, but you can do this (cardio kickboxing) over and over. I love it," said a Navy spouse who has been working out in the cardio class for the past two months. "It's really hard to burn calories in a gym, but you can burn about 1,000 calories an hour with this."

Longtime cardio and martial arts practitioner Marcus DeValentino teaches the classes and incorporates the latest and most cutting-edge techniques to help whip your body into tip-top shape.

DeValentino begins each class with a limbering session that gets his students ready to do some serious maneuvers.

He then goes over a few of the techniques that the class will use before moving on to interval training that may include jumping jacks, squats and skip roping among other exercises.

The kickboxing movements are then put together in a sequence and participants also engage in a round of non-contact sparring. Music is added in order to set the proper pace for each portion of the workout.



Civilian fitness instructor Marcus DeValentino demonstrates how to throw a punch on the heavy bag during a Morale Welfare and Recreation cardio kickboxing class at Bloch Arena Naval Station Pearl Harbor on March 7. DeValentino teaches the class every Saturday morning from 10-11:30 a.m. DeValentino holds a seventh degree black belt in Okinawa Kenpo and has taught cardio kickboxing classes since 1996.

DeValentino maintained that while people may take part in other forms of exercise, such as bike riding, lifting weights, treadmill and martial arts, cardio kickboxing has all the benefits of those workouts and more.

"This is a total body workout," said DeValentino. "We work on five components of physical fitness, which are muscle strength, endurance, cardio and respiratory system, flexibility and body composition."

The instructor noted that he has been training people in cardio kickboxing since 1996. A seventh degree black belt in Okinawa Kenpo, DeValentino said that while cardio kickboxing is a rigorous activity, he welcomes everybody to come out and

try it.

"I tell people that this workout will challenge you," admitted DeValentino. "This is an intermediate-level workout, with modifications, for beginners and advanced. So it is a workout for everybody."

Cryptologic Technician (Technical) 2nd Class Jessica Staples pointed out that although she just finished her first cardio kickboxing workout, she found the instruction easy to follow and worked at a pace that was suitable for her fitness level.

"This was the first time that I've worked out in about two months," said Staples, who is stationed on USS OKane (DDG-77). "It's challenging, but something that if you push yourself, you can

do it. Nobody is going to ask you to do anything that you can't do."

Even though DeValentino noted that cardio kickboxing isn't a martial arts program, it is a sports-specific exercise.

As part of the routine, participants practice punching and kicking on a heavy bag, while gaining some knowledge of how to defend against an attack.

"This is a fitness program with martial arts concepts," noted DeValentino. "We do real martial arts techniques like elbow strikes, kicks, punches, footwork, and we also develop those muscles that would enhance those techniques."

Robyn Stoddard, who once served with Jessica on the USS O'Kane as a cryptologic

technician (collection), said she signed up to join the class after she gave birth last December.

During her pregnancy, Stoddard shared that she wasn't very active. But after only a few weeks of cardio kickboxing, she said that she has seen a huge improvement in her overall conditioning.

"My flexibility has gone through the roof and my kicks are getting higher with every class," explained Stoddard, who served in the U.S. Navy for five-and-a-half years. "I'm going to continue with the cardio kickboxing. He's

(DeValentino) a hard instructor, but we have a blast."

For more information about DeValentino's cardio kickboxing classes, call 473-0793 or visit the MWR Web site at www.greatlifeohawaii.com.

2009 Hawai'i Prayer Breakfast planned for April 9

U.S. Pacific Command

The 30th anniversary of the Hawai'i Prayer Breakfast will be held at 7 a.m. April 9 at the Coral Ballroom of Hilton Hawaiian Village.

The primary purpose of the Hawai'i Prayer Breakfast is to come together, regardless of political persuasions and religious preferences, and to pray for the nation's leaders. Michelle Vandenburg, mother of Bryan Clay the "world's greatest athlete," will be the keynote speaker. She will share the story of her son, a "delinquent youth," who went on to capture the gold medal in the decathlon at the 2008 Beijing Olympics.

Special music will be provided by students of Azusa Pacific University, the alma mater of Bryan Clay, where he stills trains for his track meet events.

Hawai'i Gov. Linda Lingle, along with the mayors of the city and/or counties in the Hawai'i, top military leaders stationed in Hawai'i, prison inmates and administrators, student representatives from high schools on Oahu, and religious leaders will participate in the program.

The public is invited to attend. The cost of tickets is \$29 per person. Ticket reservations can be made by calling 486-8986 or by sending a check to: Hawai'i Prayer Breakfast, P.O. Box 29804, Honolulu, Hawai'i 96820.

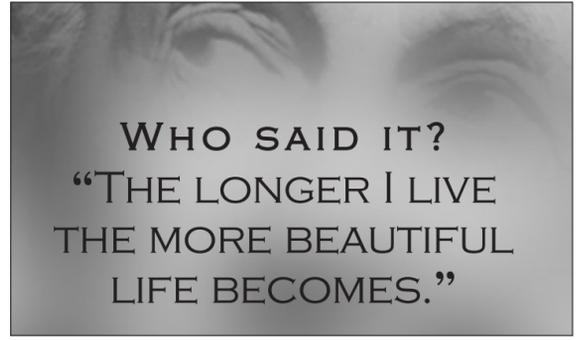
Skylark CENTRAL

Find these 36 words that contain P&Q

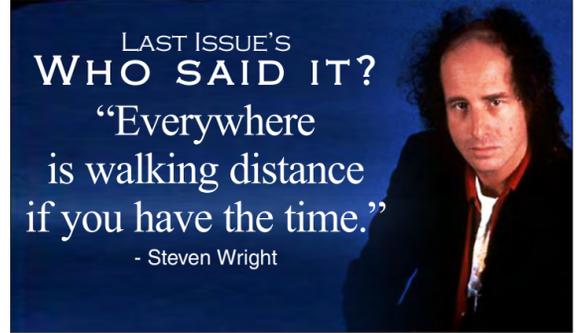
WORD SEARCH

- ACQUAINTANCESHIP
- PARQUET
- PROPINQUITY
- APPLIQUE
- PERQUISITE
- QUADRICEPS
- AQUAPLANE
- PHYSIQUE
- QUADRILATERAL
- CHAPLINESQUE
- PICARESQUE
- QUADRIPHONIC
- CHAPPAQUIDDICK
- PICTURESQUE
- QUADRIPLEGIC
- CHINQUAPIN
- PIP-SQUEAK
- QUADRUPED
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- PIQUANT
- QUADRUPLE
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- QUADRUPPLICATE
- EQUIPMENT
- PLAQUE
- QUICKSTEP
- EQUIPROBABLE
- PLASTIQUE
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- SCULPTURESQUE

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WHO SAID IT?
 "THE LONGER I LIVE
 THE MORE BEAUTIFUL
 LIFE BECOMES."



LAST ISSUE'S
 WHO SAID IT?
 "Everywhere
 is walking distance
 if you have the time."
 - Steven Wright

Find these 35 words that contain the word TOO

WORD SEARCH SOLUTION

- CARTOON
- SAWTOOTH
- TOOTHACHE
- CARTOONIST
- SNAGGLETOOTH
- TOOTHBRUSH
- COCKATOO
- SPITTOON
- TOOTHLESS
- FESTOON
- STOUGE
- TOOTHPASTE
- FOOTSTOOL
- STOOLIE
- TOOTHPICK
- HOUNDSTOOTH
- STOOPED
- TOOTHY
- MISTOOK
- TATTOO
- TOOTLE
- MISUNDERSTOOD
- TOADSTOOL
- TOOTSIE
- OVERTOOK
- TOO-TOO
- TOOTSY
- PLATOON
- TOOLBOX
- UNDERSTOOD
- PONTOON
- TOOLSHED
- WITHSTOOD
- RETOOL
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This Week's Trivia

The battles of Kula Gulf, Kolombangara and Vella Lavella were all naval engagements in the waters of which island group?

Last Issue's Question:

How many steps does the guard take on his walk across the Tomb of the Unknown Soldier?

Answer:

Twenty-one, representing the 21-gun salute, the highest honor given any military or foreign dignitary.



Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

- YOUTH SPRING BREAK CLINIC**
 A youth spring break two-day clinic will be held March 24 and 26 at Rainbow Bay Marina. All military-affiliated youth ages 10 to 12 years can participate. The clinic runs from 10 to 11:30 a.m. FMI: 473-0279.
- FORD ISLAND BRIDGE 10K RUN**
 Register this year for the 11th Annual Ford Island Bridge Run, the largest 10K (6.2 miles) run on Oahu. The run will begin at 7 a.m. April 4 and start at the entrance of Admiral Bernard Clarey Bridge, continue across the bridge and around historic Ford Island, and end at Richardson Field. The entry fee is \$17 for all active duty, military-affiliated and DoD personnel and family members. The entry deadline is March 23. All late entries will be \$27 and accepted until April 3. FMI: www.greatlifehawaii.com or call 473-2437 or 473-2494.
- RECYCLE WITH COMMUNITY CENTRAL**
 Participants in the Morale, Welfare and Recreation recycling contest will receive one entry form each time items are brought to Community Central. The following are just a few of the items that can be dropped off: empty soup cans, half gallon milk cartons, two-liter containers (with lids) and paper towel tubes. The contest is open to all military-affiliated patrons and ends on April 4 at Ward Field. Please ensure all items are clean. Community Central is located at 530 Peltier Ave., building 1925. Items will be accepted during business hours only. FMI: www.greatlifehawaii.com or 471-8658.
- SPRING FATHER DAUGHTER DANCE**
 MWR will host a spring father-daughter dance from 6-8 p.m. April 4 at Catlin Clubhouse. The dance is free and open to all military-affiliated patrons, but you must RSVP before March 27. FMI: 474-1999, ext. 6102 or visit www.greatlife-hawaii.com.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

March

- 21** ~ The Pacific Aviation Museum will host "The Biggest Little Airshow on Ford Island" from 10 a.m. to 4 p.m. at the museum located on Ford Island. Visitors will be able to see 1.5 scale motorized-flyable models of military aircraft dating from WWII to present, as well as period military vehicles, courtesy of the Hawai'i Historic Arms Association and the Hawai'i Military Vehicle Preservation Association. Kama'aina and military admission is \$10 for adults, \$5 for keiki. FMI: 441-1000 or www.PacificAviationMuseum.org.
- 26** ~ A command master chief/chief of the boat (CMC/COB) Spouse Leadership Workshop will be held from 5:30 to 8 p.m. at the Nimitz House at 27 Makalapa Drive. The topic to be discussed is resources. Spouses of E8 and E9 active duty personnel are welcome. FMI: 744-1118.
- 28** ~ Volunteers are needed for the annual Hawaiian Islands Humpback Whale National Marine Sanctuary Whale Ocean Count from 8:15 a.m. to 12:15 p.m. Whale counts will be conducted from various locations across Oahu, Kauai and the Big Island (Hawai'i). No advance training is required, but registration is requested. FMI: 397-2651, ext. 253.

April

- 4** ~ Pearl Harbor Fleet and Family Support Center (FFSC) has joined Prevent Child Abuse Hawai'i to support their teddy bear drive from 10 a.m. to 2 p.m. at Pearlridge Shopping Center, Uptown. All personnel are encouraged to collect new, gently used teddy bears or stuffed animals and bring them to Pearlridge Center on April 4 or drop off at the FFSC by April 2. FMI: Chet Adessa at 474-1999, ext. 6102 or email at chester.adessa@navy.mil.

Sharkey Showtimes



Paul Blart: Mall Cop (PG)

Paul is a single, suburban dad trying to make ends meet as a security officer at a New Jersey mall. It's a job he takes very seriously, though no one else does. When Santa's helpers at the mall stage a coup, shutting down the megaplex and taking hostages, Jersey's most formidable mall cop will have to become a real cop to save the day.

TODAY

7:00 PM New In Town (PG 13)

SATURDAY

2:30 PM Paul Blart: Mall Cop (PG)

4:45 PM Hotel for Dogs (PG)

7:15 PM Frost/Nixon (R)

SUNDAY

2:30 PM Hotel for Dogs (PG)

4:45 PM Paul Blart: Mall Cop (PG)

7:15 PM Taken (PG 13)

WEDNESDAY

7:00 PM Frost/Nixon (R)

