

## The aquatic life

### New MWR program takes diving to a new level

Story and photos by  
JO3 Ryan C. McGinley

Hawaii offers Sailors and family members a veritable cornucopia of water activities in which they can participate. The newly renovated Ocean Concepts at Rainbow Bay Marina helps Sailors connect with the ocean.

"Ocean Concepts provides water sports activities, which in turn provides action, adventure, fun and great value for the whole family," said Jim Byrem, vice president of Ocean Concepts. "We provide programs, products and services that enable people to involve themselves in wholesome off-duty activities."

The program has been a part of Morale, Welfare and Recreation for many years, but was renovated and upgraded, opening Dec. 20, 2004.

Ocean Concepts opens at 8 a.m. daily, seven days-a-week, offering rental equipment for scuba diving and snorkeling, courses to certify Sailors and family members as scuba divers, scuba diving boat tours and watersports activities equipment to buy.

"We teach people how to dive, we take them diving and we provide programs and products for them to buy," said Byrem. "It's the best deal in town, bar none. This is the most complete, high quality program that's avail-

able out there. World class service is our guarantee."

Ocean Concepts offers programs and classes ranging from enabling people to try scuba diving to the open water diver course to instructor and advanced instructor courses and beyond.

The weeklong open water diver course includes a two tank/two location boat dive for the final two open water dives, course tuition, all books (open water diver manual, recreational dive planner and training agency registration fees), a barbecue on Saturday and lunch aboard the boat on Sunday.

It costs \$180 and those ages 10 and up are eligible. Ocean Concepts starts a new open water diver class every Monday night and also offers a variety of schedules to meet many needs.

"Ocean Concepts gives a world-wide certification so you can take it everywhere you go," said Electronics Technician 2nd Class Derek Cuper, assigned to USS Buffalo (SSN 715). "The best part of the [open water diver course] is when you get to go in the water. You get to explore things you have never seen before."

Ocean Concepts runs a two-tank/two location boat dive every day for a discounted price. The new facility also rents and sells scuba and snorkel equipment to Sailors.

"We have the widest selection of top quality gear of any

dive center west of the Mississippi," said Byrem. "If you walk in dive centers out in town, you won't find anything that looks like this, not even close."

Ocean Concepts also tries to accommodate everyone's needs by providing transportation to and from Pearl Harbor and offers programs at Naval Computer and Telecommunications Area Master Station, Pacific (NCTAMS).

"We're prepared to take the programs where the people are," said Byrem. "We try to make this as comfortable and convenient as we can."

The program also offers a free open water diver course to the Sailor and Blue Jacket of the Quarter for each ship, squadron or the equivalent to recognize and reward superior performance.

"This is something I have always wanted to do since I was a kid," said Machinist's Mate 3rd Class Joseph Hudgens, assigned to USS Buffalo (SSN 715). "I always liked the water and I wanted to explore what's underneath it."

Byrem said Ocean Concepts is a great opportunity to take advantage of being in Hawaii and living on an island, and hopes Sailors and their family members will utilize the

new facility often.

"The people that are served by this facility get service that can't be equaled any place else in the world, whether it's a military store or a civilian store. We're open 365 days yearly and offer 24/7 service," said Byrem.

"We feel we're part of the fabric of Navy Region Hawaii community and our job is as mission essential as everyone else."



Mark Khemmani, fulltime instructor for Ocean Concepts, teaches a student how to negotiate through the water without a mask during an open water diver course at Richardson Pool.

### Ocean Concepts Hours of operation

Monday-Friday 8 a.m. - 7 p.m.

Saturday-Sunday 8 a.m. - 5 p.m.

- Ocean Concepts is located at Rainbow Bay Marina near Richardson Pool



Coast Guard Aviation Maintenance Technician 2nd Class William Nowadnick demonstrates how to enter the water at an open water diver course at Richardson Pool. Ocean Concepts offers a new open water diver course starting every Monday. They also offer a variety of other courses ranging from beginner to advanced diver.



MM3 Joseph Hudgens, assigned to USS Buffalo (SSN 715), checks his air tank before entering the water at an open water diver course at Richardson Pool.



MM3 Joseph Hudgens, assigned to USS Buffalo (SSN 715), washes out his mask at Richardson Pool.



Coast Guard Aviation Maintenance Technician 2nd Class William Nowadnick gives hand signals to his partner as he submerges during an open water diver course at Richardson Pool. The weeklong open water diver course includes a two tank/two location boat dive for the final two open water dives, course tuition, all books, a barbecue on Saturday and lunch aboard the boat on Sunday. The cost is \$180 and starts children as young as 10 years old.

## Improving customer service is priority at Navy housing office

**Karen S. Spangler**  
Assistant Editor

Do you have a question about a housing policy or need information? Do you have a concern that you would like to address? Would you like to express your appreciation to someone who deserves thanks?

Family housing residents can accomplish all of these objectives by contacting the Navy Aloha Center and can be assured that their questions and concerns will be addressed - and in a timely manner. Discussing their housing matters with staff at NAC will also alert housing personnel to areas that are of particular concern.

"Our number one goal is to improve customer service to our Navy families," said Master Chief Anthony Hintz, the housing military liaison at the Navy Aloha Center (NAC).

"We at Navy family housing encourage good communications between our residents and hope that they can develop lifetime relationships that continue well after completion of naval service," said Hintz. "Some of my best friends in the Navy have also been my neighbors. How many people get to live next to - and work with - their best friends?" he added.

Housing residents also have an opportunity to provide inputs to the Navy Region Ohana Survey as well as the residents' satisfaction survey which is prepared by Naval Facilities Engineering Command.



U.S. Navy photo by PH1 (AW) William R. Goodwin

Navy housing offers Sailors and family members an opportunity to express their questions and concerns through NAC.

Feedback from the surveys provide Navy housing management with information on specific areas that housing customers would like to see improved. The surveys are valuable tools in making improvements and addressing resident concerns.

Customers are asked to address basic questions to their housing area inspectors as these are the front line personnel who are most familiar with their respective areas and concerns.

Capt. Norman T. Ho, assistant chief of staff for housing for Navy Region Hawai'i, emphasized that housing is dedicated to improving customer service and the quality of life for

military members and their families. "We strive to provide exceptional customer service," he said. "We are always looking for ways to do an even better job in the customer service we provide to our housing customers," he said.

Comments, questions and concerns from housing customers are not only welcome, but strongly encouraged. When visiting the Navy Aloha Center, customers may also opt to complete a Navy family housing customer survey card to provide feedback to the housing staff.

To reach Master Chief Hintz, call 474-1804 or email him at [anthony.hintz@navy.mil](mailto:anthony.hintz@navy.mil).

To reach the Navy Aloha Center and/or your area inspector or other housing personnel, call 474-1800.

## Pearl Harbor National Wildlife Refuge preserves wetlands

**Lacy Lynn**  
Staff Writer

Feb. 2 marked the eighth annual World Wetlands Day (WWD), commemorating the signing of the "Convention on Wetlands" in Ramsar, Iran in 1971. On this day, government agencies and private organizations celebrate by raising public awareness of wetland values and benefits and promoting conservation.

Pearl Harbor National Wildlife Refuge (NWR) carries out a similar mission of education and preservation every day of the year.

According to the U.S. Fish and Wildlife Service, the refuge was created in 1976 with the cooperation of the U.S. Navy, the Federal Aviation Administration, the State of Hawai'i and the U.S. Fish and Wildlife Service.

Pearl Harbor NWR replaces near-shore mudflat areas, habitats that were depleted when the Honolulu International Airport reef runway was constructed in 1972.

The refuge is composed of two man-enhanced habitats, the 25-acre Waiawa unit bordering Middle Loch of Pearl Harbor and the 37-acre Honouliuli unit, which borders West Loch.

Waiawa is composed of two ponds. Fresh water is pumped into the refuge from a nearby stream which empties into Pearl Harbor.

Honouliuli provides a seasonal habitat for migratory shorebirds and a year round home for four endangered wading birds native to Hawai'i: the Hawaiian stilt, Hawaiian coot, Hawaiian moorhen and the Hawaiian duck.

Public use is restricted at both sites and prohibited during the Hawaiian stilt nesting season from February to August.

The Hawai'i Nature Center's (HNC) Third Grade Wetlands Education Program uses Honouliuli during the fall



U.S. Navy photo

Hawaiian Stilts are protective of their young. However, instead of feeding them adults lead young to the food. Chicks learn to feed by watching their parents.

semester to help thousands of students learn about the recovery of Hawai'i's waterbirds and the value of wetlands. According to Nancy Hoffman, manager of Oahu Wildlife Refuges, nesting season makes the Honouliuli unavailable in spring so HNC uses Pouhala Marsh as an additional site to teach children about the wetlands and the endangered birds that live there.

Pouhala Marsh is located in the western loch of Pearl Harbor. Comprised of a remnant fishpond and coastal marsh, Pouhala is considered part of the Waialeale watershed.

Sailors can join the Pouhala Marsh Ecosystem Restoration Project to help restore the

marsh to its historic seasonal and semi-permanent marsh functions.

"Because we're a small, local, non-profit [organization], volunteers help us to achieve our mission," said Pauline Kawamata, volunteer coordinator for Hawai'i Nature Center. "We really appreciate our volunteers. They work very hard."

She noted that she has worked with individual Sailors who have volunteered their time. "One volunteer really makes all the difference in establishing a habitat for an endangered species," emphasized Kawamata.

The next Pouhala Marsh volunteer days will take place from 8:30-11:30 a.m. Feb. 12 and March 19. The current service project at the marsh is pickleweed and mangrove removal.

For more information about Pouhala Marsh or to volunteer, call Pauline Kawamata 955-0100, ext. 18.

Sailors can also join volunteer groups for clean-up days at the Pearl Harbor refuge to help remove vegetation, clear ditches and repair fences. Groups of five or more Sailors can contact their volunteer coordinator, Terri Kojima, at 473-2926.

## Naval Safety Center, NHTSA urge Sailors to 'Complete the Pass'

**Dan Steber**

Naval Safety Center Public Affairs

The Naval Safety Center joined the National Highway Traffic Safety Administration's (NHTSA) "Complete the Pass" campaign Jan. 21 in an effort to reduce traffic-related mishaps on Super Bowl Sunday.

According to NHTSA statistics, Super Bowl Sunday historically has a high number of traffic-related mishaps. The "Complete the Pass" campaign is designed to remind Sailors, Marines and civilians to give their keys to a sober, designated driver

before the game begins.

"It's easier and better to hand over your keys than to face the problem and sorrow of a drunk-driving incident," said Commander, Naval Safety Center, Rear Adm. Dick Brooks. "We want our people to enjoy the game and to arrive safely at work on Monday morning."

"This effort will allow the community and Navy to use another 'tool' to reduce private motor vehicle (PMV) and off-duty mishaps," added Capt. Bill Glenn, Director of Shore Safety Programs at the Naval Safety Center.

Working diligently to meet Secretary of Defense Donald Rumsfeld's 50-percent mishap-reduction challenge,

Brooks welcomed the effort as "another partnership and campaign to reduce traffic-safety mishaps and to save lives."

"Make a difference this year," Brooks said. "Join this campaign and help the Naval Safety Center and NHTSA to prevent the needless loss of life."

For more information, visit the NHTSA Web site at [www.nhtsa.dot.gov/people/injury/alcohol/StopImpaired/Superbowl\\_MiniPlanner/pages/Index.htm](http://www.nhtsa.dot.gov/people/injury/alcohol/StopImpaired/Superbowl_MiniPlanner/pages/Index.htm).

The Naval Safety Center Web site also has information available on this program and other traffic-safety mishap-reduction tools at [www.safetycenter.navy.mil](http://www.safetycenter.navy.mil).



U.S. Navy photo

Hawaiian Stilt birds are the noisiest birds on the refuge, but are most notable for their long pink legs that enable them to feed.

# Tripler faces increased demand, smaller donor pool

## Tripler Army Medical Center Public Affairs Office

While the demand for blood has increased, Tripler Army Medical Center's blood donor center has a smaller donor pool to work with, according to Capt. Michael Bukovitz, the blood donor center director. The center is now conducting an awareness campaign to increase its donor pool on Oahu.

"We highly encourage service members, retirees, military family members and Department of Defense civilian employees to donate and to donate more often," Bukovitz said.

Demand has increased because medical advances have increased the kinds and frequency of lifesaving proce-



Photo by Richard Yamamoto  
EM1 (SS) Michael Flores receives a certificate of appreciation for volunteering at the blood center.

dures which require more blood supplies. Ongoing military operations in Iraq and Afghanistan are also straining the Armed Services Blood Program, of which Tripler is one of 24 centers worldwide. Service members wounded and injured in Operation Iraqi Freedom and Operation Enduring

Freedom (Afghanistan) now receive about 355 units of blood a week from the Armed Services Blood Program.

What is not well known is that since the Vietnam War, the U.S. Armed Services have relied solely on the Armed Services Blood Program for their blood needs. Hawaii's location in the middle of the Pacific also creates a unique challenge. Because blood is perishable, the Tripler program cannot make up shortages by relying on other military blood donation centers on the mainland that are too many miles and hours away. Tripler also doesn't rely on the well-known Blood Bank of Hawaii's program.

For more information on how to donate, call the Tripler blood donor center at 433-6195.

### Some cold facts about warm blood

- To donate blood, contact the Tripler Army Medical Center blood donor center:  
Call: 433-6195  
Location: Tripler Army Medical Center, second floor, A wing, room 2A207. Call for information about locations and times at other military installations on Oahu.  
Hours of operation: 8 a.m.-2 p.m.  
Web site: Go to: [www.tamc.amedd.army.mil](http://www.tamc.amedd.army.mil) and click on "blood donor center."
- The military blood donor pool has shrunk. Over 43 percent of career military personnel cannot now donate.  
Military donors stationed in Europe in the 1980s and early 1990s are ineligible because of the possibility of transmitting a variant Creutzfeldt-Jacob disease (mad cow disease).  
Current deployments to Iraq and Afghanistan have narrowed the donor pool while increasing demand.  
To make up for ineligible donors, other donations must increase by 33 percent.
- Tripler's blood donor center is a joint service program. Its major contributors represent all the services: the Army (39 percent), Navy (27 percent), Air Force (22 percent), Marine Corps (8 percent) and Coast Guard (4 percent).
- Who needs donated blood?  
Trauma victims may use 40+ units of blood.  
Leukemia patients may use up to eight units of platelets during treatment.  
Premature infants can be sustained for up to two weeks by a single pint of blood.

## Hawai'i Military Appreciation Month nominees sought

### U.S. Pacific Command Public Affairs

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 hosting a special luncheon, set for May 19.

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. service members 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.

First Hawaiian Bank and Alexander & Baldwin, co-sponsors of the luncheon, are soliciting nominations for recognition from non-profit organizations and also from the various military installations. The sponsors will select a service member to represent their respective service to receive recognition.

If you wish to be nominated or know someone who fits the criteria, contact your command's senior enlisted advisor or check with your base public affairs office.

Nomination forms are



U.S. Navy photo by JO3 Ryan C. McGinley  
MA3 Angela Jeffery, helps a child plant a tree for Earth Day.

available at your base public affairs office and must be endorsed by your command. Completed nomination forms are due to U.S. Pacific Command, office of community relations (J01PA), no later than March 1.

For more information, contact Dennis Fujii, U.S. Pacific Command, community relations, at (808) 477-6282.

## DoD expands health assessment program following deployments

### Special release from the U.S. Department of Defense

Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, announced Jan. 24 the implementation of a new clinical program to assess the health of service members three to six months after redeployment, focusing on support to those needing assistance with post traumatic stress disorder, psychological and social readjustment issues.

The program expands the range of care offered to service members through the pre- and post-deployment health assessments, begun a few years ago and expanded in 2003. These assessments are screening procedures to gather health information from deploying and returning service members that aid communication with a healthcare provider and assist in evaluating a service member's health.

"This new initiative is designed to assist service

members who have returned from areas of combat operations to ensure their health and well being," Winkenwerder said. "The thrust is to bring them in and ask, 'How are you doing?' 'How is your family doing?' 'Are you having stress or adjustment issues?' 'How can we help you?'"

Winkenwerder noted the need for such attention and support in the time period of weeks to months after return. The assessment will consider the overall health of the returning service member, with emphasis on mental health and readjustment. Current data show only a small percentage of individuals report problems immediately following deployment.

"In some cases, service members may have concerns, but understandably, want to go home," he said. "Some two to three months later many experience health issues and adjustment problems, but may be reluctant or not know how to seek help."

"We have the capacity and

the desire to manage these issues proactively," he said, "and it is the right thing for us to do. With this new disciplined and caring process, we intend to remove stigma and reach those needing support. Importantly, we also will be implementing this program for members of the Reserves and Guard, and expect that through our partnership with the VA and our own Tricare program, we will be able to provide the services."

Winkenwerder directed implementation of the program by early spring 2005. A working group is preparing policy and protocols for a smooth implementation.

The working group includes representatives from the offices of the military services' surgeons general, family services teams, the National Guard Bureau, Reserve Affairs, the Armed Forces Epidemiological Board and other military medical organizations.

For more news from the Department of Defense, go to [www.defenselink.mil](http://www.defenselink.mil).

# MWR

## Movie Call

Sharkey Theater  
Naval Station Pearl Harbor  
(473-0726)

**FRIDAY**  
7:00 p.m. The Life Aquatic w/ Steve Zissou (R)  
**SATURDAY**  
2:30 p.m. Lemony Snicket's.. Unfortunate Events (PG)  
4:45 p.m. Fat Albert (PG)  
6:45 p.m. Spanglish (PG 13)  
**SUNDAY**  
2:30 p.m. Fat Albert (PG)  
4:30 p.m. Ocean's Twelve (PG 13)  
7:00 p.m. Meet The Fockers (PG 13)  
**THURSDAY**  
7:00 p.m. Spanglish (PG 13)  
\$3 adults; \$1.50 children (6-11)

Memorial Theater  
Hickam Air Force Base  
(449-2239)

**FRIDAY, SATURDAY AND SUNDAY**  
7:00 p.m. Meet The Fockers (PG 13)  
**WEDNESDAY AND THURSDAY**  
7:00 p.m. The Life Aquatic w/ Steve Zissou (R)  
\$3 adults; \$1.50 children (6-11)

Sgt. Smith Theater  
Schofield Barracks  
(624-2585)

**FRIDAY**  
7:00 p.m. Lemony Snicket's.. Unfortunate Events (PG)  
**SATURDAY**  
7:00 p.m. Spanglish (PG 13)  
**SUNDAY**  
7:00 p.m. Lemony Snicket's.. Unfortunate Events (PG)  
\$3 adults; \$1.50 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.*

## OUTDOOR ADVENTURE EVENTS

- **Feb. 12:** Waianae Kaala trail hike, \$5. Register by **Feb. 9.**
- **Feb. 13:** Moku'lua Island kayaking, \$15. Register by **Feb. 9.**
- **Feb. 16:** Surf photography workshop, \$5. Register by **Feb. 14.**
- **Feb. 19:** Kealia Ridge hike, \$5. Register by **Feb. 16.**
- **Feb. 19:** Mountain biking with Kevin, \$15. Register by **Feb. 16.**

## TGIF AT OCEANS CPO CLUB

Oceans CPO Club will host TGIF from 4-8 p.m. **today.** All authorized patrons (E7 - E9) and their guests are invited for free pupus and music. For more information, call 473-1743.

## YOUTH FITNESS ORIENTATION

A Youth Fitness Orientation will be offered **Feb. 5** at Bloch Arena and **Feb. 12** at Power Point. The program is designed for youth between the ages of 10-15 years old; youth must be accompanied by an adult. The orientation includes a facility tour, safety guidelines, an equipment usage demo and a review of the rules and regulations. Registration is required by the Thursday prior to each class. For more information or to reserve a space, call 473-0793 (Bloch) or 682-

5243 (Power Point).

## 3-ON-3 BASKETBALL TOURNAMENT

MWR will host a 3-on-3 basketball tournament **Feb. 5-6.** The tournament is open to all MWR patrons age 18 and older and DoD employees of Navy Region Hawai'i. The cost is \$50 per team. Teams should register at the athletics office. For more information, call 473-2437.

## SUPER BOWL PARTIES WITH MWR

Super Bowl parties with MWR are planned **Feb. 6** at various venues at Pearl Harbor. Enjoy food and drink specials, prizes and drawings at the following locations:  
Pool & Pizza -11 a.m.  
Oceans CPO - time to be announced.  
Liberty in Paradise - 11 a.m. (Single Sailors only, please).  
Sam Snead's Tavern - 11 a.m.  
Beeman Center - noon  
For more information, call 473-1743.

## INTRAMURAL SPORTS

Soccer and softball seasons begin soon. Coaches' meetings will be held in February for each sport. The soccer meeting is **Feb. 9** and the softball meeting is **Feb. 16.** Both meetings will be held at 1 p.m. at the Bloch Arena main basketball court. For more information, call 473-2437.

## TENNIS DOUBLES ROUND ROBIN

A tennis doubles round robin will be held at 5:30 p.m. **Feb. 11** at Wentworth tennis courts. Register for the free event by calling or visiting the Wentworth Pro

Shop no later than **Feb. 9.** For information, call 473-0610.

## FREE RACQUETBALL CLINIC

A free racquetball clinic will be held at 5:30 p.m. **Feb. 11** at Bloch Arena racquetball courts. Register by calling or visiting the Wentworth Pro Shop no later than **Feb. 9.** For more information, call 473-0610.

## CHEERLEADING CLINIC WITH PRO BOWL CHEERLEADERS

Pro Bowl Cheerleaders will host a youth cheerleading clinic from 4-6 p.m. **Feb. 10** at Quick Field. Pre-registration is not required, just bring your kids and your cameras. Loose and comfortable clothing is recommended. This event is open to all military-affiliated youth. For information, call 474-3501.

## KARAOKE AT MARINERS LOUNGE

Karaoke theme nights are held from 9 p.m.-1 a.m. every Thursday at The Mariners Lounge at The Banyans. Singers can compete in contests, win prizes and enjoy free snacks.

The theme for **Feb. 10** is the karaoke L-O-V-E contest. Sing a song with LOVE in the title and you may win a prize. For more information, call 473-1743.

## PRO BOWL PLAYER APPEARANCE

A Pro Bowl player appearance has been tentatively scheduled for 5 p.m. **Feb. 11** at Sam Snead's Tavern. Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for updated information and the name of the player who will appear.

## INTRAMURAL RACQUETBALL TOURNAMENT

An intramural racquetball tournament begins **Feb. 15** at Bloch Arena courts. Games will be played daily from 11 a.m.-1 p.m. The event is open to active duty patrons at Navy Region Hawai'i. Registration is free. For information, call the Wentworth Pro Shop at 473-0610.

## RED PIN WEDNESDAYS

Bowling patrons will be treated to red pin games from 5-10 p.m. every Wednesday at NCTAMS Rainbow Lanes Bowling Center. Bowlers who roll a strike when the head pin is red will win a free game coupon. For more information, call 653-5576.



- **Feb. 4:** Starlet Dinner Cruise, \$31.50, 5 p.m.
- **Feb. 5:** Hawaiian Parasail, \$31+, 10 a.m.
- **Feb. 6:** Liberty annual Super Bowl party (steak, potatoes, corn and soft drink), \$5, LIP.
- **Feb. 9:** Scavenger hunt, free, 4:30 p.m., Beeman Center.
- **Feb. 11:** Raffle Drawing at LIP, free, 5:30 p.m.

## 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.



**Fat Albert:** Fat Albert and the rest of the Cosby Kids are living in their animated world when one day, a young teen cries on her remote control because she doesn't have any friends. Fat Albert then magically comes out of her TV and enters the real world to help the teen make friends.

**Lemony Snicket's A Series of Unfortunate Events:** Three children receive news that their parents have died in a fire and left them an enormous fortune. They are taken in by a series of odd relatives including Count Olaf who is plotting to kill them and snatch their inheritance.

**The Life Aquatic with Steve Zissou:** Internationally famous oceanographer Steve Zissou and his crew --Team Zissou -- set sail on an expedition to hunt down the mysterious, elusive, possibly non-existent Jaguar Shark that killed Zissou's partner during the documentary filming of their latest adventure. They face overwhelming complications including pirates, kidnapping, and bankruptcy.

**Meet the Fockers:** See Review

**Ocean's Twelve:** Danny Ocean and his crew, having successfully stolen \$150 million from Las Vegas casinos in the first film, jet to Europe with three new heists planned, including swiping Rembrandt's Nightwatch from a gallery in Amsterdam. Meanwhile, casino owner Terry Benedict, whom Ocean and crew ripped off in Las Vegas, is hot on their tail, looking for revenge.

**Spanglish:** When a native Mexican woman becomes the housekeeper for a Los Angeles family, cultures collide. Of all the horrifying pitfalls she worried about in this new culture, she had never fathomed the peril of being truly embraced by an upscale American family.

## JO3 Ryan C. McGinley Meet the Fockers

"Meet the Fockers" has a vestibule of talent in Robert De Niro, Dustin Hoffman and Barbra Streisand whose combined comedy films (and other genres alike) rank up there with the best. To put all three on the same screen is an achievement in itself. To put them on screen in "Meet the Fockers" makes one shake his head in disbelief.

"Meet the Fockers" is exactly the same movie as "Meet the Parents." If you liked the first, then the second will not disappoint. For those looking for something more, well, you're out of luck.

The movie picks up with Greg and Pam taking Pam's parents to meet Greg's parents. Ironically, both sets of parents are opposite in life, which creates foreseeable comedy. The Fockers are free spirit, easy-going people who clash considerably with Greg's parents, who are high-strung and meticulous. Everything expected to happen, does. "Meet the Fockers" provides some comedy, but nothing that reaches the discovery of the first film.

To say each of those aforementioned actors did a bad job is taking it too far, but when a little baby gets most of the laughs, it's hard to see the logic in it all.

The movie entertains; there is no doubt about that. However, great comedy sequels never seem to live up to the original. "Austin Powers" was a great first film, but the second used the same jokes over and over again expecting its audience to laugh. Once you hear a joke over and over and over again, it becomes dull and monotonous. "Meet the Fockers" does the same thing. There is an element of expectation with a sequel, especially comedy sequels. Introducing the Fockers was a good idea, but it falls mostly flat because of recycled jokes and forced comedy.

**OVERALL RATING:** ⚓⚓⚓⚓⚓

# Community Calendar

To have your activity or event featured in the Community Calendar, e-mail your requests to [hnn@honoroluluaadvertiser.com](mailto:hnn@honoroluluaadvertiser.com) or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

## Blood Drive:

Friends are asking the Navy community to participate in a blood drive for Lisa-Ann Burnett, a military spouse. She and her family are currently stationed at Pearl Harbor and she is an active member of the community. She works with children at Lehua Elementary School in Pearl City.

Lisa-Ann is in desperate need of blood donations as she is suffering from lupus, which is taking its toll on her health. Blood donations are desperately needed and would be greatly appreciated. If you would like to help by donating blood or would like more information, call the blood drive center at Tripler Army Medical Center at 433-6148 or 433-6195.

**An FBI career seminar** will be held from 10:30-11:30 a.m. **today** at Pearl Harbor Fleet and Family Support Center, building 193, room 205. Learn about the requirements for applying to the FBI. For reservations, contact FFSC at 473-4222. For more information and/or to learn about additional monthly seminars, call Special Agent Kal Wong at 566-4488.

**A CPR/first aid instructor course** will be offered **Feb. 5, 11, 12 and 19** by the Hickam and Pearl Harbor chapter of the American Red Cross. The cost is \$188 for the course and books. The class fee can be waived for those who agree to be a volunteer instructor for the American Red Cross. Class size is limited and early registration is encouraged. For more information, call the ARC office at 449-0166.

**A technology expo** will be held from 10 a.m.-2 p.m. **Feb. 9** at The Banyans at Naval Station Pearl Harbor. Exhibitors will provide hands-on demonstrations on the latest in data protection, knowledge management, hardware and software, security systems and analysis, Internet applications and more. For more information, call 473-0787.

Military personnel and dependents are invited to **join a new women's over-30 soccer team (WISA).** The organization welcomes women who are 30 years and over and any skill level. Games are on Sundays from March through May at Waipio soccer complex. Those who plan to participate must register by **Feb. 12.** For more information, call Kathy at daytime 971-2503 (daytime) or 261-9951 (evenings).

**Register for the Project A-OK program** at the NEX. Parents should bring their child's most recent report card to register. Children could win \$5,000, \$3,000, \$2,000 or \$1,000 in U.S. Savings Bonds. For more information, visit the NEX customer service department at The Mall rotunda.

**A VP-4 All Hands Reunion** is planned for **Aug. 4-7** in Portsmouth, Va. For more information, call Steve Andruszkewicz at (818) 652-9942 or email [VP4Reunion2005@aol.com](mailto:VP4Reunion2005@aol.com)

The American Red Cross, Hickam Service Center is

seeking volunteers to fill the following positions: chairman of volunteers, records chairman and publicity chairman. For more information, call the Red Cross office at 449-0166. The office is located at 655 Vickers Ave., building 1105 and is open from 8 a.m.-3 p.m. Monday-Friday.

In accordance with NEX guest policy, the NEX welcomes **guests of authorized patrons.** To protect your NEX privileges, they ask that only the primary cardholder (active duty or retired member) and spouse sponsor guests and those guests are limited to two per authorized cardholder.

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. One-week classes are TDY/TAD friendly. For more information, contact OU at 449-6364 or [aphickam@ou.edu](mailto:aphickam@ou.edu) or visit the Web site at [www.gouou.ou.edu](http://www.gouou.ou.edu)

**T.O.P.S. (Take Off Pounds Sensibly),** a nonprofit, noncommercial weight-loss support group, meets every Wednesday at the Armed Services YMCA, Aliamanu location. Weigh-in begins at 5:30 p.m. and the meeting starts at 6:15 p.m. Membership fees are low and includes the T.O.P.S. magazine. There are also incentive programs offered. The first meeting is free.

T.O.P.S. in Hawai'i is a support group for helping members Take Off Pounds Sensibly. The group recently held its state convention and crowned the state queen. She had lost all her weight by the end of December 2003 and lost 163 pounds.

The first meeting of T.O.P.S. is free. If you need support in your weight loss efforts, the group offers low monthly fees and a low joining fee. Call Delcie at 623-1403 for information on the several chapters and meeting places on the island. For more information, call Delcie at 623-1403.

**How to contact TriWest/TRICARE services -** Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their web site at [www.triwest.com](http://www.triwest.com), or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic.

The TRICARE Service Center located at the Pearl Harbor Makalapa Clinic is open from 7:30-11:30 a.m. and 12:30 to 4:30 p.m. Monday-Friday. The TRICARE Service Center located at the Kaneohe Clinic is open from 7-11:30 a.m. and 12:30-4 p.m.

The Navy Exchange is **accepting applications for a variety of positions.** NEX employment applications are available at the application drop boxes located in the main rotunda and the second floor by the registers. Completed applications may be dropped off at those same drop boxes.

**The Pearl Harbor Aquatics Tsunami** is a competitive swim team that practices daily at Richardson Pool. It is open to both military and civilian swimmers ages six years and up. The team is a USA swimming affiliate. For more information, visit the team's Web site at [www.tsunamis.homestead.com](http://www.tsunamis.homestead.com) or contact at 471-9181 or email: [phsc@inix.com](mailto:phsc@inix.com).

# Sailors, Marines act in hit television program 'JAG'

**JO2 Cherwanda L. Lancaster**

*Fleet Public Affairs Center  
San Diego*

Sailors and Marines stationed at San Diego area bases put their acting skills to the test when they participated as extras in the hit television show, JAG, Jan. 25 and 26 at Naval Air Station North Island.

The 40 military members who were selected to appear were chosen from hundreds of other interested military members. Their exceptional military bearing and sharp appearance in the workplace were what made these Sailors and Marines stand out from the rest.

The service members worked 14 hours both days, representing their service in a variety of scenes, and appeared with actors David Andrews and Catherine Bell.

They participated as background actors and served in bigger roles interacting with the main characters.

"It is so great to work with the men and women in the military," said Bell. "They are so sweet and you can tell they really like what they do, and it is great that they get to do it on camera."

Chief Aviations Boatswain's Mate (AW) Carlos Carlos, an instructor at the Center for Technical Training Unit in San Diego, performed with Andrews, who plays Maj. Gen. Cresswell in the show, during an airport scene. Carlos' role was to salute the general as he passed by and then follow him into a building.

"I am honored to be a part of the show because it is something family and friends will be able to see," said Carlos. "I told my family all about my participation in the show and



U.S. Navy Photo by JO3 Cynthia R. Smith

Crew members for the hit television show "JAG" set up for the next shot outside the transient aircraft line on board Naval Air Station North Island, Calif.

they thought it was an excellent opportunity for me to represent the Navy."

Pvt. David Preece and Lance Cpl. Dallas Duncantell were among 12 other Marines selected from Marine Corps Recruit Depot, San Diego. During their scene, their role was to sadly say goodbye to loved ones by affectionately showering them with kisses and hugs while waiting to board a plane.

"I think it's great that I have the opportunity to be on a TV show, even if it is just as an extra," said Duncantell. "To see myself on TV wearing my Marine uniform gives me a

sense of pride and honor for the uniform and everything behind it."

Preece said, "I was honored that I was chosen to play a role on this TV show. I am a big fan of the show and to be a part of it is exciting."

JAG's cast said the two-day shoot was a great experience for them and they enjoyed the new scenery and working with real Sailors and Marines.

"It is so much fun coming out here," said Bell. "We are usually stuck on stage all day, so having the chance to come out here and work with the Navy and the Marines is a wonderful experience."

# Host a safe football party

**FeatureSource**

Everyone gets excited for football parties with fun, food and friends. But alcohol-related traffic accidents are all too common. Keep yourself and your loved ones safe this season with these party tips.

**Social host responsibility**

Though an unfamiliar term a decade ago, today we recognize this phrase as encompassing everything from planning the party menu to assessing how guests will get home safely once the party is over. Your role as a responsible party host can prevent your friends and loved ones from becoming the next alcohol-related statistic.

**Planning a party**

As a host, you want your guests to enjoy themselves. Here are a few pointers to ensure that your guests will have fun - and live to remember it.

- Invite guests who are compatible so that no one feels left out of the crowd. Lonely or unfriendly people often drink to excess.

- Plan lots of group activities, such as party games.
- Prepare plenty of foods so guests will not drink on empty stomachs.

- Avoid too many salty snacks, which tend to make people thirsty and drink more.

- Offer a variety of non-alcoholic beverages for the designated driver and others who prefer not to drink alcohol.

- Do not push drinks. Drinking at a party is not mandatory for having a good time.

- If preparing an alcoholic punch, use a non-carbonated base like fruit juice. Alcohol is absorbed into the blood stream faster with a carbonated base.

- Ask guests to appoint a designated driver before the evening begins. This person drinks only non-alcoholic beverages to ensure that friends or loved ones get home safely.

- Be honest when inviting guests who are known to drink to excess. Tell them that drinking and driving is

unacceptable at your party. Get their agreement to find alternate modes of transportation.

**During your party**

Party hosts are busy people, but these easy steps are a small effort to assure everyone's safety:

- Never serve alcohol to someone under the legal drinking age and never ask children to serve alcohol at parties.

- Don't let guests mix their own drinks. Choosing a reliable "bartender" will help you keep track of the size and number of drinks that guests consume.

- Never force a drink on a guest.

- Close the bar 90 minutes before the party ends and serve a great dessert treat with coffee. Remember, only time sobers someone who has been drinking.

- If some of your guests have had too much to drink, drive them home, arrange for a ride with another guest who is sober, call a taxi or invite them to stay over.

# Commissary patrons can win All American Vacation

**Compiled by Hawai'i Navy News**

Commissary patrons can enter the All American Vacation Sweepstakes for a chance at the grand prize - a trip for a family of four to Orlando or Anaheim. To enter, complete the online entry form available at [www.family-media.com/dmi](http://www.family-media.com/dmi). Only online entries will be accepted.

The "All American Vacation Sweepstakes" is open only to authorized military commissary patrons 18 years and older who retain commissary shopping privileges.

Employees and their families of sponsoring companies and their affiliates, subsidiaries, brokers and personnel employed in the military commissary or exchange systems are not eligible. The program is void where prohibited by law and the offer is subject to all federal, state and local rules.

One grand prize winner will be selected by random drawing from entries received by March 15. The winner will be notified by mail on or before April 1.

The grand prize includes round-trip transportation to Orlando or Anaheim from a ConUS departure point (based on winner's home/commissary location), hotel accommodations, Disney Theme Park tickets and spending money for one winner and up to three immediate family members. The travel/prize will be valid for a maximum of 12 months from date of issue. Certain blackout dates may apply.

Taxes are the sole responsibility of the winner. No purchase is necessary and commissary patrons may enter as many times as they like.

The contest is not sponsored by the Defense Commissary Agency, the Department of Defense or any branch of the U.S. Government.