



## Fun in the Sun

### Looking back...

### at 2004's leisure activities

#### Commentary

**JO1 Daniel J. Calderón**  
Editor

To say 2004 was eventful is like saying the universe is on the biggish side. For Hawai'i Navy News' writers, 2004 was filled with too many events to cover. For Hawai'i Navy News readers, 2004 was filled with too many events and activities to attend.

We kicked off the year learning about the masters swim program at Richardson Pool. The program is still going strong and interested swimmers can contact the pool staff at 471-9181. February brought on the annual Pro Bowl and we learned about the boxcar-racing track in Pearl City. That track is no longer there. Boxcar racing aficionados can soon try the new facility in Kunia. For updated information, visit [www.abcri.org](http://www.abcri.org) or call B.C. Cowling at 947-3393. We also learned about a new sport, to most of us, called disc golf. While there are no disc golf courses on Oahu, interested golfers can use an open park for their game.

In March, HNN visited the Plantation Village, took to Oahu's hiking trails, got more information on the Quality of Life Web site at [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com) and found out about the Morale, Welfare and Recreation Kids Club at Bloch Arena on Naval Station Pearl Harbor. The village gives visitors a glimpse of old Hawai'i and allows them to see what life was like here during the sugar plantation days. The QOL web site offers information on MWR activities.

This allows readers to plan out things they would like to try and allows Sailors stationed here the chance to give their families back home a Web site to see what they can do when they come for the almost-inevitable visit. The Kids Club provides Sailors and authorized MWR patrons the opportunity to bring in their children to be supervised while they are working out.

In April, we celebrated Easter across Oahu, learned about rock climbing and the beach cottages available here and got information on the Wahiawa Botanical

Garden and the MWR Super Garage Sale. The beach cottages are another way to enjoy time on the coast without breaking your personal bank by staying in an expensive Waikiki hotel or a resort.

MWR offers cottages at the former Barbers Point. For people who have too much stuff in the house and would like to unload some of it while making a little extra money, the MWR Super Garage Sale is available. It's open to the public and held quarterly at Richardson Field. The next garage sale is scheduled for Feb. 19.

In May, we toured the Korean War Museum, which was formerly in Wahiawa. The museum has since closed, but it was an interesting look back into a war that many people overlook. We also took a trip to Maui and we learned about the tennis program here at Pearl Harbor.

As summer heated up in June, we learned MWR offers salsa classes at the Bloch Arena annex. We also found out about the Alpine Tower at the former Barbers Point, the teen centers in Navy housing areas and the new remote-controlled car track here on base. The tower is a challenging tool for building teams.

There is a sheer-faced, faux-rock climb, a skeletal log tower and a series of activities that allows work groups to truly learn how to work as a team. The teen centers are a way for Navy family members to spend time outside the home and make friends with other kids who share their situation.

In July, we celebrated the nation's birthday, went on a barefoot splash cruise and had a Sunset in the Park at Richardson Field. We also learned July was National Golf Month. With eight military golf courses on Oahu, military golfers and their guests should be able to find one to suit their tastes.

With summer winding down, we kicked off August with Jazzercise and then learned about the Rebuild Hawai'i program. Together Rebuilding Hawai'i is a local program that rehabilitates houses for lower-income homeowners, particularly the elderly or disabled. In August, we

learned how Sailors from Special Projects Patrol Squadron Two joined with volunteers from across Oahu to rebuild an island family's home.

In September, we celebrated the Oceans Club's 30th anniversary and said a special thank you to Region ombudsmen. For anyone unaware of the contribution of Navy ombudsmen, they are the link between commands and families. Ombudsmen coordinate dinners, parties and reunions for deployed ships and units so family members can feel like they are not alone.

October brought us the Battle of the Bands here and Blues on the Bay at Marine Corps Base Hawai'i Kaneohe Bay. We also learned about the water aerobics program available for eligible MWR patrons and about the Te Ranga Tahiti group's efforts to keep the Hawaiian and Polynesian traditions alive for military families. The group teaches dance, fire knife dancing and other aspects of local culture to help preserve the heritage of the islanders for future generations.

In November, we celebrated Veteran's Day and American Indian and Alaskan Native Heritage Month. We also dropped in to the Waikiki Aquarium and took a look inside the Beeman Center. The Beeman Center provides a wide array of activities for single Sailors here. From game show nights to karaoke and everything in between, Beeman staff members strive to keep Sailors here entertained.

In December, we stopped to commemorate the 63rd anniversary of the attack on Pearl Harbor. We also learned about a high-flying submariner who earned his dolphins on duty and his wings while off duty. Sonar Technician-Submarine 1st Class (SS/DV) David McKean earned his pilot's license, instructor's license and commercial pilot's license while stationed here. And we closed out the year wishing everyone a Merry Christmas and happy holidays.

So, it's been an eventful 2004. Will 2005 top it? Will it be as exciting? Who knows? We'll all have to see how it goes.



(Left) AN John Nesbit plays a video game at the Beeman Center. (U.S. Navy photo by PH2 (AW) John Looney).



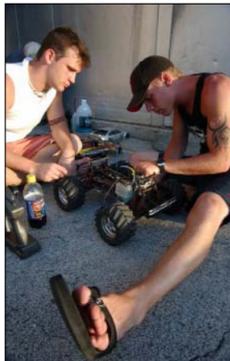
(Below) Ensign Dustin Riley dives into the pool at a master's program practice at Richardson Pool. (U.S. Navy photo by JO3 Ryan C. McGinley).

(Left) Sue Bender, water aerobics instructor for the morning sessions at Scott Pool, leads students through stretching exercises. (Photo by Karen Spangler).



(Left) A young boxcar racer poses in his vehicle. (U.S. Navy photo by JO1 Daniel Calderon)

(Below) MAC (sel) (SW) Kandi Dietrich hugs a Kanoelani Elementary School student at an assembly at the school. (U.S. Navy photo by JO3 Ryan C. McGinley).



(Left) FN Ezra Johnson of USS Chafee (DDG 90) works on his truck while his friend offers suggestions on how to get the most performance out of his T Maxx remote-controlled car. (U.S. Navy photo by JO2 Devin Wright).



Commentary

# When the sun goes down

JO2 Devin Wright

JO3 Ryan C. McGinley

## Hawai'i Theatre Center

JO2 Devin Wright

I remember when my wife and I, before we were married, used to go out to clubs. I remember standing in lines in order to get to the door of a club to pay a sizeable cover charge, to get into an overcrowded club and spend our month's pay on over-priced drinks. We really miss those days.

Now our nights are usually spent quietly at our home with our dog. However, when we do get the urge to go out, the old club days just don't cut it.

We prefer a low-key quieter evening much like that of a dinner and a movie. We recently discovered a suitable venue for an evening out at the Hawai'i Theater. Proclaimed as the "Pride of the Pacific," the beautiful Hawai'i Theatre is most certainly the most impressive theater I have ever been in.

It has the feel of a 19th century opera house equipped with private seating booths for the crème de la crème of high society. Naturally, my wife and I sat in the nosebleed section when we went to see Stomp, a unique performance that uses a combination of percussion (with anything from trash cans to broomsticks), movement and visual comedy.

The acoustics in the theater

are amazing. During a performance by Stomp where cast members played a book of matches, my wife and I could hear with ease without the help - at least that we could see - of microphones.

The theater opened its doors Sept. 6, 1922 in downtown Honolulu. The Hawai'i Theatre served as a place of entertainment for locals and tourists to see plays, musicals and silent films.

The theater was poorly kept, and in 1984 was all but condemned.

In 1986, the Hawai'i Theatre Center was formed to keep the Hawai'i Theatre from being destroyed. After 10 years of renovations, the Hawai'i Theatre reopened its doors in May 1996 as a versatile, modern performance center with the capability of seating up to 1,400 people.

The theater is now listed on both the State and National Registers of Historic Places.

Patrons can pay a more than reasonable price to see everything from 12 girl bands, to Grease and Stomp.

So if you are looking to impress your husband or wife with a unique entertaining evening or a first date, Hawai'i Theater Center should certainly do the trick. The theater is located at 1130 Bethel St. in Honolulu.

# Healthy lifestyle begins with education

Lacy Lynn  
Staff Writer

Overindulging in food and drink over the holidays leaves many people vowing to do better in the new year. For Sailors, family members and Department of Defense (DoD) civilians who have resolved to get in better shape, Navy clinics and fitness centers offer a variety of classes and consultations on weight management and nutrition.

Navy clinic classes suit both general and specific fitness goals. For instance, the nutrition and weight management classes provide participants with a broad knowledge base, focusing on modifying eating habits, making healthy food choices and learning from prior dieting attempts. However, the clinic's healthy heart and diabetes self-management classes are geared for individuals with special nutrition and weight management needs.

While other classes are open to family members and DoD civilians, the ShipShape program is only for active duty Sailors who obtain an endorsement from their command.

The eight-week program focuses on nutrition education, increased exercise and behavior modifications. According to the class description, the goal of this Navy-wide program is to increase the number of active duty personnel who are living healthy and is designed to provide participants with skills to support long-term weight management.



Photo by Lacy Lynn

Judy Kosaka, fitness director for Bloch Arena, shows Nicole dela Vega, Navy spouse, how to use the a leg press machine during a workout session.

All classes are small, about eight to 10 people, so prospective participants should call early. According to Lt. Zoe Peek, department head of health promotion, the smaller class size facilitates conversations between students.

For those just starting out, Peek advised, "I think the first step is to keep things in perspective. Try not to do too much too soon."

Peek also said she is happy to take questions or to find time for consultations. "It's all about educa-

tion and awareness," said Peek.

For more information, call Naval Health Clinic Hawai'i Health Promotion at 471-WELL.

Base fitness centers also provide alternatives for those with fitness goals. A popular program, the weight management class at Bloch Arena, is six weeks long.

The class includes a physical assessment, nutritional education and guidance in cardiovascular and weight training exercises, flexibility and strength con-

ditioning, target heart rate, and behavior modification.

For those who do not know where to begin, "The weight management class is an awesome place to start," said Sara Candidate, Navy fitness specialist. "It's a comprehensive program. It covers everything that you'll need to start a fitness program or to change your lifestyle," she added.

The cost is \$75 for the twice-a-week sessions and space is limited.

For those who would like more customized attention, personal trainers are available. At Bloch Arena Fitness Center, there are three trainers who are free to active duty personnel and four trainers who charge a fee for other eligible fitness center patrons. All trainers are qualified to perform nutritional assessments.

Patrons can sign up at the gym with their times of availability. The standard rate is \$25 per hour with other packages available, including discounted rates for small groups.

Candidate cautioned individuals to start slow and easy by joining a class or examining their eating habits. She also recommended the many classes available at the fitness centers as being comfortable for any fitness level.

"Start at a steady pace and you can always increase from there. Starting out slow will also decrease injury," said Candidate.

For Bloch Arena Fitness Center information, call 473-0793/3488.

# Tripler's coumadin clinic provides patients with streamlined options

Tripler Army Medical Center  
Public Affairs Office

Tripler Army Medical Center's coumadin clinic is a success story for patients and staff alike. When coumadin was prescribed at Tripler before April of this year, patients had to visit the outpatient laboratory to have their blood drawn via venipuncture, said Capt. Richard Diaz, head nurse of the clinic.

Coumadin (warfarin) is a "blood thinner" that is currently used in cardiology and other fields of medicine to prevent or treat improper blood flow, clotting and its effects.

These conditions could include stroke, atrial fibrillation, blood clots in arteries or veins, pulmonary embolism, severe heart failure, extensive heart attacks, heart valve replacement, and it is sometimes used following stent placement in a

blood vessel.

"This would more often than not require the coumadin patients to wait in long lines in the laboratory, not to mention the discomfort of a venipuncture," Diaz said. "Patients would wait until they got home to receive instructions either by the coumadin clerk calling or receiving a message on their answering machine. This was often confusing for the patient, but was the best system we had in place at that time."

But not anymore, thanks to Diaz and Col. (Dr.) Thomas Dove, chief of Tripler's cardiology department. Dove knew the system could be improved.

Now the test is performed in the EKG clinic on the fourth floor from 6-11:45 a.m. on Mondays, Tuesdays, Thursdays and Fridays. All that's needed is a fingerstick so the blood can be analyzed, Diaz said.

This new test eliminates the need

for painful blood draws and ensures accurate results are available within two minutes. Coumadin dosage adjustments can be made immediately by a staff cardiologist if necessary, and the patient may leave immediately after. The entire process takes only 10 to 15 minutes.

"The new system is awesome," said Spc. Michael Blair, 37, who is currently assigned to Tripler's Medical Hold Company. "It combines great people, great service and is a great clinic."

Rather than going to the lab to get a number and wait, have blood drawn and then go home and wait to hear from Tripler staff, the coumadin clinic patients make an appointment and, after a finger stick for blood, find out what is needed to manage their healthcare, Blair said.

"The coumadin clinic is speedy, efficient and the staff is very courteous," he said smiling. "And it's per-

sonal, they get to know your name and take care of you with personal touches."

Patients receive on-the-spot teaching about coumadin if their INR (international normalized ratio) level is elevated or decreased. This new method of testing has also decreased the waiting times in the laboratory for the other patients, thereby having an overall positive effect for all of Tripler.

"The coumadin clinic is a change for the better all the way around," said Lt. Col. Barbara A. Gilbert, nursing director of Tripler's department of medicine. "First and foremost, it is more convenient for our patients; they don't have to wait in the lab to have their blood drawn, and they have accurate results back almost immediately.

"Additionally, they have a face-to-face meeting with (captain) Diaz or another member of the staff and that

person can discuss results and any needed dose adjustments with the patient," she said.

"The change is beneficial for the clinic staff because they get to 'lay eyes' on the patient and do an in-person assessment and patient education," Gilbert said. "The change is good for the lab because it decreases the waiting times for their patients. The feedback from our beneficiaries has been overwhelmingly positive."

Patients who have had the opportunity to participate in the coumadin clinic, besides Blair, have responded with great satisfaction in regard to the clinic's efficiency and professionalism. Patients enjoy increased interactions with concerned and informed clinic professionals who custom-tailor their coumadin regimen, Diaz said.

Patients who are interested in the clinic should talk with their primary care managers.

# High-tech scam 'phishes' for personal information

JOC (SW/AW) Joseph Gunder  
Naval Network Warfare Command Public Affairs

A new high-tech scam known as "phishing" is duping many people into giving up personal information and, thus, their identity.

According to the Federal Trade Commission (FTC), the nation's consumer protection agency, phishers are crooks who try to trick recipients into disclosing personal information such as Social Security numbers, passwords, bank account information and credit card numbers.

The phishing attack could come in the form of a spam e-mail and appear to be from a legitimate business. The e-mail may seem like it's addressed directly to the recipient since they're the only entry in the "to:" block, but in reality, it is sent out at random to as many as a million addresses at a time.

The message tries to convince you there is some sort of problem and the only way to fix it is to go to a special Web site where you can conveniently enter your data. The site might look real, but it is run by the scam artist and exists only to steal your identity and run up bills or commit crimes in your name.

The word phishing is a combination of "phreaks," thieves who tap into phone lines to get free long distance service and "fishing," the act of casting a line and hoping to catch something.

Web users might even get a bogus "pop up" message

asking for information. It might even have a company logo. But it all just adds to the deception.

Phishers have also been busy mass e-mailing fake lottery winning notifications and appeals to transfer millions of dollars from foreign banks, usually with the promise of leaving a percentage of the account with the victim.

"If it sounds too good to be true, it probably is," said Cmdr. Frank Mellott, chief staff officer for Naval Network and Space Operations Command in Dahlgren, Va. Mellott was at Little Creek Naval Amphibious Base recently to inform members about identity theft, a problem he dealt with personally when someone stole his social security number and, hence, his identity. "Phishing e-mails are getting better and better. It's going to take a lot of common sense for people to fight those off."

"I tell my wife, 'Don't even think about responding to those things.' And that's for two reasons," continued Mellott. "One, if it's spam and you respond, the sender now knows he has a valid e-mail address. Two, if you go to their Web site, they can actually backtrack that to your computer."

The FTC Web site at [www.ftc.gov](http://www.ftc.gov) offers some tips to avoid being fooled:

- Be suspicious of all messages asking for personal or financial information. Legitimate companies don't ask for information this way. If you're not sure, contact the company by phone on a number known to be genuine. You can also

open a new Web browser and type in the correct name, one letter at a time. Don't cut and paste the site address into the browser bar; it could lead to a spoofed site that collects data for the thief.

- Never send personal or financial information over e-mail, including bank account numbers or passwords. Messages can be read in transit. Sailors should be familiar with maintaining OPSEC (operational security) with regard to deployment schedules. An e-mail with a bank account password can be intercepted the same way.

- Regularly check credit card and bank statements for anything fishy. Free credit reports have been available online since Dec. 1 and can be requested at [www.annualcreditreport.com](http://www.annualcreditreport.com) from the three nationwide consumer reporting agencies: Equifax, Experian, and TransUnion.

This change is made possible by the Fair and Accurate Credit Transactions Act (FACTA) and the Fair Credit Reporting Act (FCRA). This new change requires credit bureaus to provide consumers one free copy of their credit report per year upon request. The free credit reports are being phased in over a nine-month period starting with 13 western states and then progressing east.

- Keep antivirus and firewall software up to date. According to the FTC, many phishing e-mails contain malicious code that can infect your computer and report your surfing activi-



U.S. Navy photo by PH3 Chris Weibull

Sailors use computers to access the Internet in the ship's library aboard the conventionally powered aircraft carrier USS John F. Kennedy (CV 67). A new high-tech scam known as "phishing" is duping many people into giving up personal information and, thus, their identity over the internet.

ties without your consent or knowledge.

Antivirus software will scan incoming files for anything suspicious that it recognizes, while a firewall is a barrier to the Internet that will block communications from unauthorized sources. Free antivirus software is available at the Space and Naval Warfare Systems Center (SPAWAR) site at <https://infosec.navy.mil>, as well as similar sites by the other services.

Users must be on a ".mil" account to access the site, but the software can be downloaded and is authorized to be used on a home computer.

"If you get something from a company and are

concerned about who it's from, don't click on the link in the e-mail," said Patty Poss, a lawyer with the FTC's Bureau of Consumer Protection. The FTC serves as the federal clearinghouse for complaints by victims of identity theft. "Phishers are full of ways to trick you. The link could lead to a spoofed site. One site looked just like it was from AOL [American Online]. It had the layout, logos and everything. The best thing to do is close your Internet session, reopen the browser and type in the address. Or you can even call the company if you have questions."

Poss recommends that if the consumer inadvertently submitted personal infor-

mation, they should call the FTC's ID theft hotline at 1-877-IDTHEFT, where they will take a complaint, or they can file a report to the FTC's Military Sentinel site at [www.consumer.gov/military](http://www.consumer.gov/military), a secure, online database available to hundreds of civil and criminal law enforcement agencies worldwide.

The site at [www.ftc.gov/bcp/conline/pubs/credit/idtheft.htm](http://www.ftc.gov/bcp/conline/pubs/credit/idtheft.htm) also recommends what actions to take when someone suspects personal information has been compromised.

By recognizing what's real or fake over the Internet and e-mail, members can keep themselves from being taken "hook, line and sinker."

**Hawaii Navy News Online** [www.hawaii.navy.mil](http://www.hawaii.navy.mil)

# Briefings help Sailors handle disaster

**JO3 Michael Hart**

*U.S. Pacific Fleet*

*Public Affairs*

USS Abraham Lincoln's (CVN 72) Religious Ministries Department held briefs in January for Sailors from Lincoln and Carrier Air Wing (CVW) 2 who volunteered to aid in the humanitarian relief efforts in Southeast Asia.

Sailors were briefed on what they might expect from the people that lived through the tsunami, how Sailors might react to what they see and how to keep themselves safe in the disaster area.

"There are different stages in a disaster, like shock and disillusionment," explained Chaplain (Lt. Cmdr.) Thomas Walcott, CVW 2's chaplain. "Some people are in total shock. They've experienced something so horrific, they don't know how to deal with it."

"There are those who are just ecstatic to be alive," he added. "They can't believe all of those people died and they didn't. They're really happy to be alive right now. Others are totally disillusioned. They've been hit by something so hard that they're angry at the world."

Walcott went on to talk about how the disaster area could affect Lincoln and air wing Sailors.

"For many going ashore," said Walcott, "seeing the wreckage will do absolutely nothing. They'll go there, do their job, not see anything terribly bad and come back tired, maybe a little sunburned, feeling like they helped out a lot."

"Some will see things that will really bother them," said Walcott. "Some will cry just when they think about what they see. Some things will make them physically sick. That's traumatic stress, it's very common."

Walcott went on to say the best way to get rid of traumatic stress is to talk to somebody.

"People can talk to the ship's psychiatrist, one of the chaplains, or talk to someone on their team about what they experienced," he said. "It's important to get it out of their system."

"Some reactions, depending on the severity of impact, may appear almost immediately, or it could take days, even weeks for them to appear," he added. "We stress crisis intervention through education, defusing and debriefing upon return, as well as personnel support if anyone just needs to talk about their experience."



U.S. Navy photo by PHAN Jordan R. Beesley

Lt. Shawn Harris, assigned to USS Shoup (DDG 86), carries an injured boy from an MH-60S Knighthawk helicopter to a triage site on the Sultan Iskandar Muda Air Force Base in Aceh, Sumatra.

# NEXCOM's new initiative serves energy conservation

**Kristine M. Sturkie**

*Navy Exchange Service*

*Command Public Affairs*

As a result of a new initiative by the Navy Exchange Service Command (NEXCOM), vending machines on Navy bases in the continental United States, Pearl Harbor and Guam will soon be able to dispense cold drinks while reducing energy costs.

In an effort to assist Navy commands to reduce energy consumption, NEXCOM is utilizing a new technology called "The Vending Miser" to reduce the energy required to operate beverage vending machines. This action also supports an executive order directing agencies to purchase products in the upper 25 percent of the energy efficiency range.

"Government locations are required to utilize Vending Misers where they will provide the greatest savings," said Gerard Fantano, NEXCOM's vending branch manager. "Depending on the type of Vending Miser used, the base could see a 25-35 percent sav-

ings on their utility costs supporting our vending machines annually. NEXCOM has been proactive in reducing energy costs in its facilities and equipment. Navy exchanges in the San Diego area, the northwest and Pearl Harbor have already placed the Vending Misers on existing beverage machines. This is just another great way to serve our customers and cut down on energy consumption," said Fantano.

The Vending Miser shuts down the vending machine after it has been dormant for a period of time and turns the vending machine back on when a motion detector is triggered by movement, such as a person approaching the machine. During longer dormant periods, the Vending Miser automatically turns the machine back on to keep the product cold. The Vending Miser will not be placed on cold/frozen food machines where a product is highly perishable and can't take temperature changes or on coffee machines where hot water is needed on a consistent basis to make a quality cup of coffee.

# Battleship Missouri Memorial to host book signing by author, Stanley B. Snodgrass

**USS Missouri Memorial Association**

Retired Navy Senior Chief hospital corpsman and longtime Honolulu executive, Stanley B. Snodgrass, will sign copies of his new book, "Bugchasers of Egypt," at the Battleship Missouri Memorial from 10 a.m.-2 p.m. Jan. 15 in the wardroom.

The non-fiction book chronicles the work of Snodgrass and his colleagues as they combat tropical diseases in Egypt, Africa and China as members of the U.S. Naval Medical Research Unit-3 (NAMRU 3). Other topics cov-

ered in the book include the formation of NAMRU-5 in Ethiopia and the expulsion of NAMRU from Egypt during the Six Day War in 1967.

Established in Cairo, Egypt in 1946, NAMRU-3 still operates today, conducting infectious disease research in support of Department of Defense force health protection in the Middle East, southwest Asia, Africa and eastern Europe. Snodgrass was assigned to NAMRU-3 at age 21 and was soon dispatched to combat an epidemic of relapsing fever in Imbaba, Egypt before playing a role in the containment of a major cholera outbreak in 1947.

"The story of Stanley Snodgrass and his colleagues at NAMRU-3 is truly remarkable, and the Memorial is thrilled to offer our visitors an opportunity to meet him," said Don Hess, president and chief operating officer of the USS Missouri Memorial Association.

In discussing his book, Snodgrass said, "Bugchasers of Egypt tells of medical researchers, principally Navy, who over the last half century have markedly and permanently enhanced standards of medical practice for 635,620,000 people – 10.37 percent of the world's population – including 271,420,000

Muslims, which represents 22.48 percent of the world's Muslim population."

"Bugchasers of Egypt documents an incredible piece of public health history... with some fascinating nation building in the Middle East... I will be recommending its reading to my graduate students," said Jerrold M. Michael, emeritus dean professor of public health at the University of Hawai'i at Manoa.

In World War II, Snodgrass served aboard the USS Alabama in both the Atlantic and Pacific. After the war, the Navy trained him in epidemiology prior to his service in Cairo, Egypt and Yokosuka,

Japan. When he retired in 1963, he was preventive medicine assistant to the force medical officer, Pearl Harbor, Hawai'i.

In the mid-1960s, he opened the Ilikai Hotel in Honolulu as its first personnel director. He was executive vice president and administrator of the Convalescent Center of Honolulu from 1969 to 1980, and president and CEO of the Healthcare Association of Hawai'i from 1980 to 1990. He earned a master's degree in public health from the University of Hawai'i at the age of 54 and later taught there as well as at Honolulu Community College.

The USS Missouri Memorial Association is a private Hawai'i-based 501(c)(3) non-profit organization designated by the Navy as caretaker of the battleship Missouri. Former President George Bush is the memorial's honorary chairman of the board. The Battleship Missouri Memorial is supported by admissions, retails and concession sales, donations, grants, and the word of volunteers.

The association was formed in 1994 and includes a cross-section of leaders from Hawai'i's business, civic, political and retired military communities.

# MWR

## Movie Call

**Sharkey Theater**  
Naval Station Pearl Harbor  
(473-0726)

**FRIDAY**  
7:00 p.m. Blade: Trinity (R)  
**SATURDAY**  
2:30 p.m. Spongebob Squarepants Movie (PG)  
4:30 p.m. National Treasure (PG)  
7:00 p.m. Alexander (R)  
**SUNDAY**  
2:30 p.m. Spongebob Squarepants Movie (PG)  
4:45 p.m. Christmas with the Kranks (PG)  
6:30 p.m. Bridget Jones: The Edge of Reason (R)  
**THURSDAY**  
7:00 p.m. Blade: Trinity (R)  
\$3 adults; \$1.50 children (6-11)

**Memorial Theater**  
Hickam Air Force Base  
(449-2239)

**FRIDAY**  
7:00 p.m. Ocean's Twelve (PG 13)  
**SATURDAY AND SUNDAY**  
7:00 p.m. Ocean's Twelve (PG 13)  
**WEDNESDAY AND THURSDAY**  
7:00 p.m. Blade: Trinity (R)  
\$3 adults; \$1.50 children (6-11)

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

**FRIDAY**  
7:00 p.m. The Incredibles (PG)  
**SATURDAY AND SUNDAY**  
2:00 p.m. Woman Thou Art Loosed (R)  
\$3 adults; \$1.50 children (6-11)

*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.*

### OUTDOOR ADVENTURE EVENTS

- **Jan. 22:** Kahana Valley Trail Hike, \$5, Register by **Jan. 19.**
- **Jan. 22:** Chinaman's Hat Kayaking, \$15, Register by **Jan. 19.**
- **Jan. 23:** Shore Fishing Workshop, \$8, Register by **Jan. 19.**
- **Jan. 29:** Hanauma Bay snorkeling, \$10. Register by **Jan. 26.**

### SPRING LITTLE LEAGUE REGISTRATION

The Boys & Girls Clubs of Navy Hawai'i are holding registration for all boys and girls interested in playing coach pitch, T-ball, major/minor or junior baseball. Registration will be held through **Jan. 28** at the youth sports office (building 3456) between 9 a.m. and 5:30 p.m. Eligible participants must be born between August 1990 and July 2000. The activity is open to family members of active duty, retirees, reservists and DoD civilians. For more information on registration requirements and fee schedule, call 474-3501.

### FREAKY FRIDAY AT POOL & PIZZA

The NFL playoffs will be showing at Freaky Friday at Pool & Pizza at Club Pearl from 4-6 p.m. **today.** Enjoy pupus, prizes and games. For more information, call 473-1743.

### HAT NIGHT AT THE COUNTRY BAR

The Country Bar at Club Pearl will host hat night on **Jan. 15.** Doors open at 8:30 p.m. and the event lasts until 3 a.m. There will be prizes and contests. For more information, call 473-1743.

### FREE GOLF CLINICS

Learn the basics or refine your game at a free clinic held from 1-2 p.m. **Jan. 15** at Navy-Marine Golf Course. The clinic is open to the first 16 active duty Navy personnel or their family members. For more information or to register, call the pro shop at 471-0142.

### DIVISIONAL PLAYOFF TIME

AFC/NFC divisional playoff games will be shown on big screen plasma televisions on **Jan. 15-16** at Pool & Pizza at Club Pearl. Doors open at 11 a.m. For more information, call 473-1743.

### LIBERTY IN LAS VEGAS

Single Sailors can join Liberty in Paradise on **Jan. 20-24** for a trip to Las Vegas. For less than \$400, air and ground transportation, meals and lodging are included. For more information, call 473-4279.

### PRE-TEEN TRIP TO SHARKS COVE

A free pre-teen trip to Sharks Cove has been scheduled for **Jan. 22.** Participants should bring swimsuit, sunscreen and lunch. MWR will provide transportation, gear and instructions. Participants must register in advance and space is limited. The trip departs at 9 a.m. from Rainbow Bay Marina.

Those who plan to attend should register by 1 p.m. **Jan. 18** by calling 421-1556. Transportation is available from Iroquois Point, NCTAMS and Catlin Clubhouse.

### AEROBATHON

The MWR Aerobathon will be held from 8-10:30 a.m. **Jan. 22** at Bloch Arena. The free, non-stop workout will offer a sample of many different class formats and instructor styles. Refreshments will be served and prizes will be raffled at the end of the event. For more information, call 473-0793.

### KIDS CLUB

The Kids Club at Bloch Arena is open for drop-in care for children while their parents work out. Hours are: 8:15-10:15 a.m. Monday-Friday, 4:15-7:15 p.m. Monday-Thursday and 8:45-11:45 a.m. on **Saturdays.** Slots are filled on a first come, first served basis. A nominal fee is required. For more information, call 473-0793.

### FREE DAY FRIDAY

Free day Friday is offered from 6:30-10 p.m. every Friday at the sand volleyball courts near Wentworth Pro Shop. Teams are doubles and fours. All players are welcome to participate. For more information, call 473-0610.

### NAVY FITNESS PERSONAL TRAINERS

Navy Fitness has certified personal trainers available to help patrons get their fitness programs off the ground or to be coached on better techniques and training programs. Discounted prices are

offered for group training as well as multi-pack purchases. For more information, call 473 FITT (3488).

### SALSA DANCE CLASSES

Salsa dance classes are offered on Thursdays and Fridays at Bloch Arena Fitness Center. Samir Hana, instructor, teaches the latest dance styles, including merengue, cha-cha and cumbia. There is no partner and no experience necessary. Level I and II classes are available: Salsa (Level I): Thursday, 7:30 - 8:45 p.m.; Saturday, 5 - 6:15 p.m. Salsa (Level II): Friday, 7:30 - 8:45 p.m.; Saturday, 6:30 - 7:45 p.m. merengue/cha-cha/cumbia: Friday, 6 - 7:15 p.m. For more information, call 473-0793.



- **Jan. 14:** Ali'i Kai Dinner Cruise, \$36, 5:30 p.m.
- **Jan. 15:** Paintball at Bellows, \$25, 9:30 a.m.
- **Jan. 16:** Hawaiian Waters, \$23, 10 a.m.
- **Jan. 17:** Dessert Night at Cold Stone Creamery, Bring money.
- **Jan. 19:** Black out bingo, free, 7 p.m. (Beeman).
- **Jan. 20:** Las Vegas trip, cost TBD

### Weekly events:

- Sunday:** Chess tournament, 6:30 p.m.
- Monday:** WWE wrestling, 6:30 p.m.
- Tuesday:** 8-Ball tournament - 7 p.m.
- Wednesday:** Game show - 6:30 p.m.
- Thursday:** 9-Ball Pool tournament - 7 p.m.



**Alexander:** By the age of 32, Alexander the Great had amassed the greatest empire the world had ever seen. The film chronicles his journey from his youth to his lonely and mysterious death as a ruler of a vast state of Macedonia.

**Blade: Trinity:** Realizing they may never be able to defeat the vampire hunter known as Blade, the vampires set Blade up to appear like a killer. Blade's ability to hunt vampires is limited, even as they have awakened Dracula.

**Bridget Jones: The Edge of Reason:** Six weeks after the events in "Bridget Jones's Diary," London singleton Bridget Jones is still dating Mark Darcy. But eventually she starts to notice his flaws and begins wondering if he isn't interested in his co-worker.

**Christmas with the Kranks:** Luther Kranks decides to skip Christmas and go on a vacation with his wife, Nora. But when his daughter decides to come home for the holidays, he is forced to put Christmas back together.

**The Incredibles:** A family of famous superheroes, led by the overweight Mr. Incredible, is placed in the witness protection program to protect them from their nemesis. But when the world is threatened, they must save the planet.

**National Treasure:** See Review

**Ocean's Twelve:** Danny Ocean and his crew, having successfully stolen \$150 million in the first film, jet to Europe with three new heists planned. Meanwhile, casino owner Terry Benedict is hot on their tail.

**Spongebob Squarepants Movie:** In the depths of Bikini Bottom: King Neptune's crown has been stolen, and the prime suspect is Mr. Krabs. SpongeBob teams up with his best friend on a mission to exonerate Mr. Krabs.

**Woman Thou Art Loosed:** Michelle grows up in an environment of abuse and molestation by the hands of her mother's boyfriend. These circumstances lead young Michelle into the dark abyss of drugs, prostitution and prison.

### JO3 Ryan C. McGinley National Treasure

Combine Indiana Jones, The Da Vinci Code, Walt Disney and Jerry Bruckheimer together and out comes "National Treasure," a surprisingly decent film despite the awkward, not-so-tempting mixture. For to go see a movie without Harrison Ford, directed by the guy who did "Cool Runnings" and produced by the guy who brought us "Con Air" would be downright insane, right? Not so fast.

"National Treasure" tells the story of an old myth passed down through eight generations of the Gates family. Apparently, the founding fathers acquired a massive treasure from the Knights Templar and hid it, leaving clues behind for our characters to follow. Now no one really believes in this myth except for the Gates family, who is ridiculed in the community. Enter Benjamin Franklin Gates (Nicholas Cage) who seems to have the smarts and desire to solve the mystery and find the treasure. He goes on a crusade with his quirky sidekick, against an archenemy and the audience follows with surprising intrigue and depth.

The characters of this film are one-dimensional at best. Humorous one-liners, subtle yet entertaining action sequences and simple intrigue keep the film going at a steady, enjoyable pace. There are no hidden tricks. Director John Turteltaub knows what kind of movie he is dealing with and doesn't try to conjure up more than what's on the page.

"National Treasure" is a popcorn movie. It delivers on every level expected from such a genre. "The Mummy" is a prime example of how "National Treasure" works. "The Mummy" combined action, humor, intrigue and entertainment in a story that had been done many times before it. To label either movie as too simple or too unbelievable is to miss the point. Some movies are made to scare, some to make you laugh, some to entertain, some to learn from and some to make you cry. Recognizing what a film's intentions are allows audience members an opportunity to enjoy them to their fullest extent.

**OVERALL RATING:** 4.5

# Community Calendar

To have your activity or event featured in the Community Calendar, e-mail your requests to [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

### Blood Drive:

Friends are asking Sailors and family members to participate in a **blood drive** for Lisa-Ann Burnett, a military spouse. She and her family are currently stationed at Pearl Harbor and she is an active member of the community. She works with children at Lehua Elementary School in Pearl City. She is in desperate need of blood donations as she is suffering from lupus, which is taking its toll on her health. Unfortunately, she's running out of time as her doctor has informed her that her situation is getting more serious. To make donations, you can go to either of the two Blood Banks of Hawai'i (address listed below) and donate in her name. Donations are desperately needed and would be greatly appreciated. Contact information: Heather Gorsuch, Blood Bank of Hawai'i representative: 808-456-2581.

### Dillingham Donor Center

2043 Dillingham Blvd.  
Honolulu, Hawai'i 96819  
(808) 845-9966

### Downtown Donor Center

126 Queen Street  
Honolulu, Hawai'i 96813  
(808) 845-9966

**Meet Wyland,** the world-renowned marine artist, when he returns to the Navy Exchange at Pearl Harbor on **Jan. 15-17.** Wyland will be putting additional touches on his mural on the rotunda of the NEX.

**A book signing with Rick Olson,** author of "Maui Whispers," will be held from 2:30-3:30 p.m. **Jan. 16** at the Navy Exchange at Pearl Harbor. The book details the story of passion and revenge on a magical island.

**A VP-4 All Hands Reunion** is planned for **Aug. 4-7** in Portsmouth, Va. For more information, call Steve Andruszkewicz at (818) 652-9942 or email [VP4Reunion2005@aol.com](mailto:VP4Reunion2005@aol.com)

The **American Red Cross,** Hickam Service Center is seeking volunteers to fill the following positions: chairman of volunteers, records chairman and publicity chairman. For more information, call the Red Cross office at 449-0166. The office is located at 655 Vickers Ave., building 1105 and is open from 8 a.m.-3 p.m. Monday-Friday.

In accordance with NEX guest policy, the NEX welcomes **guests of authorized patrons.** To protect your NEX privileges, they ask that only the primary cardholder (active duty or retired member) and spouse sponsor guests and those guests are limited to two per authorized cardholder.

The **University of Oklahoma** offers a master of arts in managerial economics and a master of public administration. The university's non-thesis programs can be completed in about 18 months. It also offers one-week classes that are TDY/TAD friendly. For more information, call 449-6364, email [aphickam@ou.edu](mailto:aphickam@ou.edu) or visit their Web site at [www.gouou.edu](http://www.gouou.edu).

**T.O.P.S. (Take Off Pounds Sensibly),** a non-profit, noncommercial weight-loss support group, meets every Wednesday at the Armed Services YMCA, Aliamanu location. Weigh-in begins at 5:30 p.m. and the meeting starts at 6:15 p.m. Membership fees are low and includes the T.O.P.S. magazine. There are also incentive programs offered. The first meeting is free.

T.O.P.S. in Hawai'i is a support group for helping members Take Off Pounds Sensibly. The group recently held its state convention and crowned the state queen. She had lost all her weight by the end of December 2003 and lost 163 pounds. The first meeting of T.O.P.S. is free. If you need support in your weight loss efforts, the group offers low monthly fees and a low joining fee. Call Delcie at 623-1403 for information on the several chapters and meeting places on the island. For more information, call Delcie at 623-1403.

**How to contact TriWest/TRICARE services -** Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their web site at [www.triwest.com](http://www.triwest.com), or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic.

The TRICARE Service Center located at the Pearl Harbor Makalapa Clinic is open from 7:30-11:30 a.m. and 12:30 to 4:30 p.m. Monday-Friday. The TRICARE Service Center located at the Kaneohe Clinic is open from 7-11:30 a.m. and 12:30-4 p.m.

**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 make an appointment should call 833-1185.

**The Pearl Harbor Aquatics Tsunami** is a competitive swim team that practices daily at Richardson Pool. It is open to both military and civilian swimmers ages six years and up. The team is a USA swimming affiliate. For more information, visit the team's Web site at [www.tsunamis.homestead.com](http://www.tsunamis.homestead.com) or contact at 471-9181 or email: [phsc@inix.com](mailto:phsc@inix.com).

**Welcome Baby support group:** All expectant and new moms are invited to attend. The group meets twice a month. Children are welcome to attend. For more information or to reserve a spot, call Terri or Susan at 363-1897.

**Navy Lodge Ford Island** offers 150 affordable, comfortable, air-conditioned suites and rooms. Amenities include a swimming pool, a large meeting room, mini mart and a landscaped courtyard. Each room features satellite TV, DVD/CD player, direct-dial telephone service and a kitchenette, complete with microwave and utensils. To make reservations or for more information, call 440-2290.

# Battleship Missouri Memorial offers training course

## USS Missouri Memorial Association

The USS Missouri Memorial Association, caretaker of the Battleship Missouri, will offer a free "Basic Tour Guide" course to volunteers interested in leading visitor tours at the Battleship Missouri Memorial. The course will consist of four Saturday sessions held in January and February. Lessons will cover U.S. naval and battleship histories, the ships' characteristics, naval terminology, weapons systems and proper tour guide procedures.

Since the memorial opened Jan. 29, 1999, it has offered the course, but the upcoming session marks the first time it is offered exclusively to volunteers. Space in the upcoming course is limited.

Anyone interested in becoming a volunteer tour guide or who wants more information on the program can contact Steve Kooiman, education manager, at 455-1600, ext. 231 or e-mail him at [edu@ussmissouri.org](mailto:edu@ussmissouri.org). RSVPs will be taken until the class is full.

Lessons are sequential and scheduled on Jan. 15, Jan. 22, Feb. 5 and Feb. 12. Graduation will be held Feb. 19.

"Our volunteers are an integral part of the Missouri's operations," said Don Hess, president and chief operating officer of the association. "The tour guide program is a vital element to ensure that our volunteers receive the tools necessary to create a memorable experience for our guests."

The memorial currently has 40 tour guides who devote their time and energy to sharing the Missouri's place in history with

nearly 400,000 visitors each year. Volunteers consist of a diverse group, ranging from veterans and active-duty military personnel to college students.

"The amount of history attached to this ship is phenomenal," said Napoleon Arline, volunteer programs manager for the memorial. "This course breaks that down into a simple, understandable manner and helps volunteers gain a sense of the significance of the Missouri and her past."

"I learned a tremendous amount about the ship during my training course," said Ben Schorr, volunteer tour guide and operations coordinator for Stockholm Consulting Group. "The material you're exposed to is so important to getting the story of the Missouri straight (you learn about everything from the stem to stern)."



U.S. Navy photo

The USS Missouri Memorial Association, caretaker of the Battleship Missouri, will offer a free "Basic Tour Guide" course to volunteers interested in leading visitor tours at the Battleship Missouri Memorial.

## Travers Scholarships restored for children of retirees, spouses of active duty Sailors

### Navy Marine Corps Relief Society

Retired Admiral Steve Abbot, president of the Navy Marine Corps Relief Society (NMCRS), has announced that effective with the academic year beginning in August 2005, the Vice Admiral E. P. Travers Scholarship and Loan Program will once again be open to children of retired Sailors and Marines and spouses of active duty naval service personnel.

Named after the society's 11th president, the Vice Admiral E.P. Travers Scholarship and Loan Program was initially established to provide scholarships and interest free loans to the dependents of active duty Sailors and Marines on the basis of financial need. In 1997, children of retirees and

spouses of active duty personnel joined the children of active duty as eligible participants. In 2003, however, due to the disappointing performance of the investment markets, the society had to once again limit Travers Program eligibility to children of active duty personnel.

Since its inception in 1992, the Travers Program has provided more than \$26 million dollars in education assistance to more than 13,000 eligible family members.

Funds to support the society's education programs come from the organization's reserve fund - not from contributions resulting from the active duty fund drive or the Secretary of the Navy's direct mail campaign to retirees.

Abbot stated that although funds available for education are not yet

sufficient to entirely restore education programs to pre-2003 levels, it is important to re-open the Travers Scholarship program to children of retirees and spouses of active duty personnel, even if funding available for the program remains, at least temporarily, somewhat less than in past years.

A new Travers Scholarship and Loan Program application that reflects this change is available on the society's Web site, [www.nmcrs.org](http://www.nmcrs.org). The deadline to apply for the 2005-2006 academic year program is March 1, 2005.

Applicants who do not have access to a computer to download the application may obtain one by contacting the society's education division. Call (703) 696-4960 or DSN 426-4960, or fax (703) 696-0144 or DSC 426-0144.

## Forest City to match tsunami donations

### Karen S. Spangler Assistant Editor

Forest City Residential Management (FCRM) has announced it will make a \$25,000 donation to the tsunami relief effort to help the victims of the disaster in the south Asia region. The tsunami disaster resulted in the deaths of more than 155,000 people and left devastating conditions for those who survived.

In addition to the \$25,000 donation, the company will match - dollar for dollar - all contributions made by the firm's associates to any of four selected agencies.

The matching program is effective immediately and will be applied to all contributions received through Jan. 31.

"We recognize that Forest City associates always find a way to help when tragedies occur," noted company officials in a letter providing guidelines for the associates matching gift program that was sent to all of the firm's associates. "We

encourage all associates to make a contribution to support the survivors of this tragedy," the letter continued.

The company has researched several agencies and has listed the following agencies which will be included in the associates matching gift program for tsunami relief: AmeriCares Foundation, American Red Cross, Salvation Army and Oxfam America.

"We want to do our part, because we know that our Navy partner is doing an exceptional job in the tsunami relief efforts. We also recognize the sacrifice that many of our residents are making through deployments to support the relief efforts," said Tom Carter, general manager for Forest City Residential Management. "What we are doing is a very small part," he continued.

Forest City Residential Management is also a supporter of local charities and has been involved in various other projects, reaching out to housing residents and the local commu-

nity. In November, they spearheaded a Thanksgiving food and fund drive, collecting non-perishable food items and monetary donations for the Hawai'i Foodbank.

Because of the success of the First Annual Holiday Food Drive to benefit the Hawai'i Food Bank, FCRM recently started the Pack-out your Pantry to Nourish the Needy program. As residents move out of their homes, they may pack off their pantry and drop off canned goods and non-perishable food items at either the neighborhood management office at the Moanalua Terrace Community Center, 2500 Radford Drive or the relocation and resident services office at the Navy Aloha Center, 988 Spence St., suite 100. Donations will benefit the Hawai'i Food Bank.

FCRM is the Navy's public-private venture partner that manages Navy housing projects at Halsey Terrace, Hokulani, McGrew Point, Moanalua Terrace and Radford Terrace.