

GET SPLATTERED AT PEARL HARBOR

Commander,
Navy Region
Hawaii, Morale,
Welfare and
Recreation

Paintball is a sport where players use compressed air guns to shoot marble-sized, .68 caliber, gelatin capsules filled with colored polyethylene glycol "paint" at their opponents. Paintball guns, also known as "markers", were used in the early 1970's. They were originally used by the Forestry Service to mark trees or by farmers to mark cattle. James Hale of Daisy Manufacturing invented the

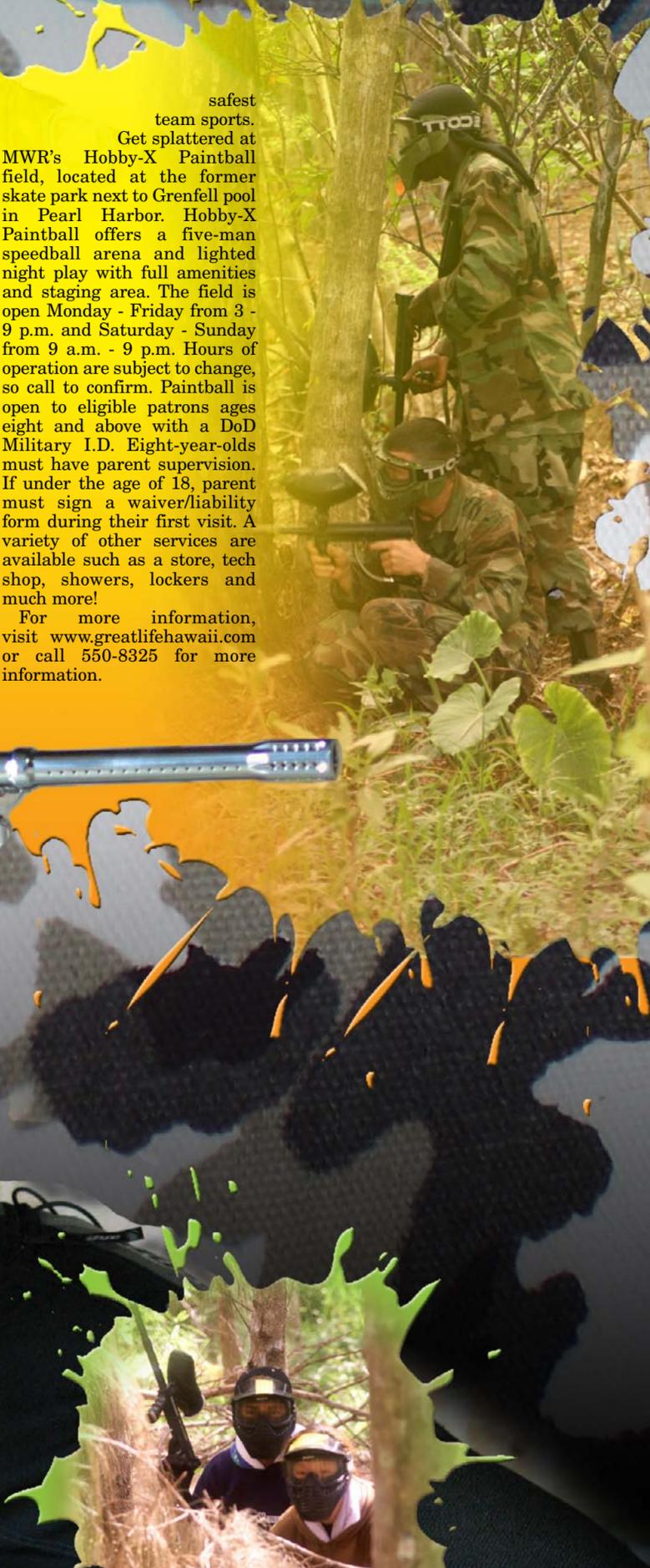
first paintball gun, but was carried out by the Nelson Paint Company. The guns had to be modified to regulate the velocity to prevent injury to humans. The game of Paintball began in 1981 when 12 friends played a version of "Capture the Flag" using the markers. Since then, the game of Paintball continues to evolve and grow. It has become a popular sport in the United States and most major countries in the world. In 1982, Charles Gaines invented paintball as the game we play today and he markets paintball as the National Survival Game (NSG). In that same

year, the first Paintball field opened in Rochester, New York. Paintball can be played indoors or outdoors in a wide range of styles and is one of the

safest team sports.

Get splattered at MWR's Hobby-X Paintball field, located at the former skate park next to Grenfell pool in Pearl Harbor. Hobby-X Paintball offers a five-man speedball arena and lighted night play with full amenities and staging area. The field is open Monday - Friday from 3 - 9 p.m. and Saturday - Sunday from 9 a.m. - 9 p.m. Hours of operation are subject to change, so call to confirm. Paintball is open to eligible patrons ages eight and above with a DoD Military I.D. Eight-year-olds must have parent supervision. If under the age of 18, parent must sign a waiver/liability form during their first visit. A variety of other services are available such as a store, tech shop, showers, lockers and much more!

For more information, visit www.greatlifeohawaii.com or call 550-8325 for more information.



Baldwin takes first in triathalon



U.S. Navy photo by Twain Newhart

U.S. Navy Lt. Andrew Baldwin, of MDSU-1 in Pearl Harbor took first place at the Ironman Revisited triathlon on Oahu on Aug. 12. American war hero Maj. David Rozelle presented the medal to Baldwin. Rozelle lost part of his right leg when a landmine exploded under his HUMVEE in Iraq in 2003, but with will and determination went on with the help of a prosthetic leg from Challenged Athletes Foundation to complete the Ironman Triathlon World Championships in Kona, Hawai'i in 2006. Rozelle leads an innovative program within Challenged Athletes Foundation called Operation Rebound that provides post-rehabilitation support, mentoring and fellowship to American personnel permanently injured in Afghanistan or Iraq. At an awards ceremony on Aug. 13, Baldwin presented Challenged Athletes Foundation with a personal donation of \$1,000 to support Operation Rebound and injured troops coming back from the war.



Construction projects around Pearl Harbor

Naval Facilities Engineering Command Hawai'i

Over the next several weeks, Naval Facilities Engineering Command Hawai'i will construct and install four electronic marquee signs at Naval Magazine (NAVMAG) West Loch. Two signs will be located on the Whisky wharves; these signs will notify the ship/cargo handling personnel of base-wide announcements, safety requirements for cargo handling, and more. One sign, located along Eave Avenue, will serve as a message board for the magazine area. The last of the four signs will be installed along First Street and will be seen upon entering the North Gate of NAVMAG West Loch.

Administered by the NAVFAC Hawai'i shops department, the \$145,000 project began construction in early August. The excavations for the marquee supports are complete and the remaining work activities include trenching for the electrical lines, constructing the support posts, installing the marquee signs, and landscaping the adjacent areas. The project will continue to have a minimal impact upon base operations and the expected completion date for the marquee installation is Sept. 30.

Scheduled road closures:

- Ford Island: A new temporary road will be opened off Chafee Boulevard to provide access to the area for public-private venture (PPV) construction, ongoing through June 30, 2008.
- Submarine base area of Naval Station Pearl Harbor: Four parking stalls in the parking lot at the corner of Nimitz and Pierce Street will remain closed due to repairs to the USS Parche Memorial through Sept. 28.
- Naval Station Pearl Harbor: Parking stalls on Long Way between buildings 287 and 206 will be closed due to paving through Aug. 27.
- Fleet Industrial Supply Center: The parking lot off Kuahua Avenue adjacent to buildings 418 and 823 (dog kennel) will be closed due to lighting repairs through Sept. 14.

TRICARE announces QuickAlert

TriWest Healthcare Alliance

Beginning Aug. 15, TRICARE beneficiaries registered on www.triwest.com can be notified by a QuickAlert e-mail from TriWest when their TRICARE authorization or referral request has been processed.

QuickAlert allows the patient to skip the usual wait for a letter to arrive in the mail with their authorization or referral prior to seeking care. Instead, an e-mail will be delivered directly to their inbox as soon as a change in status takes place, prompting the beneficiary to log into www.triwest.com for the latest information. No specific care information is included

in the QuickAlert. It is only available upon secure logon which is why QuickAlert service is only available to registered www.triwest.com users.

Registration on TriWest's Web site is quick and easy and offers secure access to the beneficiary's account information. Beneficiaries can select the "log in" button from the main page of www.triwest.com and follow the directions to register as a new user. An interactive demo is available to walk users through the simple registration process.

Once registered, many account tools are available. Users can log into their personal profile to verify eligibility, track the status of claims, referrals and authorizations and view

and update personal information.

For more information about TriWest's QuickAlert e-mail notification program, visit the beneficiary services section of www.triwest.com or call TriWest at 1-888-TRIWEST (874-9378).

TriWest Healthcare Alliance partners with the Department of Defense to do "Whatever It Takes" to support the health care needs of 2.9 million members of America's military family. A Phoenix-based corporation, TriWest provides access to cost-effective, high-quality health care in the 21-state TRICARE West Region. TriWest is also a proud corporate team member of America Supports You. Visit www.triwest.com for more information.

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

Concert in the park

Enjoy the sounds of the Pacific Fleet Band in a free Concert in the Park at 6 p.m. tonight. The concert will be held on the grassy lawn behind The Banyans, Pearl Harbor. For more information, call 473-0606.



Photo Illustration

Dog The Bounty Hunter at NEX



Image courtesy of A&E

Duane "Dog" Chapman will be at the Navy Exchange at Pearl Harbor from 4-6 p.m. Sept. 7 to promote his new book, "You Can Run But You Can't Hide." For more information, call 423-3330.

Skylark CENTRAL

Find these 35 Island Groups of the world
WORD SEARCH

- | | | | |
|------------|------------|----------|------------|
| ALEUTIAN | NICOBAR | CHANNEL | MALDIVES |
| FAROE | CANARY | KURIL | SOLOMON |
| MARQUESAS | HAWAIIAN | SHETLAND | DODECANESE |
| AZORES | ORKNEY | COMOROS | MALTA |
| FIJI | CAPE VERDE | MADEIRA | VIRGIN |
| MARSHALL | INDONESIA | SOCIETY | FALKLAND |
| BAHAMAS | SCILLY | CYCLADES | MARIANA |
| GALAPAGOS | CAROLINE | | |
| MICRONESIA | IONIAN | | |
| BALEARIC | SEYCHELLES | | |
| GILBERT | | | |



Who said it?

"A powerful Navy we have always regarded as our proper and natural means of defense; and it has always been of defense that we have thought, never of aggression or of conquest. But who shall tell us now what sort of Navy to build? We shall take leave to be strong upon the seas, in the future as in the past; and there will be no thought of offense or provocation in that. Our ships are our natural bulwarks."

Answer to last week's WHO SAID IT?

"Men make history, and not the other way around. In periods where there is no leadership, so Men make history, and not the other way around. In periods where there is no leadership, society stands still. Progress occurs when courageous, skillful leaders seize the opportunity to change things for the better."

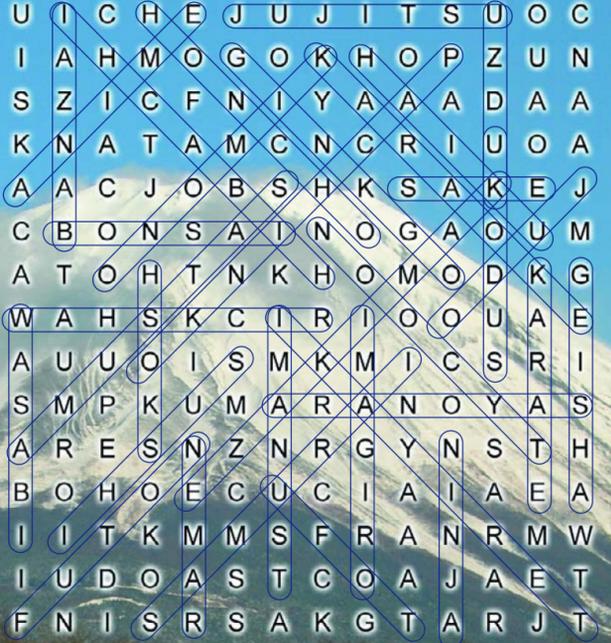


Harry S. Truman

Find 233 Japanese Words
WORD SEARCH

that are a part of the English language.

- | | | |
|----------|----------|----------|
| ANIME | SKOSH | PACHINKO |
| KAMIKAZE | GEISHA | TOFU |
| SAMURAI | KUDZU | HONCHO |
| BANZAI | SUDOKU | RAMEN |
| KARAOKE | GINKGO | TSUNAMI |
| SATSUMA | NINJA | JUDO |
| BONSAI | SUSHI | RICKSHAW |
| KARATE | HAIKU | TYCOON |
| SAYONARA | ORIGAMI | JUJITSU |
| FUTON | TERIYAKI | SAKE |
| KIMONO | HIBACHI | WASABI |



Q. What was the first ship sunk by an electronic mine?



Last week's question...
With regards to ship classifications, we know BB stands for Battleship, CV for Aircraft Carrier, and DD for Destroyer. What did AV stand for?
Answer...
Seaplane Tender

Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

⚾ Baseball and Fast Pitch Softball League Registration
 Registration for Baseball and Fast Pitch Softball is now happening at the MWR Youth Sports office, located at 620 Main Street (off Valkenburgh) at building 3456. Baseball divisions for boys will be as follows: Division 1: 13 to 14 years old, Division 2, 15 to 16 years old and Division 3, 17 to 18 years old. Fast Pitch Softball divisions for girls will be: Division 1, 14 years and under and Division 2, 15 to 18 years old. When registering, please bring your child's birth certificate and a current physical examination card. Cost is \$30, which includes a jersey, hat and trophy for participation. This sport is open to all military-affiliated youth. Deadline to register is August 31. League is also looking for enthusiastic coaches. FMI: 474-3501.



Photo illustration

⚽ PEE WEE SOCCER
 Register your child for Pee Wee Soccer between August 27 to September 14 at the MWR Youth Sports office, located at 620 Main Street (off Valkenburgh) at building 3456. When registering, please bring your child's birth certificate and a current physical examination card. Season runs from September to December 2007. Cost is \$35. This sport is open to all military-affiliated youth, ages 3 to 5. FMI 474-3501

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

Community Calendar

⚓ August



⚓ 30 ~ All selectee spouses are invited to attend Navy Region Hawai'i's first CPO Spouse Selectee Indoctrination from 7-9 p.m. at Lockwood Hall, Naval Station Pearl Harbor. The event provides an opportunity to make connections, get to know other chiefs' spouses, and have questions answered by other spouses and area master chiefs. Register by Aug. 24. FMI: 428-2337 or Hawaiiicmcsposures@hotmail.com.

⚓ 31 (also Sept. 1) ~ The Boutiki gift shop at Naval Station Pearl Harbor will host a tent sale from 9 a.m.-1 p.m. on Club Road. Proceeds from The Boutiki benefit military and local charities. FMI: 422-6662.

Sharkey Showtimes



License to Wed (PG 13)

Newly engaged Ben Murphy and his fiancée, Sadie Jones, plan to live happily ever after. The problem is that Sadie's family church, St. Augustine's, is run by Reverend Frank, who won't bless Ben and Sadie's union until they pass his patented, "fool-proof" marriage-prep course. Consisting of outrageous classes, outlandish homework assignments and some outright invasion of privacy, Reverend Frank's rigorous curriculum puts Ben and Sadie's relationship to the test. Forget happily ever after--do they even have what it takes to make it to the altar?

TODAY

7:00 PM License to Wed (PG 13)

SATURDAY

2:30 PM Ratatouille (G)
 5:00 PM Harry Potter Order of the Phoenix (PG 13)
 7:15 PM A Mighty Heart (R)

SUNDAY

2:30 PM Transformers (PG 13)
 5:15 PM License to Wed (PG 13)
 7:15 PM Harry Potter Order of the Phoenix (PG 13)

