

## Remembering **PEARL HARBOR'S** LESSER-KNOWN **MEMORIALS**



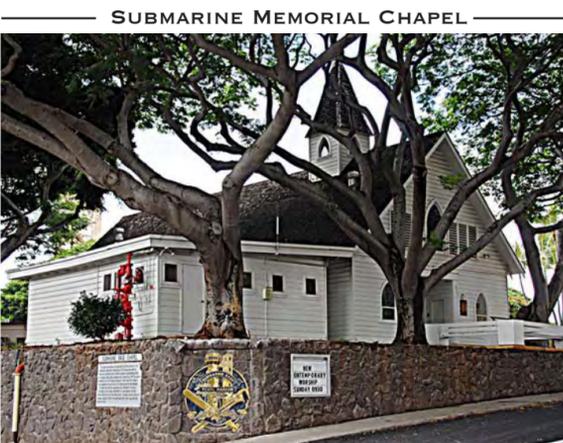
PEARL HARBOR  
FOUNTAIN MEMORIAL



NAVY CLUB  
MEMORIAL  
overlooking USS  
Arizona Memorial



USS ARIZONA MEMORIAL



SUBMARINE MEMORIAL CHAPEL



PARCHE SUBMARINE MEMORIAL



USS OKLAHOMA MEMORIAL

**Blair Martin**

*Contributing Writer*

Today, Naval Station Pearl Harbor remains one of the most historical U.S. naval bases in America. Every year, millions of tourists flood Hawaii to visit important landmarks, such as USS Arizona Memorial, and other remainders of the surprise Japanese attacks on Dec. 7, 1941.

However, scattered throughout other parts of Naval Station Pearl Harbor and Ford Island are the lesser-known memorials that pay homage to the brave service members who lost their lives during the attacks and throughout the course of World War II. All of these "lesser-known" memorials are free of charge to visitors with DoD cards.

Located in the heart of Pearl Harbor, near Bravo pier, is the Pearl Harbor Fountain Memorial. The memorial honors all of the ships sunk or damaged during the Pearl Harbor attacks. Dedicated in 1992 by the Honolulu Council Navy League, the fountain showcases 12 metal and glass markers that rise from a shallow pool. Eleven markers represent the damaged ships, while the 12th marker serves as an overall dedication.

The Submarine Memorial Chapel and Parche Submarine Memorial are located on the submarine side of Pearl Harbor. In 1944, the Submarine Memorial Chapel was dedicated in honor of the numerous submariners who had perished in World War II. The

crew from USS Argonaut (SS 166) donated their ship's bell that, to this day, still hangs in the chapel's steeple and rings every Sunday morning. According to the plaque below, the bell was given because although "all hands were lost, their ship's bell still tolls for them."

The Parche Memorial is located in the Submarine Memorial Park in Pearl Harbor, near Submarine Memorial Chapel. The memorial includes a superstructure taken from USS Parche (SS 384) that was deployed on six war patrols during World War II. The submarine earned five battle stars and a presidential unit citation for heroic action against enemy fire. The memorial serves as a tribute to all submariners of "past, present and future."

Dedicated in 1983, the USS Nevada Memorial is located on Pearl Harbor near Hospital Point. The memorial was erected along the shoreline, where USS Nevada (BB 36) ran aground in order to avoid blocking the canal during the Dec. 7 attacks. The memorial commemorates the heroic actions of the 50 Sailors onboard who lost their lives that fateful day.

The USS Utah, USS Oklahoma and Navy Club memorials are located on Ford Island. The USS Utah Memorial was dedicated on Memorial Day, 1972. The memorial includes a 70-foot pier that extends over the water and close to the partially exposed hull of the USS

Utah (AG 16), which was destroyed during the Dec. 7 attacks. The memorial serves as a touching tribute to the 58 Sailors that lost their lives, as well as serves as the final resting place for many Pearl Harbor survivors who wish to have their ashes scattered near their fallen shipmates.

One of the newest additions to Ford Island is the USS Oklahoma Memorial that was dedicated on Dec. 7, 2007, the 66th anniversary of Pearl Harbor. This site was created to honor the 429 Sailors and Marines aboard USS Oklahoma (BB-37) who died when the ship capsized during the Pearl Harbor attacks. The ship's massive loss was the second greatest loss of life at Pearl Harbor in a single vessel. The memorial contains the history of the ship, as well as marble markers representing each casualty.

The Navy Club's Rock Memorial on Ford Island is perhaps the most forgotten of all of the historic Pearl Harbor tributes. Yet it is important because it was the first memorial to be erected honoring those who lost their lives during the Pearl Harbor attacks. Dedicated Dec. 7, 1955 by the Navy Club, the memorial entails

only a large rock holding a simple plaque and an accompanying bench that overlooks the nearby USS Arizona Memorial. The memorial lies in a small clearing of a heavily forested area, located near Navy housing, unlike other memorials in more prominent locations.

For more information about Pearl Harbor memorials, visit the "Visiting Pearl Harbor" page at [www.cnic.navy.mil](http://www.cnic.navy.mil).



USS NEVADA  
MEMORIAL

USS UTAH WRECKAGE

USS NEVADA BB 36

USS UTAH MEMORIAL

# Forest City announces holiday lighting, decoration guidelines

## Forest City Military Communities Hawai'i

'Tis the season to be jolly! As you ready your home for the holiday season, we want to pass along a few decoration reminders.

Holiday lighting is authorized for use between the hours of 5 and 10 p.m. until the second weekend in January. Decorative lighting for other time periods may be installed/displayed one week prior to the holiday and removed no later than three days after the holiday.

Holiday/decorative lighting is not permitted at any other time. All lighting must be removed from the premises and stored properly. Overloading of circuits and the overuse of extension cords must be avoided. Residents accept any and all liability for damages to premises or injuries caused by holiday or decorative lighting and other decorations.



Courtesy photo

Here are some additional guidelines:

- Lighting may not be left on when there is no one in the premises.
- Any lights or decorations attached to the premises must not cause any physical damage. Gutter clips or similar clip devices are required for affixing exterior lighting; nails/screws/tacks are not permitted.
- Residents will be held financially responsible for any incidental damage to the premises.
- Roof decorations and lighting above the first floor roofline are not permitted. Residents will be required to immediately remove such decorations when discovered.
- Canned "snow" or other similar substances must not be sprayed on windows, siding or brick facades.

We would like to wish all of our residents a safe and happy holiday season. Should you have any comments or questions, please call your resident services team.

## Holiday services at Pearl Harbor Chapels

Holiday services will be conducted at Pearl Harbor Chapels during Dec. 21-27:

At Pearl Harbor Memorial Chapel:

### Catholic Masses

Normal Saturday and Sunday services  
Dec. 24 - 5 p.m.  
Dec. 25 - 9 a.m.

### Protestant services

Normal Sunday services at 11 a.m.  
Dec. 24, candlelight service - 7 p.m.

### At Subase Chapel:

Dec. 24 - 6 p.m. candlelight service

## Operation Homefront Aloha packages

More than 30 volunteers with Operation Homefront met Nov. 29 at Diamond Head Self Storage to assemble approximately 250 aloha holiday care packages for deployed service members in Iraq, Afghanistan and Kuwait. Operation Homefront is a nationwide organization that provides emergency assistance to military families during deployment of active duty spouses, as well as raises morale for deployed troops.

Photo courtesy of Operation Homefront



## Little League champs visit 'Big Mo'



Photo courtesy of USS Missouri Memorial Association

The Battleship Missouri Memorial welcomed aboard members of the Waipio Little League World Series championship team and their families on Nov. 29 as they braved a few morning rain downpours to tour the "Mighty Mo," America's last battleship, in Pearl Harbor. Afterward, the group enjoyed a hot dog, chips and soda lunch. In January 2009, the Battleship Missouri Memorial will celebrate the 10th anniversary of its grand opening. Over the past decade, the Missouri has grown to become one of Hawai'i's most-visited attractions.

## Navy children SOAR with online educational tool

### Fleet and Family Readiness Marketing

Commander, Navy Installations Command, Millington Detachment

Navy children now have access to a free Web site that provides students and parents with educational resources.

Navy Child and Youth Programs is bringing SOAR, Student Online Achievement Resources (SOAR), to Navy families through a grant from the Department of Defense, in partnership with the University of Northern Iowa, The Princeton Review, Houghton Mifflin and the Military Impacted Schools Association.

"SOAR offers tools that can identify academic strengths and weaknesses in math and reading for students in grade three through high school," said Chuck Clymer, Navy Child and Youth Programs education manager, Commander, Navy Installations Command.

"With Navy families being highly mobile, SOAR provides assessments that are aligned with state learning standards and provides immediate feedback to students and parents."

According to Clymer, the Web-based tool can be used to instruct students in math, reading and language arts through interactive tutorials. The lessons are self-guided and have audio components

so students can work independently or with their parents.

SOAR also provides parents with educational resources written specifically for them. They can access their child's account to see how their child has performed on the tutorial activities and tests. Links to state Web sites and other educational resources can help parents learn more about a state or district that the family may be moving to in the future.

"The hope is that SOAR will help children improve in their academic endeavors and ease the transition of moving from one military installation to another," added Clymer.

## TRICARE resources for warrior care

Brian P. Smith

TriWest Healthcare Alliance



They are returning from combat in record numbers. With scars seen and unseen, wounded members of the armed services are making their way through hospitals, clinics and facilities from one side of the world to the other.

Advances in medical technology, personnel protection and battlefield medicine are seeing more than 92 percent of service members wounded in Iraq and Afghanistan survive their battlefield injuries (according to the U.S. Army Medical Department). Then they are on their journey through recovery, rehabilitation and reintegration.

The Department of Defense (DoD) and the Military Health System (MHS) have made the care of wounded, ill or severely injured service members a priority. To help those service members and their families understand the breadth of resources available, the DoD ([www.warriorcare.mil](http://www.warriorcare.mil)), is highlighting services and programs for wounded, ill and injured members of the military.

TriWest Healthcare Alliance, the TRICARE managed care support contractor for the 21-state west region, works with MHS partners to help wounded warriors and their families access the health care they need, when they need it. To more efficiently access care, it is important that beneficiaries understand how the different programs can work together.

### Using TRICARE and Medicare

If receiving Social Security disability payments, TRICARE benefici-

(ASYMCA) offers programs helping families with child care, support services and health and wellness ([www.asymca.org](http://www.asymca.org)).

•Challenged Athletes Foundation (CAF) uses peer mentors to help show injured service members that they can participate in sports at any level ([www.challengedathletes.org](http://www.challengedathletes.org)).

•Disabled American Veterans (DAV) is dedicated to building better lives for disabled veterans and their families. ([www.dav.org](http://www.dav.org)).

•Fisher Houses are located near certain military treatment facilities to provide support services and nearby lodging for families of military patients ([www.fisherhouse.org](http://www.fisherhouse.org)).

•National Military Family Association (NMFA) serves military families through education, information and advocacy ([www.nmfa.org](http://www.nmfa.org)).

•Paralyzed Veterans of America (PVA) provides programs and services, advocates for quality healthcare and benefits for paralyzed veterans ([www.pva.org](http://www.pva.org)).

•Wounded Warrior Project raises awareness and support for wounded warriors ([www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)).

### Using TRICARE and the VA

Recovering service members may also have certain health care benefits through the Department of Veterans Affairs (VA). Some VA facilities are part of the TRICARE network. With the proper referrals and authorizations, beneficiaries can use their TRICARE benefits at VA facilities. Use the online provider directory at [www.triwest.com](http://www.triwest.com) (find a provider > search by facility) to find local VA facilities in the TRICARE network. Contact the VA at 1-877-222-8387 with health care benefit questions and visit [www.va.gov](http://www.va.gov) for a VA facility locator.

### Community resources

Organizations help support recovering service members and their families locally and across the country. TriWest is honored to be able to support many of these groups, nationally and in the TRICARE West Region, including:

- Armed Services YMCA

(ASYMCA) offers programs helping families with child care, support services and health and wellness ([www.asymca.org](http://www.asymca.org)).

•Challenged Athletes Foundation (CAF) uses peer mentors to help show injured service members that they can participate in sports at any level ([www.challengedathletes.org](http://www.challengedathletes.org)).

•Disabled American Veterans (DAV) is dedicated to building better lives for disabled veterans and their families. ([www.dav.org](http://www.dav.org)).

•Fisher Houses are located near certain military treatment facilities to provide support services and nearby lodging for families of military patients ([www.fisherhouse.org](http://www.fisherhouse.org)).

•National Military Family Association (NMFA) serves military families through education, information and advocacy ([www.nmfa.org](http://www.nmfa.org)).

•Paralyzed Veterans of America (PVA) provides programs and services, advocates for quality healthcare and benefits for paralyzed veterans ([www.pva.org](http://www.pva.org)).

•Wounded Warrior Project raises awareness and support for wounded warriors ([www.woundedwarriorproject.org](http://www.woundedwarriorproject.org)).

Supporting the DoD initiative, TriWest Healthcare Alliance kicked off an initiative for recovering service members and their families. The initiative includes a laundry list of contributions, resources, ongoing care coordination and other efforts to support recovering service members and families, as well as the organizations that support them.

For more information resources for recovering service members and their families, visit [www.triwest.com](http://www.triwest.com) or [www.tricare.mil](http://www.tricare.mil).

# Skylark CENTRAL

**WORD SEARCH**  
Find these 43 locales that make up THE CARIBBEAN

ANGUILLA	ELEUTHERA	JAMAICA	S A I N T K I T T S B E H I L Y T O S A O
SAINT BARTHELEMY	SAINT VINCENT	DUBAONRRDMUAPCTIIOAJC	
ANTIGUA	BONAIRE	NGXNBEBAOVIINUVCATLU	
GRAND CAYMAN SAINT	KOKOMO	AIRNNVDNMTNTOROIINIMIB	
CROIX	TOBAGO	LTTEBITLIMSIGAAALABURA	
ARUBA	CAICOS	SNEONSJENAMYACDNARGOA	
GRAND TURK	MARTINIQUE	IAPIEADIIYSABAURADRIN	
SAINT JOHN	TORTOLA	YTRRMIDNCMAROOBVCAABL	
BAHAMAS	COZUMEL	ATRATNTIAEAITARADNUO	
GRENADA	MONTSERRAT	BAIMRTSINLOHDTAROADAG	
SAINT KITTS	TORTUGA	TCZTHMAARESOEMBGCNTAE	
BARBADOS	CUBA	AABONAIREHSTICAIIEUCL	
GRENADINES	NEVIS	HIMRYRNLPTSDNINNNRROE	
SAINT LUCIA	TRINIDAD	BACTOTTURRAHIRGDKZU	
BARBUDA	CURACAO	STAUETJOBAAORMSGOUNIUT	
GUADALOUPE	PUERTO RICO	EGKGLNOTLBLONAURTOMH	
SAINT MARTIN	VIRGIN GORDA	OIOAUTHJITDORIHDIRLEE	
BAY ISLANDS	DOMINICA	TNKNUTNECNIVTNIASVELR	
HAITI	SABA	UAOMARTINIQUERUSBRNUA	
SAINT THOMAS	VIRGIN ISLANDS	TTMTMONAAA AOAOAOADRIIP	
BIMINI	DOMINICAN REPUBLIC	XIORCTNIASENAUSTSMETI	



**WHO SAID IT?**  
 ¶ WHAT COUNTS IS NOT NECESSARILY THE SIZE OF THE DOG IN THE FIGHT - IT'S THE SIZE OF THE FIGHT IN THE DOG.¶

LAST WEEK'S  
**WHO SAID IT?**  
 Most turkeys taste better the day after; my mother's tasted better the day before.  
 - Rita Rudner

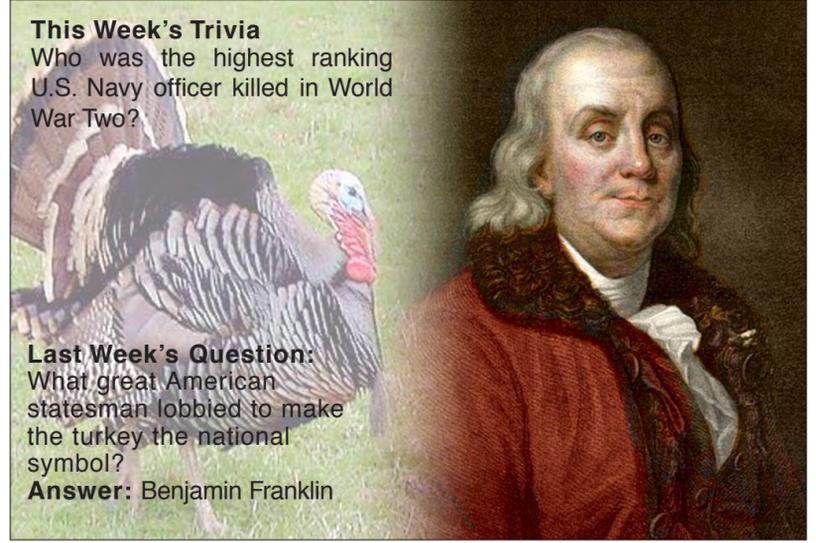


**WORD SEARCH SOLUTION**  
 Find these 22 different kinds of Penguins! found around the world

ADELIE	ROYAL	C C G I E W M M R I I E R A W
FIRDLAND	CRESTED	H A E T C L A Y O R T R Y E H
MAGELLANIC	JACKASS	A I N R O C K H O P P E R L I
AFRICAN	SNARES	T R T O A E D R A D L C Y F T
GALAPAGOS	EMPEROR	H N O R T H E R N L I T T L E
NORTHERN LITTLE	KING	A N O I N P T P O F E C T C F
CHATHAM ISLANDS GENTOO	WHITE-FLIPPED	M N I E M S S W I Y E R I A L
ROCKHOPPER	ERECT-CRESTED	I A P E N C E O E E A E O S I
CHINSTRAP	MACARONI	S A G I L Y R I A F J S K N P
HUMBOLDT	YELLOW-EYED FAIRY	L T H E E D C R P E A T E A P
		A C T O L O B M U H C E E R E
		N E R A T L A R D T K D E E R
		D T N L A G A L A P A G O S E
		S O L D E R D N A F S O N I D
		T L C A A D E L I E S C T I F
		O H E P N N I N A C I R F A K

**This Week's Trivia**  
 Who was the highest ranking U.S. Navy officer killed in World War Two?

**Last Week's Question:**  
 What great American statesman lobbied to make the turkey the national symbol?  
**Answer:** Benjamin Franklin



# Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

## WINTERFEST 2008

Winterfest 2008 will be Dec. 12 at Club Pearl Paradise Island Lounge. The fun begins at 6 p.m. with a tree-lighting ceremony, holiday carols and festive treats. Enjoy activities, games, crafts, bounce houses and a visit from Santa. Harbor tours to view the Festival of Lights start from Merry Point at 7 p.m. and end at 8:30 p.m. Winterfest 2008 is a fun-filled event for the entire family. Each child will receive a special gift for the season from USO Hawai'i. The celebration is free and open to all active duty, military-affiliated and Department of Defense (DoD) personnel, their families and sponsored guests. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

## YOUTH BASEBALL CLINIC

Morale, Welfare and Recreation youth sports is partnering with the Hawai'i Military Youth Athletic Association (HMYAA) to host a baseball clinic from 10 a.m. to 2:30 p.m. Dec. 6 and Dec. 13 at Lynch Field. The clinic is free and open to all military youth ages seven to 14. FMI: [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or 474-3501.



## HONOLULU CITY LIGHTS TROLLEY TOUR

Tickets are now on sale for the Honolulu City Lights Trolley Tour. Visit your nearest Information, Ticket and Travel office location to purchase tickets. Tour dates are Dec. 12-14 and Dec. 18-23. Tickets are \$12 per person (ages five years and older). Seating is limited. FMI: 473-0792.

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

Community Calendar

## December

**13** - The Navy Exchange will host its annual Breakfast with Santa from 8-9 a.m. at the NEX Mall food court lanai. Breakfast includes hotcakes, sausage and other items. Breakfast is only available to the first 100 patrons. Purchase tickets at the Aloha Center in the Mall at Pearl Harbor rotunda. FMI: 423-3330

**15** - Deadline for the applications for the Science, Mathematics and Research for Transformation (SMART) Scholarship for Service Program. The program aims to increase the number of civilian scientists and engineers working at Department of Defense (DoD) laboratories. FMI: [www.asee.org/smart](http://www.asee.org/smart).

**20** - World-renowned artist Kim Taylor Reece will be at the Mall at Pearl Harbor from noon-2 p.m. Patrons will be able to view his Hawaiian-inspired artwork and receive autographs. FMI: 423-3330

## At a glance

Registration for Pee Wee Flag Football is through Dec. 19. The cost is \$35 per participant and includes a T-shirt and medal. The 2009 season runs from January to March 2009. Pee Wee Flag Football is open to all military youth ages three to five years. FMI: 474-3501.

Sharkey Showtimes



## High School Musical 3: Senior Year (G)

High school seniors Troy and Gabriella face the prospect of being separated from one another as they head off in different directions to college. Joined by the rest of the Wildcats they stage an elaborate spring musical reflecting their experiences, hopes and fears about their future. Incredible new music and exciting dance number designed to take maximum advantage of the big screen.

### TODAY

7:00 PM Body of Lies (R)

### SATURDAY

2:30 PM Beverly Hills Chihuahua (PG)

4:45 PM The Express (PG)

7:15 PM The Secret Life of Bees (PG 13)

### SUNDAY

2:30 PM Beverly Hills Chihuahua (PG)

4:45 PM High School Musical 3: Senior Year (G)

7:00 PM Max Payne (PG 13)

### THURSDAY

7:00 PM W. (PG 13)



# Stress overload can affect your safety

## Naval Safety Center

Everyone has it and it isn't all bad. But when we suffer from stress overload, it can affect our health and even our ability to work safely. A reasonable amount of stress can motivate us to work better and faster. But excessive stress can cause many problems such as health difficulties. It can also keep us from concentrating on working safely.

Here are some of the symptoms of too much stress:

- Sleeping difficulties.
- Feelings of anxiety and of being overwhelmed.
- Being short-tempered and uptight.
- Physical sensations such as tense muscles, headache or upset stomach. Abuse of substances such as food, cigarettes, alcohol or drugs.

These suggestions might

give you some ideas of how to cope with stress:

- Maintain general good health. Eat nutritious meals regularly each day. Your diet should consist largely of healthy food such as whole grains, fresh fruits and vegetables. Foods which are high in fat, salt and sugar should be kept to a minimum. It is important to get adequate sleep and rest. Exercising daily or at least several times a week will also help you to stay strong enough to cope.
- Avoid drugs. When we are under stress, it is tempting to turn to this kind of relief. However, the abuse of drugs such as alcohol, caffeine, nicotine, prescription drugs, over-the-counter remedies and street drugs will eventually just add to your problems.
- Special relaxation techniques might prove helpful.

You can obtain more information about these methods from books and tapes which are widely available, as well as community programs, self-help groups and some therapists. One of the most simple of these techniques is taking a number of deep, slow breaths and exhaling completely. Another involves deliberate progressive relaxation of different muscle groups.

- Find someone to talk to. Problems become more manageable when you discuss them with a friend, a member of your family, a clergy person or a counselor. Your company might have an employee assistance officer who can point you in the right direction.

- Give some thought to your priorities. You can't do everything and you can't be responsible for everything. Decide what is really impor-

tant in your life and focus on that.

- Other problems can perhaps be ignored. Many of the things we worry about are beyond our control or never actually affect us.

- Learn to relax on your time off from work and other responsibilities, even if it is very short. Every day do something you enjoy.

- Learn to set realistic goals. If you are working toward specific goals, day-to-day difficulties are easier to handle.

- Learn to manage yourself to make the most of the time which you have each day. You might find it useful to get up a little earlier each day or leave for work a little earlier so that you don't feel rushed.

Excessive stress is a common problem in today's hectic world. Learn to manage stress to maintain your health - and your safety.

## That Guy.com



*Vote for your favorite boat*

**Morale, Welfare and Recreation**

Vote for your favorite boat as marina patrons display their boats decorated with festive lights from 6-8 p.m. Dec. 19 at Rainbow Bay Marina.

Enjoy free snacks and refreshments.

For more information, call 473-0279.

**Holiday Festival of Lights Pearl Harbor boat tours**

Free holiday Festival of Lights Pearl Harbor evening boat tours will be offered to the public on Dec. 19, 20 and 21. Offered as a community service of the U.S. Navy and National Park Service, the boat tours will depart from the USS Arizona Memorial Visitor Center each evening at 6:30 p.m., 6:45 p.m., 7:15 p.m., 7:30 p.m. and 8:00 p.m. An additional 8:15 p.m. boat will be added to the Saturday and Sunday schedule. Boat tours are free, but seats are limited and will be assigned on a first come, first served basis beginning at 6 p.m. the day of the tour.

The 30-minute harbor-side tours will feature Christmas music and harbor-side views of the many Pearl Harbor ships and submarines decked out with holiday decorations and lights. Due to enhanced security measures in effect at the visitor center, no camera bags, purses, handbags and/or other items that offer concealment are allowed in the center or aboard the boats.

Do not leave valuables in your car. Please note that cameras and videos are allowed onboard for photos of the decorated ships; however, photographing security activities such as the patrol boats and shore or water security personnel is prohibited.

Since it can become chilly, a light jacket or sweater is recommended. Be sure to arrive early to allow time for parking and going through the security check. Boarding for the boats begins 15 minutes prior to each stated departure time.

For more information, call the USS Arizona Memorial Visitor Center at 422-2771, ext. 110.