

# RESOLUTELY TO BE FIT



**Karen S. Spangler**  
Assistant Editor

Soon after the holidays are over and the new year has begun, many people make resolutions – losing weight and becoming more fit usually rank at the top of the list of priorities.

Here at Naval Station Pearl Harbor and at other Navy installations on Oahu, there are a variety of fitness and exercise options to help attain fitness goals.

Learn to change your lifestyle in a six-week weight management program at Bloch Arena. Fitness instructors include information about nutrition education, exercise, weight equipment and behavior modification. Each week, class participants gain valuable information from an informational lecture session and subsequently are introduced to a form of aerobic activity. The class is offered every six weeks on Tuesday and Thursday evenings. The next session will be held March 2-April 8.

Cardio Plus provides a total body workout in 30 minutes. It consists of 20 minutes of cardio exercise followed by five specific pieces of resistance equipment that will increase overall wellness by incorporating strength training into the fitness routine. The Cardio Plus program is available at all Navy fitness centers.

Teens are educated on the benefits of fitness at a one-hour youth fitness orientation. The one-hour orientation for youth ages 10-14 is free, but is a requirement before teens can use fitness center equipment with adult supervision. The orientation is held the first Saturday of each month at Bloch Arena and the second Saturday of each point at Power Point.

No matter what the interest or fitness level, there is an exercise and/or fitness class to meet the need. Navy fitness centers provide a variety of equipment – resistance machines, free weights and cardio equipment, all geared to help achieve fitness goals.

Personal trainers are also available and can provide guidance, instruction and good information for those in pursuit of healthier lifestyles. Beginning a fitness program can sometimes be daunting, but a personal trainer – equipped with a wealth of knowledge – can

tailor a program to the individual's goals, likes and dislikes.

Aquatic activities offer an alternative to typical exercise classes. Water aerobics provide an excellent way to get in shape and tone muscles with minimal impact on the joints. Classes are held at Scott Pool and Kona Breeze Pool. There are a myriad of other swimming activities for those who want to try their "water wings" – including swimming classes for both adults and children, water polo, the Masters Swim program, and lap swims and recreational swims.

Try the 10K a Day walking program, described as "a non-fuss way to motivate and increase your activity level," to help build consistency into your lifestyle and improve your fitness level.

Active duty personnel can get help with strength training, cardio, flexibility and nutrition at one-hour intro to fitness classes, offered Monday through Thursday.

Intramural sports provide a venue to get exercise while engaging in some friendly competition. The intramural sports schedule includes such activities as softball, football, basketball, soccer, bowling, cross country, racquetball and volleyball. Compete in some of the fun runs or perhaps get in shape for the Armed Services Bodybuilding Tournament which is held every spring at Pearl Harbor.

Group exercise sessions at Bloch Arena, Barbers Point, NCTAMS and West Loch are numerous and varied. There's something for everyone – from the more energetic cardio kickboxing, cycling, step classes and H.I.T.S. (high energy interval training with skip ropes) to the Pilates and yoga classes which provide an all-around body workout at a bit of a slower pace. Workout sessions, such as abs and back, power sculpting, and step-sculpt focus on specific trouble areas.

Bowling is another popular form of recreation and bowling enthusiasts can get some exercise and improve their game at bowling centers at Naval Station Pearl Harbor and NCTAMS.

Dance, dance, dance – whatever your dancing interest, MWR offers a combination dance class in salsa, merengue and cha cha on Thursday evenings at Bloch Arena. A belly dancing class is held at Bloch on Tuesday evenings. Other forms of dance classes,

such as ballet, jazz and tap, are available at MWR community centers.

For those who want to be outdoors to work on their fitness regimens, hit some balls on the base tennis (or indoors at racquetball or wallyball) courts or airwalk on a ramp at Boards & Blades Skate Park. The park offers skateboarding, in-line skating and in-line hockey activities. Or grab your golf clubs and walk the entire 18 holes across the green, putting as you go.

A myriad of outdoor activities are available through outdoor recreation. Numerous hikes – ranging from beginner to advanced – trek through many of the island's scenic locations. For those with a little more adventurous spirits, there are opportunities to go jet skiing, snorkeling, scuba diving, rock climbing, surfing, kitesurfing, kayaking, parasailing and skydiving.

The Liberty in Paradise Center at Naval Station Pearl Harbor offers a variety of outdoor activities for single or unaccompanied Sailors. NCTAMS hosts a similar program at The Great Escape.

For parents who are trying to fit fitness into their schedules, MWR now offers Kids Club – a drop-in center for children ages six weeks to five years old. The program is operated on a first come, first served basis and care is provided by certified caregivers. Parents should bring their own diapers, bottles, snacks and other items needed by their children. Kids Club is available from 8:15-10:15 a.m. and 4:15-7:15 p.m. Monday through Friday and 8:45-11:45 a.m. on Saturday.

Instructors and fitness specialists at Navy fitness centers are available to assist patrons with their workout plans and fitness goals. With the variety of exercise classes, fitness sessions, sports activities and recreational choices that are available, finding something that interests you, will get your blood pumping, and will help you achieve your fitness goals is guaranteed.

It's a new year, you're off to a great start and with the help of the Navy fitness specialists, you'll soon be successful.

For more information about Navy exercise classes and recreational activities, visit MWR's Great Life Hawaii Website at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



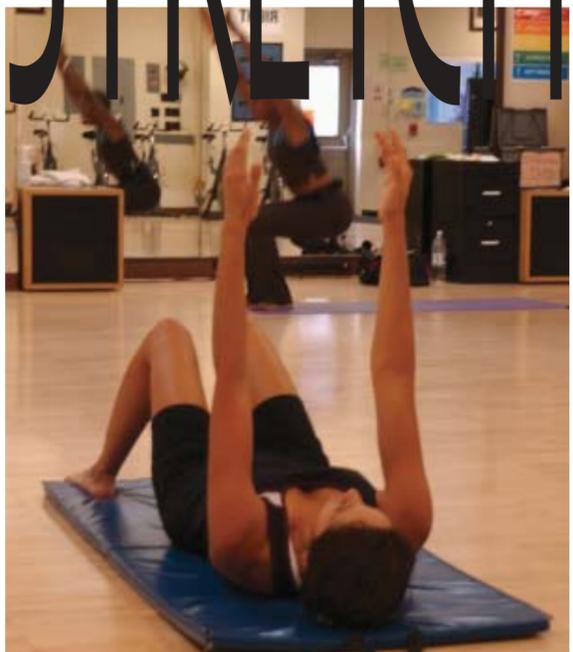
**BOWLING**

**Belly Dancing**



Aspiring belly dancers learn the Middle Eastern 'dance of the belly' dancing at classes as offered at Bloch Arena.

**STRETCH**



A Pilates student works on her technique at Bloch Arena.

Commentary

# Focus on Fun

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## Dancing offers good exercise option ...

With Petty Officer Calderon off island and not able to "focus on fun" for this week, it became my task to try to fill his shoes. But don't expect any "edge-of-your-seat," death-defying, living-on-the-edge kind of adventures from me. Jumping out of an airplane and gliding thousands of feet to the earth below or being submerged in a shark cage and getting up close and personal with the toothy creatures are not my ideas of fun. Guess you could say that I am not very adventurous and don't need that adrenaline rush to keep me going. Or perhaps it is more a matter of my survival instincts – along with the self-realization that my children need a mother and that I am not immortal.

With that said, let me assure you that there are other activities that are fun. One of the activities that I enjoy the most is dancing – it's fun, offers an opportunity to socialize, can provide challenges in learning new and more intricate steps, and is great exercise. But the keyword here is fun. Dancing isn't like running the 10K or power walking for 60 minutes, or pumping away on the health cycle at the gym – it's exercise, but it really is fun.

Dancing not only is good exercise, but it's beneficial for your flexibility and coordination. For those who claim to have "two left feet" and insist that they can't dance, that simply isn't true – don't believe a word of it. Anyone can learn to dance – certainly some dancers are better than others, but that holds true in any type of athletic or sports activity.

A combined class that teaches salsa, merengue and cha cha steps is offered on Thursday evenings at Bloch Arena. These Latin dances are part of a larger spectrum of dance known as ballroom dancing. Although other types of ballroom dancing aren't currently offered on base, there are a number of venues off base where one can learn ballroom dancing. Numerous chapters of the Hawaii State Ballroom Dancers' Association are located on the island and lessons are offered for a very small fee. In addition to the Latin forms of ballroom, such as rumba, tango, mambo and cha cha, you can learn the smooth dance forms, such as the waltz, foxtrot and jive.

Obviously, ballroom dancing is for couples. But there are plenty of dances that can be learned and danced by oneself. Try country dancing. Although some of the dance steps – such as the two-step – are geared for couples, the line dance steps are done by individuals in a group on the dance floor. The County Bar at Club Pearl is one of the local venues for country western dancing.

Tap dancing is another dance that can be enjoyed by oneself. Think Fred Astaire. The dance steps are rhythmic and smooth – accentuated

with shuffles, flaps and snaps – and accompanied by the clickety-click of the taps as dancers move across the floor. Check with MWR's community center to learn more about the lessons that are offered.

A popular dance here in the islands – the hula – offers the opportunity to learn about another culture. But be forewarned – keeping track of all of the components used in the dance requires concentration. At the same time as the dancer undulates her/his hips in rhythm to the music, they must dance the appropriate steps with the feet and incorporate the hand movements that "tell the story." Some kumu hulas also insist that dancers sing or chant in Hawaiian while doing the dance – adding a bit more challenge. Hula lessons are offered through MWR's community center at various community centers in the Navy community.

Another form of dance – and one of my favorites – is belly dancing. It provides a great workout, especially for the belly and mid-regions (thus the name), but is also a good exercise for legs, arms, hips and all-around cardio. The "Dance of the Belly" is of Middle East origins; the music is sultry and exotic. Although it is a total body workout, the exercise is easy on the joints and low impact. Belly dancing classes are offered at Bloch Arena.

Taking dance classes and learning new steps can be fun and beneficial, but it isn't absolutely essential to enroll in dance classes. The benefits of dancing can be derived by dancing in any form, anywhere. In addition to the country dancing at the Country Bar at Club Pearl, opportunities to get out on the dance floor and "shake your tail feathers" are part of the evening's entertainment on Thursday evenings at The Banyans. The evening begins with karaoke and later, the floor is open to energetic dancers.

There are a variety of videos for all types of dance available – just pop one in your DVD player or VCR and dance the night away. Of course, this doesn't provide the socialization, but the benefits of dance as a form of exercise can still be achieved.

Dancing in many other forms abound – square dancing, jazz, ballet, Tahitian, Irish folk dancing, clogging, to name a few. Those are on my list of dances yet to learn, so currently, I can't talk about them from my own personal experience.

If you want to have some fun, but don't need the adrenaline rush of bungee jumping or climbing to the top of the highest mountain, give dancing a try.

Later, I'll tell you about the time that I went wild boar hunting on the Big Island and was chased up a tree....nah, but I can tell you about my shopping excursion at one of the local outlet shopping centers.

## Wyland adds life-size monk seal to NEX mural, holds exhibit for fans



Photo courtesy of NEX  
Local celebrity artist Wyland takes a break from painting the mural at The Mall at Pearl Harbor Jan. 17 to talk to mall guests.

Tricia Conaty  
Navy Exchange Hawai'i

Wyland fans packed the Navy Exchange Hawaii last weekend to glimpse the world-renowned marine artist as he added a new image to his "Ocean's Sanctuary" mural on The Mall's rotunda ceiling.

As part of a weekend-long fine art exhibit, Wyland created a Hawaiian monk seal to join the humpback whales, turtles, porpoises and reef fish that adorn 10,000 square feet of the rotunda ceiling. Painted to scale, the mural was officially completed and signed by the artist in January 2003. But Wyland says this particular mural is a work in progress.

"I wanted to add a monk seal when I originally painted the mural, but ran out of time," says Wyland. "My plan is to come back every year during Martin Luther King weekend and add something to the mural—an animal that's natural to Hawaiian waters."

Wyland painted his first life-size whale mural in 1981 in Laguna Beach, Calif., and has been painting walls around the world ever since. The NEX mural was number 89, and his next project will be a whaling wall inside the Guam International Airport. The artist's ultimate goal is to paint 100 whale murals by 2011.

Inspiration for all of his marine art comes from more than 20 years of diving in Hawaiian waters. "I experience marine life through diving and then paint according to my mind's eye," said Wyland. "I just kind of look at the canvas, imagine where

the marine life would swim, and I simply paint it."

Wyland says his art sends a message that encourages people to become aware of ocean conservation. "I call it 'gentle environmentalism,' which means when people see the beauty of nature, they'll work to preserve it," he said.

Customers had the unique opportunity to watch Wyland work during the exhibit, which displayed some of his latest paintings and sculptures and a new line of affordable fine art posters. The artist also demonstrated oil painting techniques for fascinated onlookers.

"It's awesome seeing the painting grow in this light. Seeing all the small detail," said Petty Officer 3rd Class Brad Popejoy, as he watched Wyland effortlessly create a humpback whale on canvas.

Master Sergeant Rod Boultinghouse from McChord Air Force Base in Tacoma, Wash. agreed. "It's amazing to see his artwork transpire right there in front of you, and in a such a short period of time," he said.

Boultinghouse, who owns three Wyland originals, has been following the artist's works since the mid-80s and even volunteered to help with a whaling wall mural in Milwaukee, Wisc. in 1997. "Wyland is a comfortable guy to know. He makes you feel at home," said Boultinghouse.

Wyland took breaks from painting throughout the weekend to greet his fans and sign autographs, which was much appreciated by NEX customers who patiently waited to meet him.

"It was really exciting meeting him. I was like a schoolgirl—giddy and nervous," said Patti Attkisson, who accompanied her husband to Pearl Harbor for his annual training. "This is my last day on the island and I spent all day waiting to see him."

Wyland's art has long been a favorite of the military community in Hawaii, and the artist holds a mutual respect for his supporters. "It's like a homecoming. I feel like I'm part of the military family here," he said. "The military has supported my art from the beginning."

As Wyland adds images to his mural each year, NEX customers will not only experience a great work of art, but they'll also learn about the importance of marine life, said Mike Cottrell, District manager/general manager, Navy Exchange Hawaii.

"The Wyland mural at The Mall is a great showcase of marine life," said Cottrell. "Wyland's presence each year to add to the mural will add to the experience of visiting, eating and shopping at The Mall. I'm very grateful to Wyland for all he's done here at Pearl Harbor."

## Free classified advertising for military in Hawaii Navy News

Active duty and retired military, civil service and dependent personnel can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows:  
Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified

advertisements can be submitted via email, if from a ".mil" address (submit to lkaneshi@honolulu.gannett.com), by phone at 521-9111 or by visiting www.honoluluadvertiser.com and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requestors should include their military ID number and a call-back phone number.

# MWR

## Movie Call

Sharkey Theater, Pearl Harbor  
(473-0726)

### FRIDAY

7:00 p.m. Timeline (PG 13)

### SATURDAY

2:30 p.m. Love Don't Cost a Thing (PG 13)

4:30 p.m. The Last Samurai (R)

7:00 p.m. The Human Stain (R)

### SUNDAY

2:30 p.m. Honey (PG 13)

4:30 p.m. Love Don't Cost a Thing (PG 13)

6:45 p.m. Veronica Guerin (R)

### THURSDAY

7:00 p.m. The Human Stain (R)

\$3 adults; \$1.50 children (6-11)

\*Special: \$2 adults; \$1 children (6-11)

Memorial Theater, Hickam AFB  
(449-2239)

### FRIDAY

7:00 p.m. Stuck on You (PG 13)

### SATURDAY

7:00 p.m. The Last Samurai (R)

### SUNDAY

7:00 p.m. The Last Samurai (R)

### WEDNESDAY

7:00 p.m. Stuck on You (PG 13)

### THURSDAY

7:00 p.m. The Last Samurai (R)

3 adults; \$1.50 children (6-11)

\*Special: \$2 adults; \$1 children (6-11)

Sgt. Smith Theater,  
Schofield Barracks  
(624-2585)

### FRIDAY

7:00 p.m. The Haunted Mansion (PG)

### SATURDAY

2:00 p.m. The Haunted Mansion (PG)

### SUNDAY

7:00 p.m. Honey (PG 13)

### WEDNESDAY

7:00 p.m. Honey (PG 13)

### THURSDAY

7:00 p.m. Love Don't Cost a Thing (PG 13)

3 adults; \$1.50 children (6-11)

\*Special: \$2 adults; \$1 children (6-11)

Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held.

### ADULT SAILING CLINICS

Adult sailing clinics are held every Sunday at Rainbow Bay Marina. Learn some tricks and tips or just come to play. The clinic schedule is as follows: Columbia 22, Jan. 25. The clinics are from 9 a.m. to noon every Sunday and cost \$10 per clinic. For more information, call 473-0279.

### LIFEGUARD CLASSES

Lifeguard training classes will be held at Richardson Pool now until Feb. 12. For more information or to register, call Towers Pool at 471-9723.

### CASEY ST. JONES RETURNS

Casey St. Jones returns to The Banyans at Pearl Harbor on Jan. 23 with the show billed as the world's funniest hypnosis dinner show. Members of the audience become the stars of the show. Tickets are available at any Navy ITT office for \$19.95 (\$23 at the door). Seating is limited. Dinner and cocktails will be served from 6-7:30 p.m. The show starts at 8 p.m. This show is for adults only. For more information, call 473-0606.

### SHARK ADVENTURE TOUR

See the sharks of Hawai'i in their natural environment - the crystal, blue

waters of the Pacific. You can watch from the boat or get up close and personal in the shark cage and see this majestic sea creature rise from the depths to greet you. This is the only trip like this in the entire state. Prices are as follows: Shark adventure (observer), ITT special price of \$40, ITT regular price of \$50; shark adventure (cage), ITT special price of \$75, ITT regular price of \$85. Prices are good through February.

### INLINE SKATING LESSONS

Inline skating lessons are offered from 4-5 p.m. every Tuesday and Thursday at Boards & Blades Skate Park. The cost is \$5 and includes all required equipment. For more information or to register, call the skate shop at 473-3295.

### WATER AEROBICS AT SCOTT POOL

Looking for a low impact workout that produces high impact results? Water aerobics is the answer. Classes are held from 9-10 a.m. Monday, Wednesday and Friday at Scott Pool. The cost is \$2 per class, but the first class is free. For more information, call Scott Pool at 473-0394.

### CALLING ALL KINGPINS

Check out the bowling events at Naval Station Bowling Center. Regularly held activities include:

- Active duty patrons bowl free from 11 a.m.-1 p.m. every Monday.
- Kids bowl free (one per paying adult) starting from 6 to 10 p.m. every Monday evening.
- Pick-a-price Tuesdays are from 10:30 a.m.-3 p.m. Bowlers can try

their luck and pick the price for games from 50 cents to \$1.50. For more information, call 473-2651.

### SLIP INTO BOAT SLIPS

Well appointed with many amenities, boat slips at Rainbow Bay Marina are open to active duty, retirees, reservists and DoD employees. Slips are \$4.50 per foot per month for military and \$5 per foot per month for all others. For more information, call the marina at 473-0279.

### SKATE PARTIES

Boards & Blades Skate Park is available for keiki birthday parties. The staff will outfit them in the latest skating gear. For more information, call 473-3295.

### COACHES NEEDED - BASKETBALL AND BASEBALL

Boys & Girls Clubs of Navy Hawai'i is looking for volunteer coaches. There are several children who are interested in participating, but there are not enough volunteer coaches. No experience is necessary. If you have a few hours to spare, call 474-3501.



**Sundays:** Movie and popcorn, 7:30 p.m.

**Mondays:** NFL football and pupus, 6:30 p.m., free.

**Tuesdays:** 8-Tournament, 7 p.m., free.

**Wednesdays:** Ping Pong Tournament, 6 p.m., free.

**Thursdays:** Movie and popcorn, 7:30 p.m.

Liberty in Paradise (LIP) activities are geared toward single and unaccompanied service members. Payment should be made at least three days prior to the event. All activities depart from LIP. To sign-up or for more information, call 473-4279.

### LIBERTY AT BEEMAN CENTER

**Sundays:** NFL football, 5 p.m.; movie and popcorn, 7:30 p.m.

**Mondays:** NFL football live satellite broadcast, 3 p.m.; re-broadcast and free pupus, 6:30 p.m.; 8-Ball Pool Tournament, 7 p.m., \$5 for active duty/ \$8 for all other authorized patrons.

**Tuesdays:** Karaoke with Bill at 7:30 p.m.

**Wednesdays:** (first and third) Open mic jam, 7 p.m.; (second and fourth) XBOX HALO Tournament, 7 p.m., \$5 for active duty/ \$8 for all other authorized patrons.

**Thursdays:** (first and third) Game Show, 7:30 p.m.; (second and fourth) Movie and popcorn with Trivia Contest at intermission, 7:30 p.m.

**Fridays:** 9-Ball Pool Tournament, 7:30 p.m., \$10 for active duty/ \$15 for all other authorized patrons.

**Saturdays:** College football on the big screen at 11:30 a.m.; Karaoke with Bill at 8 p.m.

# Community Calendar



**The Haunted Mansion:** Real estate agent Jim and his family visit an old mansion, thinking they're just stopping by to check out the property. But soon they end up stranded there, along with 999 creepy ghosts.

**Honey:** Honey Daniels is an up-and-coming choreographer who finds her career in jeopardy after she refuses to reciprocate the sexual advances of a music-industry bigwig. Determined to pick herself back up, Honey goes back to the inner-city of her youth with plans of starting a dance school.

**The Human Stain:** Coleman Silk is a professor who has lived most of his as a lie. When he innocuously calls some of his absent students "spooks," he gets caught up in a racial controversy that leads to the revelation of his affair with a woman half his age. As he's getting professionally discredited, Silk hangs on to the secret of who he really is.

**The Last Samurai:** Tom Cruise plays a 19th-century American military officer who travels to Japan to help organize and teach the emperor's troops during a time of feudal conflict on the island. As he learns more about the samurai, the traditional protectors of feudal lands, he comes to understand and appreciate the complicated system of honor under which they live.

**Love Don't Cost a Thing:** Alvin stars as a brilliant but awkward teenager who seizes a golden opportunity when popular cheerleader Paris wrecks her parents' car and is strapped for cash. Alvin pays Paris to pretend to be his girlfriend with hopes of elevating his social standing.

**Stuck on You:** Matt Damon and Greg Kinnear star as conjoined twins, one of whom has dreams of making it big in Hollywood. When they arrive in town, they're cast on a television show.

**Timeline:** In France, professor Johnston, his son Chris, and a team of archaeology students are working on the ruins of a 14th-century castle. Kate and Andre make a startling discovery: It turns out that the head of the corporation running the dig, Robert Doniger, opened up a wormhole leading to the 14th century.

**Veronica Guerin:** Veronica Guerin was an award-winning journalist for Dublin's Sunday Independent, whose investigations into the city's drug underworld puts her in increasing danger.

Here's a look at off-duty events happening on Oahu's military bases for service members and their families.

To get your activity or event featured in the Community Calendar, e-mail your requests to the editor at hnn@honoluluadvertiser.com or fax submissions to Hawai'i Navy News at 473-2876.

Deadline for submissions is Thursday for the following week's issue. Items will run for four consecutive weeks on a space available basis (see footnote numbers after each event). After four weeks, they should be updated and resubmitted to HNN.

## MISCELLANEOUS

### BLOOD DRIVES

- Jan. 23: 9 a.m.-noon, U.S. Navy, Trial Service Office, Naval Station Pearl Harbor.
  - Jan. 27: 9 a.m.-noon, U.S. Army, 3rd BDE, D Quad, Schofield Barracks.
  - Jan. 29: 9 a.m.-noon, U.S. Army, 45 CSG, Schofield Barracks.
  - Jan. 30: 9 a.m.-noon, U.S. Army, 205 MI Bn.
  - Feb. 3: 9 a.m.-noon, U.S. Navy, JICPAC.
  - Feb. 6: 9 a.m.-noon, U.S. Navy, COMSUBPAC, Squadron 1.
  - Feb. 10: 9 a.m.-noon, U.S. Army, 3rd BDE, D Quad, Schofield Barracks.
  - Feb. 13: 9 a.m.-noon, U.S. Navy, COMSUBPAC, Squadron 1.
  - Feb. 19: 9 a.m.-noon, U.S. Navy, COMPACFLT, Pearl Harbor.
  - Feb. 20: 9 a.m.-noon, U.S. Navy, COMSUBPAC, Squadron 1.
  - Feb. 26: 9 a.m.-noon, U.S. Air Force, Hickam Community Center, Hickam AFB.
- For more information, call 433-6148.

### GSA TO CLOSE FOR INVENTORY

The GSA Global Supply Center at Hickam Air Force Base will be closed Jan. 26-30 for inventory. The store at Schofield Barracks will be closed Feb. 2-6. For more information, call Teresa Demello at 448-8937 or Mike Martin at 655-0280. (2)

### TECH SHOW

Demos on the latest in technology along with knowledgeable representatives will be at the ATC Tech show from 10 a.m.-2 p.m. Feb. 5 at The Banyans at Pearl Harbor. Extensive catering will be served. The event is free to all personnel and there will be on-site registration. The Tech Show will also be held from 10 a.m.-2 p.m.

Feb. 4 on the sunset lanai of building 500 at Camp Smith and from 10 a.m.-2 p.m. Feb. 3 at the officers' club at Hickam AFB. For more information, call 1-888-282-2262 or email info@atc-expo.com. Information is also available by visiting the Website www.atc-expo.com/shows. (1)

### HEROES' PASS AT MIGHTY MO

The USS Missouri Memorial Association, caretaker of the Battleship Missouri, is offering the Heroes' Pass, allowing Hawaii residents to give friends and family a free pass to America's last and greatest battleship. Exclusively for kamaaina, the \$15 pass provides unlimited admission to the Battleship Missouri Memorial for the pass holder for one year, plus numerous additional savings such as:

- \$10 off the memorial's explorer's or captain's tours.
  - One free chief's guided tour when purchasing one at the regular price of \$6.
  - 10 percent off retail purchases from the ship's gift store.
- Heroes' Passes are available for purchase at the Battleship Missouri Memorial. Admission for kamaaina is usually \$10 per adult. For additional information, call 454-1434 on Oahu, toll free at 1-877-MIGHTYMO, or visit www.usmissouri.org. (3)

### VOLUNTEERS NEEDED FOR VGAL PROGRAM

Volunteers are needed to serve as volunteer guardian ad litem (VGLs) for Hawai'i's First Judicial family court. VGLs serve as advocates for abused and neglected children who are in the family court system. Free training is provided. Volunteers must enjoy working with children and be able to confront difficult issues. The next training class is scheduled to begin in January 2004. For more information, call the VGAL program office at 538-5930. (3)

### MANAGERIAL ECONOMICS DEGREE

The University of Oklahoma offers a master of arts in managerial economics and a master of public administration. The school's non-thesis programs can be completed in about 18 months and one-week classes are TDY/TAD friendly. For more information, contact the OU Hickam office at 449-6364 or aphickam@ou.edu or visit the website at www.gouou.edu. (2)

## SHIP/SUBMARINE OHANA

### USS HOPPER OHANA

The USS Hopper Ohana will hold its monthly meeting beginning at 6:30 p.m. Feb. 3 at the fellowship hall at the Pearl Harbor Base Chapel. The activity for the event will be making valentines with the children. The Ohana will discuss the cookbook and upcoming events. Childcare is available free of charge. The Ohana will host its monthly breakfast club beginning at 9 a.m. Feb. 21 at the Shorebirds in Waikiki. The breakfast is Dutch treat. For more information, email hopperohana70@yahoo.com or call Sabrina at 499-0555. (1)

## NEX

### ANNUAL INVENTORY

The Navy Exchange will conduct its annual inventory during the last week of January, affecting hours of operation. On Feb. 1, the NEX will close at 6 p.m. Closing times for other NEX operations are as follows:

• **Closing at 6 p.m. Jan. 28**  
Ford Island Mini Mart  
Naval Station Mini Mart

• **Closing at 6 p.m. Jan. 29**  
Uniform Center  
Halsey Terrace Mini Mart  
Holomoku Mini Mart  
Touch 'N Go Mini Mart

• **Closing at 6 p.m. Jan. 30**  
Wahiawa Mini Mart  
Iroquois Point Mini Mart  
Pearl City Mini Mart

• **Closing on Jan. 31**  
Makalapa Mini Mart, 9 a.m.  
Kunia Mini Mart, 2 p.m.  
Autoport, 2:30 p.m.  
Home Gallery, 6 p.m.

• **Closed on Feb. 2**  
Outdoor Living Center  
Pet Stop  
Barking Sands

## ARMED SERVICES YMCA

### ALIAMANU LOCATION:

The Aliamanu (AMR) branch of the Armed Services YMCA is located at 1875 Aliamanu Drive, Honolulu, Hawai'i

96818. The phone number is 833-1185, fax 834-3631, email is ASYMCAAMR@aol.com. Hours are 8 a.m.-1:30 p.m. Monday through Thursday.

### OUTING TO CHUCK E. CHEESE

Join the ASYMCA at Chuck E. Cheese's Pizza in Pearl City for pizza, fun and games. The event will be from 9-11 a.m. Jan. 30. A cost of \$5.21 per person includes two slices of pizza, three game tokens and a refillable drink. Make reservations by Jan. 23. For more information, call 833-1185. (1)

### LAMAZE CLASSES

Lamaze classes provide information and instruction on everything you need to know about childbirth. The next class will be held Feb. 26-April 1 and meets from 7-9 p.m. every Thursday for six weeks. Payment and reservations are required by Feb. 19. For more information, call 833-1185. (1)

### KEIKI CARE CLASS

Keiki Care classes provide childcare training, first aid and CPR certification for teenagers who would like to be babysitters. Upon successful completion of the course, the student will be placed on the Super Sitters' List. To sign up or for more information, call 833-1185. (1)

### WELCOME BABY

All expectant and new moms are invited to attend the Welcome Baby support group which meets twice a month. Children are welcome to attend. For more information or to reserve a spot, call Terri or Susan at 363-1897. (1)

### CHILDREN'S WAITING ROOM

The Children's Waiting Room is a place where parents can drop off their children if they have a doctor's appointment. The Armed Services YMCA is in need of volunteers to keep this program running at Tripler Army Medical Center. The hours of the waiting room are from 8 a.m.-noon Monday, Tuesday and Thursday. Those who are interested in volunteering or who wish to place an appointment should call 833-1185. (3)



Hawaii Navy News Online  
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## STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:

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# Nurses learn advanced fetal monitoring techniques

**Bill Doughty**

*U.S. Naval Hospital Yokosuka, Japan Public Affairs*

A baby who is about to be born communicates with nurses and doctors, in part, through information on a tiny strip of paper – "external fetal monitoring." A recent class in Yokosuka helped nurses interpret what the baby is communicating.

Two Navy nurses, Lt. Cmdr. Amy Branstetter and Lt. Kristin Berndt from U.S. Naval Hospital, Okinawa, came to Yokosuka in mid-January to teach other nurses advanced techniques in fetal monitoring.

Using a model torso, tests, and skill stations, nurses in Yokosuka learned skills in palpating, or feeling, the baby through the mother's abdomen, evaluating both patients – mother and baby – and reading the signs and signals they are communicating.

"What's really going on with the baby inside that mom?" said Berndt. "What's really going on with the fetal heart rate?"

Nurses evaluate signs from the mother and analyze information on fetal monitoring strips that tells them what's happening inside her womb.

According to Berndt, a certified instructor from the Association of Women and Obstetric Health and Neonatal Nurses, "The baby may be saying, 'I want to come out. Can you let me out?' or 'I'm

really happy in here. Things are going well. We're doing great in here.' We use that knowledge to help us," said Berndt.

Fifteen nurses received their training at U.S. Naval Hospital, Yokosuka, which saved thousands of dollars in TAD costs. Each nurse earned 18.3 continuing education units.

Lt. Cmdr. Michele Arnold, department head of the Maternal-Newborn Ward (3A-OB) at USNH, invited the Okinawa nurses to mainland Japan to teach two two-day classes.

"One hundred percent of our laboring patients are monitored, so the class is right in line with increasing the skills and confidence level of all of our nurses as they closely observe each patient," said Arnold.

"I want to thank Lt. Cmdr. Amy Branstetter and Lt. Kristin Berndt for providing us with the opportunity to have this class locally," said Arnold. "We reviewed many real-life case studies and real examples of fetal strips."

The fetal monitoring skills they learned help them ensure safe and optimal deliveries for families throughout Japan served by Naval Medicine, according to Arnold.

Instructor Lt. Berndt said, "We want to get everybody on the same page and working from the same sheet of music, so to speak." That "sheet of music," in this case, is a tiny strip of paper that gives a voice to the baby about to be born.



Photo by Tom Watanabe

Using a model torso, Lt. Kristin Berndt of USNH Okinawa shows Yokosuka nurses how to evaluate the signs and signals a baby sends right before birth.

## Military supporter and Fisher House founder dies

**JO2 Kimberly Rodgers**

*Navy NewsStand Staff*

Philanthropist Elizabeth Kenowsky Fisher, co-founder of the Intrepid Museum, Fisher House and Fisher Armed Services Foundations, passed away Jan. 15. At 90, Elizabeth was most known for her lifetime support and commitment to improving the quality of life for the benefit of members of the armed forces, veterans and their families, in company with her late husband Zachary.

Born in Allegheny County, Pa., Elizabeth served overseas with the United Services Organization in World War II, entertaining troops,

volunteering for the Veterans Beside Network and visiting the wounded in field hospitals.

The Fishers were instrumental in transforming the historic aircraft carrier USS Intrepid (CV 11) into a floating museum, contributing millions of dollars to the campaign. Because of their tireless efforts, the Intrepid Sea, Air & Space Museum opened in August 1982.

In 1983, Elizabeth, together with Zachary, a former, prominent New York City builder, formed the Zachary and Elizabeth M. Fisher Armed Services Foundation, through which they made significant contributions to families of military personnel lost in the line

of duty, including the families of the victims of the 1983 Marine barracks bombing in Beirut. The foundation continues to make contributions of \$25,000 to numerous military families who have lost loved ones under tragic circumstances through the establishment of the Intrepid Fallen Heroes Fund.

In 1990, Mr. and Mrs. Fisher began the Fisher House program, dedicating more than \$20 million to the construction of comfort homes for families of hospitalized military personnel, according to Intrepid officials. More than 30 Fisher Houses now operate at military bases and at several Department of Veterans Affairs medical centers

throughout the nation, saving families millions in lodging expenses each year.

In 1995, Secretary of the Navy John Dalton made the announcement that the second ship of the Bob Hope-class of sealift ships would be named USNS Fisher (T-AKR 301) in honor of Zachary and Elizabeth Fisher, for their commitment to improving the quality of life for our nation's Sailors, Marines, Airmen and Soldiers.

Dalton said, "There is no way to repay the Fishers for their decades of support, but this gesture, naming a ship in their honor - is the Navy's way of saying thank you very much."

## IN BRIEF

### Hawai'i military appreciation month nominees sought...

After working a full day on your ship, flight-line, firing range or helicopter, do you put on your civilian clothes and head downtown to help others? Do you serve hot meals to Hawai'i's homeless, or spend your weekends being a big brother or big sister, or climb on a roof to pound nails for Habitat for Humanity, or deliver Meals-on-Wheels to Honolulu's elderly, or do you know any of your fellow Soldiers, Sailors, Airmen, Marines, or Coast Guardsmen who do?

In order to recognize military community service volunteers, the Hawai'i Chamber of Commerce, Military Affairs Council, and several of Hawai'i's top businesses are providing a special luncheon, set for May 2004.

The Hawai'i business community, together with the Chamber of Commerce and Military Affairs Council, sponsors a series of annual events to recognize U.S. servicemembers here. The special luncheon is held to recognize active duty military members for their community volunteer work and for, in addition to their normal military duties, giving back to the community in service to schools, youth groups, sports leagues, churches and social agencies.

If you wish to be nominated or know someone who fits the criteria, please contact your command's senior enlisted advisor or check with the U.S. Pacific Command Public Affairs Office.

Nomination forms are available at the Public Affairs Office and must be endorsed by your command. They are due to US Pacific Command, Office of Community Relations (J01PA), no later than Feb. 27.

If you have any questions, please contact Dennis Fujii, U.S. Pacific Command, Community Relations, at (808) 477-6282.

### Calling all servicemembers...

The Battleship Missouri Memorial has issued a final call to members of the U.S. Armed Forces in Hawaii to participate in a world-record breaking multi-service mass re-enlistment on the Battleship Missouri in Pearl Harbor. Admiral Thomas Fargo, commander, U.S. Pacific Command, will preside over the ceremony.

The mass re-enlistment will take place at 7:10 a.m. Jan. 29, the 60th anniversary of the USS Missouri's launch from Brooklyn Naval Shipyards in 1944. The "Mighty MO" later captured worldwide attention as the site of Japan's unconditional surrender the following year, ending World War II.

Those interested in participating should contact Clark Thompson at the Battleship Missouri Memorial at 455-1600, ext. 225, or e-mail ClarkT@ussmissouri.org.

## STORY IDEAS?

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