

Health fair

promotes

fitness and fun

Story and photos by
Randy Dela Cruz

Contributing Writer

No matter where you turned, this year's Morale, Welfare and Recreation (MWR) Fitness and Wellness Fair was

filled with tips on how to maintain a healthy lifestyle and fun activities for the whole family at Ward Field at Naval Station Pearl Harbor on May 20. From rock climbing, batting cages and basketball shooting to a full-scale Zumba workout, there was something for everybody to enjoy, while gaining valuable information on how to whip your body into the lean, mean physical specimen it was meant to be.

"Fitness is the thing that we all need to do, but don't have the time," said Judy Kosaka, MWR fitness director. "This is our way of giving back to let people know that fitness can be fun. We want to reach all age groups, from little kids to seniors and everybody in between."

This year's event was a far cry from previous fitness fairs, which were held at Bloch Arena, where vendors and information booths crammed aisles leading up to the venue.

With the use of Ward Field, Kosaka noted that she now had the freedom to include different things, which not only highlighted the various health services that are offered by MWR, but also helped make the fair a fun place to be on a Wednesday evening.

"We started this in the lobby of the gym and every year it got bigger," said Kosaka. "So this year, we said that we're going to focus on more activities instead of just information. We have our whole lineup out here. We have belly dancers, hula dancers, cheerleaders, kickboxing, yoga, spinning, just all the stuff that we do on a daily basis."

Marcus DeValentino, who runs a cardio kickboxing class at Bloch Arena Annex every Saturday morning from 10-11:30 a.m., agreed with Kosaka that the revamped fair was a great way to stir up more interest about living a healthy lifestyle.

"For years, MWR has had a tradition of keeping people fit," said DeValentino. "This is exposing people, especially children, to some of our recreational programs and activities, and everybody is having a good time. So it's all good."

One of the evening's biggest attention getters was a demonstration of the fitness craze called Zumba, which uses Latin rhythms to get bodies moving in a high-energy, calorie-burning workout.

Shea Hawthorne, who holds Zumba classes at Bloch Area every Tuesday and Thursday morning at 8:30 a.m. and on Thursday evenings at 6 p.m., said that the fitness fair allowed people to see what Zumba is all about, and she hopes it motivates everyone to sign up.

"This has been awesome," she stated. "Now that people have seen it, if they love it, they'll make some time to do it."

Hawthorne said that the workouts are so effective, she typically burns around 1,200 calories per session and even beginners can expect to burn at least up to 600 calories.

"The best thing about Zumba is that it's fun fitness," said Hawthorne, who added that anyone could do it. "It's easy for everybody to follow. I've had people as old as 63 join in. You really can't mess it up. It's for everybody."

Besides getting down with some of the newest fitness exercises, attendees also were able to lose some of their stress by unwinding with a free five-minute chair massage, and there was even a healthy cooking contest where locals could share recipes of some of their guilt-free culinary delights.

This year's winning entry was submitted by Melissa Carter, whose Lazy Daisy Cake recipe stripped down her favorite confection's calorie count from 300 to 140 per serving, without sacrificing any of its original taste.

For her winning concoction, Carter won a \$75 MWR gift certificate.

"She got rave reviews from the lucky few who were able to taste it," said Kosaka. "Everyone wanted her recipe."

Melissa's Lazy Daisy Cake

Serving size: 2-inch x 2-inch square
16 servings,
140 calories per serving

2 eggs
1 teaspoon vanilla
1 cup sugar
1 cup all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1/2 cup milk
4 tablespoons butter (divided)
4 tablespoons dark brown sugar
2 tablespoons heavy cream
1/2 cup grated coconut

Preheat oven to 350 degrees.
Spray an 8-inch-by-8-inch-square cake pan with non-stick cooking spray.

In a bowl, combine eggs and vanilla, stirring until well mixed. Slowly add sugar while continuing to mix.

In a separate bowl, combine the dry ingredients: flour, baking powder, and salt. Mix well.

Add the flour mixture to the sugar and egg mixture. Stir until smooth.

In a saucepan, bring milk and 1 tablespoon of butter to a boil.

Add the boiling milk to the batter. Stirring quickly, mix well. Batter will be very thin, almost a liquid. Quickly pour into the greased pan.

Bake for 25-30 minutes. Use toothpick test to determine doneness. Remove from the oven.

In a small saucepan, combine the remaining ingredients. Over low heat, stir continuously until butter and sugar are blended.

Brush the coconut mixture over the cake and return it to the oven and broil it until top browns.

Remove from heat. Wait until it cools.



Free Agents slug their way to championship

Story and photo by
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It's not how you start, but how you finish that counts the most.

And for the Free Agents, a softball team that was mostly comprised of players from Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC), the old adage proved true, as the team came back from the loser's bracket to win the annual Pearl Harbor Classic Softball Tournament which was held at Millican Field at Naval Station Pearl Harbor over the Memorial Day weekend from May 23-24.

Naval Submarine Support Command hosted this year's tournament.

Navy News Sports

After falling to the Hitmen on the first day of the double-elimination competition, the Free Agents bounced back to beat Navy Information Operations Command Hawai'i (NIOC), No Skills, and the Hitmen to earn a championship-round showdown

with Relentless, an undefeated squad of players representing Marine Corps Base Hawai'i - Kaneohe.

In order to capture the tournament title, the Free Agents would have to beat the Marines twice in back-to-back games, and that's what the men from COMSUBPAC did with scores of 17-5 and 13-8.

Boatswain's Mate 2nd Class Arthur Saldana of COMSUBPAC, who blasted a game-winning walk-off shot against the Hitmen



Chief Electronics Technician Jason Karns of Commander Submarine Force U.S. Pacific Fleet (COMSUBPAC) makes the throw from shortstop to gun down a runner at first during the annual Pearl Harbor Classic Softball Tournament, which was held at Millican Field at Naval Station Pearl Harbor over the Memorial Day weekend from May 23-24. The Free Agents, a team that was mostly comprised of players from COMSUBPAC, won the Classic which welcomed teams from all armed forces.

to usher the Free Agents into their first matchup with Relentless, said that in order to capture the tournament championship, the Free Agents knew that they would have to score early and often.

"We all got together and started talking about what we would have to do to come out on top," he said. "We all agreed that we would have to hit the

ball. We came in with the mindset that we didn't want to walk away empty handed. We could have settled for second place, but that's not what we were here for."

Immediately into game one, the Free Agents went to work as they rapped out four hits and scored three runs to take a quick lead.

After Relentless pushed home a run in the top of

the third, the Free Agents put the hammer on their opponents with seven runs in the bottom of the third and fourth innings to put the game away for good.

The big blow of the 14-run explosion was a three-run homer that was launched off the bat of Chief Electronics Technician Jason Karns, who took a pitch and blasted it into the left-field parking lot.

"We just got into a groove," said Karns about the team's double-digit rally that included 11 hits. "They (Relentless) are a good team. I'm just happy our bats came together."

In the second game, Relentless got on the scoreboard first with a single tally in the top of the first.

However, the momentum seemed to shift back to the Free Agents right

away after, when after two outs and nobody on, Saldana lofted a pop fly that dropped just beyond the second base and rolled past the right fielder toward the outfield fence.

Without hesitation, Saldana got on his horse and galloped past third and just beat the throw to home plate to score on an inside-the-park homer, which tied the game up at 1-1.

"The third base coach knew that we needed some motivation," recalled Saldana. "So he pushed me to get in there and I did."

The Free Agents gained a four-run lead in the bottom of the second inning on a grand slam by Air Force Tech. Sgt. Shane Holliday, but Relentless closed the gap to 7-5 after Marine Cpl. Todd Lawhon hit a two-run blast in the top of the fifth.

With the game up for grabs, Saldana gave the team a boost once again by leading off the bottom of the inning with a solo shot that sailed over the left-field fence.

The towering bomb sparked a six-run outburst that gave the Free Agents an insurmountable lead.

"That felt really good," said Saldana about his second homer of the game. "He was pitching me high and inside. I'm a pull hitter, so I turned on it."

After dropping two games in a row, Lawhon said that although Relentless gave it their all, they just couldn't match the firepower of the Free Agents.

"We were hitting the ball pretty good in all of our other games," he stated. "But (against the Free Agents) we just didn't bring our sticks. There's nothing you can do about that."



Photo courtesy of Forest City Residential Management
Keiki at Naval Computer and Telecommunications Area Master Station line up for cool treats during a "Keep It Cool with Forest City" event.

Keiki 'Keep It Cool' with Forest City

Ryan Wilson

Communications Coordinator, Forest City Residential Management

If you're a Forest City housing resident, don't miss out on your chance to get free ice cream. Every month, Uncle Joe takes his Aloha Ice Cream truck to different Forest City neighborhoods and passes out delicious popsicles, ice cream cones

and other frozen treats.

When you hear the music and a New York-accented "aloooha" coming from the driver side window, you'll know Uncle Joe is coming your way.

But of course, if you'd like a little more advance notice, here you go:

June 6: Hale Ali'i,

Makalapa,

Hospital Point,

Marine Barracks

McGrew Point.

June 27: Pearl City

Peninsula.

July 11: Halawa,

Hokulani,

Hale Moku.

July 25: Ford Island.



Famous chef will visit Pearl Harbor



Mark Smith

Navy Exchange Marketing

World-renowned chef and television personality Emeril Lagasse is coming to Pearl Harbor in June to perform a live cooking demonstration aboard the Battleship Missouri Memorial.

The demonstration will take place from 5 to 6 p.m. June 14 and will be by invitation only. Authorized patrons are invited to stop by between 11 a.m. and 5 p.m. to purchase celebrity cookware and cookbooks at the Battleship Missouri Museum and Chef Lagasse will be available from 1 to 4:30 p.m. for a

book signing session.

Currently, Lagasse owns a series of famous restaurants in New Orleans, Las Vegas, Mississippi and Florida. He also has his own line of cookware, spices and sauces. He is the host of Emeril Live on the Food Network and makes appearances on Good Morning America.

Lagasse has written 12 best selling cookbooks and will visit Hawai'i as a part of his nationwide book tour to promote his new culinary piece "Emeril at the Grill: A Cookbook for all Seasons."

For more information, contact Navy Exchange Marketing at 423-3274.

NEXs pull select Blue Ember gas grills from shelves

Kristine M. Sturkie

Navy Exchange Service Command

Fiesta Grills, in conjunction with the U.S. Consumer Product Safety Commission (CPSC), issued a consumer alert on two models of its Blue Ember gas grills.

The grills can be assembled improperly, exposing the gas burner hoses to excessive heat, posing fire and burn hazards to consumers. The affected models have the style numbers



FG50057 FG50069. NEXs began selling the grills in 2007.

The model and serial numbers are printed on a rating plate label on the rear of the grill. The cabinet style grill has two doors and is silver-colored and black or silver-colored and gray. "Blue Ember" is printed on the grill's hood.

Consumers should immediately stop using the grills and inspect the burner hoses to make sure they have been properly assembled. If the hose is to the rear of the installed heat

shield, the grill has been improperly assembled and consumers should contact Fiesta for replacement hoses, assembly instructions and if necessary, for assistance in examining the grill.

For additional information, contact Fiesta toll-free at (866) 740-7849 between 7 a.m. and 5 p.m. CT Monday - Friday or visit the firm's Web site at www.fiestagasgrills.com.

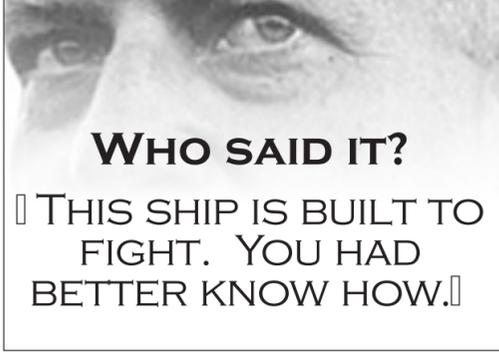
The affected grills were sold by NEX Norfolk, Little Creek, and Oceana, Va.; Patuxent River, Md.; Great

Lakes, Ill.; Jacksonville, Pensacola, Key West, Orlando and Mayport, Fla.; Kings Bay, Ga.; Charleston, S.C.; Gulfport and Stennis Space Center, Miss.; Memphis, Tenn.; Corpus Christi and Kingsville, Texas; North Island, San Diego, Port Hueneme and Lemoore, Calif.; Whidbey Island, Bangor and Everett, Wash.; Pearl Harbor, Hawaii; Guam; Yokosuka, Negishi and Sasebo, Japan; Souda Bay, Crete; Sigonella, Sicily; Naples, Italy; and Rota, Spain.

Skylark CENTRAL

WORD SEARCH
Find these 50 BATTLES ON U.S. SOIL

ADOBE WALLS	KENNESAW MOUNTAIN	S T H G I E H M E L R A H N U R L L U B T S R I F O A
FORT DUQUESNE	SPOTSVYLVANIA	A D O B E W A L L S M E R W V I C K S B U R G H N S A
PALO ALTO	CAMDEN	A A U T C T L S U R E E U O G I U T S I S E O R O T C
ALAMO FORT SUMTER	KING'S MOUNTAIN	G E A B E S A N J A C I N T O R N L P R V R O B R W D
PEA RIDGE	STONES RIVER	U V C I E N M A H T H E T K I K U C E K S C U U I I O
ANTIETAM	CEDAR CREEK	A O T U E S O E H S A W Y R D G I B E E T C E N S R I
FREDERICKSBURG	LITTLE BIGHORN	M N R D L D O L E N N W E O L S M N S N O O C K K R O
PLATTSBURGH	TIPPECANOE	A A M A L V E R N H I L L Y I I U H R N N H S E A K S
BAD AXE	CHANCELLORSVILLE	K A G U I L F O R D C O U R T H O U S E E E E E R N L G
GERMANTOWN	LONG ISLAND	C R E U V E I W L T S L Y N O E B L P S S D S H Y W E
PRINCETON	TRENTON	I E C I S N N E A U V E E G B O I C T A R D A I I N T
BENNINGTON	CHICKAMAUGA	H T O A R R O N L P I L O E H T E E G W I U E L A S T
GETTYSBURG	LOOKOUT MOUNTAIN	C M L R O I U D O E L M N N T D R S W M V E D L B A Y
ROSEBUD	TURRET PEAK	R U D G L L R R E A L D A L A N E N N O E E N L R H S
BIG DRY WASH	COLD HARBOR	H S H I L O H O F R E D E R I C K S B U R G A G A M B
GUILFORD COURTHOUSE	MALVERN HILL	P T A R E N E C U I O B C A O G E O A N A I L M N A U
SAN JACINTO	VICKSBURG	R R R T C G D N S D I R T N H A T P E T S B P P D T R
BLADENSBURG	CONCORD	I O B U N I N O S G E N D I I D D S P A G T L A Y S G
SARATOGA	MECHANICSVILLE	N F O R A S I C H E U B W R I O S Y V I O A X R W I M
BRANDYWINE	VINCENNES	C T R R H L O O K O U T M O U N T A I N T E S U I V W
HAMPTON ROADS	COWPENS	E O I E C A R C M L E Q T E T E N A R T O E O O N A E
SAVANNAH	MONMOUTH	T R W T L N E S L U T L U O A N C O S A C I E K E N B
BUENA VISTA	WILDERNESS	O V C P A D G R C O A U B D A R A B T D T I P A F E H
HARLEM HEIGHTS	FALLEN TIMBERS	N B U E E N U R H O N N R H T D U M O N M O U T H U W
SECOND BULL RUN	NEW ORLEANS	E I B A I N A V L Y S T O P S R N I R S E R G P R B D
BUNKER HILL	WINCHESTER	O O L K E V S A B E N N I N G T O N N E E R O A L C R
HORSESHOE BEND	FIRST BULL RUN	I I I O B R P L E D O O I H P U D F D E G S T E H K E
SHILOH	ORISKANY	
BURNT CORN	YORKTOWN	

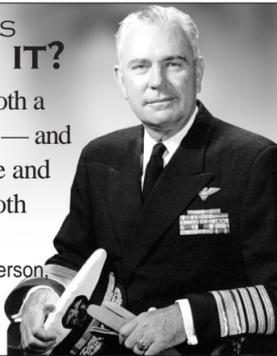


WHO SAID IT?
"THIS SHIP IS BUILT TO FIGHT. YOU HAD BETTER KNOW HOW."

LAST ISSUE'S
WHO SAID IT?

The Navy has both a tradition and a future — and we look with pride and confidence in both directions.

- Admiral George Anderson, CNO, Aug. 1961



WORD SEARCH SOLUTION
Find these 42 words we use to RENEW

ADJUST	FACE-LIFT	U E G A V L A S F W G I O T E S
OVERHAUL	REDECORATE	T H C T A P E R E M O D E L T E
RENEW	SALVAGE	R E S T O R E N O V A T E R D T
AMEND	FIX UP	E A S C V A E D E T E F A P G R
PATCH	REDO	V L E I I R E D R O N I T U P I
RENOVATE	SERVICE	I H C S V R N R O O G L B X U G
CORRECT	FRESHEN	T E S G N E G R A H C E R I H H
PUT IN ORDER	REFURBISH	A O R I R T T T S D C A F C T
REPAIR	SET RIGHT	L V Z E B A H E R E P A I R U R
CURE	HEAL	I E T E C R N M T L E F U T O E
REBUILD	REHAB	Z R Y V R O U A C B V H C R T V
RESTORE	STRAIGHTEN OUT	E H N R U C N F D U O E E D R F
DEBUG	IMPROVE	C A D T M E N D E O R O N T Y R
RECHARGE	REJUVENATE	R U O S V D V D I R P E H D E E
REVISE	TOUCH UP	D L I U B E R M O T M G E V D S
DO OVER	MEND	E R J J R R E C L A I M O P V H
RECLAIM	REMEDY	R E D D O C T O R R E O L G U E
REVITALIZE	TROUBLESHOOT	R E D A R G P U X R D E N T N
DOCTOR	MODERNIZE	
RECONDITION	REMODEL	
RIGHT	UPGRADE	

This Week's Trivia
Which four piper Destroyer was the last built for the U.S. Navy?



Last Issue's Question:
What was the first U.S. Navy plane to make a trans-Atlantic crossing?

Answer:
The NC-4 on May 15, 1919

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation



♣ SINGLE SAILORS ICE SKATING TRIP
Single Sailors are invited on a special ice skating trip to Ice Palace on May 29. Transportation departs from Liberty in Paradise starting at 6 p.m. The cost is \$8.75 per person, which includes skate rental and transportation to and from the arena. FMI: 473-4279.

♣ MOVIE NIGHT AT SCOTT POOL
A movie night will be held at Scott Pool on May 29. FMI: 474-5149 after May 25.

♣ FREE ADVANCE SCREENING AT SHARKEY THEATER
Sharkey Theater will host a free advance screening on May 30. Doors open at 6 p.m. and the movie will start at 7 p.m. Only the first 450 eligible patrons will be seated. FMI: 473-0726.

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

Community Calendar

♣ May

♣ Today – Navy Region Hawai'i and Naval Surface Group Middle Pacific will present a special seminar in honor of Asian Pacific American Heritage Month from 11 a.m. to noon at Lockwood Hall lanai. The seminar's theme is "Leadership to Meet the Challenge of a Changing World." Guest speakers will include Maj. Gen. Robert G. F. Lee, adjutant general for the state of Hawai'i and director of State Civil Defense, and Dr. Amy Agbayani, director and founder of the UH Manoa office of student excellence for equity and diversity. FMI: 590-1190.

♣ 30 – Judy Delacruz, author of "Crochet Lei Making in Hawaii," will be at the NEX from noon-2 p.m. to sign copies of her recent book.

♣ June

♣ 3-4 – An A.S.I.S.T. (Applied Suicide Intervention Skills Training) two-day workshop will be offered for military spouses and will include first aid and CPR training. The course is normally offered to active duty, but is now open to include spouses, ombudsmen, FROs, etc. The program is intended to train suicide first aid responders and will be offered at no cost to the participant. Register by June 2. FMI: 473-3981 or e-mail lonzie.medina@navy.mil.

♣ At a glance

♣ A FOCUS Project Workshop will be offered to provide military families a resiliency program to combat emotional and relational problems our families face as a result of deployment and/or individual augmentee assignments. The workshop will be held at the Navy College on the second Tuesday of every month. Childcare will be provided, but you must register by June 2 for childcare services. Walk-ins (not in need of childcare services) are welcome. FMI: 473-3981 or e-mail lonzie.medina@navy.mil or visit <http://www.focusproject.org/>.

Sharkey Showtimes



X-Men Origins: Wolverine (PG 13)

"X-Men Origins: Wolverine" tells the story of Wolverine's epically violent and romantic past, his complex relationship with Victor Creed, and the ominous Weapon X program. Along the way, Wolverine encounters many mutant, both familiar and new. Including surprise appearances by several legends of the X-Men Universe whose appearances in the film series have long been anticipated.

TODAY
7:00 PM 17 Again (PG 13)

SATURDAY
2:30 PM Hannah Montana The Movie (G)
7:00 PM FREE Advanced Screening for first 450 Authorized Patrons (R)

SUNDAY
2:30 PM Hannah Montana The Movie (G)
4:45 PM X-Men Origins: Wolverine (PG 13)
7:00 PM Fast and Furious 4 (R)

WEDNESDAY
7:00 PM Sunshine Cleaning (R)

