

**“You look up at a 1,000 foot cliff and your mind begins to put together the dots, the route that you want to follow up the crack systems and whatever looks within your capabilities to start ...”** -Steve Goodwin

Gunner's Mate 3rd Class Alfredo Osorio Jr., stationed aboard USS Crommelin, reaches a ledge while climbing at Mokule'ia on the North Shore.



## Pushing the limit

Story and photos by  
**JOSN Ryan C. McGinley**  
Staff Writer

The thought of climbing a 1,000 foot cliff can scare even the toughest of people. Morale, Welfare and Recreation's Outdoor Adventure Center offers an answer to every hesitation or fear that surrounds this emergent, yet undeniably precarious, activity.

"All your primal instincts tell you, don't do this," said Steve Goodwin, outdoor recreation specialist. "It takes someone with a great attitude that's willing to take perceived risks, someone that's willing to come out of that comfort zone."

Rock climbing has grown in popularity over the past 15 years, leading to indoor rock climbing facilities in almost every major U.S. city, and an Olympic sport. According to Goodwin, "It's become a core component of Outdoor Adventure Center."

The thought of plummeting 1,000 feet might deter anyone from attempting rock climbing.

But, however precarious it may seem to hang on to the edge of the rock cliff, Goodwin says preparation and equipment help to minimize the danger.

"The risk is managed very well," said Goodwin. "We have systems and devices and fail safes applying to this activity that, in reality, make it very safe. The distance of a fall is the stretch of a rope."

With each climber outfitted with a helmet, harness, carabineers, 'sticky rubber' climbing shoes and attached to a dynamic rope made especially for rock climbing, the chance of a mishap is extremely small.

With any rock-climbing trip, a qualified rock climbing guide should be required. Climbing is a very trust and team-oriented activity, said Goodwin.

"If there's anything my background is strongest in, it's vertical programs," he said. Goodwin started climbing 14 years ago in North Carolina. He has worked all over the country with indoor climbing programs, ropes courses and leading climbing trips for those aspiring to learn the activity. He is also a climbing site manager and certified in wilderness medicine.

"[He was] very patient and knowledgeable about rock climbing," said Chris West, Department of Defense civilian. "Climbing for the first time with someone of his expertise made for an enjoyable experience."

People may perceive rock climbing as strictly for those of brute strength. However, the proper technique for rock climbing requires balance from the upper body and footwork to reach the top, said Goodwin. The best way to reach the top however, is to use the mind.

"Really what climbing is, is vertical problem solving," said Goodwin. "It's a great cognitivist activity."

Goodwin describes climbing as physical chess, putting all the moves together to accomplish a goal. "It's extremely enjoyable for me to get way off the ground, to be pushing yourself towards a goal through a physical activity that also has a very technical side to it," he said.



Damon Dematropolis belays down the cliff at Mokule'ia on the North Shore. Mokule'ia is one of the few places on Oahu that rock climbing is available for those interested. The Outdoor Adventure Center plans to offer three to four rock climbing programs a month once the rock climbing wall is constructed at Barbers Point.

The necessity for logical reasoning eliminates the bias of gender in climbing.

"Women have tendencies to be better thinkers as climbers, because they have to rely on their wits a bit more than they rely on their bulging biceps," said Goodwin. "Men try to muscle it out, women try to think the problem through and find really creative ways of solving a physical problem like that."

With the same reasoning, climbing can also be an activity for any age group.

"It's for ages 5 to 80," said Goodwin.

"Everyone can take away a different experience no matter who they are."

The Outdoor Adventure Center has plans to construct an outdoor challenge course at Barber's Point, which is scheduled to be

completed and ready for operation by June 5, said Goodwin. The course will contain a 50-foot outdoor climbing wall, anchored to the ground, that can accommodate eight climbers at one time. The goal is to create a progressive learning environment that allows new climbers to learn basic principles before attempting to climb at Mokule'ia on the North Shore.

"We're striving to make our programs here comparable if not better than the big organizations on the mainland that specialize in this," said Goodwin.

Goodwin teaches basic transferable skills that are used everywhere, so a person can take what he or she learned to wherever they may go.

"The skills that we will teach in any of our programs are applicable to anywhere climbing in the U.S. and really the world."

The goal for the rock-climbing program is to give people a new, nontraditional fitness activity that works out the mind and body, said Goodwin.

"It's amazing to see what people are capable of when they just put their mind to it," he said. "You actually find out that you are able to push your limits and try something you didn't think you were capable of doing."

For more information on the rock climbing programs, call the Outdoor Recreation Center at 473-1198 or visit their website at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

Left: Amiee Huepenbecker hangs on to a crack on the face of Mokule'ia on the North Shore. Rock climbing has grown in popularity over the past 15 years, leading to indoor rock climbing facilities in almost every major U.S. city, and an Olympic sport. People perceive that rock climbing is strictly for those of brute strength. However, the proper technique for rock climbing requires balance from the upper body and footwork to reach the top.

Right: Cryptologic Technician-Technical 3rd Class Scott Cooper, NSGA Kunia, begins climbing the cliff at Mokule'ia on the North Shore. The Outdoor Recreation Center takes groups once a month to the site. The groups are small in size so that everyone has a chance to climb and also so they don't take over the entire area for other climbers on the island. For more information on the rock climbing programs, call the Outdoor Recreation Center at 473-1198 or visit their website at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



Commentary

# Focus on Fun

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## Staying on the Big Island ...

In the military, we don't make a lot of money. I say this for the benefit of our shadow audience of folks who may not be in the military. So, since we --in the military - are pretty low on the pay scale, we tend to look for the greatest value for our dollar.

Not long ago, I went on vacation to the Big Island. After saving for a year, we had enough to splurge a little bit so we stayed at two different places. The first was the Kilauea Military Camp inside Volcanoes National Park. The second place was a resort on the other side of the island.

Keep in mind that the pluses and minuses are from my own point of view. You may see things differently. That being said, let's move on.

A big plus for the KMC is the fact that it is really affordable. I have three kids so finding a place that can comfortably hold all of us is a chore. One of the places KMC offers is a three-bedroom cottage with a fireplace and a Jacuzzi that is priced very reasonably. A vacation rental place like that on Oahu would probably run over \$300 a day.

So, we were all nicely fit into our cabin. We had our own kitchen, complete with cookware and dishes. There was a full-sized fridge, a microwave, a coffee pot and a couple of singles to brew up. We had two televisions -- one in the living room and one in the master bedroom. In the master bath, we had a large Jacuzzi-type tub. The sucker had to be at least two feet deep. We never filled it up all the way, but I did get in and fill it over the jets to see how they worked. If you can get this kind of tub, I strongly recommend putting in only a little bit of bubble stuff or you'll end up flooding the whole cabin with them.

So, we had our cabin and we were inside Volcanoes National Park. If you're going to go, I recommend renting a car. The park and the camp are about 30 minutes driving time from the nearest town of Hilo. We ended up eating at the cafeteria facility on KMC. It's not high cuisine, but it is pretty good. The dinner buffet is very generously priced. My family of five ate for under \$30 and we all went home full. You just can't say that for too many places.

We spent most of our free time hiking the trails around the volcanoes. I carried our youngest and our 4-year-old most of the time so my arms and back got quite a workout. The trails were spectacular. There's just something about walking around knowing there's active lava rolling around miles below you. We could see the steam vents all around us as we walked

through the caldera. It was a humbling experience.

After we spent four days there, we went to the other side of the big island to stay at an opulent resort near Waikoloa. This one had several areas with each one priced differently. I think the closer you are to the main lobby, the more expensive it is. We were out in the "boonies" of the resort, so ours was one of the cheaper places. There were several pools to choose from for swimming and water sports. You could also get paddleboats, kayaks, aqua bikes and other equipment -- all for a fee. You can use their spa and get an hour-long massage for what it would cost you to get two massages that last an hour and a half each at Bloch arena. At the restaurant, we spent more in one day than we spent in almost three days at KMC.

The views were amazing, though. We rented a paddleboat and paddled near sea turtles and watched an array of fish dart under and around our little boat. We watched the sun go down over the horizon on Saturday evening. The lawns were beautifully manicured and the statuary all around was impressive.

All things balanced against each other, however, I'd have to say that KMC was the better deal. It wasn't fancy. There was no pool there. There wasn't a beach anywhere within half an hour's drive of the place. But, it did have character.

There was much more room for my family to stretch out at KMC. At the other place, we were all crammed into one room and we had to pay more for that place than we did for our three-bedroom cottage. At KMC, the food wasn't five-star, but it was much more affordable than the resort's non-five-star fare. I mean, really, if you are going to pay over 12 bucks for a burger, you would expect it to be something spectacular.

All in all, we really loved our Big Island vacation. If you haven't gone, I'd have to ask, "Why not?" Airfare is pretty cheap and the flight only lasts about half an hour each way. The difference in scenery between Hawai'i and Oahu is striking. Where you have lush greenery as soon as you deplane here, there are fields of lava rock all around you when you arrive at the Kona Airport. Also, hiking the volcano trails is a great way to hang out with family or friends. Great things can come from those extended conversations.

Next time, I'll compare the accommodations in Atlantis to the ones in El Dorado, but that's another story...

## Commissary keeps clients connected

Bonnie Powell

DeCA Public Affairs

Staying connected to your commissary benefit is now just a click away. Commissary Connection, a customer newsletter delivered via e-mail, is launching in late April, but shoppers can sign up now at <http://www.commissaries.com>.

Commissaries may carry "Spam" on store shelves, but DeCA officials have no intention of delivering it through e-mail. "Commissary Connection will be a fairly informal newsletter," said Kaye Kennedy, chief of corporate communications for the Defense Commissary Agency.

"We're planning to send it out only when we have significant news to communicate to customers," said Kennedy. "We already work with military newspapers, television, radio and various military news services to get the word out to customers. Commissary news is also available on our Web site, and many commissaries have a store newsletter they send out locally. Commissary Connection is simply another tool to proac-

tively communicate with customers and keep them informed of 'what's happening' in commissaries."

Commissary Connection will keep customers abreast of news about promotions and sales -- even offering links to manufacturer and vendor sites where they can enter shopping sprees and contests, or sign up for commercial newsletters.

The newsletter will be delivered from a mailbox at [CommissaryConnection@deca.mil](mailto:CommissaryConnection@deca.mil) and signup is through a link on the front page of <http://www.commissaries.com>. Shoppers are not required to give any personal information when they sign up. "All people have to do to subscribe is give us an e-mail address," said Kennedy.

"We take privacy issues very seriously and we don't collect information on our customers. We also wanted to keep the process simple." Subscribers will receive a welcoming e-mail when they sign up.

The first edition of Commissary Connection won't go out until the end of April, giving shoppers time to sign up and catch the first issue.

## Great Life Hawai'i photo of the week



RM2 (SW) Lucy Collins holds a coconut in front of "Chinaman's Hat" at Kualoa Regional Park.

Morale, Welfare and Recreation is offering the "Great Life Hawai'i Photo Contest," so dust off the photo albums and pick the photo that best represents what makes being stationed in Hawai'i so memorable. Submit unpublished photographs (no smaller than five by seven inches at 200 DPI) to "[hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)." All photographs submitted will become the property of the paper and MWR, which reserves the right to edit, copyright and publish submissions. There is no entry fee, but there is a limit of one entry per family. Weekly photo winners will be showcased both in Hawai'i Navy News and on the MWR website "[www.greatlife-hawaii.com](http://www.greatlife-hawaii.com)." Every quarter, a winner will be selected from the weekly winners to receive a special gift package from MWR. This contest is open to amateur photographers only, who must be at least 18 years of age.

# Kidney donor gives gift of aloha to Navy veteran

Karen S. Spangler  
Assistant Editor

The spirit of aloha flourishes in Hawai'i and within the Navy ohana as people reach out to help others – donating their money, gifts and time to make a difference in the lives of other people. But Selena Hoffman's gift of aloha was just a little more extraordinary – she donated one of her kidneys to the husband of a good friend.

Hoffman, whose husband EM2 Jeremy Hoffman was stationed with the Navy in Hawaii, worked as an educational aide at the Navy's NCTAMS CDC (child development center). A co-worker and good friend, Margie Robbins, was carrying a tremendous burden. Her husband, Don, was suffering from polycystic kidney disease. He was very ill and had to go for kidney dialysis treatments three times a week. Don was a Navy veteran, who had retired from the Navy in 1997 after a 17-year career as a cryptologic technician – communications.

Although Don was on the recipient list for a kidney transplant, the Robbins knew that it could take years before Don might be able to get a kidney – if ever – and perhaps not in time. Hoffman decided to help – and called the coordinator from the kidney foundation and discussed the possibility of being a donor.

She said she was quite surprised by the responses she received from people who learned of her plan to donate a kidney. "I was asked questions like

'Why do you want to do this?' I was surprised at the negative reactions," admitted Hoffman.

"I felt fine with it. When people would say, 'Why would you go through the effort?' I'd say, 'Why not?'" remembered Hoffman. She reflected that people were also surprised that someone at such a young age – Selena is only 26 – and with a long life ahead of her, would even consider giving up one of her kidneys.

At the Robbins household, Don Robbins was a little uncertain. "I asked my wife why she [Selena] was doing it. The answer I kept getting was 'Because I needed a kidney.' At first, I didn't know what to make of it. My wife said she [Selena] wanted to help somebody," related Robbins.

Part of the process was a battery of testing and matching to determine whether Hoffman could be a donor. She also had to meet with a psychiatrist. She remembered that it almost seemed that they were trying to talk her out of it as they emphasized many negative points. But Hoffman was unshakeable and was determined to donate a healthy kidney if she could.

As Hoffman went through the testing to determine her eligibility, Margie Robbins updated her husband, Don. "I was thinking, 'This is not going to happen.' I was not going to get my hopes up," he said.

Hoffman said that she really didn't think she would be able to be matched and was surprised when she was accepted as a donor. "Then I got excited

– sort of like your acceptance letter to college," she commented.

Robbins remembers that his wife would come home from work and share new developments with him as Selena kept going for tests and getting things done. Then one day, Margie told him that Selena just had to get one more test. As Selena continued moving ahead with her plans to be a kidney donor, Don began to be excited and hopeful. "I wanted to do anything I could to make less stress for Margie and I wanted to improve Don's quality of life," said Selena.

Soon after, Catherine Bailey, transplant evaluation coordinator for St. Francis Transplant Center in Honolulu, called Robbins and told him to go see the surgeon.

"The main thing that I was nervous about was something happening – if I went through all of this and the kidney didn't take. That was my biggest fear," said Selena. "The whole time I felt completely comfortable with it. I didn't have any negative feelings about it to be scared," she added, noting that she had a lot of faith in her doctors and technology.

Don Robbins was having similar feelings. "I wasn't frightened of surgery. What I was worried about was what if it didn't work," he confessed. "It may be difficult, but when you look at the alternative, it's not that difficult. I didn't want to go back and sit in that chair for five years every other day." [referring to the dialysis treatments]



Photo courtesy of Margie Robbins

Selena Hoffman donated one of her kidneys to Don Robbins, husband of a good friend and co-worker. Pictured left to right: Navy EM2 Jeremy Hoffman, Selena Hoffman, Don Robbins (retired Navy veteran), and Margie Robbins (Don's wife and Selena's co-worker).

The big day came on Oct. 24, 2003. After the kidney transplant, both the recipient and the donor spent several days in the hospital.

"At first everyone looked at me like I was crazy. Now they see me functioning normally," said Selena. According to Hoffman, doctors have told her that six months after the surgery, she would be able to have children. The doctors have explained that her life will be no different than it was before the transplant and she will not be any more susceptible to kidney disease, etc. than someone with two kidneys.

"Mentally and emotionally, it has made me a lot more appreciative of the things around me. I'm really blessed," said Selena. She expressed her gratitude to her husband. "I am very thankful to have my husband there. He was a great help to me and was very supportive. He was wonderful," she shared.

Selena remarked that she is a compassionate person because of the way she was brought up. "I am thankful to my parents – coming from such a good background and they taught me to be a good person," she said.

According to Catherine Bailey at St. Francis Transplant Center, the workup for kidney organs takes about three months. She explained that there are about 400 people on the recipient list who need kidneys. About 40 people per year receive cadaver kidneys. Only about 20 people per year will receive kidneys from live people. "The younger the kidney, the better it is for the recipient," she said.

"It was incredible. It was a wonderful gift that Selena gave," Bailey remarked.

Explaining that the number one factor in organ failure is not taking the anti-rejection drugs, Robbins said, "There's no issue for me. I'm going to take the pills." He will have to take the anti-rejection drugs for the rest of his life.

"I feel 200 percent better and my quality of life is better. Before I got the transplant, all I could do was sit at home on the couch," remarked Robbins. Now he is able to do things around the house,

has gone back to work, walks the dog and rides his bike.

Right now Don Robbins has three kidneys – the new kidney that Selena donated and his own two natural kidneys. On April 27, he will again undergo surgery – a bilateral nephrectomy – to remove both of his non-functioning kidneys. "When you don't have a choice, it makes things easier," he said.

Although the Hoffman family has since relocated with the Navy to Newport News, Virginia, they still – and always will – remain good friends with their "ohana" in Hawai'i. "She did it because of me – it touched me," said Margie Robbins. "She's part of our ohana now."

"She's an angel sent from above," commented Margie.

Don Robbins is very thankful for the new lease he has been given on life. He remarked that he owes a big debt of gratitude to Margie, his wife of almost 16 years. "From the day I started dialysis until the present, she was always there making sure I was taken care of and doing what I was supposed to do. Whether it was making sure he followed his diet, reminding him to take his meds, or always being there with him, Don noted that his wife was always there for him. "When I needed leave donations, she got her co-workers to donate leave to me. She is irreplaceable," he said.

He expressed appreciation to his command – the 516th Signal Brigade, 30th Signal Battalion, Network Management Group at Fort Shafter. "They supported me 100 percent. From what I understand from talking to other kidney patients, a lot of employers are not understanding so I am lucky to work for a good employer," he noted.

But most of all Robbins appreciates the compassionate and generous gesture made by Selena Hoffman. "Selena should be given all the credit in the world. Anything she gets in life she deserves. I can never thank her enough," he remarked. "Some people in this world have kind hearts – and she's one of those people. It's an extraordinary act. If it was up to me, I'd give her a medal or something."

He hopes that more people will consider organ donation. "People should be more receptive to this donor thing. If a lot more people would be donors, a lot more lives would be changed. If I had one wish, it would be that more people would be donors," he offered.

For 26-year-old Selena Hoffman, donating one of her healthy kidneys to someone who desperately needed it was the right thing to do. But she found herself constantly challenging people who asked "Why?" with "Why not?"

To Don Robbins, the Navy veteran to whom she gave that gift, Selena Hoffman is an angel. "She gave me my life back – you can't do much more than that," said Robbins.

For more information on the kidney donor program at St. Francis Hospital, call 547-6901.

## 'Kickers' visit Pearl Harbor



Photo by JOSN Ryan C. McGinley

The Cowgirl Kickers Dance Team from McNeese State University in Lake Charles, LA performed at the Paradise Lounge April 16. The team featured 20 girls who range from freshmen to seniors, performing dance routines and cheers. The girls raised money for the trip by selling team calendars and accepting donations from their communities.

# Historic cannon discovered in Pearl Harbor waters

Rick Saltzman

PACDIV Public Affairs Office

Serendipity is a word that may be added to the Navy's vocabulary. It means good fortune in accidentally discovering something pleasant or genuine.

A delightful discovery was removed recently from Davy Jones' Locker after a Pearl Harbor maintenance dredging project near Sierra Pier 1.

"The contractor found a small cannon in March and contacted me to determine if it was a significant find," said Emily Donaldson, an archaeologist with Pacific Division, Naval Facilities Engineering Command (PACDIV) Environmental Planning, Cultural Resources. The cannon was not discovered until the barge arrived at Waipio Point to deposit the dredged materials. "Hearing about the discovery interested me," she added with a smile.

Miniature life-saving guns were often known as "Lyle Guns." The short barreled line-throwing device found in the harbor was manufactured by the Coston Signal Co. before 1927. It was designed to fire a projectile attached to a coiled rope to aid boats or



Photo by Emily Donaldson

The miniature life-saving gun, known as a "Lyle Gun," was found in Pearl Harbor.

victims in distress. Donaldson said similar examples were built in the early 20th century. She said the small cannon may have been on a ship sailing in and out of the harbor at that time.

Experiments in shooting tethered

projectiles date back to circa 1800 and the U.S. government funded many line-throwing gun projects.

A mortar device was credited with saving lives in 1850, but it wasn't until West Point and M.I.T. graduate, David A. Lyle (1845 to 1937), began

his research and testing that resulted in reliable efficient designs. The guns were also used by Navy oilers for refueling at sea when they fired messenger lines to the parallel ship.

Donaldson said PACDIV employs archaeologists because of the many cultural resources in Hawaii. "Archaeologists are called when the Navy does any sort of construction involving ground-disturbing activities," she said. "We'll do research and monitor a construction site if there is a high probability of uncovering cultural resources or burial grounds."

Donaldson said it's exciting learning about legislative issues, how the Navy handles its properties and cultural resources, and the interaction with native Hawaiian organizations.

Donaldson and Historic Preservation Specialist Jeff Dodge have adjacent cubicles and their projects often overlap. "I've worked with submerged cultural resources and I'm familiar with the history of some items," said Dodge. "I can give an idea of what their significance might be. We wondered if it was from WWII or perhaps, something pre-Navy."

Dodge explained that he usually works on reports and surveys for fa-

cilities. "I focus on how the Navy complies with the National Historic Preservation Act and how we properly rehabilitate old buildings that have been identified as historic. We have to follow certain Department of the Interior instructions and standards for renovation."

"I recommended sending the cannon to the United States Navy Museum who expressed interest," said Lt. Greg Jennings, Navy Region Hawaii historic preservation coordinator. "Supposedly, only 2000 were made so I think it is a pretty significant find that should be preserved in the Washington Navy Yard."

Raising the rusty mortar from Pearl Harbor was not as momentous as finding the Rosetta Stone, but the event and its subsequent research reflect the teamwork of Navy professionals.

"I want to thank everyone involved in this fascinating exercise in historic research," remarked Kim Nielsen, Director, U.S. Navy Museum. "It is testimony to the good a little digging - research and underwater - can produce. It seems we were all fortunate to learn a little more about a small corner of Navy material culture."

## How much should you tell your children?

The Counseling Corner from the American Counseling Association

Insights and practical suggestions on how to keep children in the loop without overburdening them

Parents often believe that they are doing their children a favor by not telling them about the difficulties in their own lives.

They may share with their children when good things happen, but "protect" them by leaving out any negative events and news.

The result, unfortunately, is not a protected child, but rather a child with a faulty perception of marriage and family life and a child with a distorted picture of the real world that he or she will ultimately have to face.

So, how much should you tell your children? And what should you tell? And when should you tell? These are nagging questions that all parents face.

One starting point in answering such questions is realizing that your children, even fairly young children, are more in tune with family life than you may realize.

Children usually know when something unpleasant is happening in the family. They recognize that their mother or father is upset, extra tired, at home more than usual, or acting in unusual ways.

And unless the children know something about the reason for their parents' behavior, it's possible they'll take on some of the responsibility and guilt, believing it's something that they have done to cause the problem.

Parents can help their children develop in a healthy manner by letting them know that adult life is not all fun and games.

While it is not necessary to burden children with all the sordid details of problem relationships, bad work environments, or the loss of a job, don't try to keep the kids uninformed when what is happening is having an impact on their lives.

Saying something as simple as, "These are difficult times for us now. Please know that if I get a little extra grouchy or if you see me crying, that it's not your fault."

Parents might say, "If you see me upset or angry or sad, it's okay to ask what's wrong - and that would be a good time for you to give me an extra hug."

Such conversations help children feel reassured, included and less likely to blame themselves for current troubles.

The time and place that parents choose to share family information with children is also important. It's best to pick a time when parents and children can sit down in the same room with other distractions eliminated.

Give your children the opportunity to pay attention, ask questions and understand what is happening. Let them see that you consider them an important part of your life and that you want them to share in and understand your news, whether it is good or bad.

Also be aware that your news will have some impact on your children - either good or bad. You may find that your news will affect school work, moods, relationships with others, or eating or sleeping habits.

You may also find that your news affects your children even when you don't share it with them.

Kids are sensitive to family problems, even when no one has talked to them about what is

happening. They see things, hear bits of conversations and get a sense things aren't quite right.

Unfortunately, when children operate on only scattered bits of partial information, they may draw the wrong conclusions about what is actually happening and why.

They may picture the worst and feel they are to blame. It's better to share as much as your children are developmentally ready to hear.

One good place to turn for advice on sharing family situations with your child is your child's school counselor.

Your conversation with this counseling professional will be treated confidentially, but his or her training and experience can help you decide how and what to tell your children.

The school counselor can also offer advice on the behavioral changes your news may bring about. There are also various books that help explain how to communicate with children during times of difficulties.

One interesting one is "Don't Divorce Us! Kids' Advice to Divorcing Parents" (available from the American Counseling Association at 1-800-422-2648).

It uses interviews with children of divorce to illustrate how important effective communications can be during a family crisis.

Its insights and practical suggestions on how to keep children in the loop without overburdening them can apply to not just divorce, but many types of significant family problems.

But whether your family situation concerns divorce, a job change, relocation or other major change, deciding how to communicate about it with your children should be one of your first - not last - priorities.

*Topside* by ITC(SW) Mike Purcell



# MWR

## Movie Call

Sharkey Theater, Pearl Harbor  
(473-0726)

**FRIDAY**  
7:00 p.m. Twisted (R)  
**SATURDAY**  
Closed for 21st Annual Armed Forces Body Building Championship  
**SUNDAY**  
2:30 p.m. Agent Cody Banks 2: Destination London (PG)  
4:30 p.m. Welcome to Mooseport (PG 13)  
6:45 p.m. Dirty Dancing: Havana Nights (PG 13)  
**THURSDAY**  
7:00 p.m. Taking Lives (R)

\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6-11)

Memorial Theater, Hickam AFB  
(449-2239)

**FRIDAY AND SATURDAY**  
7:00 p.m. Secret Window (PG 13)  
**SUNDAY**  
7:00 p.m. Dirty Dancing: Havana Nights (PG 13)  
**WEDNESDAY AND THURSDAY**  
7:00 p.m. Hidalgo (PG 13)

\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6-11)

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

**FRIDAY AND SATURDAY**  
7:00 p.m. Starsky & Hutch (PG 13)  
**SUNDAY**  
2:00 p.m. Hidalgo (PG 13)  
**WEDNESDAY AND THURSDAY**  
7:00 p.m. Hidalgo (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.

### BODYBUILDING CHAMPIONSHIP

The 21st Annual Armed Forces Hawai'i Bodybuilding Championship will be held April 24 at Sharkey Theater on Naval Station Pearl Harbor. The competition is open to all active duty, reservists, family members and DoD civilians from all branches of the armed services. Pre-judging will begin at 9 a.m. (spectator fee is \$5). The evening competition will begin at 7 p.m. (spectator fee is \$10). Registration is now open for the event. The entry fee for competitors is \$20. Entry forms are available at all military gyms and fitness centers and on the MWR Website, [www.greatlifehawaii.com](http://www.greatlifehawaii.com). For more information call the athletics office at 473-2494/0784.

### MWR PET KENNEL

The MWR Pet Kennel for dogs and cats is now open. The kennel is located at the Halawa State Quarantine site in Halawa Valley. Costs for boarding animals are \$12 per day for dogs and \$10 per day for cats. Limited spaces are available for eligible patrons, which include active duty deploying personnel, PCS personnel housed in transient quarters/guest house, personnel on emergency leave, TDY personnel, regular/military leave personnel, DoD, and retired and Reservist personnel. The MWR Boarding Kennels are located at 99-951 Halawa Valley St., Aiea. For more information and requirements call 368-3456.

### WATER AEROBICS

Running, jogging and walking underwater in a pool strengthens the muscles with minimal impact on the joints and helps to develop cardiovascular fitness. The first class is free and \$2 per class thereafter. The activity is held at the following locations:  
• Scott Pool: 9-10 a.m., Monday, Wednesday, Friday.  
• Kona Breeze Pool: 11 a.m.-noon Tuesday and Thursday.  
For more information call 473-0394.

### FREE RACQUETBALL CHALLENGE

Challenge other racquetball players. An updated ladder is posted at all Pearl Harbor racquetball courts. For more information on the next challenge event send email to: [navyracquetballpearlharbor@yahoo.com](mailto:navyracquetballpearlharbor@yahoo.com) or call the Wentworth Pro Shop at 473-0610.

### TUESDAY SCRAMBLE GOLF

A scramble three-person blind draw golf tournament will be held every Tuesday at Barbers Point Golf Course. The competition begins at 4 p.m. with check-in at 2:30 p.m. The cost is \$20 for authorized patrons and \$25 for each guest. The fee includes cart, greens fees and tournament entry. For more information call 682-1911.

### VOLUNTEER COACHES NEEDED

Boys & Girls Clubs of Navy Hawai'i is looking for volunteer coaches and officials in a variety of sports and cheerleading. As soccer season approaches, attention has turned to recruiting volunteer soccer coaches. If you have a few hours to spare for a good cause, call the youth sports office at 474-3501.

### LEISURE TRAVEL / TLA TRAVEL

Planning a trip? Travel Connections,

the new travel office located in Bloch Arena can assist with worldwide airline ticketing, hotel accommodations, vacation packages and on-island TLA. For TLA, the travel office will arrange accommodations in one of a host of on-island hotels that offer lodging to fit many needs - all priced within TLA allowances. Those who book TLA through Travel Connections travel office will have the use of a free rental car during their TLA stay. Stop by throughout the month of March and enter the raffle for a DVD player. There is no cost to enter and you need not be present to win. The winning ticket will be drawn March 31. For more information call 422-0139.

### CDH CHILDCARE PROVIDER

Become a Child Development Homes (CDH) childcare provider for military families. Participants must be 18 years or older, read and write English, and live in Navy family housing. Potential providers must attend an initial training class for a license to operate a childcare business. Those interested should apply at the CDH office in building 4 at the corner of Nimitz Highway and Camp Catlin Road between 8 a.m. and 5:30 p.m. Monday-Friday. Or visit the MWR Website at [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for an application. For more information call 471-8444.

### 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. For more information call 473-0610.

### GET YOUR HEAD UNDER THE HOOD

Go to any Navy Region Auto Skills Center (Pearl Harbor, West Loch or NCTAMS) for expert guidance on engine tune-ups, oil changes, etc., from the highly-trained staff. Auto repair hobbyists can rent bays or lifts and borrow from an extensive line of tools and equipment. Computer diagnostics are available for most vehicles. For more information call 471-9072.

### GET AWAY AT THE BEACH

Rent a Barbers Point beach cottage for a relaxing mini-vacation. The cottages feature one, two or three bedrooms, are fully furnished and have all the amenities needed for a comfortable stay away from home. Cottage reservations are accepted at the ITT office at The Mall at Pearl Harbor. Advance reservation categories apply, so plan accordingly. For more information call Information, Tickets and Tours at 422-2757.



### Weekly events:

**Sunday:** Chess tournament, 6:30 p.m.  
**Monday:** WWE wrestling, 6:30 p.m.  
**Tuesday:** 8-Ball tournament - 7 p.m.  
**Wednesday:** Game show - 6:30 p.m.  
**Thursday:** 9-Ball Pool tournament - 7 p.m.



**Agent Cody Banks 2: Destination London:** The teen spy returns to for more CIA training before moving to London as a foreign-exchange student. But as his new mentor informs him, he's really there for another assignment.

**Dirty Dancing: Havana Nights:** See review

**Hidalgo:** A 3,000-mile survival race across the Arabian Desert is restricted to the finest Arabian horses ever bred, the purest and noblest lines, owned by the greatest royal families. In 1890, a wealthy sheik invited an American, Frank T. Hopkins and his horse, Hidalgo, to enter the race which pits him against Bedouin riders determined to prevent a foreigner from finishing.

**Secret Window:** Though he knows he should be at his computer writing another book at his dingy cabin, successful author Mort Rainey is sleeping on his favorite sofa for up to 16 hours a day. He is in the midst of a painful divorce and everything about the breakup has turned messy and unpleasant. Then, when it seems as if things can't possibly get worse, a psychotic stranger named John Shooter shows up at his doorstep, accuses Rainey of plagiarizing his story.

**Spartan:** Special ops officer, Robert Scott, and his protégé, Curtis, are assigned to find the missing daughter of a high-ranking government official. But then their mission seems to come to an abrupt halt when the girl's death is reported in the media. Curtis believes the girl is in fact alive. If she is, there's a dangerous conspiracy at the highest level covering up the fact that she's still alive.

**Starsky & Hutch:** Based on the popular 1970s cop show of the same name. Ken "Hutch" Hutchinson and Dave Starsky are a tough pair of plain-clothes cops who drive a Ford Torino and solve cases.

**Taking Lives:** FBI Agent Scott doesn't rely on traditional crime-solving techniques to unravel the mysteries of a murderer's mind. When Montreal detectives ask for help to get inside the head of a cunning serial killer, she joins the case. She suddenly finds herself on a twisted and terrifying journey, surrounded by suspects in a case that has become chillingly personal.

**Twisted:** Police detective, Jessica Shepard, tracks a serial killer who murders the men she dates. When Jessica begins blacking out before each murder takes place, her partner, Mike Delmarco, and the police commissioner target her as the prime suspect.

**Welcome to Mooseport:** A former U.S. president retires to a small New England coastal town to write his memoirs. But his neighbors plead with him to fill the vacant mayoral seat. A local plumber runs against him, setting off a surprisingly fierce and competitive campaign.

JOSN Ryan C. McGinley

### Dirty Dancing: Havana Nights

"Dirty Dancing: Havana Nights" is - well, it's not exactly clear how to categorize it. It is not a sequel of the 1987 original because it has no progression of story. It's not a remake, because it's pretty much the exact same movie with a different location and new characters.

The wealthy Miller family finds themselves in Havana, Cuba with their oldest daughter Katey (Romola Garai). She meets a young Cuban boy (Diego Luna) who teaches her Cuban music and risqué dance moves. They fall in love as they practice dancing for a contest they enter together. Even Patrick Swayze shows up in a couple scenes to make sure Katey is on the right track. Her parents have no idea she is fraternizing with this lower-class boy, and are inevitably shocked and distraught when her secret comes out. Don't worry though; they realize that she loves him, they are great dancers, and all is forgiven. That's pretty much it. Same predictable story, different place.

Director Guy Ferland incorporates a few scenes involving the time period where Fidel Castro and his revolutionaries try to overthrow Batista. This subplot could have proved interesting and central to the story. However, Ferland interjects scenes of Katey and her Cuban boyfriend dancing in the ocean and smiling with joy instead of adding emotion and conflict. Ferland touches on the impact the revolution has on their relationship toward the end of the film, but by then he has lost any credibility or development opportunities.

While there is a place in the heart of every woman for Baby and her suave dancing partner in the original film, there is no sympathy here. It makes you wonder who greenlights these films in Hollywood, and how does he or she still have a job?

**OVERALL RATING:**

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@honolulu-advertiser.com](mailto:hnn@honolulu-advertiser.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.

### MISCELLANEOUS

#### BLOOD DRIVES

- **April 26:** 9 a.m.-noon, U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.
  - **April 28:** 7:30-11:30 a.m., U.S. Navy, Naval Brig, Ford Island.
  - **May 4:** 9 a.m.-noon, U.S. Marine Corps, MARFORPAC, Polluck Theater, U.S. Marine Corps Base Hawaii - Kaneohe.
  - **May 5:** 9 a.m.-noon, U.S. Army, 45 CSG, B Quad, Schofield Barracks.
  - **May 8:** 10 a.m.-2 p.m., U.S. Navy, Catlin-Halsey-Radford-Miller Community Center.
  - **May 19:** 10 a.m.-1 p.m., U.S. Navy, First Class Association, building 2, room 106, Naval Station Pearl Harbor.
  - **May 25:** 9 a.m.-noon, U.S. Navy, JICPAC.
  - **May 27:** 9 a.m.-noon, U.S. Air Force, Hickam Community Center.
- For more information call 433-6148.

#### SEA SCOUT ADVENTURES

A First Nighter orientation meeting will be held at 7 p.m. May 5 at Rainbow Marina, building 604, Arizona Memorial Drive, Pearl Harbor for teens age 14-18 who are interested in learning to sail, operate a powerboat, navigation, scuba diving, fun and outdoor adventure. Parents are encouraged to attend with their sons and daughters. A short video will be shown and refreshments will be served. Sea Scout Ship 63, Battleship Missouri, is sponsored by the U.S.S. Missouri Memorial Association at Ford Island. The group meets at the marina and aboard the battleship Missouri. Sea Scouting is a national program that has been around for more than 90 years. Sea Scouts elect their own leaders and plan and run

their own program under the guidance of experienced adults, but activities aren't just nautical; social events are part of the schedule. For more information call Win Davis at 261-3967 and visit the group website at [www.geocities.com/shipbb63](http://www.geocities.com/shipbb63).

#### MCBH JOB FAIR

The annual Marine Corps Base Hawai'i (MCBH) Job Fair will be held from 9 a.m.-noon May 7 at the Enlisted Club, MCBH Kaneohe. The job fair is open to active duty personnel, retirees and reserves, and their spouses and family members. DoD identification cardholders and USCG Department of Transportation personnel with base access are also welcome. The job fair offers an opportunity for those seeking local or federal employment to network with employers and other jobseekers. Attendees should bring their resumes and should dress accordingly in professional attire. Due to the nature of the event, children will not be admitted. For more information, call the Family Member Employment Assistance Program manager at 257-7790. The event is sponsored by the Family Member Employment Assistance Program, MCBH, and the Joint Employment Management System (JEMS), Pearl Harbor. Visit [www.jemshawaii.com](http://www.jemshawaii.com) for information about the job fair or the JEMS Job Bank.

#### HOSTS NEEDED

The International Hospitality Center is seeking volunteers to provide a day of hospitality for the officers and men of the Chilean training ship, "Esmeralda," on May 15. Host families are also needed for newly-commissioned Japanese ensigns from 6:30 May 5 until the evening of May 6. The International Hospitality Center is a private, volunteer community organization, providing services for international exchange students, government and foundation grantees, and foreign military. About 1,200 volunteers statewide assisted 4,887 participants from 48 countries during the past year. Hosts are asked to provide a warm welcome to the officers and men by taking them sightseeing, on beach picnics, recreational activities,

backyard barbecues, etc. For more information and registration to host call Barbara Bancel, executive director of the International Hospitality Center at 521-3554, fax at 532-2422 or send email to [ihc@priority.net](mailto:ihc@priority.net).

#### SEAL TEAM BLOOD DRIVE

Seal Delivery Team (SDV) Team-1 Ohana Support Network in cooperation with Tripler AMC Blood Donor Center will hold a blood drive from 9 a.m.-noon May 8 at the Catlin-Halsey-Radford-Miller Community Center. To sign up for an appointment, call Dana Felderman at 486-2789 or e-mail [danafelderman@yahoo.com](mailto:danafelderman@yahoo.com). Walk-ins are also welcome. Blood donated through the Armed Services Blood Program is used to care for sick and injured military personnel and their family members.

### SHIP/SUBMARINE OHANA

**USS LAKE ERIE OHANA**  
The USS Lake Erie Ohana Group will meet at 5:30 p.m. May 13 at Catlin-Halsey-Radford-Miller Community Center. The group will discuss plans for activities during upcoming deployments. Childcare will be provided. For more information email [gregoryr002@hawaii.rr.com](mailto:gregoryr002@hawaii.rr.com) or call 422-1330.

### NEX

**BOOK SIGNINGS**  
• Colonel Jack Jacobs, U.S. Army, was honored for his gallant actions and extraordinary heroism during the Vietnam War and was profiled in the book "Medal of Honor: Portraits of Valor Beyond the Call of Duty," by Peter Collier and Nick Del Calzo. Col. Jacobs will be at the NEX book department from noon-1 p.m. April 19 to sign copies of the book.  
• Diana Hansen-Young will be at the Navy Exchange from noon-1 p.m. May 1 to sign copies of her art and poetry books, "Painted Paradise" and "Sweet Paradise." One of Hawai'i's leading artists, Diana's words and images capture gentle portraits of Hawaiiana on canvas and on paper.

**COOL WATER MAN**  
Are you athletic, adventur-

ous and strong? The Navy Exchange and Davidoff Cool Water are hosting the Cool Water Man talent search. Those who wish to enter should stop by the NEX from 11 a.m.-2 p.m. April 24 to have their picture taken. Participants will be entered to win a trip to the Sport's Illustrated swimsuit party and the big game in Jacksonville, Fla. Some participants will be featured in the 2005 Cool Water Man calendar.

#### SKIN CARE

What's your color? Discover new spring makeup trends at the Navy Exchange cosmetics counter April 29-May 2. For more information or to make an appointment call 423-3313.

#### MAY IS MILITARY APPRECIATION MONTH

The Navy Exchange will offer special thank-yous to members of the military community throughout the month of May. Receive a free gift with any Sunny Hawai'i purchase of \$40 or more, while supplies last. Pamper yourself with tropical island scents. Receive 15 percent off all Forever Florals fragrances and enter to win a gift basket from the Forever Florals fragrance collection.

#### COMPUTER HELP FROM SUPERGEEKS

Get the technical assistance you need for your Mac or PC at Navy Exchange. Supergeeks offers expert computer service and can help with computer repairs, parts and upgrades. Supergeeks is located in the electronics department, open 10 a.m. to 8 p.m., Sunday through Saturday. For more information call 421-3537.

### AMERICAN RED CROSS

#### RED CROSS TRAINING

The American Red Cross at Hickam AFB is currently accepting applications for a free dental assistant training program. Applicants should be military dependents, over 18 years of age and have a high school diploma. For more information contact the Red Cross office at 808-449-0166 e-mail at [arc@hickam.af.mil](mailto:arc@hickam.af.mil).

## Officials warn against education diploma mills

**Kara Motosicky**  
Army News Service

Expect to get promotion points for a college degree that requires no class work or tests? Think again, warn Department of Defense education specialists.

A diploma mill is a college or university that operates primarily to make money, often offering college credit for life experiences rather than any formal education.

Diploma mills prey on naive people who are often too busy with families and careers to attend classes. The school isn't properly accredited and issues degrees without ensuring an education occurs. Diploma mills used to be the province of mail-order schools, but with the Internet, many more such schools are popping up.

The best defense against diploma mills for Soldiers and Sailors are military education centers according to one Department of Defense official.

"Before they make any contact, sign anything, they should visit their education center," said the official. "That way, the counselor can help them find out if the school's accredited."

Nancy B. Adams, an education services specialist at the Fort Belvoir, Va., Army Education Center, agrees that the education center should be a Soldier's first stop.

"Our job is to help the Soldier define his educational goals," Adams said. "If they have a school they're researching, they should bring it in to the office. We'll let them know if it's accredited."

The military services will not recognize a degree from a non-accredited school, said Adams. For schools to be recognized as accredited by the U.S. Department of Education, they have to meet certain standards, including quality of education, library size and student/faculty ratio said Adams.

Schools can be accredited on a regional or national level, but not all accrediting agencies are recognized by the DoEd, she said.

One particular school, Trinity College & University, is actively pursuing the Soldiers in Iraq. The school, which is based out of Metairie, La., is not accredited by a recognized accrediting agency. The school, though similar in name, is also not affiliated with Trinity International University in Deerfield, Ill.

Do not discount all distance-learning schools, though.

"There are some very reputable online schools out there," said Adams. "They're held to the same standards as a brick-and-mortar school, except they may have an online library."

Also, there are some accredited institutions that do give credit for work experience, usually awarding a degree in conjunction with credit hours earned through attending normal college courses.

Soldiers and Sailors who pursue degrees from non-accredited schools will quickly learn some hard lessons.

"With a degree from a diploma mill, you're not going to get financial aid," said the DoD official.

Some tips in recognizing diploma mills:

- The school does not require studying, tests or essays.
- The school boasts of accreditation, i.e., "fully, nationally or world-wide accredited," but has no legitimate accreditation.
- The school relies on "portfolio assessments" or "life experience."
- The school advertises through e-mail messages sent to millions.

For more information on school accreditation, visit the DoEd at [www.ed.gov](http://www.ed.gov) or call the Pearl Harbor Navy College office at 473-5754.

## Special treatment for a familiar friend

**PA3 Brooksann Anderson**  
Coast Guard Public Affairs

First graders from Iolani School, only 5 and 6 years old, enjoyed the privilege of being the first tour group at the Diamond Head Lighthouse in years when they toured the structure.

"This tour provides the students with a valuable and memorable firsthand experience they will always remember," said Lynne Inouye, a first grade teacher at Iolani School.

The visit to the lighthouse completes a unit in their curriculum that teaches students about the purpose and history of lighthouses.

"Lighthouses were chosen because of a story about the Portland Head Light in our reader. The teachers noticed a high level of interest from all the students about lighthouses and related material," said Inouye. "The availability of supplemental books on lighthouses made it possible to integrate the theme into the curriculum."

The Diamond Head Lighthouse, located near Diamond Head Crater on the east side of the island of Oahu, Hawai'i, is an enduring symbol to islanders and visitors alike.

Since 1939 when the Coast Guard took control of the lighthouses in the U.S. and its territories, this lighthouse, along with the accompanying grounds, has been called home by every commander of the 14th Coast Guard District.

For the past several years, the lighthouse has been closed to the public to protect the privacy of its residents. As a part of the community relations outreach program, the idea of using the lighthouse for educational tours was brought before the current district commander, Rear Adm. Charles D. Wurster.

"An important goal of our public affairs program is to serve the public interest by being an integral, contributing part of the community," said Lt. Jacqueline Brunette,



U.S. Coast Guard Photo

The Diamondhead Lighthouse.

public affairs officer for the 14th Coast Guard District.

"Allowing scheduled, guided tours of the lighthouse for schools and organizations gives the community a chance to learn about the Coast Guard while visiting a living piece of Hawaiian history," Brunette explained.

Wurster agreed and opened the lighthouse to the public. "Hopefully, allowing tours will spark an appreciation in each person for the maritime heritage of Hawai'i and the United States, marine environmental issues, boating safety as well as an increased awareness of the role of the Coast Guard in their state and throughout the nation," said Wurster.

Before the lighthouse could be opened, it needed some interior beautification efforts. The public affairs staff, in close collaboration with Wurster, decided to remodel the inside to give it a historical feel.

"Diamond Head Lighthouse is an important historical landmark that is recognized and respected all over the world," said Brunette. "By creating the museum, we hope to educate visitors about the importance of the Coast Guard's aids to navigation mission and give tribute to all the

lighthouses throughout the Hawaiian Islands." Historical and current pictures of lighthouses located throughout the Hawaiian Islands were found, framed and hung on every level of the five-story lighthouse. Brief histories of each one have been mounted beside their respective pictures.

Miniature, working model Fresnel Lenses were purchased and set up on the ground floor. Histories of the lenses and their creator, Augustin Fresnel, have also been posted before entering the glass dome at the top or cupola, which encases the lens.

A television/video cassette recorder combination has been set up to play the PBS special, "Lighthouses of Hawai'i."

A rubber stamp with a picture of a lighthouse and different colors of ink were purchased specifically for children. A handout was also created with facts about the lighthouse on one side and a black and white drawing of it on the other side.

Along with the lighthouse itself, the first graders were also treated to a wide range of activities designed not only to entertain, but also to educate.

"It was an added benefit that we could relate the information being taught to the actual lighthouses in Hawai'i," Inouye said. "The qualities of a lighthouse as a guiding beacon and their keepers as responsible, brave and dedicated people were used to develop and foster positive character traits and a sense of community service, demonstrated by the Coast Guard, within our students."

Members of the Coast Guard Auxiliary had many interactive demonstrations set up for the children to enjoy. There were life jackets of all sizes to for the children to try on and learn the importance of a proper fit as well as miniature boating aids so the children could learn about basic navigation rules. "In all, the children, the teachers and the auxiliaries enjoyed a great time together," said Robert Keller, a Coast Guard auxiliary commander from Flotilla 18.



