

Life Leisure

B



Youth get a kick out of soccer camp

Story and photos by
Randy Dela Cruz
Contributing Writer

The Morale, Welfare and Recreation's (MWR) youth summer sports program scored a huge goal when it kicked off five weeks of activities with a five-day soccer camp at Millican Field at Naval Station Pearl Harbor on June 15.

Led by Castle High varsity girls soccer head coach Mark Kane, the camp welcomed more than 60 active duty and Department of Defense children from ages 6-12 to learn basic soccer skills and tactics from Kane and a host of current and former collegiate players.

Kane has been the varsity girls head coach at Castle High since 1979 and led the team to an OIA championship in 1980.

He was also the head coach for the Hawai'i Pacific University (HPU) girls' soccer squad from 1995-2007.

At Millican Field, boys and girls practiced from 8 a.m. to noon, from Monday through Friday.

The first three hours of each session focused on raising the children's level of soccer skills and was followed by a final hour of game time, where each youth was able to immediately apply what he or she learned.

"For the kids, we teach orientation and familiarization and try to give them some sense of what they should be doing on the field," said Kane. "We're teaching something that they will use the rest of their lives."

As a former college coach,

year olds, the former prep all-star said it has turned out to be a great experience.

Kane said that his experience at various levels of the game has helped him formulate a system that should help kids get off on the right foot.

The first session, he explained, always involves dribbling and foot-work.

In addition, noted Kane, the youngsters spend a good portion of each camp on trapping, turning with the ball and passing.

"It really helps to know what these kids are going to see later down the road," said Kane. "We start them off right and teach them the things that's going to help them later on. It's always exciting to get them to see the big picture."

Tami Kalaiwaa is a former OIA all-star middle fielder, who played for Kane at Castle High from 2003-07, and is currently a player at HPU.

Although she admitted that this was her first attempt at helping six-year-old boys and girls understand soccer, Kalaiwaa said she had a blast - especially when she saw them improve from day-to-day.

"It's the coolest thing when you get to see that they have a lot of potential," she said. "They worked hard and they love to play. For me, the time that I had the most fun is when they just got to run around the field. That's most cool."

Meanwhile, for Nestle Yamaguchi, this year marked her third youth soccer camp at Pearl Harbor.

Yamaguchi is a 2007 graduate of Pearl City High and, like Kalaiwaa, is also a former OIA all-star.

While Yamaguchi noted that she never thought she would be coaching a bunch of six

year olds, the former prep all-star said it has turned out to be a great experience.

"I'm surprised at how quickly they pick it up," she said. "If you work with them and tell them to go home and practice, they seem to come back and know all the moves."

Kane said that even though coaching youngsters has just about become second nature, he added that he wouldn't be able to hold an effective camp each year at Pearl Harbor without the help of MWR.

This year's camp was personally overseen by Rodney Gouveia, MWR athletic program director, and according to Kane, everything was done to ensure that the event would run smoothly and efficiently.

"Rodney and MWR run a great program," pointed out Kane. "It's very organized. Equipment, balls, they took care of all that. All we did was come in and provide the coaching expertise."

Commentary

Window on Pearl Harbor

Karen S. Spangler, Editor

karen.spangler@navy.mil



Honoring fathers everywhere... on their special day

As we prepare to pay tribute to fathers everywhere on June 21, perhaps a bit of history about the beginnings of the holiday may be helpful. Strangely enough, the origins of Father's Day began in 1909 – as Sonora Dodd listened to a Mother's Day sermon. Sonora wanted to honor her father, William Smart, who was a Civil War veteran and was left to raise six children when his wife died while giving birth to their last child.

Sonora wanted to express her appreciation to her father for all of the parental sacrifices that he had made. In the eyes of his daughter, he was a courageous, selfless and loving man who well-deserved many accolades. Because her father's birthday was in June, she held the first Father's Day celebration in Spokane, Wash. on June 19, 1910.

In 1924, President Calvin Coolidge supported the idea of a national

Father's Day. But it wasn't until 1966 that President Lyndon Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day.

What would we do without fathers – who are wonderfully wise and at the same time, whimsical and witty; who can be stern and impart discipline while at the same time doling out plentiful amounts of hugs and smiles? How could we manage without dads – our heroes, our role models, our protectors, our best buddies?

It doesn't matter if he is a dad who biologically inherited the role or if he wholeheartedly took on the responsibilities as a stepdad, or if he made the decision to share his love and wisdom with adopted children. To fathers everywhere – who always seem to take on much more than their fair share – and who are always there for us...Father's Day is an

opportunity to show thanks and appreciation.

Our hearts go out to all of those dads who are serving far away – and won't be able to spend their special day with their keiki as well as with the sons who are serving with the military a distance away from their beloved fathers.

As we admire fathers for their courage and their strength and their selfless devotion to their duties, as we cherish their tender smiles and the strong hand that wipes away the tears from their child's eyes, as we honor them for their heroic deeds...we are grateful for dads.

As we treasure all of the special moments, the memories, the events that we've shared with our fathers, we send our wishes to fathers everywhere – to enjoy this very special day that has been set aside especially for them.

Have a wonderful Father's Day and have a fine Navy day!



Approximately 140 Forest City Navy Hawai'i employees volunteered some time to help local schools. Crews spent June 10 landscaping, repairing and painting at Radford High School, Lehua Elementary School and Aliamanu Elementary School.

Forest City employees volunteer time for Community Day

Story and photo by
Ryan Wilson

Communications
Coordinator, Forest City
Residential Management

Approximately 140 Forest City Navy Hawai'i employees volunteered some time and elbow grease to help local schools.

Crews spent June 10 landscaping, repairing and painting at Radford High School, Lehua Elementary School and Aliamanu Elementary School.

At Radford, they built planters and filled them with mulch. At Lehua, crews painted poles and sidewalks. At Aliamanu, volunteers painted hop-

scotches and installed a speaker system for the stage.

Many of the children who go to these schools live in Forest City neighborhoods. Besides needing the help, these schools deserved it because of all the service they provide.

For the Forest City employees, it was hot and sweaty work, but it was satisfying. Everyone laughed and joked and was willing to help with any task.

The volunteers worked together to accomplish a goal, to beautify a courtyard, to make a hallway look new, to improve an auditorium. They were small things that made a

big difference. People from accounting, development, construction, maintenance and residential management worked side by side to make it happen.

It's something Forest City employees do every day at work. But even when it's not Community Day, they are working together to make the Forest City Navy Hawai'i community better by serving those who serve the country.

For the last six years, Forest City has held a nationwide Community Day. Employees across the country go into their communities to lend a helping hand. It's Forest City's way of giving back.

Naval Health Clinic promotes Mental Health Awareness Month

Story and photo by
Blair Martin

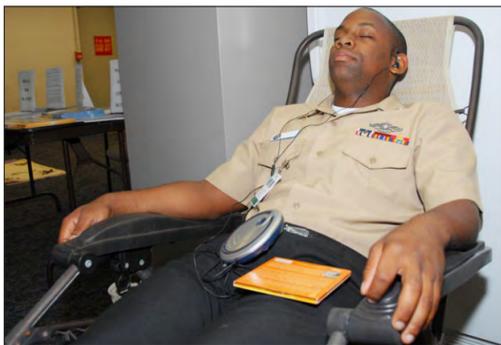
Contributing Writer

In observance of National Headache Awareness Week, Naval Health Clinic Hawai'i hosted a free information event on headache prevention and treatment at the Makalapa Medical Clinic on June 10.

The event coincided with June being health promotion's Mental Health Awareness Month and included numerous information booths that offered information on various topics such as headache and migraine diagnosis, treatment and prevention as well as a relaxation station.

"When it comes to headaches and migraines, there are a number of triggers that you need to be aware of for prevention," said Melissa Belanger, a primary care behavioral health consultant and clinical psychologist for Naval Health Clinic Hawai'i. "Also, the more you know about [migraines and headaches], the better you will be able to describe these symptoms to your primary care manager, which will help them accurately diagnose and treat the symptoms," she explained.

Belanger, who also organized the event, said she thinks it is important to provide an information forum that allows Sailors and their families to have access to



Hospital Corpsman 2nd Class (FMF) Eugene Lewis from Naval Health Clinic Hawai'i family practice enjoys the relaxation station at the June 10 information forum on headache prevention and treatment at the Makalapa Medical Clinic.

accurate mental health awareness and prevention information.

"Unfortunately, sometimes people can get misinformation from the Internet or [unknowingly] do things that could trigger headaches, migraines and other [mental health] issues," she explained. "But by providing them with preventative information at this event or by offering one of many informative classes [such as health promotions classes], we are giving them accurate information and a great support system that is in step with healthy lifestyle habits."

Cmdr. Steven Wechsler, head of the mental health department at Naval Health Clinic Hawai'i, said that offering mental health awareness events and classes can be very beneficial to

any family, especially ones within the military community.

"It is vital to maintain a healthy operational force that all members are mentally healthy," said Wechsler. "The resources and programs developed within the military mental health community are specifically designed to provide preventative education as well as treatment for mental health injuries and illnesses."

Wechsler added that in the past, stigmas had kept active-duty service members from seeking mental health care so by promoting good mental health, he is hoping more Sailors and their families will become better educated.

"It is important to seek mental health care early, before illness progresses to a point where treatment can

be more difficult," he said. "In shipboard or other hazardous industrial environments as well as in combat situations, it is imperative that our Soldiers and Sailors are mentally alert and sound as well as in peak physical condition to preclude accidental exposure to dangerous situations."

Hospital Corpsman 2nd Class (FMF) Eugene Lewis from Naval Health Clinic Hawai'i family practice said that he thinks information forums that promote mental health awareness issues are well needed for today's military service members, especially ones returning from war.

"I think having events [like this one] is good especially for a lot of the guys coming back from Iraq," he said. "Mental health awareness [as well as preventative measures] should be out there so people know their options. Having a clear mind makes you a better person at work or at home."

Throughout the month of June, health promotions will host numerous health awareness seminars and programs. For more information, contact health promotions at 473-1880.

Belanger will also be giving a two-part sleeping behavioral class July 6 and 20 and Aug. 3 and 17 from 11:30 a.m. to 12:30 p.m. To register, contact health promotions at 473-1880, ext. 2282.

Pearl Harbor welcomes Island Steaks

Mark Smith

Navy Exchange Marketing

Sailors looking for a new dining experience for their lunch break have welcomed a new addition to the many eateries available at Pearl Harbor – Island Steaks.

Located across from Jagger's Café above Club Pearl, Island Steaks opened on June 1 and has so far received positive comments from customers. "The food is great!" said Machinist's Mate 2nd Class Roger James, a regular customer to Jagger's Café. "I will definitely come back again."

According to John Verna, owner of Jagger's Café and Island Steaks, the Navy Exchange has been trying to add a new restaurant to the mini food court establishment, which also consists of a Subway shop, to provide more dining options.

"Many of our customers have expressed an interest in a grilled food establishment," said Verna, who has been in business with Jagger's Café for a year and a half. "Similar places are growing in popularity off base and we decided it would be a good time to bring a similar concept to Pearl Harbor."

To serve the military



Photo courtesy of Navy Exchange Marketing Customers line up at Island Steaks for lunch. Island Steaks opened up alongside Jagger's Café and offers a local style lunch menu.

community, Island Steaks offers people a healthy option using only fresh ingredients with generous portions at reasonable prices. "Our goal is to offer a better quality product to our customers when compared to our off-base competitors," Verna added. The establishment also offers an air-conditioned environment and free wireless access for computer users. They even have laptops available for rent at special rates.

Verna is currently in the process of improving the lanai area for customers and hopes to have it ready for use by the end of June.

Island Steaks is open from 10 a.m. to 2 p.m. Monday through Friday. They offer grilled steak, chicken and fish, served with white rice and salad. Plates run from \$7-\$10. For more information, call Island Steaks at 389-8555 or Jagger's Café at 422-5282.

Skylark CENTRAL

MEGA WORD SEARCH
Find these 73 synonyms for **RUN**

ADMINISTER	LEAK	TOUR	T I P R A N G E N U R L V D A E H X
GOVERN	SPRINT	DISSOLVE	E Y D I O A N L R D N T R A C E S I
RUSH	COST	POWER	W B M I L C F I N R O D N N L S U R
APPEAR	LIQUEFY	TRACE	A G A L O O Z E C E W A E G P R G E
GUSH	STREAM	DRAW	R S O R I R T S T O N U G R N E E L
SCURRY	COURSE	PROGRESSION	D P E V F X F U L T Q U I R G V U D
BROOK	MANAGE	TRANSPORT	E A R L E P O F H E M N O A I O I D
HEAD	STRETCH	ENTER	R N E C A R I F S S T R N W A H T A
SEQUENCE	CREEK	PUBLISH	O E T R A D N I A T P A C E P N D D
CAMPAIGN	MELT	TRIP	C R E E P T M D D A M V U U M A I E
HURRY	SUCCESSION	EXTEND	R R P E R S H I E G A E B T A T S K
SERIES	CREEP	RACE	Y P M K Y I U R N N S L E Y C S S S
CAPTAIN	OOZE	TROT	A O O H N E S H U I I A U O R U O T
HUSTLE	SUPERVISE	FLEE	Y W C C P U T U V S S L N O C A L E
SKEDADDLE	DART	RANGE	C E U T Y R L R H R T T C C S N V F
CLIMB	OPERATE	UNDERGO	L R N E F H E R A P I R E N T L E M
INCLINE	THAW	FLOW	E T A R E P O Y R N A S E R I E S H
SMUGGLE	DASH	REACH	A S C T U B E C U R S S I A I L C S
COMPETE	OVERSEE	UNRAVEL	K O T S Q O R E R I R P G P M A U T
INCUR	THRUST	FLUCTUATE	T C E R I D J O O U E E O G E T R R
SPAN	DIFFUSE	ROUTE	K I W I L N C N O I S S E R G O R P
CONDUCT	PASS	VARY	H T C U D N O C O K E H O E T T Y O
JOURNEY	TOTAL	GALLOP	
SPREAD	DIRECT		
CONTINUE	PILOT		

WHO SAID IT?
"The difference between a good and great officer is about 10 seconds."

LAST ISSUE'S WHO SAID IT?
"THE UNITED STATES NAVY IS THE ENVY OF EVERY OTHER NAVY IN THE WORLD. THEY DON'T WANT TO BE LIKE US - THEY WANT TO BE US."
- Admiral Leighton Smith



WORD SEARCH SOLUTION
Find these 26 that mean **PUZZLE**

ANAGRAM	Z M Z T R E S A E T N I A R B
ENIGMA	Y R E T S Y M E N E A O E O A
POSER	T T E R C E S O L L Y H O Y A
BRAIN-TEASER	I C R O L U I W R D P C T M R
HEAD-SCRATCHER	X R C B O T R A O I D R G E E
PROBLEM	E N O R S O B S C U R I T Y H
BRAIN-TWISTER	L R N E E A T G R S N S R Y C
JIGSAW PUZZLE	P D U P D L K I Y E I U R R T
CHARADE	R O N M B N G J P W O B E R A
KNOT	E N D U O M A G T A A E S Y R
QUESTION	P I R T O N A N O I D R O C C
CIPHER	U R U S K P I M G B S A P Q S
MIND-BOGGLER	Z C M M P A P A R A D O X P D
REBUS	Z C H A R A D E A K E N J U A
CLOSED BOOK	L O N B A O A A M M E L I D E
MYSTERY	E O R M E M U A N A G R A M H
RIDDLE	
CONUNDRUM	
OBSCURITY	
SECRET	
CRYPTOGRAM	
PARADOX	
STUMPER	
DILEMMA	
PERPLEXITY	

This Week's Trivia
What three U.S. destroyers were sunk in a typhoon in the Pacific on Dec. 18, 1944



Last Issue's Question:
What was the U.S. Navy's last float plane?
Answer:
The "SC" - Curtiss Seahawk.

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

FREE FAMILY FUN AND MOVIE NIGHT
Families are invited to bring a blanket or lawn chair and enjoy family fun and movie night at 6:30 p.m. tonight at the field near bowling alley at Naval Computer and Telecommunications Area Master Station. The featured movie will be "Beverly Hills Chihuahua." Family fun and movie night will be held June 26 at Pearl City. The movie "Independence Day" will show at 6:30 p.m. The fun begins with games and free cotton candy. FMI: 471-8658 or www.greatlife-hawaii.com.

SINGLE SAILOR LUAU AT PARADISE COVE
Single Sailors can enjoy a luau at Paradise Cove on June 25. The cost is \$42 a person. Transportation departs at 4 p.m. from Liberty in Paradise at Naval Station Pearl Harbor. Participants must sign up to attend. FMI: 473-4279.

ALL-MILITARY SURF CLASSIC
Come to Barbers Point and watch surfers in action at the All Military Surf Classic. The contest begins at 8 a.m. on Saturday and Sunday and is open to all active duty, Department of Defense civilians, reservists, and their family members. Entry fees are \$25 for open entry, \$20 for active duty with ID, and \$15 for 12 years and younger. FMI: 682-4925 or www.greatlife-hawaii.com

JUNIOR BOWLING SUMMER PROGRAM
There will be an eight-week summer junior bowling league, beginning at 9:30 a.m. Saturday at the Naval Station Pearl Harbor Bowling Center. FMI: 473-2574.

FATHER'S DAY AT NAVY POOLS
Fathers will be given a free gift at all Navy pools on Sunday. FMI: 474-5149.

FATHER'S DAY AT BOWLING CENTER
Fathers will be able to bowl for free with a paying family member from noon to 3 p.m. Sunday at the Naval Station Pearl Harbor Bowling Center. FMI: 473-2574.

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

Community Calendar

June

19 - Marine and Family Services will hold a Marine Corps Base Hawai'i (MCBH) Job Fair 2009 from 9 a.m. to noon. at Kahuna's Sports Bar and Grill ballroom. The event is open and free to military family members, active duty personnel, military retirees and federal employees. FMI: 257-7795 or visit www.jemsjobs.com.

19 - The deadline for the Navy Exchange's (NEX) Father's Day Photo Contest is June 19. Participants can submit a photo of their fondest father memory at the NEX Mall. The name of the winner will be drawn and notified on Father's Day and will win a 52-inch flat LCD TV. FMI: 423-3274.

20 - An Emergency Preparedness Expo will be held from 10 a.m. to 2 p.m. at the Navy Exchange at Pearl Harbor. The event will discuss the importance and effectiveness of emergency preparation. FMI: call 423-3330.

26-28 - Chaplains Religious Enrichment Development Operation (CREDO) Hawai'i will offer a free father and son (ages 9 to 15) event at the YMCA camp on the North Shore. Activities will include hiking, archery and team building exercises. FMI: RP1 (SW) Tolbert and Michael.tolbert1@navy.mil or call 257-1919.

27 - The NEX will host its second annual Bridal Expo in the rotunda of the NEX Mall at Pearl Harbor. The event will include wedding cakes, floral packages, engraving, portraits, etc. FMI: 423-3308.

Sharkey Showtimes



Star Trek (PG 13)

The fate of the galaxy rests in the hands of bitter rivals. One, James Kirk, is a delinquent, thrill-seeking Iowa farm boy. The other, Spock, was raised in a logic-based society that rejects all emotion. As fiery instinct clashes with calm reason, their unlikely but powerful partnership is the only thing capable of leading their crew through unimaginable danger, boldly going where no one has gone before.

TODAY

7:00 PM Ghosts of Girlfriends Past (PG 13)

SATURDAY

2:30 PM Battle for Terra (PG)

4:45 PM Dance Flick (PG 13)

7:00 PM Star Trek (PG 13)

SUNDAY

2:30 PM Battle for Terra (PG)

4:45 PM Ghosts of Girlfriends Past (PG 13)

7:15 PM Angels and Demons (PG 13)

THURSDAY

2:30 PM Crank: High Voltage (R)

