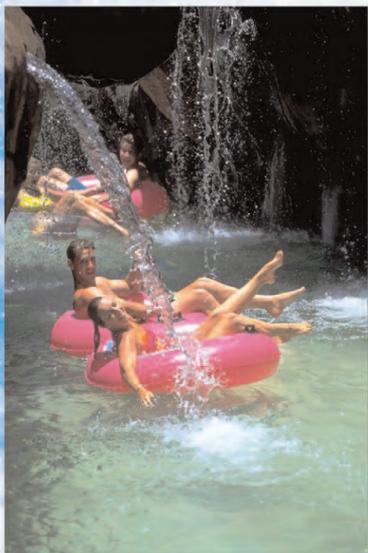




Dive into fun at Hawaiian Waters Adventure Park



Karen S. Spangler
Editor

Military families will have an opportunity to dive into the fun at discounted rates when Hawaiian Waters Adventure Park hosts its family fun day on June 22.

The event will launch the park's newest attractions, the Tornado and Dive'n' Movies.

According to park officials, the Tornado, which stands 50 feet tall, is the largest ride at the park. They explained that riders will sit on a four-person cloverleaf tube and rush down a 130-foot tunnel. Within split seconds, riders will be driven upwards into the upper hemisphere of the Tornado flume where they will splash back and forth on vertical banks; riders are held on by the high Tornado centrifugal force.

Dive'n'Movies – a spinoff of the nostalgic drive-in movies of past decades – will feature a large movie screen erected at the park's wave pool. Guests will be able to watch movies while floating on a tube or relaxing in the resort-like setting the park has to offer – while immersed in surround sound technology.

Dive'n'Movies will run every Friday from June 27 to Aug. 29 and will offer second released movies that haven't yet made it to DVD.

Activities at the park are geared for those of all ages and range from the quiet and sedate to the exciting and thrill-seeking.

If you're up for a bit of adventure, try the Flyin' Hawaiian. Located in the park's Water World area, the Flyin' Hawaiian

shoots riders into mid-air before they land with a splash.

You don't have to visit the North Shore to try some surfing. Da Flowrider gives visitors a stationary wave ride with the thrill of surfing, snowboarding and skateboarding – all rolled into one.

The Waianae Coaster offers two four-and-one-half story slides, the Lava Tube and the Typhoon, that scale down the cliffs of Kapolei.

If you'd like something a little more leisurely and relaxing, try the Kapolei Kooler Waterfalls. Hop on a tube and cruise down the 15-foot wide, 800-foot long continuous river ride.

Enjoy an 18-hole miniature golf course, Island Adventure Golf, which offers challenging miniature golf set in a Hawaiian theme environment, surrounded by lush vegetation and native plants. The \$1-million project opened in May 2007.

Keiki Kove is an interactive children's fun pool full of such activities as waterfalls, mini-slides and water cannons.

The 26-acre water theme park, located in

Kapolei, held its grand opening in May 1999. Rides and attractions include 10 thrill rides, five family rides, 10 specialty areas and two dining areas. More than 300,000 visitors enjoy the Hawaiian Waters facility each year.

For more information, call 674-WAVE or visit www.hawaianwaters.com. Tickets are available at Navy Information, Ticket and Travel offices.



Home Energy Challenge teaches military kids to save energy

Story and photo by
Blair Martin

Contributing Writer

Thanks to a six-month educational program, military children at Makalapa Elementary School discovered conserving energy not only means saving the planet's valuable resources, but also can be a lot of fun.

Makalapa Elementary was one of 13 schools that participated in the Home Energy Challenge, sponsored by the Department of Education and Hawaiian Electric Company in Oahu (HECO).

Ka'iulani de Silva, HECO director of education and consumer affairs division, said the Home Energy Challenge promotes energy awareness by providing students with energy literacy education materials and specific tips students can apply at home to reduce electrical usage.

"We wanted to focus on long-term education for our community," she said. "What better way than to focus on kids because as they grow, they become the family leaders and the future of our community. So the more they are trained to save and conserve energy, the better off it is for the island."

Makalapa Elementary school, whose 470 student-enrollment is comprised of almost 50 percent military children, was awarded \$1,000 for its participation in the inaugural program.

"I am an environmentalist at heart," said Raymond Fujii, Makalapa Elementary School principal, on why he signed the school up for the program. "I believe in this day and age, we need to use our resources wisely and found [the premise of the program] to be an important



Ka'iulani de Silva, HECO Director of Education and Consumer Affairs Division, discusses the importance of energy conservation with military children at Makalapa Elementary School. The school won \$1,000 for its participation in HECO's Home Energy Challenge, a program that promotes energy awareness and provides students with education materials and tips to conserve energy usage.

message for our children to learn, especially so early in their lives. To be a good citizen, we all must utilize our resources properly," he continued.

The school's student council spearheaded the educational program efforts and came up with effective ways students and families could save energy and money.

"The program has been well received by our school,"

said Dale Kegley, teacher and student council advisor. "The students have learned so much about saving electricity which is not only useful to them, but to their friends and families as well."

Kegley said her students had creative ways to promote energy awareness, including an energy superhero, dubbed "Super Watt," who saved the planet by

conserving energy. Students also wrote and performed a jingle for the entire school that shared energy saving tips to use during the summer break.

"I liked the program because I learned a lot of different ways to save electricity," said one student and Navy family member. "I also learned that saving energy doesn't have to be boring. It can really be

exciting."

Kegley said that each month students were given different conservation challenges they were to adopt not only at school, but also at home.

"We have many students who live in military housing and their families do not pay directly for electricity," she explained. "But the [military] kids still wanted to do what they could to

save energy at home because they learned that everyone can help, not just families who pay electricity."

One student said that during the Home Energy Challenge, his family decided to take shorter showers and use only cold water while washing laundry. Another student said her family went two weeks without watching television.

"Instead of watching TV, we would go to the park or I would work on my math," said one student, another Navy family member. "My parents also unplugged their phone chargers when they weren't using them."

During the Home Energy Challenge, HECO also collected home utility bills from 1,112 participating families and discovered the average household saved \$41.30 during the six-month time period, nearly \$46,000 in total savings.

According to de Silva, HECO is currently working on partnering with the Navy on future energy conservation projects, including individual meters for new Navy privatized housing so families can be aware of their energy consumption.

"Conservation is so important to the future of our islands," she said. "And the Navy and military population are a large part of our community and especially important in terms of energy consumption. Together, we hope to put a priority on energy conservation."

Applications for 2008-09 Home Energy Challenge will be sent to all Oahu public elementary schools this summer. For more information, interested schools can visit www.heco.com.

Battleship Missouri's 'radio central' readied for ham radio marathon

**McNeil Wilson
Communications**

Historic vessels from around the world will chat over ham radio waves from June 6-8 as the Battleship Missouri Amateur Radio Club takes part in the annual worldwide Museum Ships Weekend amateur radio ("ham") marathon.

Members of the Missouri's amateur radio club, call sign KH6BB (that's "King-Henry-Six-Baker-Baker" to ham radio veterans), will be taking shifts manning their headquarters in "Radio Central," the principal radio compartment on the main deck of the Battleship Missouri.

This and many other interior areas of the decommissioned battleship have been refurbished and maintained with the hard work of volunteers. Each year, the KH6BB station averages nearly 1,000 contacts with other museum ships throughout the two-day marathon. This year, transmissions begin at 2 p.m. Friday and run until 2 p.m. Sunday.

"Museum Ships Weekend is a great demonstration of how short-wave radio once worked as the primary method of Navy communications prior to the invention of satellites, cell phones and the Internet," said Ned Conklin,

president of the Battleship Missouri Amateur Radio Club. "Short-wave radio is not 100 percent reliable the way satellite communication is. There's an art to making contacts with other stations as the earth rotates and different locations become more or less receptive to our signals," said Conklin.

"We particularly enjoy talking to military veterans and occasionally former Missouri crew members," he added.

Museum Ships Weekend brings together museum ships that have active ham radio operations. The experience takes one back to a time before satellites, cell phones, e-mails, or computers were invented and re-creates the type of short-wave communication that the USS Missouri (BB-63) relied on when she was in active service in World War II and the Korean War.

During the marathon weekend, amateur radio operators worldwide attempt to contact as many participating museum ships as possible. Each museum ship tunes in and searches for those who are looking to make contact, providing the opportunity to converse briefly. After a successful attempt, the museum ship and the ham operator

exchange special contact postcards that verify their communication.

More than 60 museum ships, including battleships, destroyers, submarines, aircraft carriers, minesweepers and ironclads, have signed on to take part in this unique event. This year's Museum Ships Weekend is sponsored by the Battleship New Jersey Amateur Radio Station. Museum Ships Weekend was originated by the USS Salem Radio Club in 1997.

This is the eighth year that KH6BB has participated in Museum Ships Weekend. During past marathons, KH6BB operators have made contact with hams worldwide from as far distant as Russia to Africa and most places in between, including contact with its sister Iowa-class battleship, the New Jersey, located in the state of New Jersey. For more technical information about Radio Central and KH6BB, visit the group's Web site at www.kh6bb.org.

The Battleship Missouri Memorial's standard operating hours are from 9 a.m. to 5 p.m. daily. General admission is \$16 per adult and \$8 per child ages 4-12. Military and kama'aina (local resident) admission is \$10 per adult and \$5 per child ages 4-12. All military in uniform are

granted free admission at the gate. Guided tours are recommended and begin at \$7 additional per person. For visitor information or to reserve a tour, call toll-free at 1-877-MIGHTYMO (1-877-644-4896) or visit www.ussmissouri.org.

The Battleship Missouri is an American icon maintained and operated as the Battleship Missouri Memorial under the tireless care of the staff and volunteers of the USS Missouri Memorial Association, Inc., a private Hawaii-based 501(c)(3) non-profit organization whose mission is to create and maintain a fitting memorial to the people and historic events reflecting our nation's legacy of duty, honor, strength, resolve and sacrifice. The memorial's continued success is made possible by the support of visitors, grants, memberships and the generosity of donors.

Battleship Missouri Amateur Radio Club members John Vorbau (at microphone, call sign KH6HAM) and Jim Davis (call sign WH6Q) connect with other historic vessels across the globe during last year's Museum Ships Weekend ham radio marathon in June.

Photo courtesy of USS Missouri Memorial Association



NAVYForMoms.com reaches membership milestone

Navy Recruiting Command Public Affairs Office

The recently-launched Web site NAVYForMoms.com celebrated the arrival of its 2,000th member on May 21.

In March, Navy Recruiting Command launched NAVYForMoms.com in response to research that found New England-area parents have questions about what life in the Navy is like and are searching for no-nonsense, first-hand answers.

NAVYForMoms.com puts potential Navy parents in touch with parents of young men and women who already are serving. This online community gives prospective Navy moms a place to gather accurate information, share stories and gain support from their peers.

"We're so glad the site has become a resource for potential Navy parents, as well as an online gathering spot for current Navy moms," said Rear Adm. Robin Braun, deputy commander, Navy Recruiting Command. "NAVYForMoms.com is a strong online community that is engaging moms with questions about the Navy in a more informed dialogue, not only responding to their concerns, but giving them a better sense of what their son or daughter will be doing in the Navy."

The site continues to grow quickly, averaging more than 20 new members each day. Members have formed more than 180 groups, from Boot Camp Moms to "A" School Moms to Moms of Navy Daughters. In less than three months, members have uploaded more than 6,000 thousand photos and added hundreds of new discussion topics to the site.

For more information, visit www.NAVYForMoms.com.

GOT SPORTS
Phone: (808)473-2888
hnn@honoluluadvertiser.com
Contact the HNN editor for guide/photo submission requirements

STORY IDEAS?

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

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

Hawaii Navy News

Skylark CENTRAL

Works of Art

WORD SEARCH

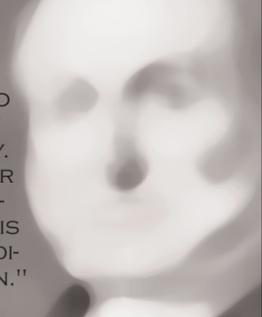
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WHO SAID IT?

"AMERICA DOES NOT GO ABROAD IN SEARCH OF MONSTERS TO DESTROY. SHE IS THE WELL-WISHER TO FREEDOM AND INDEPENDENCE OF ALL. SHE IS THE CHAMPION AND VINDICATOR ONLY OF HER OWN."



LAST WEEK'S

WHO SAID IT?

"The art of war is simple enough. Find out where your enemy is. Get at him as soon as you can. Strike him as hard as you can, and keep moving on."

ULYSSES S. GRANT



Go Round

WORD SEARCH SOLUTION

Find these 29 words and phrases that make you

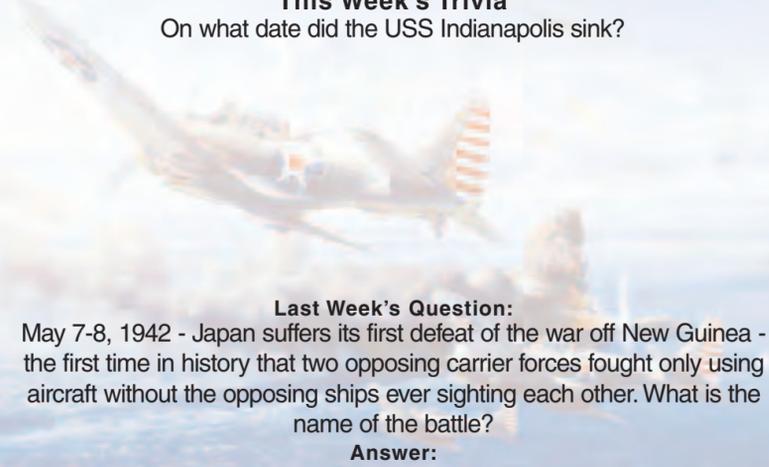
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P L E V I W S G T G V O

This Week's Trivia

On what date did the USS Indianapolis sink?



Last Week's Question:
May 7-8, 1942 - Japan suffers its first defeat of the war off New Guinea - the first time in history that two opposing carrier forces fought only using aircraft without the opposing ships ever sighting each other. What is the name of the battle?

Answer:
The Battle of Coral Sea

Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

SWIMMING LESSONS

Navy Region Hawai'i Morale, Welfare and Recreation (MWR) aquatics will offer swimming lessons at Scott Pool, Towers Pool and Arizona Pool from June to September. FMI: 473-0394.



WEIGHT MANAGEMENT PROGRAM

Navy Region Hawai'i MWR will offer a six-week program from July 1 through Aug. 7 at building 161, Bloch Arena. The program includes a full physical assessment, nutritional education and a motivational fitness specialist to assist with training and exercise. Classes will be held every Tuesday and Thursday evenings from 6 to 7:30 p.m. The cost is \$75 per person and is open to all authorized patrons. FMI: 473-0793 or visit www.greatlifehawaii.com.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

June

Today- Naval Station Pearl Harbor's First Class Petty Officer's Association will host a spouse appreciation luncheon at the Pacific Aviation Museum located on historic Ford Island. The luncheon will be held from 11 a.m. to 12:30 p.m. and include food, beverages, music, prizes and a tour of the museum. The cost is \$20 per couple. To purchase tickets for the event or for more information, contact Culinary Specialist 1st Class Stanley Miller at 387-9469 stanley.w.miller@navy.mil or Master-at-Arms 1st Class Jinine Green at 221-6282 jinine.green@navy.mil

13- The Joint Employment Management System (JEMS), Marine and Family Services, Readiness Community Support Services will hold the Marine Corps Base Hawai'i - Kaneohe job fair from 9 a.m.-noon at the Kahuna's Enlisted Club Ballroom. The job fair is open to military family members, active duty personnel, military retirees, guard and reservists and federal employees with base access. Children are not admitted. FMI: Roberto Katekaru at 257-7795 or visit www.JEMSjobs.com.

14- The U.S. Vets Hawai'i chapter will host a 5K (3.1 mile) Patriot Walk/Run in Ewa Beach at 5 p.m. along the beach of Iroquois Point. All funds raised will go to U.S. Vets Hawai'i program that houses homeless veterans. Participants are encouraged to wear red, white or blue, bring flags and walk in honor of a veteran or loved one in the military. The registration fee is \$25 per person. The military fee is \$20. After June 6, the fee will be \$30. FMI: 682-6051 or visit www.usvetsinc.org.

Sharkey Showtimes



Superhero Movie (PG 13)

In 1925, Dodge Connolly a charming, brash football hero is determined to guide his team from bar brawls to packed stadiums. But the players lose their sponsor and the entire league faces certain collapse. The captain hopes his latest move will help the struggling sport finally capture the country's attention. Carter Rutherford, a golden-boy hero, joins the team. This new champ is almost too good to be true, and Lexie Littleton, a cub journalist aims to prove that's the case. But while she digs, the two teammates start to become serious off-field rivals for her fickle affections. Dodge must both fight to keep his guys together and to get the girl of his dreams.

TODAY

7:00 PM Prom Night (PG 13)

SATURDAY

2:30 PM Nim's Island (PG)

4:45 PM Leatherheads (PG 13)

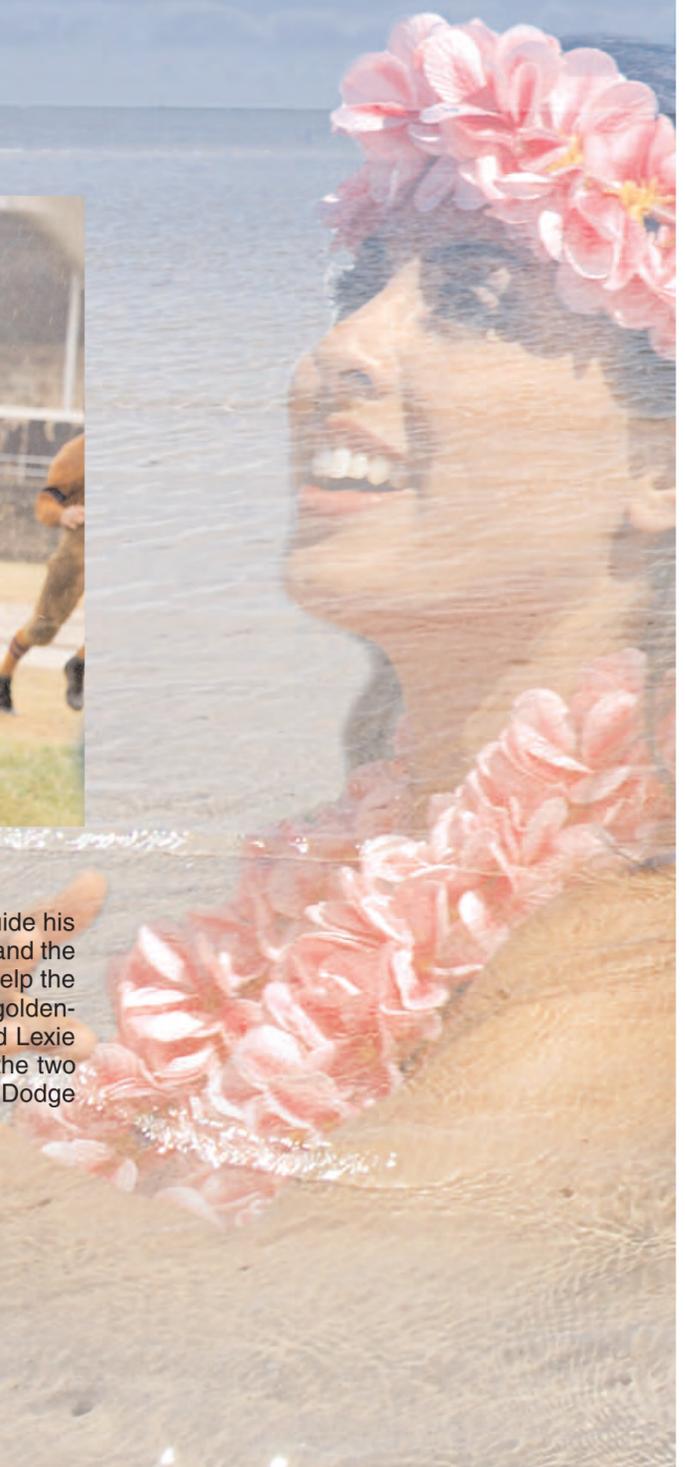
7:00 PM Forgetting Sarah Marshall (R)

SUNDAY

2:30 PM Nim's Island (PG)

4:45 PM Prom Night (PG 13)

7:15 PM Shine a Light (PG 13)



Frolicking in the green grass

Operations Specialist 1st Class (SW) Juan Martinez and his family took top honors for the May Yard of the Month award for Radford Terrace. The "Yard of the Month" is a special designation awarded to residents by the Forest City Resident Advisory Board. Each month, board members search Forest City communities for a home that warrants being named "Yard of the Month." Homes that exemplify curb appeal through cleanliness, decorations, flower enhancements, color, imagination, and overall appearance are among those selected. Winners receive a \$50 gift certificate to the Navy Exchange and a sign is placed in their front yard declaring their home as a "Yard of the Month" winner.



Photo by Billy Parrish

Communicating from different perspectives

Fleet and Family Support Center, Pearl Harbor

Understanding differences is the key to working them out. When we misunderstand one another, we often think that the other's motives are not reasonable, are mean spirited, or believe their actions are intentionally designed to anger us.

By knowing that we sometimes see and hear things through different filters from others, we can begin to share the distortions with them and clarify our basic perspectives. Even if we don't agree with them, if we can find ways to validate the other's feelings, we can resolve disagreements in the workplace or in personal relationships.

The number one reason that issues fail to be resolved in an argument is failure to validate the other's feelings. Having a supervisor who has one idea for a project that isn't well communicated can leave a work crew feeling powerless, can result in costly overruns, and until the styles of missed communica-

tion are addressed with respect, the problem is apt to be repeated in the future.

Seeking mediation or counseling might enable each to validate the different positions of the other, but telling someone that: (a) they don't feel the emotion that was just voiced, or (b) that the emotion itself is bad, stupid or crazy guarantees that the issue remains a sore point. Feeling invalidated in the workplace may result in prolonged stress leading to poor employee performance and health issues.

Most of those issues that have been argued or brooded about for years may disappear when persons feel validated. For the rest, once all parties feel heard, worksites are generally able to reach a mutually agreeable compromise. If your interpersonal communications are difficult, you might schedule a Civilian Employee Assistance Program (CEAP) counseling appointment to learn ways to improve your existing communication skills. A work unit might

schedule a team building training to learn more about the unique perspectives that contribute to differences in the workplace.

The Fleet and Family Support Center (FFSC) is located in the Moanalua Navy Services Center at 4827 Bougainville Drive, Honolulu, Hawai'i. FFSC classes and counseling are free to Department of Defense civilian employees and to active duty military and their family members.

Additional FFSC course offerings can be found on the Navy Region Hawai'i quality of life Web site at <http://www.greatlife-hawaii.com>. You may call the customer service desk at 474-1999 to register for any class.

Some of the May FFSC classes are:

- Breaking Up is Hard to Do Support Group: 5-7 p.m., June 12, 19, 26
- Stress Management Class: 8-11 a.m., June 10
- Anger Management Class: 8-11 a.m. June 24
- Savings and Investment Basics: Noon-2 p.m., June 30

Silver Dolphin Bistro

Lunch Menu for June 9-16

- Monday • Cream of mushroom soup, beef lasagna, bayou chicken, steamed rice, chicken gravy, steamed broccoli, steamed cauliflower, toasted garlic bread, brownies, blueberry pie, pineapple upside down cake.
- Tuesday • Chicken rice soup, baked fish, el rancho stew, boiled egg noodles, steamed rice, steamed green beans, corn on the cob, hot dinner rolls, apple pie, jelly roll.
- Wednesday (Filipino delicacies meal) • Pork sinigang soup, chicken adobo, fried lumpia, pancit miki, Filipino fried rice, stir fry vegetables, sweet and sour sauce, hot pandesal, assorted ice creams, vanilla cream pie, easy chocolate cake, mocha blanca.
- Thursday • French onion soup, Asian barbecued turkey, grilled pork chops, chicken gravy, savory bread dressing, mashed potatoes, steamed spinach, steamed cauliflower, hot dinner rolls, pumpkin pie, pineapple upside down cake.
- Friday • Chicken noodle soup, parmesan fish fillets, oven roasted beef, natural pan gravy, oven glo potatoes, steamed rice, steamed green peas, hot pandesal, peach pie, filled cake.
- Saturday • Creole soup, charbroiled hamburgers/cheeseburgers/frankfurters, linguine with clam sauce, quick baked potatoes, vegetable combo, hot dinner rolls, chocolate chip cookies, apple pie, maple nut cake.
- Sunday • Beef barley soup, charbroiled hamburgers/cheeseburgers/frankfurters, Monte Cristo sandwiches, quick baked potatoes, vegetable combo, hot dinner rolls, white cake, sugar cookies, pumpkin pie.

Dinner Menu for June 9-16

- Monday • Pepper pot soup, garlic butter fish filet, turkey a la king, noodles Jefferson, buttered paprika potatoes, steamed carrots, club spinach, hot biscuits, chocolate macaroon cake, cherry pie, lemon chiffon pie.
- Tuesday • Barbecue beef cubes, glazed Cornish hens, chicken gravy, parsleyed potatoes, steamed rice, steamed mixed vegetables, steamed collard greens, hot dinner rolls, peach cobbler, sweet potato pie, devils food cake.
- Wednesday • Beef vegetable soup, cheddar chicken and broccoli, beef sukiyaki, chicken gravy, steamed rice, rissole potatoes, French fried okra, steamed asparagus, hot dinner rolls, assorted ice creams, strawberry shortcake, spice cake, peanut butter brownies.
- Thursday • Vegetable supreme soup, chipper fish, Swedish meatballs, O'Brien potatoes, tossed green rice, Brussels sprouts parmesan, carrots and orange amandine, hot pandesal, meringue, oat-meal cookies, Boston cream pie, lemon meringue pie.
- Friday • Chicken gumbo soup, baked meat loaf, roast pork, brown gravy, mashed potatoes, steamed rice, calico corn, steamed broccoli, hot pandesal, applesauce cake, chewy nut bars.
- Saturday • Chicken gumbo soup, baked meat loaf, roast pork, brown gravy, mashed potatoes, steamed rice, calico corn, steamed broccoli, hot pandesal, applesauce cake, chewy nut bars.
- Sunday • Chicken vegetable soup, grilled ham slices, barbecued chicken, pineapple sauce, candied sweet potatoes, steamed rice, steamed cauliflower, steamed asparagus, hot pandesal, brownies, cherry crisp pie, pineapple chiffon pie.

A salad bar, dessert bar and beverage bar are also available for each lunch and dinner meal. Note: The galley may make changes to this menu when necessary to provide substitutions.