

Life & Leisure

B

VOLUNTEERS HELP CLEAN PEARL HARBOR BIKE PATH



Lt. j.g. Eric Galassi Navy Region Hawaii Public Affairs

In observance of Earth Month, the City and County of Honolulu held the semiannual Pearl Harbor Bike Path Cleanup on April 5 with volunteers coming from organizations such as the Navy, Air Force, Hawaii Hiking Group, Hawaiian Electric and Surfrider Foundation.



Hundreds of volunteers participated. Among them were about 50 volunteers from various commands, including the USS Paul Hamilton (DDG 60), USS Halsey (DDG 97) and 21st Dental Company.

Volunteers collected six tons of trash along the five-mile stretch of the bike path between McGrew Point and Waipahu Depot Road. Some of the trash collected consisted of bicycle and moped parts, shopping carts, old clothes and invasive plants. Enough garbage was accumulated to fill two large garbage trucks.

"We cleaned up some pretty messy stuff. We also did weeding to help the island plants, local plants that don't grow anywhere else in the world. We made a dent, taking out six tons of trash, but I think we could make a bigger dent. As we do more, it will definitely help the environment," said Chief Master-at-Arms William Matteson, the volunteer coordinator for Joint Base Pearl Harbor-Hickam.

The City and County of Honolulu holds the event twice a year to help spread environmental awareness while maintaining the bike path from the constantly increasing debris and invasive plants.

"We are just trying to get that awareness out to the public of what we can do to promote a better environment here in Hawaii," said Renee Wallace-Silberstein, one of the organizers of the event.

The bike path cleanup also was held in conjunction with Earth Month to encourage people in Hawaii to do more to protect the environment. Earth Day is officially April 22. Matteson said that additional volunteers are appreciated, because there are many more opportunities to get involved.

"I look forward to more events. There are tons of volunteer opportunities out there, and I can help push out the information, get feedback and help Sailors document their volunteer hours," Matteson said.

The cleanup was coordinated by the City and County of Honolulu Department of Environmental Services, Division of Environmental Quality, Storm Water Quality Branch. Security for the event was collaborated between the Honolulu Police Department, Department of Land and Natural Resources and Navy security personnel. Equipment and supplies were provided by the City and County of Honolulu and the Joint Base Pearl Harbor-Hickam First Lieutenant.

The next Pearl Harbor Bike Path cleanup is planned for November. For information on other volunteer opportunities, contact Matteson at william.n.matteson@navy.mil or (808) 225-5347.



U.S. Navy photos by MC2 Tierra Fulgham

Sailors from various commands on Joint Base Pearl Harbor-Hickam, in partnership with the city and County of Honolulu, assist in removing trash along the Pearl Harbor Bike Path on April 5.



Easter sunrise service to be held at Battleship Missouri, April 20

Brandon Bosworth

Assistant Editor, Ho'okele

The Battleship Missouri Memorial will host its annual Easter sunrise service beginning at 6:30 a.m. April 20.

Chaplain Lt. James Ragain, Pearl Harbor Memorial Chapel, will lead the service.

It isn't unusual for the Battleship Missouri Memorial Easter sunrise service to attract more than 1,000 people, and this year's event could prove to be particularly well attended.

"It's exciting," said Ragain. "We're holding a joint service with not just the Navy and Air Force but the Army and the Marines, too."

He believes the memorial is a particularly powerful place to hold a service.

"The Battleship Missouri Memorial has become a symbol of peace, and that's what Easter is about," he said.

The Battleship Missouri Memorial Easter sunrise service is a free event and is open to anyone with base access. The interdenominational service begins at 6:30 a.m. and runs about an hour. Guests are advised to arrive by 6 a.m., and carpooling is encouraged. Dress will be crisp aloha attire.

The chapel is also looking for volunteers to serve before and after the Easter sunrise service. For more information or to volunteer, call the Pearl Harbor Memorial Chapel at 473-3971 or email Fruji.mills@navy.mil.

Other Holy Week events include:

- Catholic services**
- Palm Sunday (Roman Catholic), 8:45 a.m., April 13.
 - Holy Thursday, 6 p.m., April 17.
 - Good Friday, 6 p.m., April 18.
 - Easter Vigil, 7:30 p.m. April 19.
 - Easter Sunday, 9 a.m., April 20.

- Protestant services**
- Palm Sunday, 11 a.m., April 13.
 - Foot washing ceremony and dinner, 5:30 p.m., April 16 (Fellowship Hall).
 - Easter service, 11 a.m., April 20.

Unless otherwise noted, all services will be held at Pearl Harbor Memorial Chapel. For more information, call 473-3971.

In addition, the Kaneohe Bay Marine Corps Chapel will hold an Easter sunrise service beginning at 5:45 a.m. April 20 at Ft. Hase Beach, Landing Zone Eagle. For more information, call 257-3552.



U.S. Navy file photo

The sun rises over the Battleship Missouri Memorial on Easter Sunday 2007.

Wahine Koa wins Extreme Flag Football League title

Story and photo by Randy Dela Cruz

Sports Editor

Wahine Koa did their old namesake, Navy Sharks, proud as the ladies continued their dynastic reign of women's flag football by subduing the Wardawgs, 26-14, April 6 in the championship game of the Extreme Wahine Flag Football League Hawaii at Keehi Lagoon Park in Honolulu.

The Wahine Koa women's

flag football team are a mixture of civilians and active-duty military or armed forces family members based at Joint Base Pearl Harbor-Hickam, while many of the Wardawgs personnel are affiliated with Marine Corps Base Hawaii from Kaneohe.

"To come back and actually beat a team that beat us in the season and win the championship game, there's no better feeling than this," admitted Wahine Koa head coach August Young. "These girls make me proud. I live

through them and their hard work shows. They come here and fight just like men do and I respect them. I don't see women, I see athletes in every sense of the word."

Cornerback Shardae Ingano ignited the Wahine Koa attack by returning an interception 16 yards for a pick-six on the Wardawgs opening drive of the game for a quick 6-0 lead.

"I just read the quarterback's eyes," Ingano said. "I saw her eyes the whole time and just picked it. It's

a score, baby."

After completing the two-point conversion, the defense came up big again when Toni Gonzales blocked a punt to set up the Koa deep in Wardawgs territory.

Four plays later, Koa quarterback Dana Hester found retired Army veteran Simone Davis all alone in the right corner of the end zone for a 14-0 advantage.

"It (lead) got us charged, but at the same time, I told them to keep a cool head," Young said. "We had a lot of game to go, so let's stay

in our box, continue to do what we're doing, pound the ball and just keep moving forward."

Another four-and-out by the defense put the ball back into the hands of Hester at the 30-yard line and eight plays later, the QB delivered her second touchdown pass of the game by connecting with Ingano for eight yards and a 20-0 lead that stood through half-time.

The end of the first half came as a sigh of relief for the battered Wardawgs offense, which picked up only two first downs while allowing three sacks of their quarterback Loretta Palmer.

"We were, I guess the least to say, sluggish in the first half," said Wardawgs head coach Hospital Corpsman 2nd Class Arthur Manning, 3rd Marine Regiment. "It was the simple little things. Those were the things that killed us."

The Wardawgs showed a little life on their first drive of the second half, but after advancing the ball to the Wahine Koa 10-yard line, the team failed to punch it in.

The missed opportunity may have sealed the game for the Koa as the ladies punctuated a 50-yard, 10-play drive with Hester lobbing a short toss to Dee Hawkins for the six points and a 26-0 advantage.

The Wardawgs broke the shutout on two scoring passes from Palmer to Aviation Electronics Technician 2nd Class Lachandra Owhochookwo, Patrol Squadron 47, but the damage was done as Wahine Koa walked away with yet another title.

For Cryptologic Technician (Technical) 2nd Class

Michelle Dannenberger, Navy Information Operations Command (NIOC) Hawaii, who has been a member of the squad since the days of the Navy Sharks, she said that the victory was perhaps the sweetest ever.

"They (Wardawgs) only beat us by a safety during the season," Dannenberger said. "We had to come and make the statement that we're not going to get beat again, so that's what we did."

In defeat, Manning was gracious as he complimented the players and coaches of Wahine Koa, but said that he is looking forward to facing them again in the upcoming season, which kicks off on May 18.

"I've got to give props to them," he said. "They put work on the field and they outworked us today. They didn't beat us because they were a better team. They put work in practice and you could see it when they came to the field."

Likewise, Young also saluted Manning and said that the Wardawgs' first-year coach really pushed him to raise his game in order to get his team prepared.

While Young said that he received the most satisfaction from claiming the team's latest championship hardware, he is content to just relish the moment and will decide later if he will tackle another season.

"Right now, I'll just enjoy it and then talk it over with my brain (his wife Hospital Corpsman 2nd Class Adriana Tirado-Young, Naval Operation Support Center)," he said. "I just can't say yes or no right now. We're going to play it by ear."



Wahine Koa head coach August Young signals number one as running back Shardae Ingano tries to scamper past Wardawgs defense back Amanda Pendarvis.

Story Ideas? Story Ideas? Story Ideas? Story Ideas? Story Ideas?
 Contact Ho'okele editor for guidelines and story/photo submission requirements. 473-2890 editor@hookelenews.com

It's over! Port Royal wins basketball championship

Story and photo by Randy Dela Cruz

Sports Editor

On the same night that the University of Connecticut was wrapping up their fourth national title, USS Port Royal (CG 73) made everybody believers by defeating Commander United States Pacific Fleet (COMPACFLT), 40-35, April 7 to take the base's version of March Madness and claim the intramural basketball championship in the 2014 season finale at Joint Base Pearl Harbor-Hickam Fitness Center.

Led by the hot hand of guard Seaman London Waldon, Port Royal dug themselves out of an early eight-point deficit to beat COMPACFLT, which came into the playoffs riding a seven-game winning streak.

"Nobody respected us," Walden said. "So we made sure that we had to come in and handle business."

Early on, the game was controlled by COMPACFLT, which got out to a 14-8 lead on a three-ball by Intelligence Specialist 3rd Class Malik Coleman before a putback by teammate Marine Sgt. J.R. Martin gave the team its biggest lead of the night at 16-8 with 8:20 remaining in the half.

However after trading baskets, Waldon got going and popped in his first points of the game with a trey from the right wing.

Then with 1:14 left to go before halftime, Waldon stepped up and completed a basket-and-one to

make it a one-point game before connecting on a dramatic splash-down from beyond the arc at the buzzer to put Port Royal ahead, 20-18 at intermission.

Waldon, who was quiet for almost 16 minutes of the first half, blazed through the final two minutes with 10 straight points on two treys, a free throw and a basket-and-one.

"I had to be a leader and step up," Waldon admitted. "It only takes one person to step up. Once I stepped up, everybody just got on the same horse."

In the second half, COMPACFLT tried to close the gap by crashing the boards and taking the ball to the hoop.

While the plan got the team numerous opportunities under the basket the hoop seemed to have a lid on it, as COMPACFLT missed five point-blank shots in the first couple of minutes.

"It just wouldn't fall for us," said COMPACFLT point guard Intelligence Specialist 2nd Class Aaron Jackson. "We had a lot of looks. We got lay-ups and missed, got free throws and missed. It all added up."

Finally, COMPACFLT broke the ice on a trey by Coleman, but a steal and lay-up from Waldon put Port Royal up by a score of 26-21.

Another run by COMPACFLT tied the score at 26-26 after Yeoman 3rd Class Brandon Dobbs scored on a putback at the 10:36 mark.

The team's momentum, though, was cut short after Mana Hawkins, a former all-state prep



Seaman London Waldon, guard for USS Port Royal (CG 73), tries to shield the ball away from COMPACFLT point guard Intelligence Specialist 2nd Class Aaron Jackson as he goes up for the lay-up.

sank a trey for a 29-26 lead.

Earlier, Hawkins kept Port Royal within striking distance by scoring eight big points in the first half on two treys and two free throws.

"Anytime a team plays zone on us, you're always going to see those open shots," she said. "They kept overplaying, so it left that pocket open. If they give it, you might as well shoot it."

The shot by Hawkins seemed to be the nail in the coffin for COMPACFLT as Port Royal never lost the lead again en route to the five-point win.

The loss for COMPACFLT was especially tough for Jackson, whose storied athletic career here on base included an intramural football championship and a rare three-peat as a member of the old Naval Station Pearl Harbor (NAVSTA) basketball squad.

"I'm sorry to say that I'm actually transferring out to Jacksonville in May," said the 33-year-old Jackson. "I've had my share of championships."

Although Port Royal won the Summer Basketball Championship last year, it was, Waldon admitted, a different league and team.

The summer league is a pay-to-play league and isn't as tightly regulated when it comes to player participation from other ships or commands.

This one, stated Waldon, was all Port Royal.

"It's a big monkey off our backs," he said. "A lot of people didn't respect us. I guess we get our respect now."

player and Hawaii Pacific University star, who is the wife of Port Royal teammate Electronics

Technician 3rd Class Anthony Hawkins, stepped up on the next trip down the floor and calmly

Big inning raises 67th Cyberspace Wing past Kraken

Story and photo by Randy Dela Cruz

Sports Editor

The 67th Cyberspace Wing (67 CW) strung together five hits to knock in five runs in the bottom of the second inning and then held on to defeat Naval Sea Systems Command (NSSC) Kraken, 7-2, April 8 in an season-opening intramural softball White Division game at Millican Field, Joint Base Pearl Harbor-Hickam.

Aided by back-to-back infield errors committed by the Kraken, the 67 CW took full advantage of the blunders by scoring three more times in the second inning en route to their first win of the season.

"It was just people making solid contact with the ball," said Senior Airman Jacob Dyer, who drove in two of the five runs. "We weren't trying to kill it or anything."

After both teams traded goose eggs in the first inning, 67 CW pitcher Tech. Sgt. Wayne Fiery got out of a jam in the top of the second inning by inducing a force out at second to strand two runners on base.

The close call seemed to put a spark in the 67's attack as the team quickly got to Kraken pitcher Command Master Chief Electronics Technician Marcus Hensley and put two runners on with back-to-back singles by Master Sgt. Erich Freundner and Senior Airman Louis Hanson.

Then, after both runners scored off two infield errors, Dyer picked up the team's third single of the inning to drive in two runs and put his team out in front by a score of 4-0.

The 67 completed the rally when Fiery helped his own cause with a clutch two-out single to drive in the fifth and final run of the inning.

Fiery returned to the mound and set the Kraken down in order to get his teammates back in the batter's box while their bats were still on fire.

Airman 1st Class Robert Light delivered a one-out

single in the bottom of the third inning before Freundner smashed a double to put runners on second and third.

Hanson then got his second single of the game to drive in two more runs and raise the team's lead to 7-0.

In the top of the fourth, Chief Electronics Technician Mike Heffne helped the Kraken tally their first run of the game when he led off the inning with a triple and later scored on a sacrifice to make it 7-1.

However, the team missed a golden opportunity in the inning when they loaded the bases with no outs, but saw their next three batters go down on an infield-fly rule, a line out to third and grounder back to the box.

"I think that's what killed us," Heffne admitted. "We had the momentum going, we got back into the game and we came out."

Dyer agreed with Heffne that the Kraken's failure to capitalize in the inning might have sealed the team's doom.

"That was pretty huge, to get bases loaded and stop them," Dyer said. "That was a big deal."

Hensley worked himself out of a jam in the bottom of the fifth inning to keep the Kraken's hopes alive, but once again, the team could only muster a single run in the top of the sixth to make it 7-2 before Fiery set down the Kraken in order in the seventh to get the complete-game win.

After the game, Heffne said that the loss confirms that Kraken, which just barely missed the playoffs last season, has a lot of work to do.

"Everyone's transferred or will transfer in the next month, so we're calling this a rebuilding year," he said. "We got to get out to Hickam during the week and get in some practice."

Meanwhile, Dyer said that although it's good to get the win, it's too early in the season to tell how good the 67 will be.

"We feel alright," he said. "We're working on it. We'll take it one game at a time. I think we're capable of being pretty good this year."



Tech. Sgt. Wayne Fiery, pitcher for 67th Cyberspace Wing, held Naval Sea Systems Command (NSSC) Kraken to two runs to help his team win by a score of 7-2.

My Favorite Photo...

Brandon Bosworth took this recent photo of a ae'o, or Hawaiian stilt, near the Mamala Bay Golf Course on Joint Base Pearl Harbor Hickam. The ae'o is an endangered species found only in Hawaii.

How to submit: Email your (non-posed) photos to editor@hookelenews.com

Story Ideas?
Contact Ho'okele
editor for guidelines and story/photo
submission requirements.
473-2890 editor@hookelenews.com



Live the Great Life

Ford Island Bridge Run draws big numbers



(Top): Military and community members begin the run. (Above): Military and community members approach the finish line.

U.S. Navy photos by MC1 Daniel Barker

Military and community members run across the bridge during the 17th annual Ford Island 10K Bridge Run at Joint Base Pearl Harbor-Hickam on April 5.

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

More than 2,500 runners, joggers and walkers of all ages laced up their shoes for the Ford Island Bridge Run held April 5 by Joint Base

Pearl Harbor-Hickam's MWR Athletics Department.

Runners of all ages participated in this annual event, now in its 17th year.

Juan Romero won the male open division with a time of 35 minutes, 28.4 seconds. Only seven seconds behind was Susie Stephen, the first to cross the line in

the female open division, at 38:35.6.

Ryan Larson won the male military division while Jackie Geiger took first place in the female military division.

Participants' ages for this year's run ranged from younger than 9 years old to more than 80 years old.

All-Military Bowling Tournament held

Helen Ko

Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation

This year's Hawaii All-Military Bowling Tournament ended its four-day competition at Hickam Bowling Center April 4 with the Retiree Bowling Team taking first place.

The team included team captain Bev Ben-

nan, Laura Bullock, Julie Cobb, Sue Stephens, Annie Ortiz (sub), Darryl Debebar, Derrick McGee, Felix Mendiola, Scott Hunt, Blake Harrison, Kevin Becera and Vince Davis (sub).

Second place went to the Marine team and the team from the Air National Guard took third.

A total of six teams competed for the title this year, including one from each branch of ser-

vice. The first game started at Naval Station Bowling Center, with the second and third day of competition at Kaneohe Bay Lanes and Schofield Bowl, respectively. The Navy Team took fourth place, Army took fifth and Air Force sixth.

For information about next year's 18th Annual Hawaii All-Military Bowling Tournament can call the bowling center at 473-2574.

Your Weekly Fun with MWR

Visit www.greatlifehawaii.com or subscribe to MWR's digital magazine Great Life Hawaii.



Play Until Dusk Golf will be held from Monday through Friday beginning at 2:30 p.m. at Mamala Bay Golf Course. Patrons can pay a green fee for nine holes, then play as many holes as they can until dusk. The cost for the cart fee is \$8. Rental equipment needs to be turned at dusk. FMI: 449-2304.

Moonlight Paddle at Hickam Harbor will begin at 7:30 p.m. April 16, departing from the Outdoor Adventure Center-Fleet Store. Participants of all paddling abilities welcome. The trip includes kayaks, gear and professional guides. The cost is \$25 per person. Participants need

to sign up by April 11. FMI: call 473-1198.

Library Know-How will be held beginning at 2 p.m. Saturday at Hickam Library. The event will include how to search the online catalogue, information about the Dewey Decimal System and demonstrations. FMI: 449-8299.

Aeration Special will be held from April 15 to 20 at Navy-Marine Golf Course. Patrons can receive half-price green fees during the aeration. The course will be closed on April 14. FMI: 471-0142.

Ford Island Historical Tour will be held from 8:30 to

10:30 a.m. April 16. Participants will meet at Rainbow Bay Marina parking lot. The cost is \$25 for adults, \$20 for ages 3-11 years. Free pickup of participants is also available at Royal Alaka'i Lodge. FMI: 448-2295.

Dollar Fifty Monday will be held from 5 to 9 p.m. on April 14, 21 and 28 at Naval Station Bowling Center. Shoe rental, bowling games and a hot dog are \$1.50 each. FMI: 473-2574.

Cookies & Canvas class will be held from 3 to 5 p.m. April 16 at the Hickam Arts & Crafts Center. Patrons can

create painted masterpieces on stretched canvas while nibbling on cookies. No experience is necessary. The cost is \$25 per person for ages 5-12 years and includes supplies. FMI: 448-9907.

Pick-n-Paint is ongoing 9 a.m. to 5 p.m. from Tuesday through Saturday in the Hickam Arts & Crafts Center. Patrons can pick an item and paint it, then the crafts center will fire it. No experience or appointment is need-

ed. Participants of all ages and all experience levels are welcome. Fees vary depending on the piece. FMI: 448-9907.

Pearl Harbor Valor Tour will be held from 8:30 a.m. to 3:30 p.m. on Tuesdays through Fridays, April 15 to 30, starting from ITT-Hickam. The tour includes the USS Arizona Memorial, the USS Utah Memorial, the USS Oklahoma Memorial and the Navy Club Memorial on Ford Island. The cost is \$55 for adults and \$45 for children ages 3 to 11. FMI: 448-2295.

Patriot Tour will be held from 8:30 a.m. to 3:30 p.m. on Thursdays, April 17 and 24,

starting from the ITT-Hickam office. The tour will include the USS Arizona Memorial, USS Utah Memorial, USS Oklahoma Memorial and the Navy Club Memorial on Ford Island. The cost is \$55 for adults and \$45 for children ages 3 to 11. FMI: 448-2295.

Day Hike to Nu'uau-Judd/Hidden Palace will begin at 9 a.m. April 20, departing from the Outdoor Adventure Center at the Fleet Store. Participants should bring mosquito repellent and shoes to accommodate hiking through mud. The cost is \$10 per person and participants need to sign up by April 17. FMI: 473-1198.

APRIL

BOOT CAMP FOR NEW DADS

SATURDAY — A Boot Camp for New Dads will be held from 9 a.m. to 12:30 p.m. at Halsey Terrace Community Center. Dads with two-to-four-month old babies help the rookies with hands-on experience. This dads-only three-and-a-half hour workshop is coached by dads with topics including holding, feeding, diaper-changing and working with mom. FMI: 474-1999 or www.greatlifehawaii.com.

MWR NEWCOMERS' LUNCHEON

16 — The free Joint Base Pearl Harbor-Hickam Morale, Welfare and Recreation (MWR) Newcomers' luncheon will be held from 11 a.m. to 12:30 p.m. at J.R. Rockers ballroom. Military-affiliated personnel who are new to Oahu can receive a free buffet lunch, visit MWR information booths and sponsor tables, and participate in giveaways. Activities for children will be available. FMI: www.greatlifehawaii.com.

NEX EARTH DAY EXPO

18 — The Pearl Harbor Navy Exchange (NEX) Earth Day Expo: Partnering for a Greener Future will be held from 10 a.m. to 4 p.m. at the NEX mall-side tent. The event will include eco-friendly demonstrations, information booths, children's games, earth-friendly products and awards to an environmental coloring contest winner. FMI: 423-3274.

EARTH DAY FESTIVAL AT HICKAM HARBOR

19 — An Earth Day festival will be held from 10 a.m. to 2 p.m. at Hickam Harbor. The event will include boat rides, a touch tide pool and information booths. FMI: www.greatlifehawaii.com.

BUNNY HOP 5K RUN/WALK

19 — A Bunny Hop 5K Run/Walk will begin at 8 a.m. at the Hickam Fitness Center. The free event is open to all authorized patrons. FMI: 448-2214.

BREAKFAST WITH THE EASTER BUNNY

19 — Breakfast with the Easter bunny will be held from 8 to 9 a.m. at the Pearl Harbor Navy Exchange food court lanai. All military families (authorized patrons) and their children can participate in the breakfast. The event will also include games, prizes, balloon art, glitter tattoos, crafts and a goody bag. Tickets are on sale at the NEX main mall rotunda. FMI: 423-3287.

EASTER BRUNCH BUFFET

20 — An Easter brunch buffet will be held at the Historic Hickam Officers' Club. Seating times are 10 a.m. and 1 p.m. for the lanai and 11 a.m. for the dining room. Patrons of all ranks are welcome to attend. The cost is \$29.95 for adults, \$15.50 for children ages 7 to 12 and \$8.25 for children ages 4 to 6. Reservations are required and will be accepted until noon April 18. FMI: 448-4608.

EASTER SUNRISE SERVICE

20 — This year's Easter sunrise service will begin at 6:30 a.m. on the Battleship Missouri Memorial. The chapel is looking for volunteers to help before and after the Easter sunrise service. Uniform for the sunrise service is aloha crisp. FMI: email Fruji.mills@navy.mil or call 473-3971.

NAVSUP FLCPH EARTH DAY FAIR

22 — The fifth annual Naval Supply Systems Command Fleet Logistics Center Earth Day Fair (NAVSUP FLCPH) will be held from 10 a.m. to 1 p.m. at building 473 at Kilo 7/8 Piers. The event will include environmental displays, a clean islands oil spill response vessel and alternative fuel vehicle displays. FMI: 473-7818 or email Christopher.l.heber1@navy.mil.

CORE SPRING SEMINAR

24 — The Continuation of Spouse Education Program (CORE) spring education seminar will be held from 5:30 to 8:30 p.m. at Lockwood Hall, Joint Base Pearl Harbor-Hickam. The registration deadline is April 14. Discussion will focus on how to transfer the post 9/11 GI Bill. The event is open to all Navy or Coast Guard, commanding officers, executive officers, junior officers (chief warrant officers 1 and lieutenant commanders) and master chief petty officers/senior chief petty officers spouses. FMI: http://corespouseworkshop.eventbrite.com.

FOREST CITY SPRING CULTURAL FESTIVAL

26 — The Forest City Spring Cultural Festival will be held from 11 a.m. to 3 p.m. at Richardson Field. The event will include bounce houses for children, prizes, food trucks, snacks, drinks and free entertainment. FMI: www.fcnavyhawaii.com or www.facebook.com/fcnavyhawaii.



NEED FOR SPEED (PG-13)

A mechanic who moonlights as an underground race-car driver strives to take the top prize in America's most prominent street race in order to have his revenge against the ambitious ex-NASCAR champ who had him framed and sent to prison. Desperate to keep his family-owned business afloat, Marshall forms an uncomfortable partnership with wealthy ex-NASCAR star Dino Brewster (Dominic Cooper).

SHARKEY THEATER

TODAY 4/11

7:00 PM Son of God (PG-13)

SATURDAY 4/12

2:30 PM Muppets Most Wanted (PG)

5:00 PM 3 Days to Kill (PG-13)

7:20 PM Tyler Perry's: Single Mom's Club (PG-13)

SUNDAY 4/13

2:30 PM Muppets Most Wanted (PG)

4:50 PM Need for Speed (PG-13)

7:20 PM (3D) Pompei (PG-13)

HICKAM MEMORIAL THEATER

TODAY 4/11

6:00 PM 300: Rise of an Empire (R)

SATURDAY 4/12

4:00 PM 300: Rise of an Empire (R)

7:00 PM Son of God (PG-13)

SUNDAY 4/13

2:00 PM 300: Rise of an Empire (R)

THURSDAY 4/17

7:00 PM Son of God (PG-13)



TMO assists with making moving transition easier

SrA Christopher Stoltz

Joint Base Pearl Harbor-Hickam
Public Affairs

When it comes to moving and changing permanent duty stations (PCS), preparation and proper decision-making by a military service member can be the difference between a seamless move or one which is unforgettable for all of the wrong reasons.

According to the transportation management office (TMO) at Joint Base Pearl Harbor-Hickam, the months of May through August are the busiest months of the year when it comes to moving and PCSing.

Within these few months, thousands of military personnel move to new bases, often creating confusion and headaches as many people scramble to complete this task.

"You should really start planning your move the moment you receive your orders," said Denise Mattos, transportation assistant, traffic management office, passenger travel section. "Being prepared and proactive will make the moving process an easy one." Mattos also said anyone can



U.S. Navy file photo

Personnel from a local moving firm ensure that no cartons of household goods were dampened by ground moisture as they conducted a packout for a Hospital Point family who transferred to the east coast last summer after two years in Hawaii.

visit the website <http://www.move.mil> to obtain moving tips and the website can answer many questions if TMO is closed. She also provided the following tips for those who will face this task this summer.

Things to do

First, understand your timeline and be patient, especially during the busy season ahead, Mattos said.

She also said that it is important to pay attention to details.

"Just like any career in the military, attention to detail is critical when moving," she said. "Missing a signature or a piece of paperwork can prolong the process and further upset a customer."

Remember your pets, too, Mattos emphasized.

"This is especially critical because summer flights sell out fast," she said. "The number of airlines who will actually let non-service animals travel with you are dwindling."

Military service members

should also keep and make copies of any and all paperwork, she emphasized.

"In addition to having attention to detail, having copies of your paperwork is important," said Mattos. "Having copies of your paperwork keeps you safe."

Know the rules and regulations before signing anything, Mattos advised.

"One problem we see occasionally is some people do not understand the weight limits when it comes to moving," she said. "This often leads to issues, and the customer has to pay for the difference out of his or her pocket."

Things not to do

Don't rely on past experiences, because the process is ever-changing, Mattos said.

"Even if you have recently moved, it doesn't mean your next move will be the same," she said. "It seems the process changes all of the time, so make sure you listen to our advice and pay attention."

Don't wait until the last minute to plan the move either, she said.

"Waiting until the last minute to plan a move can lead to many problems," Mattos said. "It can

slow the process, not only for the outbound person, but the incoming one as well."

Don't throw away any paperwork, she advised.

"If you throw away your paperwork, it can sometimes lead to problems, especially if something is damaged or broken during the move," she said. "Keep all of your paperwork easily accessible and together, just in case the 'what-if' scenario actually happens."

Don't have a bad attitude either, Mattos said.

"The worst thing any person can do in the entire process is have a bad attitude," she said. "Not only does it make the process miserable for the parties involved, but it often leads to mistakes, which only makes things worse."

Mattos said by following these simple guidelines, the transition from here to wherever you are going should be seamless.

For more information or to make an appointment, call the transportation management office at 448-0747, or visit them in their location in hangar two, next to Military Personnel and Finance.

Racquetball court reopens on PMRF

Stefan Alford

Pacific Missile Range
Facility Public Affairs

Rocky Ruiz hadn't picked up a racquetball racquet in so long that he couldn't recall the last time he played at Pacific Missile Range Facility on Kauai.

"It's been many, many years," said the former Pacific Missile Range Facility ordnance worker who retired in 2010 after 42 years on base. He used to be a regular on the court back when it first opened here in the heyday of the booming sport in the mid-1970s.

"It was really popular back then with the Sailors. They all used to play," he reminisced. "But it wasn't a great court. It was all cement — the floors, the walls — it got hot in there like a sauna." Without air conditioning, the walls sweat as much as the players and sometimes affected the play of the ball.

The lone, free-standing building near the fitness center that served as the court hadn't changed much in almost 40 years—until

major renovations to improve it began last fall by Manu Kai contractors. The refurbished facility was unveiled with a local version of a ribbon-cutting ceremony held March 31 with Capt. Bruce Hay, PMRF commanding officer presiding over a lei untying.

With the re-opening, the Navy court is once again the only racquetball facility on Kauai, following the shuttering of the five courts in 2010 that were part of the Kauai Athletic Club, said Philip Eliana, arguably Kauai's top racquetball player.

Ruiz came back for the event by invite of Eliana, who offered a free clinic and demonstration after the grand opening for about a dozen players of all levels.

"Rocky was my mentor out here; I learned from him," said Eliana, who has won 10 national medals since 2010, including the Hawaiian State Doubles Championship, and is the current U.S. national champion of the Military Racquetball Federation (MRF) in the over-50s, single division.

As Ruiz surveyed the shiny wooden floor and nod-

ded approvingly at the temperature-controlled environment, one could almost see a glimmer of longing about coming out of his self-imposed retirement.

"It's beautiful," he said. "It looks like a genuine racquetball court now."

The contrast also wasn't lost on George Evanoff, one of the current crop of regulars who had been waiting since October to get back on the court.

"It's a real court now," he echoed Ruiz' assessment. "Before, half the ceiling was open to the rafters and there'd be birds up there, and the ceiling leaked, so that created a water hazard. The walls were bowed outward in places, and the big skylight windows created a lot of glare from the sun."

But while Evanoff and others are grateful to again enjoy the sport, for Eliana having the court back is more than just a recreational outlet. It's the only place on island that he can train for this year's MRF Nationals.

"This is the only court here," said the 55-year-old Air National Guard mem-

ber, who has been a part of the 14-person Air Force national team the past three years — the only Guard player on the primarily active duty roster. "I'm fortunate to be able to train here."

Prior to using the PMRF facility, Eliana was a regular at the Kauai Athletic Club, where he organized the annual Garden Island Classic racquetball tournaments.

"Today is even more special by having Rocky out here," Eliana said. "He's a racquetball legend on the west side and inspired me to get to where I am today. Even though he was 10 years older than me, he used to whip me all the time and made it look easy. He made me a better player."

By the end of the ceremony, it didn't take much coaxing from those gathered to convince Rocky to lace his shoes, don some goggles, pick up a racquet for the first time in "many, many years," and return to the court in a friendly match with his one-time protégé to break in the hardwood floor.



U.S. Navy photo by MC2 Mathew J. Diendorf

Rocky Ruiz serves a ball to Philip Eliana during the first match on the refurbished racquetball court at Pacific Missile Range Facility.

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