



## Pearl Harbor MWR/ITT office offers a whale of a good time

Commentary by  
**JO1 Jim Williams**  
Features Editor

"There she blows!" I thought as water erupted off the bow of the ship and a flipping whale tail glistened momentarily in the sun before disappearing again beneath the surface of the water.

The ship's captain had actually announced, "Whale sighted at nine o'clock off the left side of the boat." Every guest in the dining room jumped up and sped away. I imagined it had to be reminiscent of the crusty old whalers on Ahab's ship, moving purposefully to catch a glimpse of that infamous great white whale.

But this was no classic whaling vessel crossing the cold, bitter Atlantic. This was an ultramodern ship featuring a deluxe lunch cruising a mile off the coast of sun-drenched Hawai'i. Sipping my icy Mai Tai, I joined the multitude peering over the deck-rails, searching for that next glimpse of the stars of the show.

Every winter, thousands of Pacific Humpback whales migrate over 3,500 miles from the icy waters of Alaska to Hawai'i's warmer climate to mate, give birth and raise their young.

This highly anticipated migration draws people from around the globe to the Hawaiian Islands to witness this spectacular event first hand. For those lucky enough to call Hawai'i home, a front-row seat for watching these magnificent creatures can be found just a few miles off many of the beaches.

While you can actually see whales from certain shores, I've found the best view of the humpbacks is on cruise ships.

This time I selected Hawai'i's largest

whale watching ship to be my platform. Of course, when the Pearl Harbor Morale, Welfare and Recreation (MWR) representative mentioned the additional lure of a local-style Hawaiian buffet, featuring many appetizing local specialties, it probably helped sway my decision.

After departing the Aloha Tower Marketplace downtown, we began the voyage toward scenic Diamond Head and the beautiful Kahala Gold Coast. The cheerful crew welcomed everyone and immediately began offering extra-curricular activities to keep guests entertained between the whale sightings, including lei making and ukulele and hula lessons (grass skirts are provided).

Meanwhile, the captain immediately began to watch the water, prepared to announce a distant whale when one was spotted.

I made my way up to the second deck where they were showing a film about the humpbacks. I decided to pop in for a moment and quickly discovered many tidbits of information, including the fact that Humpbacks are characterized by the high arching (or humping) of their back when they dive and on average, can weigh 40 to 45 tons at adulthood. This amazed me because in spite of their mammoth size, they still move so gracefully.

As they described how the mating usually results in a single calf born about a year later, someone outside began shouting that they saw something - or at least thought they had.

A wave of excitement ran through the passengers in spite of the false alarm and I decided to remain outside hoping to see the real thing versus a whale on a screen.



Photo courtesy of Atlantis Cruise Lines

As if on cue, the loudspeaker crackled and a voice announced, "Blow (waterspout) sighted at nine o'clock..." and the ship began turning in that direction.

Was this just another false alarm or would I actually get to witness a whale's massive dark gray body rise high into the air above the sea's surface as it 'breaches' (one of the technical terms I had just learned) before plunging back into the ocean?

As the captain slowed the engines, I heard someone explain the whales do not actually jump very often and what we needed to do was watch for dark slick spots on the ocean surface, where the whales are submerged.

Then, I saw it! A spout of water ascended high into the air. I almost cried out, "There she blows," but before I did, the whale heaved its tail high above the water and brought it down with a loud whoosh.

I heard the noise even over the ship's grumbling engines as the whale quickly immersed back into the blue sea from whence it came. Before I could even blink, the

captain proclaimed another whale was just observed near the rear of the ship, this time accompanied by a number of spinner dolphins. The crowd "oohed and ahhed" as the whale and dolphins cut through the surface water advancing closer to the ship. It almost seemed as if they were as curious about us as we were of them. The ship slowed almost to a complete stop as I gazed with wonder at such a magnificent animal, so much larger than myself, up so close.

My moment of Zen, or connection with nature, was disrupted as one of the crew members loudly explained to everyone the best ways to spot whales from the shores, something that is surprisingly not difficult, especially from Oahu beaches like Makapu'u Lookout or Ka'ena Point, that look out over common whale environments. Apparently all you need to do is scan the horizon, looking for large splashes caused by blowholes or tail slapping. Or, do what he calls his fail-proof method - look for boats filled with tourists sitting still for no apparent reason. There's sure to be a whale in the vicinity.

"There she blows!" yelled out a small, sunburned girl in a gaudy Hawaiian-print dress as the whale we had been watching boosted its giant tail out of the water, and sank into the depths, leaving behind just a surface of bubbles.

Judging that I was right to not yell it out earlier because it was truly much cuter coming from her, I continued to cruise the decks searching the horizon for those intermittent sightings.

Eventually the hours passed and inevitably we began our trip back into



Photo courtesy of Dream Cruises of Hawai'i

the harbor, dodging sailboats and surfers. I returned to the dining room for one more refill of my Mai Tai and caught the end of the ship's lunchtime show, highlighting the story of Hawai'i's unique heritage with live music and dance.

I took a seat and, with the sounds of the ukulele in the background, reflected on my experience.

At first, words like remarkable and incredible come to mind, but the more I think about it, the more I believe there is no real word that fully captures the moment.

I suppose it is different from person to person because while I heard some people declare how the trip was one of the most memorable experiences of their life, I heard someone else complaining that none of the whales ever jumped out of the water like they had seen on the postcards.

It was true, unfortunately, we didn't catch any whales breaching on this journey, but I suppose the whales will be here visiting until next April when they will begin the long trek back to the cold waters of Alaska.

Who knows? Perhaps I'll make the journey another time or two before they leave.

### Whale watching cruises offered by Pearl Harbor MWR/ITT office:

#### • Star of Honolulu

Enjoy a two-hour cruise aboard Hawai'i's largest whale watching cruise ship. Boards daily at 9:30 a.m., returns 12:30 p.m. at pier 8, Aloha Tower.

#### • Dream Cruises of Hawai'i

Check-in 1/2 hour prior to tour at fisherman's wharf, three departure times to choose from: depart 7:30 a.m., return 9:00 a.m. depart 9:30 a.m., return 11:00 a.m. Afternoon: depart 3:30 p.m., return 5:00 p.m.

#### • Atlantis Cruise Line

Enjoy a two-hour cruise aboard the Navatek.

Check in no later than 10:45 a.m., returns 2:00 p.m. located at pier 6, Aloha Tower.

Whales are guaranteed on these cruises; if they are not sighted on a cruise, guest will receive a "whale check" allowing them to cruise again for free.



Photo courtesy of the Star of Honolulu



Whale photos courtesy of Paradise Cruises LTD.

Commentary

## Window on Pearl Harbor

Karen S. Spangler, Assistant Editor

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### The beginning of another year ...

Where did 2003 go? It doesn't seem possible that it could already be 2004. Doesn't it seem like just a couple months ago we were all worried about the Y2K "bug" and what would happen with the coming of the year 2000?

And all of those new year's resolutions that I made at the beginning of 2003 – well, admittedly, my intentions were of the best, but just as I seemed to be rolling along quite smoothly and making progress, it was the holiday season and 2003 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 once again, it's a new year ... 2004 ... 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 actually continuations of last year's resolutions which I committed to early in 2003 and managed 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. And I read somewhere that chocolate is considered to be good for you.

Another item on last year's list – to become

more organized in every area, running the gamut of my stuff – still needs considerable work. Files, clips, photos, closets, cupboards – yup, the list still seems endless. But one of these days in 2004 (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 2004 is the completion of my first novel. Based on my mathematical equation for 2003, 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 2003. 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. So I didn't achieve this one, but I'm working on it.

Continuing my resolutions from 2003 will keep me busy, but I decided to add on a couple more for 2004. There are places I haven't been and things I haven't seen here in paradise and in 2004, I plan to explore more of these lovely islands.

In 2004, I also 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) and the realization that another year has gone by will again be hard to believe.

But for now, it's the beginning of 2004 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!

## Navy's first baby of 2004 in Hawai'i



Photo by Margaret Tippy

Navy family member Jocelyn Rae Nawrocki holds her brand new baby daughter, Clara Julean Renae, at Tripler Army Medical Center. Clara is Tripler's first baby of 2004. She came into the world at 5:22 a.m. New Year's Day. Her father, ET2(SS) Donald Anthony Nawrocki, works aboard USS Columbus (SSN 762). Tripler's labor, deliver and maternity team's doctors and nurses presented the Nawrocki's with a gift basket with more than \$250 worth of baby items.

## Sailors participate in book drive

Ensign Nathan Christensen

USS Reuben James Public Affairs

Rarely do Sailors get to directly experience the gratitude of the citizens for whom they serve. During this holiday season, the crew of the USS Reuben James (FFG 57) stood tall as heroes for the 420 students of Aiea Elementary School. Over the past month, Reuben James and a sister ship on the waterfront, USS Hopper (DDG-70), collected money to buy presents for the students of Aiea Elementary. Scholastic Book Company offered support to the project by selling their books at a 50 percent discount. The culmination of the partnership between Scholastic, Reuben James and Hopper was plainly evident in the faces of the 420 students who opened their gifts during their school's Christmas party.

Sailors aboard Reuben James have been feverishly preparing for an upcoming deployment. Yet even during this training cycle, there were Sailors who wanted to not only support the elementary students at the school their ship sponsors, but also bring them a message of encouragement. Over \$1,500 was collected on the mess decks. Although many Sailors barely make enough money to buy presents for their own families, they chose to give what they had to encourage young children to read. The Sailors reasoned that their gifts were well worth it; many grew up without enough money for books themselves, or mentors to encourage them to read and grow their dreams.

The Sailors who went to the school to pass

out books became not just mentors to those young children, but heroes as well. As Damage Controlman Fireman **WAITING ON FIRST NAME** Bolstad entered the doorway to classroom 101, the kindergarteners rushed up to him, almost knocking him over in their eagerness to see what books they would be taking home with them. He read them a story and passed out some candy, leaving them with the memory of a Sailor who cared enough to take time away from his busy job to make a difference in their lives. The children plied Bolstad with smiles and endless hugs as he left, reinforcing in him the deep impact his \$5 contribution and few hours of time had made in their lives. He noted that, "It is truly a wonderful thing to be involved in young children's lives and know that our contributions really do make a difference. It's great to see their joyous faces and smiles and it reminds me what this holiday season is really all about."

Some of the Sailors who went to the school were surprised at the children's enthusiasm. They were bombarded with questions about what their ship was like - and requests for autographs. In many ways, the Sailors left with more than they brought with them. Through the frantic pace of a ship preparing to get underway, the unique sacrifices of each man and woman wearing a uniform can sometimes get lost. The adoration of the children at Aiea Elementary and the enduring respect from their teachers reminded these Reuben James Sailors that they are indeed heroes within the local community.

## QOL holds annual shore-based food service customer survey

QOL Marketing Office

With every bite of food you take, you are your own food critic. Too sweet? Too salty? Please let Pearl Harbor know how satisfied (or unsatisfied) you are with the food at Pearl Harbor.

If you eat meals on base, whether it is the galleys, fast food or restaurants, the Quality of Life Marketing Office wants

to know how to improve their service and cooking for you. Food places that they are surveying include the Silver Dolphin Bistro, Sam Snead's Tavern, Burger King, Taco Bell, MWR snack bars, and more. Please complete a short survey available on-line at <http://www.surveystracker.com/survey/Ashore>. The password is: "food." The survey ends Jan. 31 so be sure to log on before this.

Results of the survey will be posted in March at [www.navy-nex.com/foodsurvey](http://www.navy-nex.com/foodsurvey) and will also be publicized via Navy media outlets.

The information provided will be statistically summarized with the responses of others, and will not be attributable to any single individual. Your effort and opinion can make a difference.

## IOM creates web site for veterans

Department of Veterans Affairs Public Affairs

The Institute of Medicine (IOM) has created a new Internet Web site with information about a variety of military-related health issues.

"IOM's new Website is one more tool available to veterans, health care practitioners and others interested in the well-being of our veterans," said Secretary of Veterans Affairs

Anthony J. Principi.

The Web site, at <http://veterans.iom.edu>, has separate sections for health care issues affecting the last four major military conflicts – World War II, the Korean War, the Vietnam War and the Gulf War. At each section, visitors can read electronic versions of IOM-produced reports or purchase publications.

Other sections list IOM's completed reports and re-

ports in progress, while another area contains studies about chemical and biological agents suspected of causing health problems for military members. There is also a section with reports and information about deployment health.

Part of the National Academy of Sciences, the Institute of Medicine is a non-profit organization that provides advice on matters of biomedical science.

# MWR

## Movie Call

Sharkey Theater, Pearl Harbor  
(473-0726)

**FRIDAY**  
7:00 p.m. Scary Movie 3 (PG 13)  
**SATURDAY**  
2:30 p.m. Dr. Seuss' The Cat in the Hat (PG)  
4:30 p.m. Looney Toons: Back in Action (PG)  
6:30 p.m. The Matrix Revolutions (R)  
**SUNDAY**  
2:30 p.m. Scary Movie 3 (PG 13)  
4:30 p.m. Dr. Seuss' The Cat in the Hat (PG)  
7:00 p.m. Master & Commander: Far Side of the World (PG 13)  
**THURSDAY**  
7:00 p.m. Master & Commander: Far Side of the World (PG 13)

\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6-11)

Memorial Theater, Hickam AFB  
(449-2239)

**FRIDAY**  
7:00 p.m. Timeline (PG 13)  
**SATURDAY**  
7:00 p.m. Timeline (PG 13)  
**SUNDAY**  
7:00 p.m. Tupac: Resurrection (R)  
**WEDNESDAY**  
7:00 p.m. Gothika (R)  
**THURSDAY**  
7:00 p.m. Gothika (R)

\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6-11)

Sgt. Smith Theater, Schofield Barracks  
(624-2585)

**FRIDAY**  
7:00 p.m. Master & Commander: Far Side of the World (PG 13)  
**SATURDAY**  
2:00 p.m. Dr. Seuss' The Cat in the Hat (PG)  
**SUNDAY**  
7:00 p.m. Master & Commander: Far Side of the World (PG 13)  
**WEDNESDAY**  
7:00 p.m. The Missing (R)  
**THURSDAY**  
7:00 p.m. Master & Commander: Far Side of the World (PG 13)

\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6-11)



**Dr. Seuss' The Cat In The Hat:** Sally and brother Conrad are left home on a rainy day and are rowdily entertained by a mysterious man-size cat.

**Gothika:** A criminal psychologist awakens to find herself a patient in the very same mental institution in which she works, with no memory of the murder of her husband that she's accused of committing.

**Looney Toons: Back in Action:** In this mixture of live-action and animation, Bobby will team with Bugs Bunny, Daffy, Tweety, and Taz as they leave Hollywood for exotic locales such as Africa and Las Vegas, where they search for Bobby's father and the mythical Blue Diamond.

**Master and Commander: The Far Side of the World:** During the Napoleonic Wars, Lucky Jack Aubrey captains the crew of the H.M.S. Surprise.

**The Matrix Revolutions:** The rebels' long quest for freedom culminates in a final explosive battle. As the Machine Army wages devastation on Zion, its citizens mount an aggressive defense-but can they stave off the swarm of Sentinels long enough for Neo to harness the full extent of his powers and end the war?

**The Missing:** In the late 19th-century wilderness of the southwest, Maggie struggles to raise her two daughters on her own. When one of them, Lily, is kidnapped by a psychopath who has been murdering young teenage girls, Maggie must turn to her father, Samuel, with whom she had a falling-out long ago, for help in tracking her down before it's too late.

**Scary Movie 3:** Cindy has graduated from college and now works as a local television reporter. While investigating crop circles at a farm, she learns that she is "The One" and helps the president of the United States prevent an alien invasion.

**Timeline:** In France, professor Johnston, his son Chris, and a team of archaeology students are working on the ruins of a 14th-century castle. Kate and Andre make a startling discovery: It turns out that the head of the corporation running the dig, Robert Doniger, opened up a wormhole leading to the 14th century. Johnston is now trapped in history and it's up to his students to find a way to get him back.

**Tupac: Resurrection:** The first authorized biopic of the late rapper-actor Tupac Shakur. It includes poetry readings, musical clips, and video from his life, including various interviews, private home movies, and previously unreleased concert footage.

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.

### HIKES AND MORE:

MWR Outdoor Adventure Center is offering the following outings:

- Jan. 17-19: Molokai long weekend adventure getaway. Discover old Hawaii. Call the OAC no later than Jan. 13 for details.
- Jan. 17: Waikiki parasailing, cost is \$38 per person. Register by Jan. 14.
- Jan. 18: Jackass Ginger Pools and Hidden Palace hike, cost is \$5 per person. Visit one of Oahu's most popular swim-holes. This loop trail is a perfect way to cap off a day of hiking in the Tantalus region or just visit for a cool dip. Depart from the OAC at 8:30 a.m. Register by Jan. 14.
- Jan. 21: Island-style pig-hunting workshop, cost is \$5 per person. Learn the basic fundamentals of pig hunting, island-style. The workshop will begin at 6:30 p.m. at the OAC. Register by Jan. 19.

### ADULT SAILING CLINICS

Adult sailing clinics are held every Sunday at Rainbow Bay Marina. Learn some tricks and tips or just come to play. The clinic schedule is as follows: Club 420, Jan. 11. Rhodes 19, Jan. 18; Columbia 22, Jan. 25. The clinics are from 9 a.m. to noon every Sunday and cost \$10 per clinic. For more information, call 473-0279.

### HOT DOG NIGHT AT THE KOA

Enjoy free dogs while supplies last during hot dog night on Jan. 13 at Club Koa, West Loch. The doors open at 8 p.m. For more information, call 473-1743.

### KARAOKE AND DANCING

Thursday nights at The Banyans feature karaoke and dancing with Arista Sounds. The doors open at 9 p.m. "Gimme, Gimme Night" will be featured on Jan. 15. Patrons can make a deal for whatever they have in their pocket or purse and could win prizes. For more information, call 473-1743.

### HOCKEY TOURNAMENT

A hockey tournament will be held Jan. 17 at Boards & Blades Skate Shop. Register now through Jan. 15 at

the shop. The cost is \$10 per player. Divisions will include: Adult (age 18 and over) and youth (15 to 17 years old). All teams and/or individuals are welcome. There will be a maximum of eight members per team. Prizes will be awarded to the top finishers. For more information, call 473-3295.

### MONGOLIAN BARBECUE

The Mongolian Barbecue is happening again at The Banyans from 5-8:30 p.m. Jan. 16. Stroll a raw buffet, fill your bowl with veggies, sauces and seasonings; queue-up at a central grill to select your meats and seafoods and pass the creation to the talented cooks for a stir-fried treat. For more information or to make reservations, call 473-1815.

### FIREWORKS AND ICE CREAM

Every Friday night, Hilton Hawaiian Village sets the stage for a celebration of Hawaiian culture and ends the evening with a fireworks show over Waikiki beach. All teens are invited to join the Boys & Girls Clubs of Navy Hawaii on Jan. 16 and see the show up close. Following the fireworks, the group will visit Cold Stone Creamery for some hand-made, hand mixed ice cream. For more information, call 471-8914.

### STUPID HUMAN TRICKS

Do you have an unusual talent? Show it off for fun and prizes. Join the fun Jan. 17 at Club Pearl's Country Bar with country music spun by Copperhead Productions and Big Jim. The doors open at 8:30 p.m. For more information, call 473-1743.

### FREE GOLF CLINIC

Learn the basics or refine your game at a free golf clinic held Jan. 17 at Navy-Marine Golf Course. The clinic is open to the first 16 active duty Navy and their family members. The clinic will be held from 1-2 p.m. For more information or to register, call the pro shop at 471-0142.

### SAILING SPECIALS

Experience the freedom of sailing Jan. 19 with special sailing deals in observance of Dr. Martin Luther King Day. Blue cardholders can rent a boat, kayak, paddleboat or canoe for one hour and get the second hour free. For more information, call 473-0279.

### IN OBSERVANCE OF MARTIN LUTHER KING DAY

In honor of Dr. Martin Luther King Jr., Scott and Kona Breeze Pools will serve cake and punch on Jan. 19. For

more information, call 473-0394.

### LIFEGUARD CLASSES

Lifeguard training classes will be held at Richardson Pool on Jan. 19-Feb. 12. For more information or to register, call Towers Pool at 471-9723.

### CASEY ST. JONES RETURNS

Casey St. Jones returns to The Banyans at Pearl Harbor on Jan. 23 with the show billed as the world's funniest hypnosis dinner show. Members of the audience become the stars of the show. Advance tickets are available at any Navy ITT office through Jan. 22 for \$19.95 (\$23 at the door).

Seating is limited. Dinner and cocktails will be served from 6-7:30 p.m. The show starts at 8 p.m. This show is for adults only. For more information, call 473-0606.

### SHARK ADVENTURE TOUR

See the sharks of Hawaii in their natural environment - the crystal, blue waters of the Pacific. You can watch from the boat or get up close and personal in the shark cage and see this majestic sea creature rise from the depths to greet you. This is the only trip like this in the entire state. Prices are as follows: Shark adventure (observer), ITT special price of \$40, ITT regular price of \$50; shark adventure (cage), ITT special price of \$75, ITT regular price of \$85. Prices are good through February.

### SLIP INTO BOAT SLIPS

Well appointed with many amenities, boat slips at Rainbow Bay Marina are open to active duty, retirees, reservists and DoD employees. Slips are \$4.50 per foot/per month for military and \$5 per foot/per month for all others. For more information, call the marina at 473-0279.

### INLINE SKATING LESSONS

Inline skating lessons are offered from 4-5 p.m. every Tuesday and Thursday at Boards & Blades Skate Park. The cost is \$5 and includes all required equipment. For more information or to register, call the skate shop at 473-3295.

### WATER AEROBICS AT SCOTT POOL

Looking for a low impact workout that produces high impact results? Water aerobics is the answer. Classes are held from 9-10 a.m. Monday, Wednesday and Friday at Scott Pool. The cost is \$2 per class, but the first class is free. For more information, call Scott Pool at 473-0394.

# Community Calendar

Here's a look at off-duty events happening on Oahu's military bases for service members and their families.

To get your activity or event featured in the Community Calendar, e-mail your requests to the editor at hnn@honoluluadvertiser.com or fax submissions to Hawai'i Navy News at 473-2876.

Deadline for submissions is Thursday for the following week's issue. Items will run for four consecutive weeks on a space available basis (see footnote numbers after each event). After four weeks, they should be updated and resubmitted to HNN.

## MISCELLANEOUS

### BLOOD DRIVES

- Jan. 9: 9 a.m.-noon, U.S. Army, 1/62 ADA, Kaala Recreation Center, Schofield Barracks.
- Jan. 14: 9 a.m.-2 p.m., U.S. Coast Guard, USCG ISC, Sand Island, Honolulu.
- Jan. 21: 9 a.m.-noon, U.S. Navy, CPRFP, Marine Corps Base Hawaii - Kaneohe.
- Jan. 22: 9 a.m.-noon, U.S. Air Force, Hickam Memorial Theater, Hickam AFB.
- Jan. 23: 9 a.m.-noon, U.S. Navy, Trial Service Office, Naval Station Pearl Harbor.

### GSA TO CLOSE FOR INVENTORY

The GSA Global Supply Center at Hickam Air Force Base will be closed Jan. 26-30 for inventory. The store at Schofield Barracks will be closed Feb. 2-6. For more information, call Teresa Demello at 448-8937 or Mike Martin at 655-0280. (1)

### HEROES' PASS AT MIGHTY MO

The USS Missouri Memorial Association, caretaker of the Battleship Missouri, is offering the Heroes' Pass, allowing Hawaii residents to give friends and family a free pass to America's last and greatest battleship. Exclusively for kamaaina, the \$15 pass provides unlimited admission to the Battleship Missouri Memorial for the pass holder for one year, plus numerous additional savings such as:

- \$10 off the memorial's explorer's or captain's tours.
  - One free chief's guided tour when purchasing one at the regular price of \$6.
  - 10 percent off retail purchases from the ship's gift store.
- Heroes' Passes are available for purchase at the Battleship Missouri Memorial. Admission for kamaaina is usually \$10 per adult. For additional information, call 454-1434 on Oahu, toll free at 1-877-MIGHTYMO, or visit www.usmissouri.org. (1)

### VOLUNTEERS NEEDED FOR VGAL PROGRAM

Volunteers are needed to serve as volunteer guardian ad litem (VGALs) for Hawai'i's First Judicial family court. VGALs serve as advocates for abused and neglected children who are in the family court system. Free training is provided. Volunteers must enjoy working with children and be able to confront difficult issues. The next training class is scheduled to begin in January 2004. For more information, call the VGAL program office at 538-5930. (3)

### MANAGERIAL ECONOMICS DEGREE

The University of Oklahoma offers a master of arts in managerial

economics and a master of public administration. The school's non-thesis programs can be completed in about 18 months and one-week classes are TDY/TAD friendly. For more information, contact the OU Hickam office at 449-6364 or aphickam@ou.edu or visit the website at www.gou.ou.edu. (3)

## NEX

### ANNUAL INVENTORY

The Navy Exchange will conduct its annual inventory during the last week of January, affecting hours of operation. On Feb. 1, the NEX will close at 6 p.m. Closing times for other NEX operations are as follows:

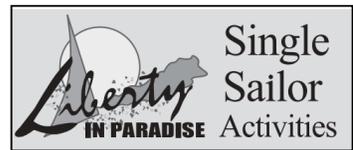
- Closing at 6 p.m. Jan. 28**  
Ford Island Mini Mart  
Naval Station Mini Mart

- Closing at 6 p.m. Jan. 29**  
Uniform Center  
Halsey Terrace Mini Mart  
Holomoku Mini Mart  
Touch 'N Go Mini Mart

- Closing at 6 p.m. Jan. 30**  
Wahiawa Mini Mart  
Iroquois Point Mini Mart  
Pearl City Mini Mart

- Closing on Jan. 31**  
Makalapa Mini Mart, 9 a.m.  
Kunia Mini Mart, 2 p.m.  
Autoport, 2:30 p.m.  
Home Gallery, 6 p.m.

- Closed on Feb. 2**  
Outdoor Living Center  
Pet Stop  
Barking Sands



## January

**Jan. 13:** Hale Koa Magic Show. The cost is \$20.95 per person. Depart from LIP at 5:30 p.m.

**Jan. 16:** Magic of Polynesia Show. The cost is \$32 per person. Depart from LIP at 5 p.m.

**Jan. 17:** Sea Life Park. The cost is \$24 per person. Depart from LIP at 8 a.m.

**Jan. 18:** Honolulu Zoo. The cost is \$6 per person. Depart from LIP at 9 a.m.

**Jan. 23:** Starlet Dinner Cruise. The cost is \$24. Depart from LIP at 2 p.m.

**Sundays:** Movie and popcorn, 7:30 p.m.  
**Mondays:** NFL football and pupus, 6:30 p.m., free.

**Tuesdays:** 8-Tournament, 7 p.m., free.  
**Wednesdays:** Ping Pong Tournament, 6 p.m., free.

**Thursdays:** Movie and popcorn, 7:30 p.m.

Liberty in Paradise (LIP) activities are geared toward single and unaccompanied service members. Payment should be made at least three days prior to the event. All activities depart from LIP. To sign-up or for more information, call 473-4279.

### LIBERTY AT BEEMAN CENTER

**Sundays:** NFL football, 5 p.m.; movie and popcorn, 7:30 p.m.

**Mondays:** NFL football live satellite broadcast, 3 p.m.; re-broadcast and free pupus, 6:30 p.m.; 8-Ball Pool Tournament, 7 p.m., \$5 for active duty/\$8 for all other authorized patrons.

**Tuesdays:** Karaoke with Bill at 7:30 p.m.

**Wednesdays:** (first and third) Open mic jam, 7 p.m.; (second and fourth) XBOX HALO Tournament, 7 p.m., \$5 for active duty/\$8 for all other authorized patrons.

**Thursdays:** (first and third) Game Show, 7:30 p.m.; (second and fourth) Movie and popcorn with Trivia Contest at intermission, 7:30 p.m.

**Fridays:** 9-Ball Pool Tournament, 7:30 p.m., \$10 for active duty/\$15 for all other authorized patrons.

**Saturdays:** College football on the big screen at 11:30 a.m.; Karaoke with Bill at 8 p.m.

## ARMED SERVICES

### YMCA

#### ALIAMANU LOCATION:

The Aliamanu (AMR) branch of the Armed Services YMCA is located at 1875 Aliamanu Drive, Honolulu, Hawai'i 96818. The phone number is 833-1185, fax 834-3631, email is ASYM-CAAMR@aol.com. Hours are 8 a.m.-1:30 p.m. Monday through Thursday.

#### T.O.P.S.

An awards ceremony will be held beginning at 6:15 p.m. at the Jan. 14, 2004 meeting of T.O.P.S. (Take Off Pounds Sensibly) at the Armed Services YMCA at Aliamanu. Weigh-in begins at 5:30 p.m. The meeting is open to all who would like to learn more about losing weight. Monthly fees are low and the first meeting is free. For more information, call Delcie at 623-1403. (2)

#### LAMAZE CLASSES

Lamaze classes provide information and instruction on everything you need to know about childbirth. The class meets every Thursday for six weeks from 7-9 p.m. For more information, call 833-1185. (3)

#### CHILDREN'S WAITING ROOM

The Children's Waiting Room is a place where parents can drop off their children if they have a doctor's appointment. The Armed Services YMCA is in need of volunteers to keep this program running at Tripler Army Medical Center. The hours of the waiting room are from 8 a.m.-noon Monday, Tuesday and Thursday. Those who are interested in volunteering or who wish to place an appointment should call 833-1185. (3)

## STORY IDEAS?

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

Phone: (808) 473-2888 Email: hnn@honoluluadvertiser.com

Hawai'i  
**Navy News**

# Navy's 'dream season' ends with Houston Bowl defeat

**JO2 Charles Ludwig**

*Navy News Service Public Affairs*

It didn't end quite the way U.S. Naval Academy players and fans hoped it would Dec. 30.

After enjoying what may have been the most magical season of U.S. Naval Academy football since the days of Roger Staubach, optimism abounded among academy players, coaches and alumni heading into the Midshipmen's first bowl game appearance since 1996.

But that confidence apparently had no effect on Texas Tech quarterback B.J. Symons.

Symons, the leader of the nation's top air attack, completed the most prolific passing season in Division 1-A history by throwing for 497 yards and four touchdowns in lifting the Red Raiders (8-5) to a 38-14 victory over the Midshipmen in the EV1.Net Houston Bowl at Reliant Stadium.

For Navy (8-5), the loss put an end to their remarkable turnaround season. As disappointing as it may have been, Navy head coach Paul Johnson still rates the season as a success story for the Academy.

"I'm proud of (my players)," Johnson said. "If anyone had said before the season that we would win eight games and go to a bowl game after where we've been, everyone on this team would have taken it, even if it meant losing the last game in Houston."

It's easy to see why they would have been quick to accept that fate. Academy football experienced a thrilling resurgence in 2003, with the team seizing a winning record for the first time since 1996. In fact, their eight regular season victories equaled the number of wins in the previous four campaigns combined. Along the way came the school's first Commander-in-Chief's trophy since 1981 and a 34-6 blowout triumph over archrival Army.

The significance of the season wasn't lost on Navy players either.

"We should be proud of where we are right now," Navy quarterback Craig Candeto said. "Obviously we're disappointed with the loss and all the guys have their heads down, but when we reflect on the season, we have a lot to be proud of."

Symons may have had the headline-making day, but in a game billed as a matchup between the nation's top passing and running teams, Candeto made sure to keep it close for as long as he could.

The Navy senior ran for 90 yards and both touchdowns in his last game as a Midshipman.

It was Candeto's two-yard touchdown run early in the third quarter that sliced into a 14-0 deficit against a Red Raider team that was noticeably stronger and faster.

It didn't take Texas Tech long to answer, though, as Symons quickly and



Photo by PH3 Mark J. Rebilas

Navy wide receiver Amir Jenkins jockeys for position on a pass play against Texas Tech safety Ryan Aycock during the EV1.Net Houston Bowl at Reliant Stadium in Houston, Texas. The Midshipmen of the U.S. Naval Academy lost to the Red Raiders, 38-14, leaving Navy with an 8-5 record for the year.

efficiently led his team on a nine-play 67-yard drive capped by a four-yard scoring run by Taurean Henderson. After a stalled Navy drive, Raider kicker Keith Toogood tacked on a 21-

yard field goal for a 24-7 lead.

Candeto's second scoring run, cut the lead back to 10, but that was as close as Navy would get. Symons finished off the Midshipmen with fourth-

quarter TD tosses to Jarrett Hicks and Mickey Peters.

Despite the 24-point loss, Navy's ground game still ate up yardage in chunks, gaining 289 yards on 55 attempts.

With his football career now behind him, Candeto will start his service commitment with 33 career touchdowns rushing, good for second on the Navy's all-time list. He passed career-rushing leader Napoleon McCallum on the second of his scores.

After a scoreless first quarter, Johnson gambled and lost on a fake punt near midfield early in the second. Just two minutes later, Symons lobbed a perfect pass to Peters on the right side of the end zone for the game's first score.

Symons struck again late in the half in the unlikeliest of fashions. After having a tooth chipped on a vicious sack by Navy cornerback Shalimar Brazier for an 18-yard loss, he picked himself off the turf to hit receiver Nehemiah Glover three straight times for gains of 6, 12 and a 17-yard score and a 14-0 lead.

The game did have one more major collision. Late in the fourth, two players accidentally crashed into back judge David Lambros during a long pass play. Lambros fell and slammed his head off the grass. He lay motionless for a few minutes, but did not appear to be seriously hurt.

## Naval Personnel Command offers sobering facts about alcohol abuse

**Brian Badura**

*Bureau of Medicine and Surgery*

The facts are sobering - each year alcohol contributes to over 100,000 deaths in the United States, making it the third leading cause of preventable mortality. The key is many tragic outcomes in alcohol-related incidents could be prevented.

Alcohol has long been a part of the American social life. It's common to get together with friends for a few drinks and a lively round of conversation. At times, a few drinks turn into a few too many, creating situations with potentially dangerous consequences.

According to the National Council on Alcoholism and Drug Dependence (NCADD), alcohol use disorder is generally classified in two ways: alcohol dependence and alcohol abuse. Sym-

toms such as impaired control over drinking, tolerance and continued drinking despite recurrent related physical or psychological problems characterize dependence. Abuse is characterized by significant impairment, but does not entail physical dependence.

Heavy drinking can raise the risk for health-related problems such as high blood pressure, heart disease, certain cancers, birth defects and overall mortality. Drinking also plays a role in about one-third of all suicides and child abuse cases, as well as one-half of all homicides.

The legal age to drink is 21 in most states, but a startling number of younger people are consuming alcohol. According to NCADD statistics, approximately 22 percent of eighth graders and 50 percent of twelfth graders reported the consumption of alcohol over the past month.

How can you recognize the warning symptoms

of an alcohol problem? Here are some common signs of alcohol problems:

- Drinking to forget worries or calm nerves.
- Feeling guilty about drinking.
- Lying about drinking.
- Harming yourself or others as a result of drinking.
- Needing to drink more to achieve the desired effect.
- Irritable or unreasonable mood when not drinking.
- Medical, family or financial problems caused by drinking.

Many programs are available to help those with drinking problems, as well as their family members.

The Navy offers many programs on education and prevention of alcohol abuse, including PREVENT, ALCOHOL-AWARE and the Right Spir-

it campaign," according to Cryptologic Collection Technician(SW) Donna Byars of the Navy Alcohol and Drug Abuse Prevention Branch at Naval Personnel Command.

Know your limit as to the number of drinks your body can tolerate. Avoid operating motor vehicles and heavy equipment if you have been drinking. When hosting a social gathering, be sure to make non-alcoholic beverages available to your guests who choose not to consume alcohol.

If you choose to drink alcohol, do so responsibly. Be aware of potential problems around you that may be related to alcohol. Should a problem arise, be sure to get help for those who need it.

To learn more about alcohol prevention, visit the Naval Personnel Command alcohol education website at <http://navdweb.spawar.navy.mil> or the NCADD web site at [www.ncadd.org](http://www.ncadd.org).



