

## Looking back at a busy 2006



**Karen S. Spangler**  
Editor

A year's worth of entertainment, leisure activities, celebrity visits and reflections back in time were featured in Hawai'i Navy News features in 2006. The 12 months were solidly packed with activities for Pearl Harbor Sailors and their families.

The Pro Bowl brought NFL officials and players to the islands in February to play the big game at Aloha Stadium. The players also toured Pearl Harbor ships, watched the Super Bowl with Sailors aboard the USS Chosin and signed autographs at the Navy Exchange.

Lt. Justin Carrell, a community Officer aboard the nuclear fast attack submarine USS Los Angeles, was one of the featured performers as Great American Voices entertained "theater goers" at the Navy Lodge on Ford Island. The singers treated the audience to an evening of opera and Broadway, presented by vocalists from Hawai'i Opera Theatre (H.O.T.).

Wrestlers from the World Wrestling Entertainment visited the NEX and took some time to talk to Sailors and sign autographs. Disco Inferno, Black Dragon, Kharma and other superstars from International Championship Wrestling were on hand to sign autographs for single Sailors at Beeman Center.

Representing the Navy in the community, the Sailors of the USS Chafee made a trip to the Big Island for the 43rd annual Merrie Monarch Festival in Hilo.

The Navy also participated in the Aloha Festivals 2006 events.

Renowned marine artist Wyland visited the Navy Exchange (NEX), adding a few touches to his whale mural and signing some of his artsy ocean creations for NEX patrons.

The Navy was one of the sponsors of the HECO Electron Marathon on Ford Island. The Army team managed to ease by the Navy entry to take first place in the military inter-service category.

More than 1,400 military and civilian runners participated in the 2006 10K Ford Island Bridge Run. Mobile Salvage and Diving Unit One hosted a Strongman/Strongwoman Competition at the NEX.

The year 2006 also found Pearl Harbor Sailors hard at work – involved in a variety of environmental and community service projects. They participated in Earth Day events, volunteered time to keep the "Mo" shipshape, helped with the Oahu-wide "get the drift and bag it" cleanup

effort, and collected food for the Hawai'i Food Bank.

Yet other stories focused on Sailors who took the time to help with adopt-a-highway projects and community beautification. Just a few of those included Afloat Training Group Sailors volunteers who sloshed through muddy waters to help with the Pouhala Marsh Restoration Project. NCTAMS PAC volunteers collected trash and debris littering their adopted highway near the installation. Navy Munitions Command Detachment Pearl Harbor helped with cleanup efforts in Ewa Beach.

Expressions of harmony were heard throughout the base and the community as the Pacific Fleet Band entertained audiences and performed for official occasions, marched in the Military Appreciation Month Parade in Waikiki, and presented a monthly Concert in the Park near The Banyans.

The Naval Station Pearl Harbor Recreation Committee sponsored its first fishing tournament, giving avid fishermen an opportunity to "hook the big one."

It was also a momentous year for grand openings of new facilities and renovations or changes at those not quite so new. Single Sailors at Beeman Center were treated to a myriad of activities at MWR's newly-renovated recreation facility at Beeman Center.

Sam Snead's Tavern at Navy-Marine Golf Course continued to offer its high standard of quality service and tasty food at competitive prices. The Navy Marine Golf Course underwent extensive renovations, emerging better than ever for avid golfers on the green.

Activities for single Sailors at the Armed Services YMCA Single Sailor Center and Liberty in Paradise were also highlighted. For those who wanted to enjoy more adventure, MWR's outdoor recreation team kept them busy with hikes, scuba diving, kayaking, surfing and other activities guaranteed to provide that adrenalin rush.

MWR provided its Navy patrons with a full schedule of activities throughout the year. It offered classes and events at eight community centers as part of Community Central. Yoga classes, martial arts instruction, massage therapy, exercise programs, belly dancing, aquatics program – just to mention a few of MWR's activities – provided Sailors and family members with a variety of venues for fitness and fun.

MWR also hosted the July 4 Block Party bash – complete with food booths, entertainment, games, and a fireworks spectacular. Jay Mohr, well-known comedi-

an and actor, and Dog the Bounty Hunter headlined the entertainment.

The world-famous Harlem Globetrotters held a youth basketball camp for youngsters in July and Tony Hawk's Birdhouse Pro skateboarders kicked it up at the NEX.

Navy families played in the sand at White Plains Beach at MWR's Sand Blast Beach Party and celebrated Springfest, Month of the Military Child on Ford Island. The MWR Fitness Fest in May offered the latest in health and fitness trends.

Vintage cars, euro imports and hot rods were on display at MWR's annual auto show at the NEX parking lot.

HNN readers were also treated to whale-watching, the cultural diversity of the Polynesian Cultural Center, and a sumptuous Hawaiian luau with the Naval Station Seabees – all courtesy of the newspaper's leisure section.

At Christmastime, the MWR staff sponsored the tree-lighting ceremony and Winterfest 2006 as well as the holiday boat lighting contest and intramural holiday tournaments – all to make the season just a bit merrier.

For the bravest of heart, there were invitations to seek out a more haunted Hawai'i – a feature of HNN's Halloween edition – for chicken skin tours and scary activities.

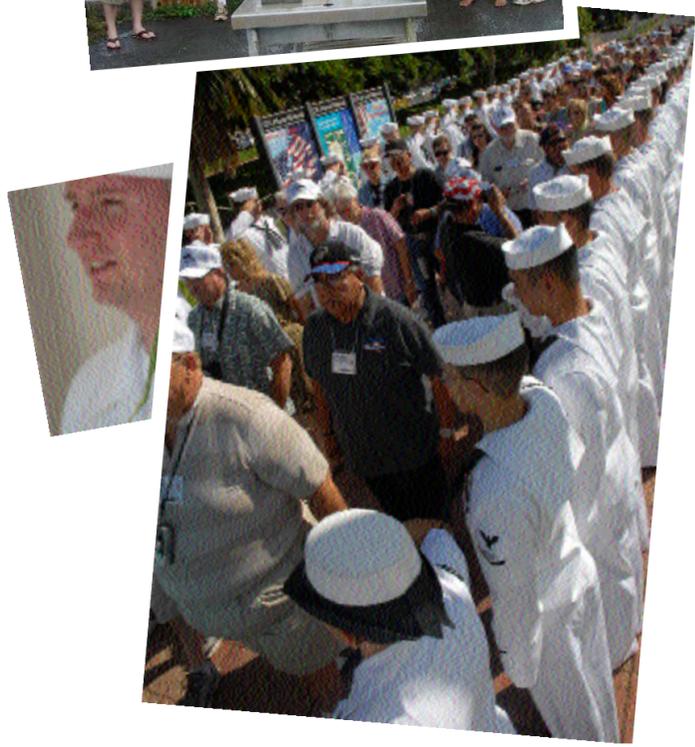
During 2006, we also paid tribute to America's heroes at patriotic events in observance of Memorial Day, the Battle of Midway, Flag Day, July 4, Veterans' Day and the commemoration of the Dec. 7 attack.

Historical pieces offered an opportunity to learn about Amelia Earhart and her flight which departed from Ford Island, historic sites and memorials around Pearl Harbor, the fate of the Arizona Band, "ladies of the high seas" featuring ships and their namesakes, and the discovery of the remains of the USS Lagarto in the Gulf of Thailand.

We remembered the events of the Dec. 7 attack with a special commemorative edition that featured the events of "A Nation Remembers" as well as a look back in time with historical photos and first person eyewitness accounts from Pearl Harbor survivors.

All in all, it was a busy, sometimes fun and often reminiscent look at happenings, people and places in and around Pearl Harbor.

It's now time to welcome 2007 – and look forward to the many interesting people and events that will shape our leisure features in the coming year.



# Window on Pearl Harbor

Karen S. Spangler, Editor

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## Got resolutions?

Where did 2006 go? How could it possibly already be 2007?

With the beginning of the new year, people begin to think about "starting the year off with a clean slate" and make resolutions for the new year – with the best intentions, of course.

I'm no different, but it occurred to me that those new year's resolutions that I made at the beginning of 2006 – well, admittedly, I had those good intentions, but just as I seemed to be rolling along quite smoothly and making progress, it was the holiday season and 2006 was almost at an end.

Actually, I knew that I was in trouble when all of the signs of the holiday season began appearing. It seemed like one minute, we were welcoming little "trick or treaters" at the front door and then, in the blink of an eye, the Salvation Army bell ringers were out in full force and the preparations and reminders of the Christmas season were everywhere. And was I ready? Of course not – breaking my previous year's resolutions that Christmas would not creep up and catch me off guard again.

Speaking of time, there is something about the concept of time that eludes me. Let me explain: There are 60 seconds in every minute, there are 60 minutes in every hour, there are 24 hours in every day, there are seven days in every week and there are 365 days in every year except for leap

year when we have one additional day. My point: every year throughout my life, there have been exactly the same number of seconds, minutes and days. So why is it that every year goes by faster and faster? If it's the same amount of time, how can it go by faster? It isn't logical, but it at least seems that the older I get, the faster time seems to fly by.

But I don't give up easily – and once again, it's a new year....2007....and time for a new start. So keeping in mind the advice that in order to be really committed to New Year's resolutions, it is necessary to write them down, I took pencil in hand and jotted down my resolutions for this year. Some of them are actual continuations of last year's resolutions that I committed to early in 2006 managing to make considerable progress through the year.

At the top of the list is my resolve to continue to be health-conscious, eat healthy (most of the time) and devote even more time and effort to an ongoing exercise program. I read somewhere that chocolate is considered to be good for you – works for me. In 2006, I lost weight, became healthier and am now proudly wearing a smaller size. The quest will continue in 2007.

Another item on last year's list – to become more organized in every area, running the gamut of my stuff – still needs work, but I have made considerable progress. Files, clips, photos, closets, cup-

boards – yup, the list still seems endless. But one of these days in 2007 (a note of optimism), it will be wonderful to have all of my stuff organized and where I can easily find it. I'm sure that my children will really appreciate my efforts. I sense their frustration when they ask me where I put such and such and I can only answer with a blank stare. They will, I'm sure, also appreciate not having to spend precious minutes...hours...helping me to look for some "lost" item that I really need and must find quickly. Actually, I think that I've lost my credibility and no longer do they fall for my lame attempts to extricate myself from an awkward situation. The fact that they roll their eyes when I say, "Hmmm, it was just here a few minutes ago" or "I could have sworn this is where I put it," is a giveaway.

Also high on my list of resolutions for 2007 is the completion of my first novel. Based on my mathematical equation for 2006, i.e., a page a day times 365 days or so, my first novel should have been done and another at least in the beginning stages by the end of the year. A page a day wouldn't seem like much, I rationalized as I made the resolution, but when you're staring at a computer screen, your mind is blank and you're trying to fill a whole page with words, it becomes an enormous challenge. Facing the computer and writing some more after I

have spent a whole day at work – writing and editing – sometimes can be rather daunting. So I didn't achieve this one, but I'm working on it.

I will continue my 2006 resolutions to explore even more of these lovely islands and visit places I haven't been and things I haven't seen here in paradise. I will spend even more time with my children whenever I can. I have transitioned into a different phase of my life this past year – the "empty nest" syndrome (or "almost empty nest") with the two youngest children now off to college.

With the new year, I resolve to be even more thankful for my blessings and to expend more time and effort in living life, enjoying life and living each day to the fullest. I'm wise now and I know how this works – in the blink of an eye, it will be a new year. I'll be another year older, I'll find a few more wrinkles (hopefully, only a few), perhaps a few more gray hairs, and the realization that another year has gone by will again be hard to believe.

But for now, it's the beginning of 2007 and things are off to a great start - I'm off and running with my resolutions for the new year.

Got resolutions? Have a fine Navy day here in paradise and a wonderful new year!

*We welcome comments from readers. If you have comments, please send them to: Karen.spangler@navy.mil.*

## Grins and giggles at 'The Theater of Laughter'



Navy Region Hawai'i Morale, Welfare and Recreation and Armed Forces Entertainment will present "The Theater of Laughter," a free comedy show, at 8 p.m. Jan. 31 at Beeman Center, Pearl Harbor. Catch comedians Patrick DeGuire, Rick Gene, Butch Bradley and Jentle Phoenix who are on their Pacific Tour, traveling the globe and entertaining troops. The event is adult-themed and open to all military-affiliated personnel 18 years and older. For more information, call 473-0606.

# 'Great American Voices' return to Pearl Harbor

Sara Mizushima

*Navy Region Hawai'i Fleet and Family Readiness, Marketing*

Singers from the Opera Studio, a Hawai'i Opera Theatre (H.O.T.) program for talented and rising young stars, will present "Great American Voices: Unforgettable Melodies from Opera and Broadway" as they perform songs of classic opera and musical theater on Jan. 14 at the Navy Lodge on Ford Island. The National Endowment for the Arts, in partnership with Navy Region Hawai'i, Morale, Welfare and Recreation (MWR) and H.O.T. will sponsor the event. The performance is free and open to all military-affiliated personnel and sponsored guests.

According to Erik Haines, director of education and outreach of H.O.T., some of the most famous opera and American Music Theater (also known as Broadway) songs can be found in cartoons, comedies and even movies. Opera and Broadway music are so enmeshed with popular culture that most people don't realize what genre they are hearing when they are first exposed to it, he noted. "I go out into the schools and give them an opera test. They've heard all this stuff, but haven't been able to make the connection," said Haines.

In "Great American Voices," audience members who have never been to an opera before will be surprised to hear some familiar tunes. The performance promises to give adults and children a chance to revel in some well-known songs and to experience a live performance. "Opera is not all about fat ladies



with horns, screaming at the top of their lungs. It's music, it's fun, successful and good entertainment," said Haines.

For regular opera goers, they will get to experience a first-class lineup of performers who are well-traveled and carry heavy performance credentials. Added to last year's lineup, two new singers on the bill will offer different elements to the show.

Lara Katine, MWR special events program director, noted, "Last year was a wonderful success. This was shown when performers were greeted with a standing ovation."

This year, the show promises all that and more. "It's a Sunday evening at sunset with a beautiful atmosphere lit

with tiki torches. Hunt Development Group is presenting the welcome reception. There will be complimentary beverages, elegant hors d'oeuvres, and music by the Pacific Fleet Woodwind quintet," said Katine. Also, there will be prizes and giveaways from Hunt Development Group and H.O.T.

Come and experience for yourself the power of "Great American Voices." The welcome reception starts at 6 p.m., followed by the performance at 6:30 p.m. No tickets are needed and dress code is aloha attire. "Great American Voices" is made possible by The Boeing Company and presented in cooperation with Opera America. For more information on this event, call 473-0606 or visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com).

## Give your body a gift for the new year: A healthy eating plan and regular exercise

### Naval Health Clinic Hawai'i

January is Healthy Weight Month. There are only a few of us who don't want to shed a few extra pounds and there are many diets being promoted everywhere we look. But fad diets may often deprive your body of essential nutrients, may provide insufficient calories, lead to feelings of deprivation by eliminating favorite foods, usually lead to returning to old eating habits, and weight that was lost comes back.

How do you recognize a fad diet? Tracy Navarrete, the

health promotion coordinator and fitness trainer at Naval Health Clinic Hawai'i (NHCLH), offers this insight: If it requires you to spend large amounts of money on special foods or supplements, does not encourage at least 30 minutes of exercise most days of the week, eliminates one or more food groups, promises a quick fix of more than one to two pounds a week, then it is a fad diet and should be avoided.

Exercise is an important component of attaining and maintaining a healthy weight. However, are you like many people who say they

have trouble getting the energy to exercise? Take a close look at your diet. If you skip meals in an effort to save calories, you may be depriving your body of important fuel for your workout. As a result, you may feel tired, irritable and unfocused.

One key way to stay motivated is to eat a series of small meals throughout the day that are composed of complex carbohydrates such as whole grain breads, crackers, fresh fruit and vegetables. Eating this way provides your body with a constant source of energy and fuel.

The only effective way to

lose weight and keep it off long term is to follow a healthy eating plan that allows all foods, encourages moderation and variety in eating, and includes regular exercise. Healthy eating is a lifetime commitment that will keep you feeling your best.

The NHCLH health promotion department offers nutrition and weight management classes twice a month as well as the eight-week Shipshape course for active duty service members, which includes a nutrition and weight management class. For more information, call 473-1880, ext. 282 or 283.

## Chapel to offer Buddhism ministry

### Navy Region Hawai'i Religious Ministries

The Regional Religious Ministries Program will host a worship and education meeting for Buddhist personnel. This meeting, which is open to Department of Defense personnel and their family members, will be held in the fellowship hall of the Naval Station Pearl Harbor Chapel, at 12:30 p.m. on the

second Saturday of each month.

This is an opportunity for Buddhist personnel to deepen their faith and religious expression. It is also open to people who want to learn more about Buddhism.

All literature and materials that may be needed will be supplied. For more information, contact the Buddhist Lay Leader, ENC Stephen Kearney at 368-0182.

# Skylark Central

## Who said...?

### Cryptogram

The cryptogram is a puzzle where each number stands for a letter. For example, the letter "K" is represented by the number "10." Unscramble the phrase to reveal the famous quote.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
										10	2	20													

" \_\_\_\_\_ L \_\_\_\_\_ M \_\_\_\_\_ M \_\_\_\_\_

15 5 1    7 2 15 4 20 25 15 1    20 1 25 3 7 21 1    13 26 25

M \_\_\_\_\_

20 25 24    4 3    24 13 15    18 5 1 21 1    5 1    3 15 25 24 9 3

\_\_\_\_\_ M \_\_\_\_\_ M \_\_\_\_\_ M \_\_\_\_\_

4 24    20 13 20 1 24 15 3    13 26    23 13 20 26 13 21 15    25 24 9

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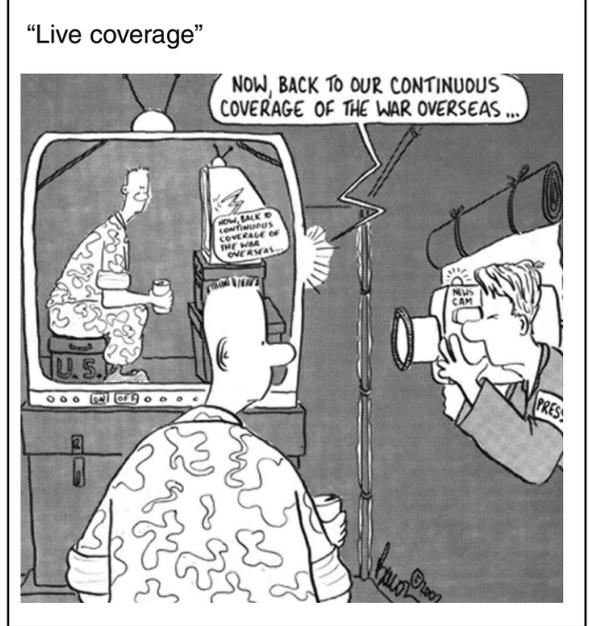
23 13 24 12 1 24 4 1 24 23 1    19 7 15    18 5 1 21 1    5 1

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3 15 25 24 9 3    25 15    15 4 20 1 3    13 26    23 5 25 2 2 1 24 17 1

\_\_\_\_\_ "

25 24 9    23 13 24 15 21 13 12 1 21 3 22



## Last issue's answers **Lost submarines of World War II**

A crossword puzzle grid with words filled in. The words are: SEALION, SHARK, PERCH, GRUNION, ARGONAUT, AMBERJACK, GRAMPUS, TRITON, PICKEREL, GRENADIER, RUNNER, POMPANO, GRAYLING, CISCO, WAHOO, DORADO, CORVINA, SCULPIN, CAPELIN, SCORPION, GRAYBACK, TROUT, TULLIBEE, HERRING, GUDGEON, GOLET, ROBALO, FLIER, HARDER, SEAWOLF, ESCOLAR, DARTER, SHARK II, TANG, ALBACORE, GROWLER, SCAMP, SWORDFISH, BARBEL, KETE, TRIGGER, SNOOK, LAGARTO, BONEFISH, BULLHEAD.

### Know your Navy

What are the three basic parts of a rotary-wing aircraft?

Last week's question...  
What U.S. submarine was the first to circumnavigate the globe while submerged?

Answer...  
USS Bunker Hill (CG 52)



Here's what's going on at Navy Region Hawai'i!

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. For more information (FMI): visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com)



**FREE NO-LIMIT TEXAS HOLD'EM TOURNAMENT**

It's time for the No-Limit, Texas Hold'em Tournament at 6 p.m. **Jan. 17** at Paradise Lounge at Club Pearl. Prizes will be given to the top winners. The free event is open to all military-affiliated personnel, 21 years and older. FMI: 473-1743.

**SUPER GARAGE SALE AND CRAFT FAIR**

Morale Welfare and Recreation's (MWR) Super Garage Sale and Craft Fair will be held from 8 a.m.-noon **Jan. 20** at Richardson Field. All military-affiliated vendors can apply for their own 10-foot by 10-foot space for a cost by either visiting the Navy Information, Tickets and Travel office or [www.greatlifehawaii.com](http://www.greatlifehawaii.com). Space is limited and should be reserved as soon as possible. Admission is free for buyers. The event will be open to the general public. FMI: 473-0606.

**ROCKET ARM DODGE BALL COMPETITION**

Single Sailors can now sign up their eight-person team for free at any Liberty Center for the Rocket Arm Dodge Ball Competition. Teams will compete from 6-9 p.m. **Jan. 23** at Bloch Arena gym, Pearl Harbor. Competition is open to Single Sailors only and is free of charge. Special prizes go to the team with the most audacious team name and the most outrageous team uniform. FMI: 473-4279.



**INLINE HOCKEY REGISTRATION**

Registration is now open for MWR

inline hockey. Children, ages nine to 17, can register at the Boys & Girls Clubs of Navy Hawai'i, youth sports office located at 620 Main St. (off Valkenburgh) at building 3456. When registering, parents should bring their child's birth certificate and a current physical examination card. Deadline to register is Jan. 26. The season runs from February to June. Please call for cost. The sport is open to all military-affiliated youth. FMI: 474-3501.

**PRESALE PRO BOWL TICKETS AT ITT**

Presale Pro Bowl tickets at all Navy Information, Ticket and Travel (ITT) offices are **now** on sale. No refunds or exchanges will be allowed. Ticket purchase is open to active duty, Reserve, retired, Department of Defense (DoD) employees, and family members. Date of the Pro Bowl game is set for **Feb. 10, 2007**. Kick-off will be at 1 p.m. FMI: Navy ITT offices at Bloch Arena, 473-0792; Navy Exchange, 422-2757; Barbers Point, 682-2019; and Kunia, 655-3128. Times and dates are subject to change without notice.



**BASEBALL REGISTRATION**

Children can learn how to throw, pitch and catch while building self-confidence by participating in MWR's baseball league. Parents can register their children at the Boys & Girls Clubs of Navy Hawai'i, youth sports office located at 620 Main St. (off Valkenburgh) at building 3456. Deadline to register is Feb. 2. The league is open to children ages five to 14. When registering, parents should bring their child's birth certificate and a current physical examination card. Practice begins in March. The season runs from April to July. The cost for T-ball, coach pitch and

minors is \$60. The cost for majors and juniors is \$80. The sport is open to all military-affiliated youth. FMI: 474-3501.

**NAVY FIT KIDS CENTER**

MWR Fitness Center, Bloch Arena has opened the first ever Fit Kids Center, a place where children, ages six-14, can work out for health and fun for free. Keiki ages six to nine must be supervised by an adult at all times. Youth ages 10-14 can work out on their own after completing the free Navy Youth Fitness Orientation class. If they have not completed this class, an adult must supervise them. The hours of operation for Bloch Arena's Fitness Center are: 4-10 p.m. Monday through Friday; 7 a.m.-8 p.m., Saturday; 7 a.m.-6 p.m. Sunday. FMI: 473-0793.



**FREE WEEKEND SAILING CLASSES**

Free weekend adult sailing classes are offered each weekend by MWR at Rainbow Bay Marina. Learn how to sail during this 16-hour course. Classes run for two consecutive weekends from 1-5 p.m. FMI: 473-0279.

Single Sailor Activities

**Weekly events:**

- Sundays** – Surfing lessons and barbecue, 10 a.m., \$7.
- Mondays** – Monday Night sports and feast, free food, all centers, 5 p.m., free.
- Thursdays** – Root beer and ice cream float night, 6 p.m.
- Every third Wednesday** – Poor Boy barbecue, 5 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 and must be resubmitted every four weeks.

**January**

**Today - The Hawai'i Government Employees Association (HGEA) will participate in the Martin Luther King Jr. March** from 9 a.m.-noon **Jan. 15**, beginning at Ala Moana's Magic Island parking lot and ending at Kapiolani Park. Bus service to Magic Island will leave at 7:30, 7:45 and 8 a.m. HGEA will provide refreshments and T-shirts. The deadline to sign up is **today**. FMI: 536-2351.

**Late January - The Pearl Harbor Tax Center** will open at the end of January and remain open through mid-April. FMI: 473-4698.

**February**

**4 - Celebrate Super Bowl XLI** at Oceans CPO Club. There will be door prizes, gift certificates and a grand prize of \$500 given away throughout the game. Door prize winners must be present to win. FMI: 473-0612 or 477-9362.

**At a Glance**

**University of Phoenix Hawai'i campus adds hours of operation** at Tripler/Fort Shafter education complex - The University of Phoenix Hawai'i Campus has extended counseling hours at the Tripler/Fort Shafter Education Center Complex, building 102, room 109A, to two days a week. The office will now be open every Tuesday from 9 a.m. to 4:30 p.m. as well as every Thursday from 9 a.m. to 2:30 p.m. Counseling will no longer be offered on Mondays. The center provides information about the university's educational programs, as well as financial aid assistance, and can help guide prospective students through the enrollment process.

The University of Phoenix Hawai'i Campus has four campuses on Oahu, which are close to most of Oahu's military bases: Mililani Learning Center, Windward Learning Center, Honolulu Main Campus and Kapolei Learning Center. FMI: Ivy Wong at 536-2686, ext. 35148 or [ivy.wong@phoenix.edu](mailto:ivy.wong@phoenix.edu).

**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-TRI-WEST (1-888-874-9378), visiting their Web site at [www.triwest.com](http://www.triwest.com), or TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic.

**Looking for a few good dads** - The Fleet and Family Support Center (FFSC) at Naval Station Pearl Harbor is looking for volunteers to help with Boot Camp for New Dads. FMI: Chet Adessa [chester.adessa@navy.mil](mailto:chester.adessa@navy.mil).

**NEX price matching** - Through the Navy Exchange (NEX) price matching policy, the NEX will match the price of any identical item sold in any local store. Please see a sales associate for more information.

**The American Red Cross** needs volunteer instructors -for cardio-pulmonary resuscitation (CPR) and first aid classes. Free training is provided. Volunteers must make a commitment to teach eight classes a year and have at least one year left in the area. FMI: 449-0166.

**T.O.P.S. (Take Off Pounds Sensibly)**, a nonprofit 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. FMI: 623-1403.

**University of Oklahoma** offers a master of arts in managerial economics and a master of public administration. The non-thesis programs can be completed in about 18 months. The school offers one-week classes that are TDY/TAD friendly. FMI: 449-6364 or [aphickam@ou.edu](mailto:aphickam@ou.edu) or visit [www.gouou.ou.edu](http://www.gouou.ou.edu).

**CLEP testing centers** - Hawai'i Pacific University, in partnership with military education centers on Oahu, has established three National Test Centers (NTC) which are located at Naval Station Pearl Harbor (PHNS), Hickam Air Force Base (HAFB) and Marine Corps Base Hawai'i (MCBH) at Kaneohe. Testing is free to all military personnel (active and reserve). There is a \$75 fee for active and reserve military adult family members (17 years of age), retired military personnel and DOD civilians. Examinations are conducted daily at 9 a.m., 11 a.m. and 2 p.m. on the following schedule: HAFB (Mondays and Wednesdays); PHNS (Tuesdays and Thursdays); MCBH (Fridays). FMI or reservations for testing: HAFB - 422-1032; PHNS - 422-0079; MCBH - 254-4133.

AT THE MOVIES

**MOVIE CALL**

<b>Sharkey Theater</b> Naval Station Pearl Harbor (473-0726)	
<b>TODAY</b>	
7:00 p.m.	Blood Diamond (R)
<b>SATURDAY</b>	
2:30 p.m.	Happy Feet (PG)
4:45 p.m.	Deck the Halls (PG)
7:00 p.m.	Deja Vu (PG 13)
<b>SUNDAY</b>	
2:30 p.m.	Unaccompanied Minors (PG)
4:45 p.m.	Casino Royale (PG 13)
7:00 p.m.	The Holiday (PG 13)
<b>THURSDAY</b>	
7:00 p.m.	Blood Diamond (R)
<b>Memorial Theater</b> Hickam Air Force Base (449-2239)	
<b>TODAY</b>	
7:00 p.m.	Unaccompanied Minors (PG)
<b>SATURDAY</b>	
7:00 p.m.	Unaccompanied Minors (PG)
<b>SUNDAY</b>	
7:00 p.m.	Casino Royale (PG 13)
<b>WEDNESDAY</b>	
7:00 p.m.	Unaccompanied Minors (PG)
<b>THURSDAY</b>	
7:00 p.m.	The Holiday (PG 13)
<b>Sgt. Smith Theater</b> Schofield Barracks (624-2585)	
<b>TODAY</b>	
7:00 p.m.	Turistas (R)
<b>SATURDAY</b>	
7:00 p.m.	The Holiday (PG-13)
<b>SUNDAY</b>	
2:00 p.m.	Happy Feet (PG)
<b>WEDNESDAY</b>	
7:00 p.m.	Turistas (R)
<b>THURSDAY</b>	
7:00 p.m.	The Holiday (PG-13)

**Blood Diamond**

Set against the backdrop of civil war and chaos in 1990s Sierra Leone, Danny Archer, a South African mercenary, and Solomon Vandy, a Mende fisherman, are joined in a common quest to recover a rare pink diamond that can transform their lives. While in prison for smuggling, Archer learns that Solomon-who was taken from his family and forced to work in the diamond fields-has found and hidden the extraordinary rough stone.

**Casino Royale**

James Bond's first 007 mission takes him to Madagascar, where he is to spy on a terrorist Mollaka. Not everything goes as planned and Bond decides to investigate, independently of the MI6 agency, in order to track down the rest of the terrorist cell. Following a lead to the Bahamas, he encounters Dimitrios and his girlfriend, Solange. He learns that Dimitrios is involved with Le Chiffre, banker to the world's terrorist organizations.

**Deck the Halls**

Steve, a suburban dad and Christmas enthusiast, leads a well-ordered, well-planned, and well-organized life. His new neighbor, Buddy, is Steve's polar opposite: a big personality with big dreams, which have yet to materialize. But Buddy's latest dream-to create the biggest holiday light display in the

world, visible from outer space - is turning Steve's disciplined world into a chaotic nightmare.



**Deja Vu**

Everyone has experienced the unsettling mystery of déjà vu - that flash of memory when you meet someone new you feel you've know all your life or recognize a place even though you've never been there before. But what if the feelings were actually warnings sent from the past or clues to the future? It is déjà vu that unexpectedly guides ATF agent Doug Carlin through an investigation into a shattering crime.

**Happy Feet**

Set deep in Antarctica and into the land of Emperor Penguins, where each needs a heart song to attract a soul mate, a penguin is born who cannot sing. Our hero Mumble, son of Memphis and Norma Jean, is the worst singer in the world - however, as it happens, he is a brilliant tap dancer!

**The Holiday**

Iris is in love with a man who is about to marry another woman. Across the globe, Amanda realizes the man she lives with has been unfaithful. Two women who have never

met and live 6,000 miles apart, find themselves in the exact same place. They meet online at a home exchange Web site and impulsively switch homes for the holiday. Iris moves into Amanda's L.A. house in sunny California as Amanda arrives in the snow covered English countryside. Shortly after arriving at their destinations, both women find the last thing either wants or expects: a new romance.

**Turistas**

A group of young backpackers' vacation turns sour when a bus accident leaves them marooned in a remote Brazilian jungle that holds an ominous secret.



**Unaccompanied Minors**

It's Christmas Eve and a huge blizzard has just shut down the airport, threatening to ruin holiday plans for all stranded travelers. Snowed in enroute to their father's house, two "Unaccompanied Minors"- dubbed UMs-Spencer and his little sister, Katherine, are ushered to the airport's unaccompanied minors room. This group of UMs form cliques that don't mix, learn to ditch their differences, and help each other flee the clutches of airport authority.

JCAHO accreditation survey planned at Naval Health Clinic Hawai'i

Naval Health Clinic Hawai'i

The Naval Inspector General (MEDINSGEN) and the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) will conduct a joint accreditation survey of Naval Health Clinic Hawai'i from Jan. 22-26.

The purpose of the MEDINSGEN survey is to assess effectiveness, efficiency, readiness, capability, and quality healthcare services in accordance with United States Navy standards, and to assess interoperability, integration, and collaboration with associated Department of Defense and other federal government and civilian organizations. The Joint Commission evaluates the organization's compliance with nationally established standards, such as quality of care and safety of the environment in which care is provided.

Patients and staff members with concerns may bring them to the attention of the medical inspector general by calling 1-800-637-6175, DSN 295-9019, or via e-mail at medig-hotline@us.med.navy.mil. If desired and appropriate, interested personnel may also use the hotline to request a private appointment with members of the MEDINSGEN team during the inspection visit.

Patients and staff members may also request a public information interview with the Joint Commission during the survey period. A JCAHO surveyor can be contacted by calling 474-3221. They will be working from the Naval Health Clinic Hawai'i Headquarters classrooms, building 1750, 480 Central Ave., Pearl Harbor. Information presented at the interview will be carefully evaluated for relevance to the accreditation process.

**STORY IDEAS?**

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

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

**Hawaii Navy News**

# Calling for photographers

**Navy Region Hawai'i Morale Welfare and Revreation (MWR)**

Single Sailors can show off their artistic eye by entering a printed photograph they have taken. The contest is sponsored by Navy Region Hawai'i Morale, Welfare and Recreation.

Photos can be entered through Jan. 31 at any Liberty center.

Categories for the contest are: "Sailors: A Day in the Life," "Life on Oahu," and "And Now for Something Completely Different!"

The contest is content and subject-based. Judging will be the first week of February.

There will be a variety of prizes. The winning photos will be displayed on [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com) (more than 50,000 visitors per month) and in the Liberty centers during the month of February.

For more information, call 473-4279.

