

Life Leisure

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Story and photos by
MCC (SW/AW) David Rush

*Navy Region Hawaii's Public
Affairs*

Japan is a country with many contrasts. Although comparable to the size of California, Japan's geography is extremely varied. From tropical coastal regions in the south, to nearly year-round snow covered mountains in the north, Japan has it all.

Throughout the country, the coming of spring is silently announced by the blooming of sakura, or cherry blossoms. In Tokyo, formerly known as Edo, people from all walks of life gather at Ueno Park to eat, drink and celebrate the new season with family and friends.

Throughout the countryside, far from the hustle and bustle of Tokyo, its citizens and visitors follow in the same tradition of marking springtime by relaxing in nearby parks to marvel at the cherry blossoms.

In stark contrast to the unbelievable amount of people, cars, bicyclists and buildings of the city, the countryside, easily reached by bus or train, seems to take one back to another time in Japan. Farmers can be seen tending to their crops, streets get smaller, and houses take on the more traditional design of days gone by.

In a small mountainous town of Shima, the sound of traffic and trains is replaced by the sound of a river and birds. A 300-year-old hot spring hotel, or onsen, is reached by crossing an old red-colored bridge. This is where people come to relax in the hot spring waters, surrounded by tall trees, where the only sound is that of spring water as it gently empties into a small pool.

Adding to the serenity, snow is lightly falling in the cold, crisp mountain air. Just enough falls to cover the highest peaks of the surrounding mountains, but it is enough to paint the already tranquil scenery as the last gasp of winter speaks.

It is springtime in Japan.

All-Navy bowlers leave nothing to spare

Story and photos by Randy Dela Cruz

Contributing Writer

Despite an all-out effort, members of the All-Navy Bowlers Team came up a bit short in the 2009 Hawai'i All-Military Bowling Tournament, which began on April 7 and ended at Pearl Harbor Bowling Center at Naval Station Pearl Harbor on April 10.

In the team competition, held on the final day of the tournament, Navy bowlers started off hot to lead the field, but cooled down in the finals rounds to finish in second place.

A squad made up of military retirees ended the competition in third place, while the U.S. Air Force team won this year's title and armed forces bragging rights.

Chief Culinary Specialist Derrick Pelekai Jr., an eight-year member of the All-Navy team, said that the difference came down to experience as many of his teammates were rolling in their first All-Military tournament.

"Eighty percent of our team is made up of new members and they were not used to bowling so many games in such a short period of time," said Pelekai. "And a lot of our bowlers don't bowl in a competitive arena so when they see the kinds of lane conditions that we have, it's an eye-opener."

Tech. Sgt. Jerry Ray, who was the captain of the All-Air Force squad,



All-Navy Bowling Team member Storekeeper 2nd Class Michael Peters takes aim at the pins during the Hawai'i All-Military Bowling Tournament at Pearl Harbor Bowling Center at Naval Station Pearl Harbor on April 10. (Right) Chief Culinary Specialist Derrick Pelekai Jr. of the All-Navy Bowling Team tries to pick up a spare during the Hawai'i All-Military Bowling Tournament at Pearl Harbor Bowling Center at Naval Station Pearl Harbor on April 10.

agreed with Pelekai about how much experience played a key role in claiming the top prize.

A third-year member on the squad, Ray noted that most of the bowlers on the All-Air Force team have been throwing down for many years, and that gave them a huge boost of confidence going into the tournament.

"Our guys had the confidence that we knew what we were doing," said Ray. "We just had to put it on the lane and do it, and that's just what we did. We knew that we had a great shot."

Ray also added that because five of the six men

on the All-Air Force team won't be here next year, this was a great way for the squad to finish off the competition.

"This is awesome," he stated. "My family is fixing to PCS (permanent change of station) to Korea in July, so I told my wife that this is a good way to go out on top. Half of our team is leaving after this tournament within a few months. We're leaving out of Hickam on top."

Among Navy bowlers, Pelekai used his 25 years of experience in the sport to place third after all events were added up with an outstanding average of 198.2.

He also teamed up with All-Navy woman bowler Bernadette Smith to win the mixed doubles competition with a total pin count of 2,579 after 12 games. Their cumulative score was 127 pins better than their closet rival.

Smith, who is the spouse of a Navy retiree, was a late addition to the All-Navy team, after she qualified for the All-Retirees squad.

Although this was the first time that she participated in the All-Military tournament, Smith explained that she used a simple formula to up her game and help the Navy duo win the

mixed doubles crown. "I played off of Derrick," said Smith, who averaged 197.42 during the mixed doubles event. "Whatever Derrick did I followed, if he threw a strike, I threw a strike. That was the game plan."

Storekeeper 2nd Class Michael Peters was another bowler that had a good tournament, despite being on his first All-Navy team.

Peters placed eighth in the singles competition with a 216 average and 11th among men with a

year," professed Peters. "We still need to grab our trophies back."

And even though Pelekai has been on quite a few All-Navy squads, he said that he couldn't wait for next year to do it all over again.

"This always means a lot to me," he pointed out. "I get to represent the Navy, my command, and I get to meet with other people in other services as well. Just because we wear different shirts doesn't mean a thing. This is a



182.7 average after a l l events were tabulated.

He said that even though Navy came up a bit short this year, being part of the All-Navy team is something that he'll never forget.

"I'll do it again next

tournament and everybody gets along well. I thank Millie (Gomes, program director of bowling, Liberty and Sharkey Theater) for holding this each year," he added.

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Navy lieutenant fights off fatigue to win decision

Story and photo by Randy Dela Cruz

Contributing Writer

Fresh off a six-hour flight from Naval Base Kitsap in Bremerton, Wash., Lt. Gene Lattus continued his amateur boxing career with another win in defeating Arvell Spencer during a USA-Boxing sanctioned tournament that was held at Evolution Boxing Club in Waipahu, Hawai'i on April 4.

Despite receiving no sleep for more than 14 hours before entering the ring, Lattus, who is a Sailor attached to Program Management Office Pearl Harbor, still mustered enough steam to earn a three-round decision over Spencer and improve his record to 4-0.

"My plane didn't touch down until 11:30 a.m. (Hawai'i time)," stated Lattus, who barely made it to the tournament in time for the weigh-ins and his fight at 3:30 p.m. "My luggage is still in my car."

In order to fend off the challenge posed by the bigger Spencer, Lattus stated that he followed a game plan, which would keep him in his opponent's face throughout the match.

Spencer weighed in for the bout at 192 pounds, while Lattus tipped the scales at 180.

"I just did what my coach told me to do," acknowledged the lieutenant. "He (Spencer) is bigger, but usually bigger guys are slower. So coach told me to pressure him."

Eiichi Jumawan coaches Lattus at the PearlSide Boxing Club in Pearl City,

Hawai'i. He said that even though Lattus was a bit fatigued going into the fight, he felt that the Sailor's conditioning would be the key toward gaining a win.

During the 1970s, Jumawan was one of the top amateur boxers on the planet, having won a world title at 119 pounds in 1975 and another crown in 1978 at 125.

"He was behind after the first round, but I knew that was because he didn't get any sleep," said Jumawan. "The other boxer is known to get tired and Gino is always in good condition. I told him (Lattus) that he's got to keep throwing punches. He had to stay aggressive, be first and keep pressing."

He listened well."

Although it was only the second sanctioned bout that Lattus has participated in since he made his comeback debut on Feb. 21, he said that he was more comfortable in the ring this time around.

"I think my defense and punches are a little better," said Lattus. "I've shortened my head movement and that is a key in throw counters."

Following his latest victory, the lieutenant laughed at his intentions to celebrate by having a

milkshake, but with the USA-Boxing Hawai'i state regionals right around the corner, he won't have much time to savor the win.

However, with only four sanctioned bouts under his belt, Lattus is one fight short of qualifying to box for a state championship.

Instead, he will be among several boxers that will square off in non-title fights at the regionals, which will be held at the ballroom at Queen Kapiolani Hotel on April 24-25.

"I hope to fight at 178 (pounds)," he admitted. "I need to lose two more pounds."



Lt. Gene Lattus continued his amateur boxing career with another win in defeating Arvell Spencer during a USA-Boxing sanctioned tournament that was held at Evolution Boxing Club in Waipahu, Hawai'i on April 4.

SALT will bring alcohol awareness program to NEX

Mark Smith

Pearl Harbor Navy Exchange, Marketing

The Save a Life Tour (SALT) will be coming to the Navy Exchange in April to educate Hawai'i's military and their families about the risks and dangers of drunk driving.

SALT is a high impact alcohol awareness program that has gained media attention and positive recognition from various high schools, military organizations and college campuses across the country. The tour features attention-grabbing banners and displays, large screens for audiences to view graphic and emotional footage, and a fully interactive multi-million dollar DUI [driving under the influence] simulator.

Similar to flight simulators, SALT contains three interactive screens that give the participant a full 180-degree viewing range. While in the simulator, the

computer system will increase the virtual intoxication level of the participant, which gradually slows the response times, accurately portraying the effects of alcohol on the driver. It also contains realistic fully functional car controls.

The audience will be able to view the current participant's actions via large screens set up around the display area.

The tour also contains facilitators who will engage the crowd and help the participants as they get behind the wheel. Each experience in the simulator lasts around four minutes.

Kramer Entertainment, who specializes in high tech simulators for entertainment purposes, developed the SALT simulator as an educational tool to spread alcohol awareness.

SALT will be available at the NEX rotunda from 9 a.m.-6 p.m. April 20-23.

For more information, visit the NEX Aloha Center or call 423-3287.

To report...

Fraud, Waste or Abuse

Contact Commander, Navy Region Hawai'i Inspector General

- ✓ We are here to help
- ✓ You can remain anonymous
- ✓ Remember to use your chain of command first

HOTLINE: 808-473-1782

EMAIL: prlh-cnrhig@navy.mil

Skylark CENTRAL

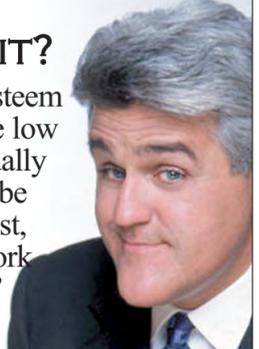
WORD SEARCH
Find these 41 American CANYONS

ANTELOPE	SEMINOLE	MILKWEED
GLENWOOD	BRYCE	WAIMEA
PROVIDENCE	KINGS	DEATH
BIGHORN	SINKS	NEON
GRAND	CHACO	WALNUT
RED ROCK	LITTLE RIVER	EATON
BLACK	SMOKE HOLE	NINE MILE
HELLS	CHEAT	WATER HOLES
RED WALL	LOGAN	ELDORADO
BLACKWATER	SNOW	PAINTBRUSH
HORSESHOE	CLOUDLAND	ZION
RUBY	MARBLE	GLEN
BRONSON	SPEARFISH	PALO DURO
JOSEPH	DE CHELLY	

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WHO SAID IT?
 "YESTERDAY IS NOT OURS
 TO RECOVER, BUT
 TOMORROW IS OURS TO
 WIN OR TO LOSE."

LAST ISSUE'S
WHO SAID IT?
 "I think high self-esteem
 is overrated. A little low
 self-esteem is actually
 quite good. Maybe
 you're not the best,
 so you should work
 a little harder."
 - Jay Leno



WORD SEARCH SOLUTION
Find these 34 species of DOLPHINS

AMAZON RIVER	BOTTLENOSE
GANGES AND	SHORT-BEAKED
INDUS RIVER	COMMON
PACIFIC WHITE-SIDED	CHILEAN
ARABIAN COMMON	IRRAWADDY
ATLANTIC HUMPBACK	CHINESE RIVER
HEAVISIDE'S	LA PLATA
PANTROPICAL SPOTTED	SOUTHERN
ATLANTIC SPOTTED	RIGHT WHALE
HECTOR'S	CLYMENE
ATLANTIC WHITE-SIDED	LONG-BEAKED
HOURGLASS	COMMERSON'S
PEALE'S	NORTHERN
INDIAN HUMPBACK	RIGHT WHALE
RISSO'S	SPINNER
AUSTRALIAN	DUSKY
SNUBFIN	STRIPED
INDIAN OCEAN	FRASER'S
BOTTLENOSE	PACIFIC HUMPBACK
ROUGH-TOOTHED	WHITE-BEAKED

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 N O P A C I F I C W H I T E S I D E D S D O K

This Week's Trivia
 What American Navy hero,
 after defeating the British,
 said "We have met the
 enemy and they are ours?"

Last Issue's Question:
 What Pacific Battle took the
 lives of the commanding
 generals of both the
 Japanese and American
 forces?

Answer:
 Okinawa: American
 commander Lt. General
 Simon Bolivar Buckner was
 killed by a shell fragment. Four
 days later the Japanese
 commander, Lt. Gen. Mitsuru
 Ushijima, committed suicide.



Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

☪ CANOE REGATTA

A canoe regatta will be held April 24 at the Rainbow Bay Marina for all active duty service members 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 6:30-8:30 a.m. Today and April 22 at the marina. FMI: 473-2494.

☪ SPRINGFEST 2009

Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will host 2009 Springfest at 2 p.m. April 25 at Ward Field. In conjunction with Springfest, celebrate Earth Day with educational exhibits, games, activities and prizes. Entertainment will include Team Rootberry (juggling artists), 24-VII Danceforce, demonstrations by The Green House, Kid's Korner Store (featuring children's items), eco-friendly crafts and activities and more. Springfest 2009 is free and open to all active duty, military-affiliated and Department of Defense (DoD) personnel, their families and sponsored guests. FMI: www.greatlifehawaii.com.

☪ 26TH ANNUAL ARMED FORCES HAWAII BODYBUILDING CHAMPIONSHIP

The 26th Annual Armed Forces Hawai'i Bodybuilding Championship will be held at 6 p.m. April 25 at Sharkey Theater at Naval Station Pearl Harbor. The best bodybuilders from the Navy, Army, Air Force and Marines will compete. The contest is open to all active duty, family members, Department of Defense personnel, reservists and National Guard. The competitor fee is \$20 and spectator fee is \$10. The entry form is available at www.greatlifehawaii.com. FMI: 473-0784, 473-2494 or visit the MWR athletics office.

☪ MWR YOUTH SPORTS NEEDS COACHES

MWR youth sports is looking for enthusiastic volunteers to coach children ages five to 17. Coaches are needed for track and field and soccer leagues. FMI: 474-3501 or www.greatlifehawaii.com.

☪ MWR SUMMER CAMPS

Summer will be here soon. For information about 2009 summer camps, visit www.greatlifehawaii.com. FMI: 421-1556.

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

Community Calendar

☪ April

☪ 18 ~ Volunteers for Hawai'i Foodbank's 20th Annual Food Drive will be needed at various traffic intersections around the island to collect donations from motorists. To sign up or volunteer, complete a volunteer application at www.hawaiifoodbank.org and fax to indicated number on form. FMI: 836-3600, ext. 6.

☪ 27 ~ Ryan Oakes, illusionist, will visit the Navy Exchange (NEX) from 3-6 p.m. for a one-night event. FMI: 423-3274.

☪ May

☪ 1-9 ~ In observance of Mother's Day, the Navy Exchange (NEX) will host a World's Greatest Mom Contest. The contest is open to children of all ages with four categories: ages six and under, seven to 12, 13 to 17 and 18 and over. Prizes include electronics, handbags, appliances and more. The winners will be selected on May 10. Drop-off points will be located throughout the NEX. Submissions should range from 500 to 1,000 words. FMI: 423-3274.

Sharkey Showtimes



Watchmen (R)

When one of Rorschach former colleagues is murdered, the washed-up but no less determined masked vigilante sets out to uncover a plot to kill and discredit all past and present superheroes. As he reconnects with his former crime-fighting legion - a ragtag group of retired superheroes, only one of whom has true powers - Rorschach glimpses a wide-ranging and disturbing conspiracy with links to their shared past and catastrophic consequences for the future.

TODAY

7:00 PM Fired Up (PG 13)

SATURDAY

2:30 PM Coraline (PG)

4:45 PM Fired Up (PG 13)

7:00 PM Tyler Perry's Madea Goes to Jail (PG 13)

SUNDAY

2:30 PM Race to Witch Mountain (PG)

4:45 PM Confessions of a Shopaholic (PG)

7:00 PM Watchmen (R)

WEDNESDAY

7:00 PM Push (R)

