

Life Leisure

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Story and photos by Randy Dela Cruz

Contributing Writer

The Panthers got by the Ravens, 8-0, in a tough football game that was played at Quick Field at Naval Station Pearl Harbor on March 28.

The hard-fought battle wasn't between the behemoths of the NFL, but instead, it was a matchup pitting the professional gridiron league's much tinier counterparts in the Morale, Welfare and Recreation's (MWR) youth flag football league.

For the second season in a row, MWR has teamed up NFL Flag to give Navy children from ages 5 to 14 a chance to develop their passing, running and blocking skills from a host of adult volunteer coaches that teach in a supportive environment.

"We're here to make sure that the kids have fun," said Storekeeper 2nd Class Monday Smith of United States Pacific Command (USPACOM), who, along with Master-at-Arms Linell Tarver from USS Russell (DDG 59), coaches the Panthers. "Everybody likes to win, but as long as they're learning something about the game, whether they win or lose, and remain interested, then we feel rewarded."

Against the Ravens, the fruits of the coach's hard work paid off as the Panthers not only had a great time on the field, but also came away with a victory that boosted their record to 3-0.

At halftime, both teams were deadlocked at 0-0, but the Panthers pulled out the win when one of their players scampered coast-to-coast for a 65-yard touchdown.

All age divisions within the flag football league play its games on a field that is 70 yards

long and 30 yards wide.

This season, the league has a total of 18 teams playing in four divisions, which includes the Mites (ages 5-6), Squirt (7-8), Pee Wee (9-11) and Midgets (12-14).

The Panthers, who compete in the Pee Wee Division, added a safety late in the game against the Ravens for the final 8-0 tally.

offense is an eligible receiver, which stated Stanczyk, fosters more interactions on the field.

"It's like seven-on-seven fast-break football. So it's more of a skill game," noted Stanczyk. "It puts more of an emphasis on

self-esteem," acknowledged Tarver. "If we keep everything positive, they'll be positive in the game."

Tarver also claimed that by volunteering as a coach, he is setting a good example for his boys.

"It's like Tiger Woods and his dad," he said. "As long as I'm around, I'm going to try and build all of them up."

Although Smith doesn't have any children on the Panthers, he affirmed that being part of the team's coaching tandem has been a fulfilling experience.

"I like seeing them (kids) smile," admitted Smith. "I love children and I like making them happy."

Starting April 11, the league will begin its playoffs. The championship finals will be held the following Saturday, April 18.

All games will be played at Quick Field and start at 1 p.m.

For more information about youth athletics, call MWR Youth Sports at 474-3501.



Ravens running back breaks out into the open against the Panthers during a Morale; Welfare and Recreation (MWR) NFL Flag Pee Wee Division (ages 9-11) football game at Quick Field at Naval Station Pearl Harbor on March 28.

Joe Stanczyk, MWR assistant youth athletic director, said that signing up with NFL Flag was one of the best things that have happened for Navy children who want to learn the basic fundamentals of the sport.

Besides helping MWR keep fees to a minimum by offering equipment, such as flag belts, footballs and jerseys at a low cost, NFL Flag incorporates unique rules that are designed to help players understand aspects of the game that aren't usually taught by other leagues.

In NFL Flag, teams must abide by a no-run rule, where offenses that are deep in the red zone are only allowed to throw a pass for a score.

Additionally, every player on

coaches to teach."

Tarver, who has two sons playing on the Panthers, said that no matter what technique he is trying to impart upon the players, he always remembers to keep lessons positive and upbeat.

Not focusing on what kids are doing wrong, maintained Tarver, goes a long way toward helping youth feel good about football and themselves.

"Positive rewards

build positive



Naval Station sinks Lake Erie for hoops title

Story and photos by Randy Dela Cruz

Contributing Writer

They came, they saw, and for 17 straight games, the men of the Naval Station Pearl Harbor (NAVSTA) squad team conquered their opponents in the Morale, Welfare and Recreation intramural basketball season.

NAVSTA closed out its immaculate year by defeating Pacific Command/Joint Intelligence Operation Center (PACOM/JIOC), 37-21, in a semifinal match before tipping the "W" team from Lake Erie (CG-70), 54-26, to win the 2009 intramural championship at Bloch Arena at Naval Station Pearl Harbor on March 28.

In capturing the league crown, NAVSTA used a relentless defense and a powerful inside game to fuel a running attack that appeared to pressure Lake Erie into submission.

Just prior to the title matchup, Lake Erie had to scramble past Command Patrol Reconnaissance Wing Two (CPRW-2), 50-49, in Saturday's second semifinal in order to square off against NAVSTA.

Lt. Jason Jones of NAVSTA said that the team decided to attack right away after it suspected that Lake Erie players might be a bit worn out from their battle with CPWR-2, which ended only 30 minutes before the



Photo illustration

(Top) Chief Information Systems Technician James Jacobs of Naval Station Pearl Harbor (NAVSTA) muscles up a shot against the "W" squad from USS Lake Erie (CG-70). (Bottom) Members of the Naval Station Pearl Harbor (NAVSTA) basketball team pose with the spoils of capturing the league crown after beating the "W" squad from USS Lake Erie (CG-70) in the Morale, Welfare and Recreation intramural basketball championship game at Bloch Arena at NAVSTA on March 28.

championship contest.

"We had to put them away early," stated Jones. "They just finished playing a tough game, and when they had to play us, they just didn't have the wind for it. If they had been fresh, I believe it would have been a closer game."

Although Lake Erie had been shooting the ball well going into its battle with NAVSTA, most of the ship's players had to admit that their semifinal game did take something away from their long-range shots.

Without its perimeter game, Lake Erie was in a vulnerable position against a NAVSTA team that liked to grab rebounds and kick it out to the wing for easy baskets.

NAVSTA broke out to a 12-2 lead after the first eight minutes of play and never looked back.

"Our first game was a lot closer than it should have been," acknowledged Interior Communications Electrician 1st Class Travis Jones of Lake Erie. "We were tired and frustrated and when our shots weren't going down, it compounded from there. Normally, our shots would go in, but they weren't falling and they (NAVSTA) were getting a lot of long rebounds."

Winning the battle on the boards was the first step in defeating Lake Erie, said Chief Information Systems Technician James Jacobs of NAVSTA.

He claimed that the team used a simple formula

in order to gain the upper hand under the basket.

"We had to put our body on them," said Jacobs. "As long as you put a body on them, you stop them from even jumping. A lot of the teams we play don't like to play inside."

Jacobs added that NAVSTA's perfect record was built on hard work and team chemistry, which the squad began to develop from last year.

Boatswain's Mate 2nd Class Brian White said that like its victory over Lake Erie, NAVSTA entered every game with an intention to win and never let up for the full 36 minutes.

"These guys just push one another," he pointed out. "If one player isn't doing well, another one will step up and pick up the slack. We all feed off each other."

While Jones said that he definitely wants to come back and try to win it all again next season, he stated that it might be difficult to do if many of his teammates don't return.

One Sailor has already stepped forward and stated he won't be back. After the title game, Personnel Specialist 2nd Class Josh Kelly, who played swingman for NAVSTA, said that this will be his final season.

"This was my first undefeated season," he affirmed. "It feels good, but I'm done. It's a heck of a way to leave. It's like Michael Jordan in 1998 when the Bulls beat Utah. That's the way to do it."

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



Commentary

Window on Pearl Harbor

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Ode to the gate guards

It's a thankless job – but somebody has to do it.

The gate guards, the watch dogs at our portals, have their work cut out for them. But they are always courteous, professional and extend a friendly greeting as we arrive at work each morning or return to the base at other intervals during the day.

Their feet probably ache from standing too long and their arms undoubtedly tire from the constant motioning of cars through the gates and rendering salutes.

Despite the fact that the weather in Hawai'i is beautiful, it has to be difficult standing out in the sun and humidity – on heat-packed pavement – as they wave car after car onto the base. And what about those days when the weather conditions are less than ideal – when the wind is gusting and the rain is pouring down.

Their nostrils are constantly assaulted with the noxious fumes from car exhausts.

And I'm sure that they bear more than their share of "grumpy grouches" in the morning – people whose socialization skills aren't up and running until they have had their morning cup of coffee.

And what about dealing with the impatient ones among us? When they pull us over for those all important security checks, do we cop an attitude as we rummage through our glove compartments looking for the requested documents? Or do we happily cooperate with their requests, knowing that this is all done in our best interests, for our safety?

After all, they are on the front lines of our base security. It's their job to make sure that the bad guys don't come in, that our ships and subs and personnel are protected, and that

the installation is secure.

They stand their posts - all with a friendly smile, a cheery "good morning" or "good evening," and sometimes with a "happy aloha Friday" tossed in.

There's no doubt about it – the gate guards have a very tough job.

So perhaps each of us can make that little extra effort to let them know that we appreciate what they do. A smile and a simple "have a nice day" can go a long way.

And who knows? Their feet may still ache and their arms grow weary, they may be experiencing the extremes of the weather – too humid or too hot or too wet, but it might make them feel just a little better to know that someone cares and that someone appreciates their commitment and hard work.

Have you smiled at your gate guard today?

Military Jewish Passover Seder planned for April 8

Pearl Harbor Memorial Chapel

The military Jewish Passover Seder will be held from 6 to 10:30 p.m. April 8 at the Hale Koa Hotel.

A complete kosher meal will be served with a choice of either turkey or vegetarian.

Military and Department of Defense employees are welcome to attend the event.

Admission for military members (E-5 and below plus their family members) is free of charge.

The cost for military members (E-6 and above, plus their family members) is \$40

per person. The cost for retirees and civilian employees are \$60 for turkey meal or \$61 for the vegetarian meal.

Reservation forms can be obtained by contacting Cmdr. Shelly Geringer at 477-1459 or 295-2216 or by e-mail at sheldon.geringer@pacom.mil.

DEFY program needs volunteers

The Drug Education for Youth (DEFY) team is asking military service members and Department of Defense employees for their support as DEFY volunteers.

Members of the DEFY team will be at the Navy Exchange (NEX Mall)/Commissary on April 4 and at Hickam AFB Commissary on April 25 looking for volunteers to join their team.

For more information, contact Yeoman 1st Class Latasha Jones at 477-9327 or Yeoman 2nd Class James Sloan at 477-8076.



Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows:

Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to lkaneshi@honolulu.gannett.com), by phone at 521-9111 or by visiting www.honoluluadvertiser.com and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.

Skylark CENTRAL

WORD SEARCH
Find these 48 words that describe the movement of WATER

BILLOW	SURF	DROP	E D A C S A C M T E N N E W
GUSH	CURRENT	RUN	K S R T C A R A T A C U H A
SPOUT	RIPPLE	TSUNAMI	C S I I Y D D E L K C I R T
BROOK	SURGE	EDDY	R D W D P I J R L E R P A E
JET	DELUGE	SHOWER	E I M A N U S T E L U V I R
SPRAY	RIPTIDE	WASH	W P U L V A N S P L O E N F
BUBBLE	SWELL	FLOOD	O A I B D E P O P L P R S A
MAELSTROM	DOWNPOUR	SLOSH	H R T O R E O O H A N P D L
SPURT	RIVER	WATERFALL	S E O R B L L E W S W M I L
CASCADE	TIDAL	FOUNTAIN	O L U E I B G T T U O P S R
RACE	BORE	SLUICE	F C R S L U I C E R D L H A
SQUIRT	DRIBBLE	WAVE	O R S Y L B Q R T I S T S E
CATARACT	RIVULET	GEYSER	U R O E O B B S O P S R U K
RAIN	TIDE	SPLASH	N Y D G W L L I L T R U G B
STREAM	DRIP	WHIRLPOOL	T W A S H E C A R I V E R Y
CREEK	ROLLER		A I D R A T S U V D R O P F
RAPIDS	TRICKLE		I L E M P H P M T E O E B A
			N E G R U S B T V K E E R C

WHO SAID IT?

"I CAN IMAGINE NO MORE REWARDING A CAREER. AND ANY MAN WHO MAY BE ASKED IN THIS CENTURY WHAT HE DID TO MAKE HIS LIFE WORTHWHILE, I THINK CAN RESPOND WITH A GOOD DEAL OF PRIDE AND SATISFACTION: 'I SERVED IN THE UNITED STATES NAVY.'"

LAST ISSUE'S
WHO SAID IT?



"Learn from the mistakes of others. You can't live long enough to make them all yourself."
- Eleanor Roosevelt

WORD SEARCH SOLUTION
Find these 34 shades of BLUE

AIR FORCE BLUE	SLATE BLUE	U R E O U B E U L B R E G D O D O
DENIM	CAROLINA BLUE	T E L O I V L W E D U A U R C D W
PRUSSIAN BLUE	NAVY STEEL	G W E L N E U L B L E E T S A E A
AZURE	BLUE	I O U U M S U U B O U N L L U G G
DODGER BLUE	CERULEAN	R L L I L O A L L B I I Y U D B
ROBIN'S-EGG	PEACOCK BLUE	L F B B P B A P B A E R W M R R U
BLUE	TEAL	L N A Y C Y K E P Y C A Z U E E L
BABY BLUE	COBALT	P R N I O L C R B H B M O H U S B
DRESDEN BLUE	PERIWINKLE	R O I R P R F L A L I A W L T D P
ROYAL BLUE	TURQUOISE	U C L N O E P O W D E R B L U E E
BERYL	CORNFLOWER	S U O P D C R U N U U T E H R N A
INDIGO	PERSIAN BLUE	S L R I A I A I L T H L E S Q B C
SAPPHIRE	ULTRAMARINE	I I A L E B G B W G S U I K U L O
BICE	CYAN	A E C L L H T O I I N A V Y O U C
LIGHT BLUE	POWDER BLUE	N S L A T E B L U E N I C B I E K
SKY BLUE	VIOLET	B U E B D E L L I B P K A L S R B
CADET BLUE	DARK BLUE	L T L A B O C O L K I N L U E O L
MIDNIGHT BLUE		U U C B C E R U L E A N C E R D U
		E U L B G G E S N I B O R R E E

This Week's Trivia
Nowadays the term "mind your Ps and Qs" is an expression meaning "Be on your best behavior." What was the Navy origin of the expression?



Last Issue's Question:
What was the first U.S. destroyer named after a woman?

Answer:
USS Higbee (DD 806) was named for Chief Nurse Lena H. Sutcliffe Higbee, a pioneering Navy nurse who served as superintendent of the U.S. Navy Nurse Corps during World War I.

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

MAKALAPA FITNESS CENTER CLOSED FOR RENOVATIONS

The Makalapa Fitness Center will be closed for renovations through Oct. 1. To provide an alternative during the renovations, two temporary facilities are available: the dining area next to Subway at Makalapa BOQ (cardio equipment and Nautilus circuit machines) and the BOQ fitness at building 386 (cross-over cable apparatus and dumbbells). FMI: www.greatlifehawaii.com or 473-1710.

PRACTICES FOR KAYAK REGATTA

The Kayak Regatta takes place April 10 and is open to active duty only from Pearl Harbor, Barbers Point, Naval Computer and Telecommunications Area Master Station, West Loch and Naval Security Group Activity Kunia. Practice and clinics will be held from 10 a.m.-2 p.m. today and April 6 at Rainbow Bay Marina. FMI: 473-2494.

MALAMA 'AINA EVERY FRIDAY NIGHT AT SCOTT POOL

For the month of April, Scott Pool will show an episode from either "Blue Planet" or "Planet Earth" from 6:30-7:30 p.m. every Friday. Come and enjoy this free event on April 3, 10, 17 and 24. FMI: 473-0394

NCAA CHAMPIONSHIP GAME AT OCEANS CPO CLUB AND BREWS & CUES

Come watch the NCAA Championship Game at Oceans CPO Club and Brews & Cues as the final two teams battle it out at Ford Field in Detroit on April 6. Free pupus are also included. Oceans CPO Club is for authorized patrons E7 to E9 and their guests. Brews & Cues is open to all military-affiliated patrons and their guests. FMI: 473-1743.

HAWAII ALL MILITARY BOWLING TOURNAMENT

The Hawai'i All Military Bowling Tournament will be held April 7-10 at various military bowling centers, including Naval Station Pearl Harbor, Marine Corps Base Hawai'i - Kaneohe, Hickam Air Force Base and Schofield Barracks. The tournament begins at 10 a.m. FMI: 473-2651 or www.greatlifehawaii.com.

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

Community Calendar

April

11 - The annual Breakfast with the Easter Bunny event will be held from 8-9 a.m. at the Navy Exchange (NEX) in the food court lanai. Tickets are \$10 per child, \$5 per parent. Goody bags and photos with the Easter Bunny will be available. FMI: 423-3274.

12 - Navy Region Hawai'i and the U.S. Army at Schofield Barracks will host the annual Easter Sunrise Service onboard the Battleship Missouri Memorial at 6:30 a.m. The service is open to all active duty and retired military members and their families, Department of Defense civilian employees, and sponsored guests. Parking will be available near Fox 5 pier on Ford Island. The Missouri's trolley service will not be used. For safety purposes, guests should wear comfortable shoes and dress appropriately for climbing onboard the Missouri. The service will include inspirational worship, music from Pacific Fleet Band, and continental breakfast. Tickets are still available for the event and are free for active duty sailors. FMI: 473-3971.

18 - To commemorate the 67th anniversary of the Doolittle Raid on Tokyo, Pacific Aviation Museum will present a dramatic reading of Joe Moore's new play, "Righteous Revenge," at 7 p.m. at the Pacific Aviation Museum on Ford Island. The cost is \$15 for members, \$35 for non-members. Reservations are required by April 8. FMI: 441-1008 or e-mail TourCoordinator@PacificAviationMuseum.org.

Sharkey Showtimes



Friday the 13th (R)

Searching for his missing sister, Clay heads up to the eerie woods of legendary Crystal Lake where he stumbles on the creaky remains of rotting old cabins that lie in wait behind moss-covered trees. Against the advice of police and cautions from the locals, Clay pursues what few leads he has with the help of a young woman he meets among a group of college kids up for an all-thrills weekend. Little do they know, they've entered the domain of one of the most terrifying specters in American film history - Jason.

TODAY

7:00 PM Friday the 13th (R)

SATURDAY

2:30 PM The Pink Panther 2 (PG)
4:45 PM New In Town (PG)
7:00 PM The Uninvited (PG 13)

SUNDAY

2:30 PM Confessions of a Shopaholic (PG)
4:45 PM He's Just Not That Into You (PG 13)
7:00 PM Taken (PG 13)

WEDNESDAY

7:00 PM Push (PG 13)

