

## watching gentle GIANTS



### Volunteers take time to catalog humpback whales from shore

JO1 Daniel J. Calderón  
Editor

With whale watching season in full effect, Sailors and their families are flocking to ships in order to go to sea and catch a glimpse of some of the largest animals on earth as they pass Oahu. The Hawaiian Islands Humpback Whale National Marine Sanctuary offers an alternative to whale watching cruises – seeing whales from shore.

The sanctuary offers individuals the opportunity to be a part of its whale counting program. The program monitors humpback whales on their annual migration past the Hawaiian Islands.



Photo courtesy of HIWNMS

Whales are estimated to live between 30 to 40 years and return to Hawaiian waters to reproduce and nurse.

“Anyone who wants to participate can call and get signed up for a site,” said Christine Brammer, Oahu program coordinator for the sanctuary. “On Oahu, there are 25 sites to choose from.”

Once volunteers sign up for a site, they get a time, which is generally from 8 a.m. to noon on the day of the count. Volunteers receive training on the morning of their count from the site leader. Once they receive their training, volunteers and site leaders take the rest of the morning cataloging whales and interacting with each other. Coast Guard Lt. Cmdr. Todd Offut is a site leader at the Kaneohe Bay whale watching area. He said the program is important for military assigned here.

“In Hawai‘i, we’re surrounded by so many wonderfully unique things that we often forget about these beautiful large creatures under the rolling waves,” he said. “It’s especially challenging to get military ID card holders to help at the sites on bases. Yet some of the best viewing is from the shore at these locations.”

Anyone interested in volunteering should contact the sanctuary office at 397-2651, ext. 253. The next opportunities for official volunteers will be for the Feb. 26 and March 26 whale counts. However, on March 5, military members and their families will have a special familiarization opportunity called “Watch Whales with the Sanctuary.” This is a day set-aside especially for military families to learn how to spot whales from Oahu’s shoreline. The time for this day’s whale watching will be from 8 to 10:30 a.m. The special whale watch locations will be at Makapu‘u Point Lighthouse, Halona Blowhole, Lanai Lookout, Spitting Caves, and Diamond Head.

“These are the best locations that Oahu has to offer as far as whale watching so we thought they would be best for this event,” Brammer said. “If we get more people interested than we can handle at these locations, then we may add additional sites.”

Brammer pointed out the day is not only meant for volunteers. She said families are also welcome to come out and watch for whales along with individuals who have signed up to be a part of the count.

“On the day of the ‘Watch Whales,’ our volunteers will be at each location, ready to educate, entertain, and help the families spot whales,” Brammer explained. “Each family will also receive an information packet on humpback whales and the sanctuary.”

The sanctuary office has an array of information on the ke kohola, the Hawaiian name for the local humpback whales. The marine mammals, which grow to around 45 tons, are between 42 to 45 feet in length when they reach their full maturity after five to nine years.

Whales are estimated to live between 30 to 40 years and return to Hawaiian waters to reproduce and nurse their young between October and May and return to Alaskan waters to feed during the summer months.

Humpback whales are listed as endangered species under the Endangered Species Act. Approaches to whales are limited to 100 yards by sea and 1,000 ft. by air. Federal law also prohibits harassing, injuring or killing any humpback whales. In the event of anyone witnessing a stranded marine mammal, the National Marine Fisheries Service has jurisdiction. Individuals can contact them



Photo courtesy of HIWNMS

Volunteers count whales from the shore near Diamond Head. Military and civilian volunteers can bring their binoculars to join with the Hawaiian Islands Humpback Whale National Marine Sanctuary to count whales as they pass the Hawaiian Islands during their annual migration.

at 1-888-256-9840. Anyone who sees a stranded mammal should remember to stay away from it and to keep all pets away. When reporting the stranded mammal, give the location, species or a description of the animal, including an approximate size and the condition of the animal.

Additionally, anyone who witnesses a violation of any marine mammal guidelines, such as a boat coming too close or harassing a whale, can contact the fisheries enforcement hotline locally at 541-2727 or at 1-800-853-1964.

For more information on the whale sanctuary, visit their Web site at <http://hawaiihumpbackwhale.noaa.gov>.

#### Watch Whales with the Sanctuary

Military members and their families are invited to join the Hawaiian Islands Humpback Whale National Marine Sanctuary on March 5 from 8 to 10:30 a.m. for a special whale watching familiarization opportunity. The sanctuary will have sites at Makapu‘u Point Lighthouse, Halona Blowhole, Lanai Lookout, Spitting Caves and Diamond Head available. For more information, contact the sanctuary at 397-2651, ext. 253.

### Watching whales

There are a number of ways to watch whales. They can be seen from whale watching ships or from shore. Below are some common activities to watch for while out looking for humpbacks around Oahu. Information and photos are presented courtesy of Suzanne Canja and the Hawaiian Islands Humpback Whale National Marine Sanctuary. For more information, visit them online at <http://hawaiihumpbackwhale.noaa.gov>.

Head Rise or Spy Hop



A whale rises vertically toward the surface, with its head out of the water. Some believe this activity allows the whale to look at activity going on above the surface.

Breach



An acrobatic display where the humpback uses its tail to launch itself out of the water, then lands back on the surface with a splash.

Tail Slap



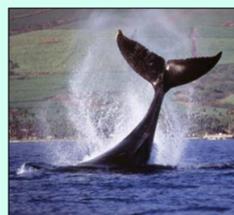
A humpback raises its tail flukes out of the water and slaps them forcefully on the surface of the water. This behavior is often repetitive and may serve as a warning.

Blow



Adult humpbacks take a breath every 10-15 minutes, but can remain submerged for as long as 45. Calves must surface more frequently, every three to five minutes.

Peduncle Slap



An energetic display where the whale throws its tail out of the water and in the process slaps its peduncle on the surface.

Fluke up Dive



The tail of the humpback appears out of the water in an upward arch and slowly rolls underwater in conjunction with the dive.

Pec Slap



Humpbacks will slap the water's surface with one or both fins simultaneously. The slapping of fins may serve as a communication signal to other whales.

Commentary

# Focus on Fun

JO1 Daniel J. Calderón, Editor

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## It's a heli-va good time

There are times that you just want to go out and see as much as you can and leave the driving to someone else. You know what I mean. You want to get a good look at the sights and you don't want to have to worry about where to park or watching the lane next to you because the guy there doesn't know how to use a signal. Then, there are times you want to take that idea to the next level.

I wanted to take a good look around the island. After three years, I still haven't seen all there is to see. I went down to ITT (Information Tickets and Tours) and booked myself a trip on Heli USA.

I arrived for my flight not really knowing what to expect. When I got to the Heli USA office, though, I admit I was a bit blown away. I think I expected a smaller operation. The office is right off Lagoon Drive. My four travel companions and I met the pilot and sat through a video safety presentation. There was also an informative video on the history of Hawai'i. That's a definite plus for people who are either new to the islands or for those people out there who have spent their tour here shuttling from the beach to the bar and back to the barracks.

After the safety brief, we were all outfitted with our emergency fanny pack. It's an inflatable life vest in a fanny pack. I thought it was pretty funny, you know being in a fanny pack and all... hmmm, maybe it's just me.

Anyhow, we got into the Heli USA copter and were ready for takeoff. It was me and two couples. They were very excited, being tourists and all, to see the island. Me, I figure I'd seen what there was to see, but I was stoked about going up in a helo and having it totally enclosed. It would be a total change from the Navy helos I'd been up in before.

We headed out toward Waikiki and flew just off shore. I have to say the ride was much smoother than what I'd been accustomed to in the past. As you longtime readers are aware, I'm prone to motion sickness, bad headaches and all. But, there were no headaches on this trip. It was smoother than riding in a car. There were no potholes, no bumps and no sudden changes. Scott, the pilot for my trip, kept the ride nice and easy and kept pointing out items of interest as we passed along the Oahu coastline.

Remember me saying that I was sure I'd seen and heard pretty much all about the island? Well, throw that right out the window. Seeing Aloha Tower from the air, then zipping right past the zoo and Diamond Head was like making it all brand new again. I saw places I never even thought of seeing before. I watched the beach wind its way through Hawai'i Kai and up to Hanauma Bay. Like a goof, I thought since I'd been to Hanauma a dozen times before I knew what there was to see. I'd never seen the little island along the coast that Scott said people like to get married on while the wedding party stood along the shore or in the shallows.

I didn't know about the sandbars or the miles and miles of gorgeous beaches that lay

along the way from Hanauma to Kaneohe Bay. We flew over the Kualoa Ranch and I saw some of the areas used in the Jurassic Park movie, the beach and roads used in Magnum P.I. and other location used in movies and TV shows. I saw stands of Norfolk pines along the windward side that were originally planted by English Sailors who wanted to ensure they had a supply of timber in case their masts broke and they needed a good straight replacement. I saw homes and swimming pools and beaches that I would never have seen from the ground. As we flew, Scott pointed out a pair of whales as they surfaced. We all saw a sight that, in all probability, no one else that day saw.

We ended our tour around the island by retracing the path over the island taken by the Japanese pilots on Dec. 7, 1941 as they flew toward Pearl Harbor. We passed just outside of Wheeler, then over Mililani and down through Pearl City until we got to Ford Island. I could almost see the battleships floating in a row where the Missouri sat.

Finally, we glided back to our point of departure and one of my fellow passengers spoke the words that were ready behind my lips when he said, "Okay, let's do it again."

The helicopter tour was, in a word, breathtaking. I could add enlightening, awesome, impressive and majestic, but I figure I should stop before someone comes and repossesses my thesaurus. Suffice to say, I would definitely recommend that you all head over to ITT and get yourself a ticket to ride.

The tours are great for family you've got coming to visit or if you're new to the island. You can see the island without spending hours and hours in the car fighting traffic. And, in a helicopter, you can see much more than you can from the ground. It's a great way to get your bearings and take note of some places you want to see up close.

For those of you who have been here for a while, this is a fantastic opportunity to see Oahu from a totally new perspective. Taking 45 minutes to circle Waikiki and the windward side gave me a greater appreciation for how lush and beautiful this little island really is.

Heli USA has a variety of packages available. You can take the same deluxe island tour I went on or you can take one of the shorter flights. If you're in the mood for something romantic, there is a sunset flight that can either be taken alone or worked into a dinner cruise. Then, there's the longer flight that goes all the way around Oahu. On the tour, you'll get an informative and informal brief on sights and history along with appropriate theme music in the background. By appropriate, I mean, we had the Jurassic Park theme going on while we went over the Kualoa Ranch.

You can hit ITT to pick out the package that's right for you, but I think you'd really be missing out if you didn't try at least one of them during your time on the island. Get out, get moving and get up into the air. You won't regret it. Next time, I'll tell you about the time I rode a Roc from here to New Zealand, but that's another story ...



Photo by Amiee Huepenbecker

Liberty in Paradise spiced up the night with Nacho Night for last month's single Sailor Poor Boy Barbecue. All single Sailors are welcome to head over to Liberty in Paradise for this month's feast Feb. 23. Sign up at the front desk and dig in starting at 5 p.m.

## Get cookin' with Liberty in Paradise

Amiee Huepenbecker  
MWR Quality of Life Marketing

Single Sailors are feeling the heat....of the grill, that is! The last Wednesday of every month, single Sailors gather at Liberty in Paradise to enjoy free food, which has become known as the "Poor Boy BBQ." A different food theme is offered each month.

Previous themes have included, steak and shrimp, barbecue chicken, kebobs and nacho night, to name a few.

"We offer this program during a non-pay-day week, which the Sailors really appreciate," said Marc Milles, Liberty program director.

Liberty in Paradise employees encourage the Sailors to help get ready for the free pro-

gram by cutting vegetables, cooking food on the grill and setting up the food. Employees often begin preparing for the program up to a day in advance.

Milles also commented that Sailors can bring their own food to cook on the grills at Liberty in Paradise anytime during normal hours of operation. He said, "Sometimes Sailors come in and ask for recipes, so we help them out or get recipes online."

In addition to the "Poor Boy BBQ," Sailors can take advantage of daily activities at Liberty in Paradise, including free Internet access, pool, darts, video games and more. For more information on the latest programs and off-base trips available to single Sailors, call 473-4279 or download the latest schedule at [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com).

## Put your thoughts on ICE for Naval Health Clinic Hawai'i

Naval Health Clinic  
Hawai'i

With the goal to continually improve customer service to its beneficiaries, Naval Health Clinic Hawai'i officially began using the ICE (Interactive Customer Evaluation) system Feb. 10. ICE is a Web-based customer feedback system designed to improve service by providing leadership with timely data on customer service and satisfaction.

It is a worldwide system maintained by the DoD and is also used by the Army, Air Force and Marine Corps, both.

ICE enables customers to provide feedback not only on medical services provided, but many other base services.

Customers can even comment on services and care rendered at other installations active in the ICE database.

By providing a user-friendly, convenient and more efficient means to express their

comments to command leadership, Lt. Cmdr. Amy Wagar, ICE site manager, is hoping to see a significant increase in customer feedback, both positive and negative.

Wagar stated, "In order to improve our services to our beneficiaries, their input into the ICE system is crucial. Leadership needs to know what customers like and don't like, what's working and what's not working."

"I am encouraging clinic staff to remind customers about ICE at each visit. The more input ICE receives, the easier it is to see what we need to change or continue shaping. Our beneficiaries deserve nothing but excellence," Wagar explained.

Patrons can currently rate 66 service providers under Naval Health Clinic Hawai'i which includes BHC Makalapa, BHC K-Bay, BHC Shipyard and BHC annexes Camp Smith, Wahiawa and Barking Sands. Customer flyers are available at each clinic for easy guidelines to

the site.

"We are already experiencing growing pains, as with any big change, and I expect to have to make some adjustments and tweaks to the process before those pains go away. Our first big initiative is that of installing specific sites (computers) at each main clinic and each annex exclusively for ICE usage, but until that time, when all sites are in place, customers are encouraged to complete a comment card from another computer site, i.e., home, work, library or internet café," said Wagar.

"I am hopeful that by this time next year, ICE will be second nature to both staff and beneficiaries and that through its increase in use over the year, Naval Health Clinic Hawai'i's customer service to its beneficiaries will be flourishing," added Wagar.

For more information, check out ICE at [www.nmclph.med.navy.mil](http://www.nmclph.med.navy.mil) or direct at <http://ice.disa.mil>.

# Heart health basic training

TriWest Healthcare Alliance

Cardiovascular disease, including heart disease, is a national problem currently disabling 10 million Americans. According to the National Institutes for Health and the Centers for Disease Control and Prevention, heart disease and stroke are the most deadly two killers of men and women in America. The month of February, National Heart Health Month, is dedicated time to focus on a heart-felt reminder of some good heart health basics.

Though there are some factors that may predispose people to heart disease, precautions can be taken to help prevent early onset. Some of the risks that cannot be changed include age (women over age 55, men over age 45), family history of early heart disease and personal history of heart disease.

To help prevent heart disease, stroke, diabetes and cancer, the American Heart Association recommends taking these precautions:

- Increase consumption of fruits, vegetables and whole grains.
- Decrease consumption of saturated fats and trans fatty acids.
- Choose foods that are rich in nutrients.
- Reduce your calorie intake.
- Do not smoke.
- Get regular physical activity.

While you can't control your family history or age, you can help minimize your heart-disease risk by informing your physician of your personal and family health history and obtaining regular medical



U.S. Navy photo by PH2 (AW) John Looney

Regular exercise can help prevent heart disease and stroke.

screenings.

By monitoring controllable risk factors such as your cholesterol, blood pressure and overall physical health, your physician can advise you of the best measures for lowering your chances of heart disease.

#### Signs of heart attack

Getting treatment as close to the onset of a heart attack is the best way to promote chances of a full recovery. According to the National Heart, Lung and Blood, men and women should learn these heart attack warning signs:

- Pain or discomfort in the center of the chest that lasts for more than a few minutes or goes away and then comes back.
- Pain or discomfort in other

upper-body areas, including the arms, back, neck, jaw or stomach.

- Other symptoms, like shortness of breath, breaking out in a cold sweat, nausea, or light-headedness.

If you experience heart attack symptoms, don't delay. Minutes matter! If you think you or someone you know is having a heart attack, call 911 immediately.

(Articles on diet, fitness, research, medical treatment and related topics are current as of the date of publication and are based on information from reliable sources. However, this information may change and is not intended to be a substitute for professional medical advice.)

# McGrew Point housing residents learn construction project details

Special to Hawai'i Navy News

Representatives from Hawai'i Military Communities (HMC), Navy Region Hawai'i and Forest City Residential Management met with residents of McGrew Point at a town hall meeting Feb. 10 to communicate their plans to reduce the impact of the housing construction project on the lives of Navy families. About 30 residents attended the meeting, which covered a broad range of subjects including traffic routes, neighborhood safety, noise, utility interruptions and security, according to Forest City's Senior V.P. Thad Bond.

"This project is a massive undertaking inside an intimate neighborhood where people are trying to live normal lives," said Bond. "It naturally causes problems that require creative and effective solutions."

The residents were reassured by representatives from all the major contractors currently working at McGrew Point that their safety and quality of life are a top priority. The con-

tractors presented detailed information about plans to restrict trucks' routes through the neighborhood, frequent street cleaning and the hiring of off duty police officers for traffic safety.

Some residents complained about being disturbed by workers arriving early. Others were concerned about construction workers parking their vehicles on the streets. The contractors apologized for disrupting the neighborhood and informed residents that those matters, and others, would be directly discussed with the work crews and will quickly become a thing of the past.

"Everyone working on this project is deeply committed to making sure we build the best possible housing while displaying the greatest possible respect and consideration for the people who live in the work area," said Bond.

Bond said all the contractors want resident complaints heard and dealt with in the quickest manner. To help make communication easier, the contractors provided names and telephone numbers of

supervisors who are on the job site. Residents were asked to call those supervisors directly to report any situations that create disruptions or unsafe conditions anywhere in McGrew Point housing.

Bond said that until further notice, residents should call Conrad Spence at 836-6777 to report immediate construction issues. Non-construction issues, such as inquiries on maintenance services, should continue to be made to Forest City's neighborhood management office at 423-7711.

Forest City Enterprises, Inc. is a \$7.2 billion NYSE-listed real estate company headquartered in Cleveland, Ohio. The company is principally engaged in the ownership, development, acquisition and management of commercial and residential real estate throughout the United States. The company's portfolio includes interests in retail centers, apartment communities, office buildings and hotels in 19 states and the District of Columbia. Visit the company's Web site at [www.forestcity.net](http://www.forestcity.net) for more information.

Hawaii Navy News Online [www.hawaii.navy.mil](http://www.hawaii.navy.mil)

## A happy Valentine's Day for military children



U.S. Navy photo by J03 Ryan C. McKinley

Keiki from Navy Hale Keiki School were presented with valentines made by Hawai'i's school children during a ceremony Monday at the school. The valentines were handmade by children in schools across the state. The cards were given to the dependents of military personnel as a gesture of appreciation and aloha to Hawai'i troops who are currently deployed to combat zones or have recently returned from deployments. More than 850 valentines were made by the children and given to military families and service members from all branches of the armed forces. The effort was co-sponsored by the Honolulu Advertiser and Pearl Harbor Masonic Lodge.

## 'Rules of Engagement' key to resolving conflicts

**Gene Thomas Gomulka**  
*Lifelines*

No two people, regardless of how much they have in common, will agree on everything. When this occurs, it is best that the partners "disagree without becoming disagreeable." Relationship problems are generally compounded when couples try to resolve them by employing destructive techniques (e.g., yelling, physical abuse, threats, name-calling, silent treatment). The ability to negotiate and resolve conflicts through constructive

dialogues marked by mutual respect is an art worth perfecting.

Ordinarily, when an argument occurs, neither partner is always right. Disagreements can occur wherein both partners are partially right or both partners may even both be wrong. Compromise may be the best course of action to pursue instead of always trying to identify someone as the "winner." Couples are encouraged to agree upon certain "Rules of Engagement" (ROE) in regard to arguments. Such rules

might consist of recognizing when the time is right or wrong to address an issue; using "I feel" versus "you always" language; limiting the time allotted for a particular disagreement; discussing when to concede an impasse; having a mutually agreed upon list of items that are "off-limits" while engaged in the discussion (e.g., not bringing up the past, using foul language or putting down family members); and what one might do to "cool down" (e.g., go for a walk).  
Couples who wish to evalu-

ate their conflict resolution skills may wish to answer statements available online taken from The Survival Guide for Marriage in the Military. If you and your partner answer "no" or "uncertain" to two or more of these statements, you may wish to enhance your ability to resolve conflicts in your relationship with the help of this survival guide for dating and married couples, by attending a marriage enrichment program, or by speaking with a chaplain or Fleet and Family Support Center counselor.

## FFSC offers clinical counseling services at no cost to Sailors, families

**Ingrid Mueller**  
Commander Navy  
Installations, Millington  
Detachment

Sailors looking for solutions to life problems can take advantage of no cost counseling services provided by licensed clinicians through the Fleet and Family Support Center (FFSC).

It is estimated that Sailors may save between \$7-11 million annually in out-of-pocket expenses by seeking FFSC counseling services.

"Counseling sessions at the FFSC are part of the military benefits package and are free to service members and their families," said Brenda Holbrook, quality assurance specialist for Fleet and Family Support programs, Commander Navy Installations (CNI) Detachment, Millington, Tenn. "This is a significant cost savings to Navy families because such services in the private sector can be very expensive and may not be covered under TRICARE."

FFSC clinical providers have at least a master's degree in a mental health related field, such as social work, psychology, marriage and family therapy or counseling, and are licensed by a state to provide independent clinical practice in their field.

The clinical providers conduct individual, couples, family and group counseling to address relationships, crisis intervention, stress management, depression, grief after loss, occupational and family issues. Most FFSC counsel-

ing lasts between three to eight sessions.

"The FFSC provides short term, solution-focused counseling services for commonly occurring life problems," explained Holbrook. "You might just be feeling overwhelmed or stressed by something and need someone to talk to. Counseling gives Sailors and their families the opportunity to look at things objectively - to problem solve in order to help themselves."

Clinical counseling records are maintained separately in the FFSC and are not incorporated into an individual's military medical record. FFSC clinical counseling records are maintained in accordance with the Privacy Act. Details discussed in counseling sessions are not shared with an individual's command or others except in limited circumstances, such as when someone verbalizes a threat of harm to self or others. During the initial session, the counselor explains fully any limits to the individual's privacy and the circumstances under which the counselor is required to report information to the command or others.

"Self-referrals are the standard procedure," said Holbrook. "Just call your FFSC and schedule an appointment."

There are 62 Fleet and Family Support Centers and 73 delivery sites worldwide. For more information on FFSC programs or to locate the nearest center, visit the FFSC at [www.ffsp.navy.mil](http://www.ffsp.navy.mil) or call their 24-hour information and referral hotline at 800-FFSC-LINE.

## Movie Call

Sharkey Theater  
Naval Station Pearl Harbor  
(473-0726)

**FRIDAY**  
7:00 p.m. Closer (R)  
**SATURDAY**  
2:30 p.m. Racing Stripes (PG)  
4:45 p.m. Beyond The Sea (PG-13)  
7:00 p.m. Elektra (PG 13)  
**SUNDAY**  
2:30 p.m. Racing Stripes (PG)  
4:45 p.m. In Good Company (PG 13)  
7:00 p.m. Coach Carter (PG 13)  
**THURSDAY**  
7:00 p.m. Elektra (PG 13)  
\$3 adults; \$1.50 children (6-11)

Memorial Theater  
Hickam Air Force Base  
(449-2239)

**FRIDAY AND SATURDAY**  
7:00 p.m. Elektra (PG 13)  
**SUNDAY**  
2:00 p.m. Racing Stripes (PG)  
7:00 p.m. Elektra (PG 13)  
**WEDNESDAY**  
7:00 p.m. Racing Stripes (PG)  
**THURSDAY**  
7:00 p.m. Racing Stripes (PG)  
\$3 adults; \$1.50 children (6-11)

Sgt. Smith Theater  
Schofield Barracks  
(624-2585)

**FRIDAY**  
7:00 p.m. Fat Albert (PG)  
**SATURDAY**  
7:00 p.m. White Noise (PG-13)  
**SUNDAY**  
7:00 p.m. Fat Albert (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. 26:** Mount Olomana trail hike, \$5. Register by **Feb. 23.**
- **Feb. 26:** North Shore Shark Adventure, \$90. Register by **Feb. 23.**
- **Feb. 27:** Waikiki kayak tour, \$15. Register by **Feb. 23.**

### 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.

### FREE TENNIS FOR ACTIVE DUTY

Learn tips on improving your tennis game on **Feb. 21**. Active duty patrons are invited to a free tennis clinic beginning at 5:30 p.m. at Wentworth courts. Those who plan to attend should register **today** at the pro shop or on the Web site. There are also free tennis workouts for active duty patrons from 11:15 a.m.-12:15 p.m. every Monday and Friday at the Wentworth courts. For more information, call 473-0610.

### FREE GOLF CLINIC

A free golf clinic will be held from 1-2 p.m. **Feb. 19** at Navy Marine Golf Course. The clinic is open to the first 16 registered

patrons. For more information, call 471-0142.

### SUPER GARAGE SALE AND CRAFT FAIR SATURDAY

MWR's super garage sale and craft fair will be held from 8 a.m.-noon **Feb. 19** at Richardson Field. The event is free and open to the public. Future garage sale dates are **May 21, Aug. 13 and Nov. 5.**

### FREE WALLYBALL NIGHT

MWR will host free wallyball night beginning at 6 p.m. **Feb. 23** at Bloch Arena wallyball courts. Register no later than **Feb. 21** by calling or visiting the Wentworth Pro Shop. For more information, call 473-0610.

### MEADOW GOLD ALOHA SOCCER CUP AT ALOHA STADIUM

General admission tickets are now on sale at Navy ITT offices for the Meadow Gold Aloha Soccer Cup which will be held **Feb. 26** at Aloha Stadium. The pre-season MLS professional soccer match is between the LA Galaxy and DC United, featuring Cobi Jones and teen phenom Freddy Adu. The Hawai'i High School Senior All-Stars are scheduled to compete in the pre-game event at 3:30 p.m. The event is presented by the Hawai'i Soccer Federation/HSF.

### BARBERS POINT ANNUAL GOLF CLUB CHAMPIONSHIP

Bring your "A" game to this annual tournament to be held **Feb. 26-27** at the Barbers Point Golf Course. The tournament is open to all MWR patrons with a Navy Marine Golf Course or Barbers Point Golf Course handicap card. Applications are available in the

golf course pro shop or at [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com). For more information, call 682-1911 for more information.

### LEARN TO DIVE

Dive classes are now forming at Ocean Concepts at Rainbow Bay Marina. They offer scuba equipment rentals, repairs, air fills and classes. Boat dives are available daily.

Hours of operation are: 8 a.m.-7 p.m. Monday-Friday and 8 a.m.-5 p.m. Saturday/Sunday/holidays. Classes include: PADI Open Water Diver Course (one-week program), PADI Advanced Open Water Course (weekend program), PADI Rescue Diver Course, Emergency First Responder (EFR) and PADI/DAN Oxygen Provider Course (one-week program), and PADI Dive Master. Pearl Harbor pick-up and drop off is available. For more information, call 422-5990.

### TRAVEL CONNECTIONS

Visit Travel Connections, MWR's "one-stop shop" for worldwide leisure and on-island TLA specialists. Hours of operation are: 9 a.m.-6 p.m. Monday-Friday and 9 a.m.-1 p.m. Saturday. Locations are at Bloch Arena and NSGA Kunia. Travel Connections is now offering South Seas spring specials. Fares to New Zealand and Australia from Honolulu start at \$799 (restrictions apply) (air only). A four-night air/hotel package starts at \$799 (restrictions apply). Call for pricing and availability. For more information, call 422-0139 (Bloch Arena) or 655-3128 (NSGA Kunia) or visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com).

### SALSA DANCE CLASSES

Salsa dance classes are offered on Thursdays and Fridays at Bloch Arena Fitness Center. Samir Hana, instructor, teaches the latest dance styles, including merengue, cha-cha and cumbia. There is no partner and no experience necessary. Level I and II classes are available:

Salsa (Level I): Thursday, 7:30 - 8:45 p.m.; Saturday, 5 - 6:15 p.m.  
Salsa (Level II): Friday, 7:30 - 8:45 p.m.; Saturday, 6:30 - 7:45 p.m.

Merengue/cha-cha/cumbia: Friday, 6 - 7:15 p.m.

For more information, call 473-0793.



- **Feb. 18:** Campout at Barbers Point cabins, cost to be announced, 3 p.m.
- **Feb. 19:** Paintball at Bellows, \$25, 10 a.m.
- **Feb. 20:** Beach Bum Sunday, bring money, 10 a.m.
- **Feb. 21:** Liberty's Great Aloha Run, \$20.
- **Feb. 23:** Got Jokes? Comedy Night, free, 7 p.m. at Beeman Center.
- **Feb. 23:** Poor Boy barbecue, free, 5 p.m. at LIP.

### 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.

# Community Calendar

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

**The Navy Exchange appliance store** has a new home, now located in building 70 at the corner of Radford Drive and Bougainville Drive. The grand opening of the appliance store will be at 9 a.m. **today**. Those attending will have a chance to win door prize giveaways and special coupons.

**The Mardi Gras Follies** is currently on stage for its 50th anniversary and final curtain call on weekends **through March 19** at The Banyans at Naval Station Pearl Harbor. The Las Vegas-style song and dance revue is the main fundraiser for the Pearl Harbor Performing Arts Association (PHPA) at Naval Station Pearl Harbor. Tickets are available at a cost of \$35, \$45 and \$50 per person and offer an evening of entertainment - including a buffet dinner, the Mardi Gras Follies show, tax, tip and free parking. A portion of the cost is tax deductible. For tickets, call 473-1703 on weekdays between the hours of 10 a.m.-1 p.m. You can also visit the Mardi Gras Follies website at [www.mardigrasfollies.com](http://www.mardigrasfollies.com) for more information.

**A CPR/first aid instructor course** will be offered **Feb. 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. For more information, call the ARC office at 449-0166.

The annual **Great Aloha Run** will take place on President's Day, **Feb. 21** and will close Nimitz and Kamehameha Highways between the Aloha Tower and the Aloha Stadium. The race will begin at sunrise and end at approximately 10 a.m. Personnel who live and work on Makalapa are advised to use Luapele Gate at Salt Lake Boulevard as Borchers' Gate will be closed to vehicular traffic during the race. A portion of the race proceeds will help benefit MWR programs. For questions concerning the race, contact 528-7388 or visit [www.greataloharun.com](http://www.greataloharun.com).

Officers and senior enlisted personnel are invited to attend the **U.S. Navy Premier Collection Trunk Show** from 9 a.m.-3 p.m. **Feb. 22-24** at the Uniform Center, building 346 (next to The Banyans). Appointments are not necessary, but are recommended. For more information, call 423-3273.

Command Pacific Fleet staff is offering **classes on Professional Military Knowledge Training (PMK)** to prepare for the general military requirements for the March exam. Classes will be held from 9-10 a.m. on Tuesdays, **Feb. 22 and March 1** at the Makalapa compound, trailer "C". The goal is to ensure that sea warriors in the Oahu area are afforded every opportunity to excel on the March advancement exam. For more information, contact PN1(SW/AW) Aughtry at [patricia.aughtry@navy.mil](mailto:patricia.aughtry@navy.mil) or 474-6616.

Naval Station Pearl Harbor/Naval Region Hawai'i will recognize **African-American History Month** with a program from 10:30-11:30 a.m. **Feb. 24** at Sharkey Theater. The program will honor and commemorate the distin-

guished service of African-Americans. The DoD theme for this year's observance is "the Niagara movement" which recognizes the organization started by Dr. W.E.B. Dubois 100 years ago to secure constitutional and civil rights for African-Americans. For more information, call CTTCS(SW) James Harris at 473-0715

**Boutiki Gift Shop** aboard Naval Station Pearl Harbor is now accepting donation request letters for fiscal year 2004. The deadline is **Feb. 25**. Non-profit organizations that are directly involved in quality of life issues for military members and military families may send in a request letter and an application form to Boutiki at Box 10, Naval Station Pearl Harbor, HI 96860. Application forms are available at the Boutiki Gift Shop, 640 Club Road, Naval Station Pearl Harbor. For more information, call the Boutiki at 422-6662 during store hours.

Expectant parents can learn everything they need to know about labor and delivery at **prepared childbirth classes** which will be offered on Saturday mornings at Armed Services YMCA at Naval Station Pearl Harbor. The classes will meet from 10 a.m.-noon for four weeks. The next session is scheduled to begin **March 5**. The cost for E-1-E-5 is \$55. The cost for those who are E-6 and above and all officers is \$65. For more information, call 473-3398.

**USS Chicago Ohana Wives Club** will hold a fundraiser (McTakeover) from 5-8 p.m. **March 15** at the McDonald's at the Moanalua Shopping Center. During the three-hour time span, spouses from the USS Chicago Ohana will work behind the counters at McDonald's to raise money for the ohana wives club. The club will receive 20 percent of the proceeds made during that three hours. The event is the club's biggest fundraiser for the year. For more information, call 421-1566.

**A free scrapbooking class** will be offered **March 22** at the Armed Services YMCA at Naval Station Pearl Harbor. The class will introduce the basics needed to create beautiful scrapbooks for those cherished family photos. For more information or to sign up, call 473-3398.

Learn **Hawaiian quilting** and how to make a treasured family heirloom from Linda Yamamoto, a quilter with many years of experience. The class begins **March 24** and will meet from 9:30-11:30 a.m. on Thursday at Armed Services YMCA at Naval Station Pearl Harbor. The cost of the class is \$24. A list of supplies will be provided upon payment of class registration. For more information or to reserve a spot, call 473-3398.

**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.

**Sea World San Diego** is offering free admission throughout 2005 for all active duty military and up to three dependents. For more information, visit <http://www.herosalute.com/cavatz/index.html>.



**Beyond the Sea:** A swooning study of "Mack the Knife" singer Bobby Darin (Kevin Spacey) specifically, and his relationship with his wife Sandra Dee (Kate Bosworth).

**Closer:** See Review

**Coach Carter:** Coach Ken Carter, who oversees the basketball program, found himself in the center of controversy when he locked out his entire varsity basketball team in order to motivate them to improve their grades.

**Elektra:** When Elektra is released from the hospital after a near-death experience, she becomes an assassin trained by a crew of killers. Their leader sends Elektra on a mission to kill Mark Miller and his young daughter. Soon, however, Elektra befriends her would-be victims and defends them both from Kirigi's ninja assassins.

**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.

**In Good Company:** Dan is demoted from head of ad sales in a corporate takeover. His new boss, Carter is half his age. Dan can't afford to lose his job in the wave of corporate layoffs. Dan and Carter's relationship is thrown into jeopardy when Carter begins an affair with Dan's daughter.

**Racing Stripes:** A traveling circus accidentally leaves behind a baby zebra. He is rescued by horse farmer whose farm borders the Turfway Racetrack, where skilled thoroughbreds compete for horse racing's top honor. From the first moment Stripes lays eyes on the track, he knows that he could leave all those other horses in the dust.

**White Noise:** Jonathan Rivers, distraught after the mysterious death of his wife, is contacted by a man who claims to be receiving messages from her through something he calls electronic voice phenomena, or the "white noise." Jonathan is at first skeptical, but then becomes convinced EVP is real.

**JO3 Ryan C. McGinley**

### Closer

"Closer" is the story of four people, two couples or one idea. Is truth and honesty the foundation of a successful relationship, or is it in fact the downfall? By telling the complete truth, and nothing but the truth, aren't we simply demonstrating the inherent imperfections in us all?

The film is a smorgasbord of acting talent in Natalie Portman, Jude Law, Clive Owen and Julia Roberts. Natalie Portman plays an American stripper who left New York to end a relationship, finding herself in London. There she meets Jude Law's character, a writer for a London newspaper. Julia Roberts plays a photographer and Clive Owen plays a dermatologist. Each of their lives will intersect in a tightly woven screenplay by Patrick Marber, based on his award-winning play.

What makes this film unique and special are three things. First, the choice of talent is amazingly ironic. The film is an open door full of adult situations and sexual themes that seems strikingly weird yet familiar coming from the likes of Roberts and Portman, whose previous works to date could be seen on cable - without editing.

Secondly, director Mike Nichols is a master craftsman of meticulousness and character study. He directed "The Graduate," enough said.

Thirdly, the film is so very depressing, yet at the same time painfully uplifting in its truth (pun intended). The film examines the cheating and dishonest ways of all four characters with such brutal reality, that audiences will leave the theater with paranoia. Each character lies, cheats and lies some more to their respective partner, and then to the other person's partner.

"Closer" is a fabulously crafted film because its honesty and passion drive an already well-written script into a genre defining epic. The acting is flawless, and apparently Oscar thought so as well.

**OVERALL RATING:** 4.5

# Crew bench to be removed in preparation for Civil War sub conservation

**Kellen Correia**  
*Naval Historical Center  
 Public Affairs*

Scientists, under the supervision of the Naval Historical Center (NHC), began work in February on the removal of the wooden bench the Civil War Confederate submarine H.L. Hunley's crew sat on to crank and propel it into world history.

Archaeologists and conservators are hopeful that once the bench is removed, they will discover new Hunley artifacts.

"I am pleased to see the project move into this phase of partial disassembly, both for what we may learn about the construction and operation of the submarine, but also because it allows for the conservation of the iron hull to move forward," said Dr. Robert Neyland, underwater archaeology branch, NHC.

Neyland has supervised the recovery and conservation of the historic submarine since 1998.

Storage space for the crew's personal belongings was extremely limited within the tight confines of the submarine. When the Hunley crew was preparing for their mission, the most logical place to store personal belongings

while not interfering with the operation of the submarine was directly beneath the bench.

"Up until now, the area beneath the bench was almost inaccessible. This area is also heavily concreted, which masks any artifacts that may have been stored there and makes them very difficult to remove," said Sen. Glenn McConnell, chairman of the Hunley Commission. "This is potentially a relic-rich region. I can't help but wonder what other items the crew may have decided to take with them on a mission they knew to be dangerous and life threatening. The possibilities are limitless on what other fascinating artifacts from the 19th century the Hunley has yet to reveal."

At this time, scientists have already identified two canteens located under the first section of the bench and one canteen under the second section.

The bench removal is expected to be difficult and may take several weeks to complete. After being submerged in salt water for more than 140 years, the bench is waterlogged and extraordinarily fragile. Additionally, approximately 50 percent of the bench is still covered with a clear lead-based paint.



Photo courtesy of the Naval Historical Center

Civil War Confederate submarine Hunley conservators, Philippe de Vivies, left, and Paul Mardikian, remove the first section of the crew's bench at the Warren Lash Conservation Lab in the former Charleston Navy Shipyard, S.C. Archaeologists and conservators are hopeful that once the bench is removed, they will discover new Hunley artifacts.

"You are looking at the original paint from 1864," explained Paul Mardikian, senior conservator to the Hunley project. "The binder (oil) has disintegrated over the years, leaving the white pigments behind. The paint can literally just slide off, which makes this bench even more fragile to handle and conserve."

Still, conservators are hopeful to maintain the bench's original features as much as

possible during excavation.

Removing the bench is the beginning of the final steps needed to prepare the world's first successful combat submarine for conservation. Before conservators can begin a treatment to eliminate salts threatening the stability of the vessel, the bench and other artifacts must be removed from the submarine, so they are protected from the effects of the chemicals used in the conservation process.

The bench is almost 18 (17.85) feet long, about one inch thick and is made of three distinct panels of wood bound together. In order to remove the bench from the submarine, scientists are excavating the iron concretion that over time has built up around the various metal brackets holding the bench in place.

The front bench panel, approximately 6.5 feet in length, is in the forward sec-

tion of the submarine and was the first to be excavated.

Archaeologists anticipated this section of the bench would be the least complicated to remove due to ease of access. They also have completed removal of the second bench panel.

The third section of the bench will likely prove to be the most difficult to excavate since it is extremely difficult to access and, in some places, is mounted within the submarine's aft pump mechanisms.

Once the bench and other artifacts are removed, they will be analyzed and stabilized.

On the evening of Feb. 17, 1864, H.L. Hunley became the world's first successful combat submarine by sinking USS Housatonic. After signaling to shore that the mission had been accomplished, the submarine and its crew of eight vanished.

Lost at sea for more than a century, Hunley was located in 1995. The hand-cranked vessel was raised in 2000 and delivered to the Warren Lash Conservation Center, located on the former Charleston Navy Yard, S.C., where an international team of scientists is at work conserving the vessel and piecing together clues to solve the mystery of its disappearance.

# 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 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 health care 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?'"

The assessment will consider the overall health of the returning service member, with emphasis on mental health and readjustment. Current data shows only a small percentage of individuals report problems immediately following deployment. "In some cases, service members may have concerns, but understand-

ably, want to go home," he said. "Some two to three months later or more may 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 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.