

## Naval Station PEARL HARBOR *Picninc*

Commander, Navy Region  
Hawaii Public Affairs

More than 450 Naval Station (NAVSTA) Pearl Harbor Sailors, Department of Defense (DoD) employees, and their family members came together for a command picnic Aug. 30 to enjoy a day of fun in the sun NAVSTA Pearl Harbor-style at Ward Field.

The function served as a means to boost morale for the command, give NAVSTA Pearl Harbor employees and Sailors a break from their daily operations, and consisted of a barbeque-style picnic with musical entertainment, a mini-Captain's Cup competition, chili cook-off, main dish contest, bounce house for the keiki and a surprise tug 'o' war event.

The day's events started with the mini Captain's Cup competition, which consisted of volleyball, basketball and softball games.

Fleet and Family Readiness Program (FFRP) took first place in the Captain's Cup competition and security, administration / Transient Personnel Unit / brig and Port Operations came in second, third and fourth place (respectively).

The barbeque style picnic consisted of burgers, hot dogs, chicken tenders and beef short ribs along with assorted desserts and



beverages, which were provided by the NAVSTA Recreation Committee and served-up by the volunteers of NAVSTA First Class Petty Officer's Association (FCPOA).

As the FCPOA manned the grill, Chief Culinary Specialist Mike May spun his turntables and provided DJ services and musical entertainment for the picnic-goers at Ward Field.

While keiki bounced to the DJ's beats in the jump house, the commanding officer, Capt. Taylor Skardon and his executive officer, Cmdr. Douglas Holderman, taste tested entries for the main-dish and chili cook-off competitions.

FFRP claimed bragging rights by winning the chili cook-off while security brought home the gold with a special red velvet cake for the main-dish contest.

The day ended with the tug 'o' war event and a trophy presentation to FFRP for winning the Captain's Cup competition.



# Ombudsmen to be honored at dinner event

**Sara Mizushima**

*Navy Region Hawai'i Community Support Programs, Marketing*

Ombudsmen will be honored for their significant contributions to their command and the command families at an ombudsman appreciation dinner which will be held tonight at the Hickam Air Force Base Officer's Club.

The event will be hosted by Fleet and Family Support Center (FFSC), Pearl Harbor; Commander, Navy Region Hawai'i (COMNAVREG HI); Commander Patrol Reconnaissance Wing Two (COMPATRECONWING TWO); and Commander, Submarine Force, U.S. Pacific Fleet (COMSUBPAC).

"Once a year, we have the ombudsman appreciation dinner. Up until then, it is a job that goes unnoticed. As an ombudsman, your heart has to be really big because you volunteer a lot of time in service," said Katie Moss, COMSUBPAC ombudsman assembly chair.

Each ombudsman is appointed by the commanding officer (CO) and serves as a liaison between the command and the command families. The ombudsmen provide communication, outreach, resource referral, information and advocacy for the families. They speak at family support meetings and deployment fairs, informing the families of important happenings or changes involving the command, and attend ombudsmen assemblies and various trainings.

This position requires high professionalism, confidentiality, optimism and patience. The ombudsmen seek to empower family members to help themselves, especially when trying to navigate the unique challenges of Navy life. "For new families who haven't gone through deployment, it can be a challenge. It's a different kind of adjustment," said Becky Adams, Mobile Diving and Salvage Unit One ombudsman and COMNAVREG ombudsman assembly chair.

While the military provides various forms of support for military families, the ombudsman program proves to be a vital one, especially during deployment. "At times the ombudsman is the only link of communication that the command and the families have. It is the only way that one knows what is going on with the other," said Joe Smith, ombudsman chair for Marine Corps Base Hawai'i - Kaneohe.

"I think it's important that we appreciate the time, dedication and service that these ladies and gentlemen give to the community," said Moss.

The ombudsman appreciation dinner is an event that recognizes the importance of the program and the people who make it happen. For more information about the ombudsman program, contact the FFSC at 474-1999, ext. 6105.



Photocourtesy of Navy Region Hawai'i Fleet and Family Readiness, Marketing

Youngsters participate in a potato sack race during a previous Day for Kids Celebration. Morale Welfare and Recreation will host the event on Saturday.

## MWR plans Day for Kids on Sept. 15

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

Youngsters can go back to the "Old Tyme" days where potato sack races, silly putty and donut eating contests ruled. The Boys & Girls Clubs Day for Kids from 1-4 p.m. on Sept. 15 at Quick Field will be a day that everyone remembers.

A highlight of the day's events will be a family fun run. To pre-register for this event, download the regis-

tration form by visiting [http://greatlifehawaii.cnic.navy.mil/docs/funrun\\_reg.pdf](http://greatlifehawaii.cnic.navy.mil/docs/funrun_reg.pdf)

Then fill it out and drop it off at the youth sports office at 620 Main St. (off Valkenburgh), building 3456. On-site registration starts at 12:30 p.m. on the day of the event.

The event is free and is open to all military-affiliated families.

Activities will include games and contests, such as potato sack races and kick

the can; make and take projects such as paper airplanes and silly putty;

field games including hula hoops and Frisbee;

table games; contests on stage featuring bubble gum blowing, name that tune

and donut eating, and more.

For more information, call 421-1556.



# September is Suicide Prevention Month

## Tripler Army Medical Center Public Affairs

The U.S. Army has designated September 2007 as Suicide Prevention Month. This initiative encompasses Sept. 7-13.

The American Association of Suicidology (AAS) has designated "National Suicide Awareness Week" and "World Suicide Prevention Day" on Sept. 10, an annual event sponsored by the International Association of Suicide Prevention (IASP) in conjunction with the World Health Organization (WHO).

This year the theme of World Suicide Prevention Day is "Suicide Prevention across the Life Span," which has been adopted to emphasize the fact that suicide occurs in all ages. Suicide prevention and intervention strategies may be adapted to meet the needs of different age groups.

Each year, approximately one million people die by suicide worldwide. In teenagers and young adults aged 15-24, suicide

is a leading cause of death in many countries. In adults, suicide is a leading cause of death, accounting for more deaths than all wars and homicides combined.

In most countries, the risk of suicide increases with increasing age. In many countries, suicide rates are highest among the very old, aged 85 and older. However, deaths from suicide are only one part of the problem.

Attempted suicide is conservatively estimated to be 10 to 20 times more frequent than suicide, especially in younger women. While suicide attempts may vary in intent and medical severity, all attempts are indications of severe distress, unhappiness and/or mental illness.

Suicide and suicide attempts have a profound impact on family and friends and are the source of much distress and suffering. For individuals bereaved by suicide, the emotional impact may last for many years and for families, the consequences may extend for generations. Fortunately, suicide

is not an inevitable burden that must be accepted by society. There are many ways in which suicide can be prevented.

Here's an easy-to-remember mnemonic for remembering the warning signs of suicide: IS PATH WARM?

**I**deation.  
Increased Substance (alcohol or drug) use.

No sense of Purpose in life.

Anxiety, agitation, unable to sleep or sleeping all the time.

Feeling Trapped - like there's no way out.

Hopelessness.

Withdrawing from friends, family and society.  
Uncontrolled Anger, seeking revenge.

Acting Reckless or engaging in risky activities, seemingly without thinking.

Dramatic Mood changes observed. Seek help as soon as possible by contacting a mental health professional.

What can I do if I recognize these warning signs in someone I know?

**Ask your buddy.**

- Have the courage to ask

the question, but stay calm

- Ask the question directly, e.g. Are you thinking of killing yourself?

**Care for your buddy.**

- Remove any means that could be used for self-injury.

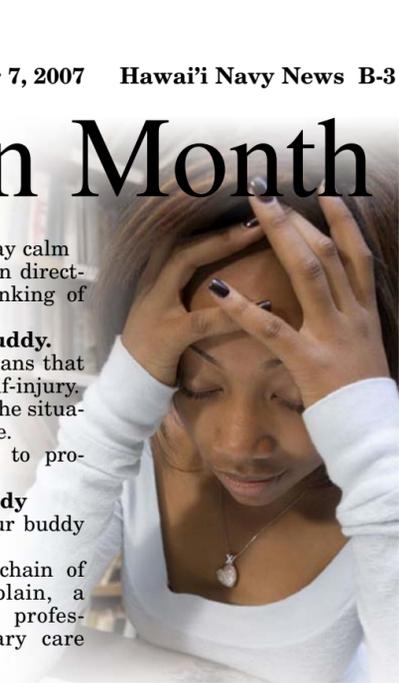
- Calmly control the situation; do not use force.

- Actively listen to produce relief.

**Escort your buddy**

- Never leave your buddy alone.

- Escort to the chain of command, a chaplain, a behavioral health professional, or a primary care provider.



# Skylark CENTRAL

**Find these 60 Italian words found in the english language**  
WORD SEARCH

- |              |           |             |
|--------------|-----------|-------------|
| ARCHIPELAGO  | GRAFFITI  | STANZA      |
| EXTRAVAGANZA | REPLICA   | CARICATURE  |
| MASCARA      | BANDIT    | INDIGO      |
| ARSENAL      | GRANITE   | STUCCO      |
| FINALE       | SCENARIO  | CARNIVAL    |
| MINIATURE    | BROCCOLI  | INFERNO     |
| ARTICHOKE    | GROTESQUE | STUDIO      |
| FRESCO       | SONNET    | CARTOON     |
| PARAPET      | BUFFALO   | INFLUENZA   |
| BALCONY      | HARLEQUIN | TARIFF      |
| GHETTO       | SOPRANO   | CASINO      |
| PISTACHIO    | CANTATA   | MAESTRO     |
| BALLERINA    | HARMONICA | TROMBONE    |
| GIRAFFE      | SQUADRON  | CAULIFLOWER |
| PORTFOLIO    | CARAVAN   | MAGENTA     |
| BALLOT       | INCOGNITO | UMBRELLA    |
|              |           | ZUCCHINI    |



**Who said it?**

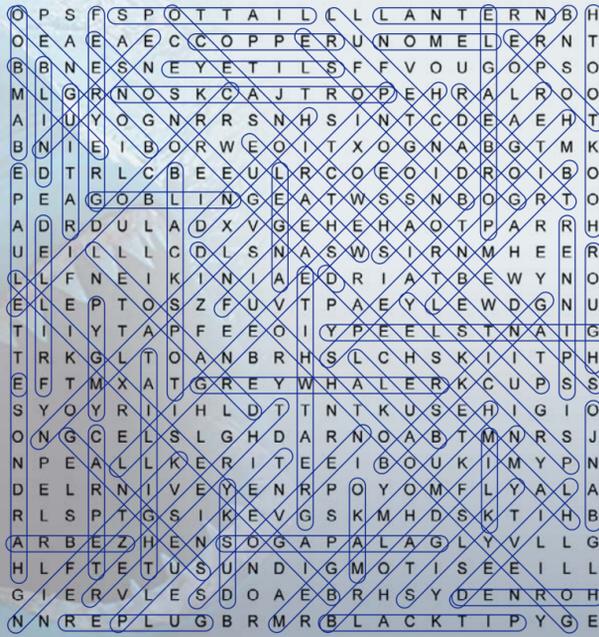
"Management is efficiency in climbing the ladder of success; leadership determines whether the ladder is leaning against the right wall."

Answer to last week's **WHO SAID IT?**

*"If the mast goes, we go with it. Our post is here."*  
- Midshipman James C. Jarvis

**Find 73 kinds Sharks that swim in the ocean.**  
WORD SEARCH SOLUTION

- |                   |                     |            |
|-------------------|---------------------|------------|
| ANGEL             | GREY WHALER         | COPPER     |
| GALAPAGOS         | SALMON              | LANTERN    |
| NURSE             | BLUE                | SWELL      |
| BAMBOO            | GUITAR              | CROCODILE  |
| GANGES            | SANDBAR             | LEMON      |
| OCEANIC WHITETIP  | BORNEO              | TAILLIGHT  |
| BANJO             | GULPER              | DAGGERNOSE |
| GIANT SLEEPY      | SILKY               | LEOPARD    |
| PLUNKET           | BRAMBLE             | THRESHER   |
| BASKING           | HAMMERHEAD          | DEVIL      |
| GOBLIN            | SILVERTIP           | MAKO       |
| PORBEAGLE         | BROADFIN            | TIGER      |
| BIGEYE SIXGILL    | HARDNOSE            | DUSKY      |
| GRACEFUL          | SLITEYE             | MEGAMOUTH  |
| PORT JACKSON      | BROADNOSE SEVENGILL | TOPE       |
| BIGNOSE           | HOOKTOOTH           | EPAULETTE  |
| GREAT WHITE       | SPADENOSE           | MILK       |
| PRICKLY           | HORNED              | WHALE      |
| BLACKSPOT         | SPEARTOOTH          | FINETOOTH  |
| GREY REEF         | BULL                | NERVOUS    |
| PYGMY             | HOUND               | ZEBRA      |
| BLACKTIP          | SPINNER             | FRILLED    |
| GREY SMOOTH-HOUND | CARPET              | NIGHT      |
| ROUGH             | KITEFIN             |            |
| BLIND             | SPOTTAIL            |            |



**Q. This is the first movie to feature the U.S. Navy's new F/A-18E/F Super Hornet. What was it?**



**Last week's question...**  
In the national anthem, what type of rocket was Francis Scott Key referring to in the line, "the rockets red glare?"

**Answer...** In the War of 1812 British forces fought the fledgling republic of the United States to a standstill. During the campaign to punish the U.S. the British attempted to take Fort McHenry, a vital fort outside near Baltimore. One of the weapons they used was the Congreve rocket.

# Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

## RALLEYBALL REGISTRATION

Registration is now ongoing for youth ralleyball through Sept. 28 at the Morale, Welfare and Recreation (MWR) 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. The season runs from October to December. The cost is \$20. This sport is open to all military-affiliated youth, ages eight to 12. FMI: 474-3501.



## FALL CAMP ADVENTURE REGISTRATION

Fall Camp Adventure registration is now ongoing at Catlin Clubhouse. The day camp offers activities, crafts, games and field trips. All single parent active duty and dual active duty parents can register their children today. All other eligible families (families with one active duty parent and Department of Defense (DoD) civilians) can register their children from Sept. 17-21. Fall Camp Adventure will be from 6 a.m. to 6 p.m. Oct. 1-5 at Catlin Clubhouse. It is open to all military and DoD family members, ages five to 12. Camp fees are based on total household income. FMI: 421-1556.

For more information on Navy Region Hawai'i MWR events, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com)

Community Calendar

## September

**Sept 14** ~ The Navy Exchange at Pearl Harbor will host a "diaper derby" from 3 to 5 p.m. Special events will include the crawlers' diaper derby, daddy diapering contest, parent juice bottle drinking race and the mommy balloon race. FMI: 423-3330.



**Sept 17** ~ The Naval Inspector General will be at Pearl Harbor from Sept. 11-26 to conduct an area visit and would like the participation of Navy spouses in two focus groups. This will provide the opportunity to have the Navy hear your views and concerns from the family perspective.

Each group is limited to 25 participants. Focus groups will be held at the following times:

- 9:30-10:30 a.m. Sept. 17, E1-E6.
- 1:30-2:30 p.m. Sept. 17, E7 and above and all officers.

The sessions will be conducted in building 679, room 12, Naval Station Pearl Harbor. FMI: AFM (AW) Michael Cook at 473-1468 or email at [Michael.G.Cook2@navy.mil](mailto:Michael.G.Cook2@navy.mil).

Sharkey Showtimes



## I Now Pronounce You Chuck and Larry (PG 13)

Chuck Levine and Larry Valentine are the pride of their fire station. Two guys always side-by-side and willing to do anything for each other. Grateful Chuck owes Larry for saving his life in a fire, and Larry calls in that favor big time when civic red tape prevents him from naming his own two kids as his life insurance beneficiaries. But when an overzealous, spot-checking bureaucrat becomes suspicious, the new couple's arrangement becomes a citywide issue and goes from confidential to front-page news.

### TODAY

7:00 PM I Now Pronounce You  
Chuck and Larry (PG 13)

### SATURDAY

2:30 PM UnderDog (PG)  
4:45 PM The Simpsons Movie (PG 13)  
7:15 PM Sunshine (R)

### SUNDAY

2:45 PM The Simpsons Movie (PG 13)  
4:45 PM No Reservations (PG)  
7:00 PM I Know Who Killed Me (R)

### THURSDAY

7:00 PM I Now Pronounce You  
Chuck and Larry (PG 13)



# Be aware of potential poisons

## Navy Region Hawai'i Safety Office

Thousands of household products that are available today make life easier, but many of them can be killers. Frequently, small children - one to four years old - are the victims. Almost every area in your home has something dangerous in it. Go through room by room and pick out the potential killers. Here are some possibilities:

### Kitchen

Detergents, drain cleaners, scouring powders, oven cleaners, waxes and polishes, disinfectants and deodorants, solvents and cleaning supplies, food extracts, nutmeg and other condiments, alcoholic beverages.

### Bathroom

All drugs and medications, rubbing alcohol, antiseptics,

hair removers, bleaches and dyes, laxatives, ointments, shampoo, after shave lotions, hair sprays, hair tonics.

### Bedroom

Nail polish and remover, face cream, birth control pills, anti-moth preparations, cologne and perfume, skin freshener, sleeping pills.

### Living room

Medications (left in handbags or on the coffee table by visitors), cigarettes, alcoholic beverages, and household plants including caladium, castor bean, dieffenbachia, elephants ear, lantan, mistletoe and philodendron.

### Utility area laundry, workshop, garage, garden shed

Paints and removers, auto waxes and polishes, gasoline, turpentine, solvents, dyes, glues, barbecue starters, weed killers, garden sprays,

lye, bleaches, drain openers, pesticides.

Make sure potentially dangerous substances are stored properly. This means locked storage in basement, garage and workshop and high shelves for cleaning fluids, polishes, bleaches and similar housecleaning aids.

Take the time to explain to your youngsters why they must not touch anything that might be harmful. By age three or four years old, your child will be able to recognize the symbols for hazardous products.

Never transfer harmful substances to cups, milk cartons, pop bottles or other food containers.

Develop safe habits and keep a list of emergency numbers by the phone in case of an accidental poisoning. You can prevent poisoning.

# Lane closures during Giant Voice Project

## Naval Facilities Engineering Command Hawai'i

The Giant Voice project is a NAVFAC (Naval Facilities Engineering Headquarters job that NAVFAC Hawai'i is supporting. The command is providing day-to day program management and coordination with construction contractors, SAIC and MadahCom Inc., ensuring safety and work compliance with provided plans and specifications.

The project consists of constructing towers that are 50 feet tall with speakers on the top. These towers are being placed on Navy property throughout Oahu (i.e., Naval

Computer and Telecommunications Area Master Station (NCTAMSPAC), Naval Station (NAVSTA) Pearl Harbor, etc.), and will eventually provide a military mass notification system, a loud speaker system for emergency announcements.

The first phase of the project, installing foundations for the towers, was completed in July. NAVFAC Hawai'i and the contractors began working on the second phase of the project, the erection of the towers and mounting of speakers, in August. Poles and speakers have been, or are currently under construction, at NCTAMSPAC and



West Loch. The following information provides the dates and locations for some phase two work at Pearl Harbor. Note: Additional locations and dates will be provided in the near future.

- Naval Station Pearl Harbor: Portions of the parking lot (10-20 stalls and aisle) between buildings 167 and 64/64A will be closed for installation of a tower. Work is expected to be completed by Sept. 15.

- The right lane of Pearl Harbor Boulevard, nearest building S99, will be closed during excavation work. In addition to the lane closure, portions of the parking lot (five-10 stalls and aisle) adjacent to building S99 will be closed. Work should be completed by Sept. 16.

# Navy Exchange Services: "Our mission is you!"

Scheherezade Roundtree

Navy Exchange Hawai'i Marketing

The Navy Exchange (NEX) at Pearl Harbor prides itself in offering a wide range of services at a great value with world-class customer service to support military members and their families. NEX services departments like the flower shop, Navy Pride, embroidery and engraving, beauty salon and day spa, and vision center are here to help patrons with all of their one-stop shopping needs.

Say it with flowers - whatever the occasion. The Navy Exchange Flower Shop has a variety of floral arrangements, plants, leis, balloons and gift baskets available and also offers worldwide delivery for patrons' convenience. This full-service flower shop specializes in wedding floral arrangements, baby arrangements, and the very popular dozen long stemmed, red rose arrangement for that special someone. "We have a highly skilled design team and we will work within our customer's budget. Customer service is our top priority," said Carla Brown, NEX flower shop manager.

The Navy Pride and embroidery and engraving shops are now more conveniently located across from the NEX flower shop. "We like this location because we are visible at the entrance and the entrance to our department is more inviting to customers," said Gemma Oba-Ob, Navy Pride supervisor. An additional convenience for Navy service members is the new selection of uniform ribbons, belts and other accessories to keep



A Navy Exchange (NEX) employee provides custom service to a Sailor shopping at the Uniform Shop at the NEX at Pearl Harbor.

Photo courtesy of Navy Exchange Hawai'i Marketing

those utilities, summer whites or khakis in regulation. Navy Pride also carries merchandise for Army, Air Force, Marine Corp and Coast Guard personnel.

Personalize virtually anything at the NEX embroidery and engraving custom services shop. Some of the most cherished gifts are those things that have been personalized. Commemorating special moments like weddings, promotions, birthdays, and

hails and farewells is what the NEX embroidery and engraving shop does best. Patrons can personalize plaques, trophies, clothing, linens, picture frames, military nametags and more.

A day at the NEX Pearl Harbor beauty salon and day spa makes for a day of indulgence. Military members receive the royal treatment at this premiere salon and spa, which continues to rank number one worldwide. Already

unique in the array of services offered, the NEX salon has introduced many new services in the past year. The most popular are its spa packages. Sports massage, aromatherapy massage and the latest addition, the Hawaiian lomi lomi massage, can help customers to soothe those aches and pains and unwind.

Clients can take comfort in knowing that only the finest, quality products are used whether they receive a color

service or facial treatment. Also, in keeping with the newest beauty trends, the salon now offers eyelash extensions. Patrons are treated to a new hairstyle and can relax with a rejuvenating massage, facial or manicure/pedicure.

"The staff understands our clients are in need of balance. Our services promote well being at an exceptional value," said Jill Aldrich, beauty salon manager. "Your wish

is our command at the NEX salon and day spa. We are committed to providing outstanding services."

At the Navy Exchange vision center, it is as much about style as it is about function and patrons can find great products and great service at an even greater value. This full service optical shop offers special value packages to fit patrons' budgets and lifestyles. The vision center carries over 1,400 stylish eyeglass frames, which include an extensive selection of fashionable designer frames for the whole family. Patrons can also receive same day service for eyeglasses (upon availability). "We stress quality and service at the optical shop; that's the reason we have return customers," said NEX optical shop manager, Vernon Asato.

The NEX Pearl Harbor Vision Center has two licensed optometrists with more than 21 years of combined experience who are committed to providing personalized care and attention to each client. Services include comprehensive eye examinations for all ages, diagnosis and treatment of eye diseases, laser eye surgery consultation, pre/post eye surgery care, evaluation and management of computer related eye strain, computer vision syndrome (CVS), detection of systemic diseases, and comprehensive contact lenses evaluation and services.

Whether patrons need breathtaking floral bouquets, trendy eyeglass wear, a relaxing massage or new 'do,' or even a special gift with a personalized touch, the Navy Exchange at Pearl Harbor can make it happen.

**GOT SPORTS**  
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Contact the HNN editor for guidelines and story/photo submission requirements

