

Alpine Tower

offers opportunities for teamwork

MC2 Devin Wright

Staff Writer

The Dallas Cowboys, San Francisco '49ers, Chicago Bulls, New York Yankees all bring to mind two words, great teams - teams that encompassed traits of natural talent, organization and the ability to work together as a team.

The Navy has implemented a workshop and obstacle course to help Sailors and officers develop team-building skills.

The Outdoor Adventure Center's (OAC) Alpine Tower at Barbers Point develops team building techniques through the Leadership Education and Development (LEAD) Program by having participants go through a series of exercises to help build on their communication and help establish trust in each other.

The program includes challenge courses on the ground and rock and Alpine Tower climbing.

Fire Controlman 1st Class (SW) Michael Lutz, assigned to the Center for Personal Development Learning Site West, helps mentor first term Sailors who have trouble adapting to Navy life through a course called Bearings.

"The Bearings course is a 10-day course that deals with anger and stress management, communications skills, financial management, drug and alcohol awareness," Lutz said. "The Alpine Tower is the last class of the course. We have found it to be a big part of the process to helping these Sailors get back on track. We give them an obstacle challenge related to the course and they have to find a way to solve and get through that challenge as a team," he explained.

"We don't tell them how to do it or who is in charge. We let them solve it on their own and it separates the Indians from the chiefs. At first everyone goes their own direction,

but they quickly find that they have to come together on their own to get through it," he said.

At the end of the challenges, instructors discuss ways that participants can take what they have learned at the course and take those skills back to the workplace.

"Obviously it's not all fun and games at the work center," said Lutz. "But we find Sailors learn how to implement what they have learned here into their work center. Unfortunately, many first term Sailors don't have that teamwork mentality yet. They usually have to have sailed a few times before they start to develop those skills. The Bearings course and the Alpine Tower are good ways to get a head start on those qualities Sailors need in the Navy," he added.

For many participants, the course helps hone their teamwork skills.

"If you can't trust your co-worker to help you out or they can't trust you, you can't complete the mission," said Engineman 3rd Class Cody Cooksey, assigned to Naval Station Pearl Harbor. "That's what these challenges have taught me. Everyone has to be able to rely on you. If you can't do your job, the job won't get finished. Cooperation is the biggest lesson learned for me. Working with another person and taking in their point of view and not just trying to solve a problem yourself is usually easier," he continued.

The Alpine Tower Challenge Course facility is located at Barbers Point near the Power Point Fitness Center. The facility consists of three interactive structures - an Alpine Tower, a team development course and an outdoor climbing wall - and is engineered and designed to offer more than 40 different high- and low-ropes challenges. Call the OAC at 473-1198 or visit their Web site at www.greatlife.hawaii.com to reserve a day on the challenge course.



A spectacular turnout at Pearl Harbor 4th of July celebration

U.S. Navy photos by MC1 Dennis C. Cantrell

Below: "Dog the Bounty Hunter" signs autographs for Sailors, families and friends during the 4th of July celebration at Naval Station Pearl Harbor, Hawai'i. Bottom photo: Sailors, families and friends view the many unique cars at the car show during the 4th of July celebration at Naval Station Pearl Harbor, Hawai'i.



Lessons in "globetrotting"



Photo is courtesy of the Harlem Globetrotters

Participants at the Harlem Globetrotters' Youth Basketball Camp will learn basketball basics and teamwork from Harlem Globetrotter basketball players. The camp will be July 17-21. Signups are continuing through July 14 until slots are filled. FMI: 474-3501

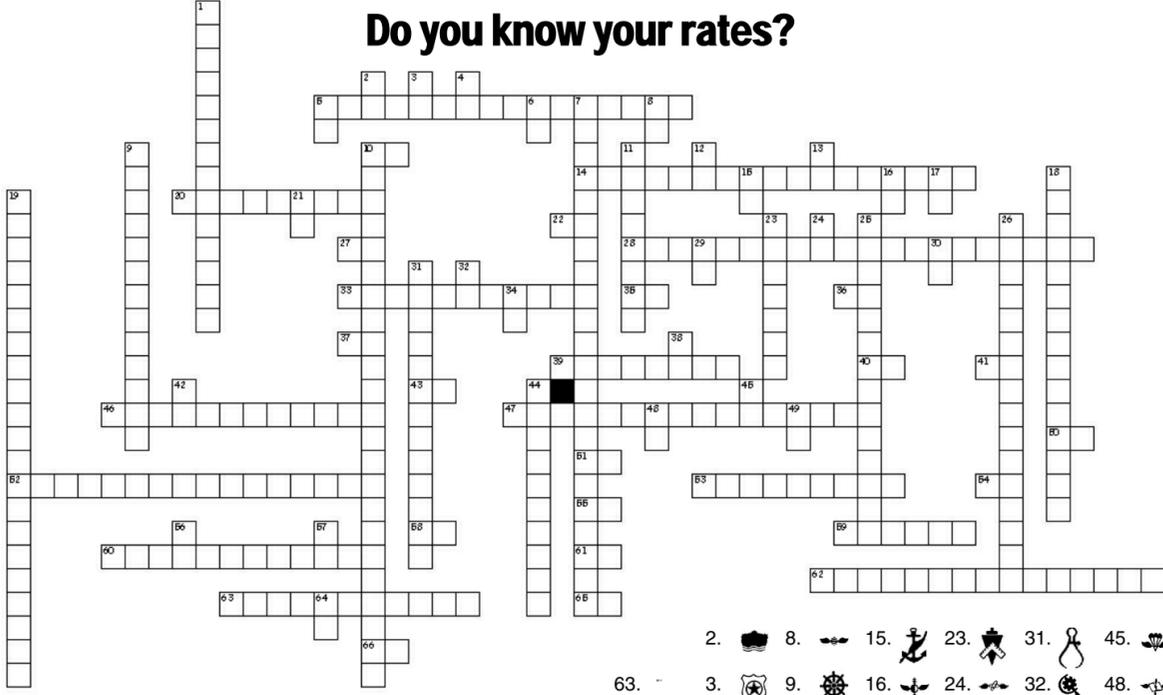
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- Across**
- 5. 22. 35. 40. 47. 53. 59. 65. 4. 10. 17. 25. 34. 49.
 - 10. 27. 36. 41. 50. 54. 60. 66. 5. 11. 18. 26. 38. 56.
 - 14. 28. 37. 43. 51. 55. 61. **Down** 6. 12. 19. 29. 42. 57.
 - 20. 33. 39. 46. 52. 58. 62. 1. 7. 13. 21. 30. 44. 64.



Know your Navy

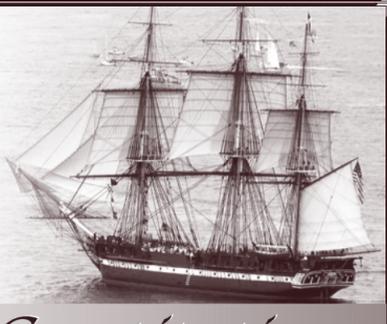
Q. What countries are participating in RIMPAC 2006?

Last week's question...
Why does the Navy enlisted dress uniform have jumper flaps?

Answer...
The collar originated as a protective cover for the jacket to protect it from the grease or powder normally worn by seamen to hold hair in place.

What ship am I?

- Oct. 21, 1797: Launched and christened at Edmond Hartt's Shipyard, Boston.
- Aug. 1798: Ordered into action in the Quasi-War with France.
- Aug. 19, 1812: Defeated 38-gun British frigate HMS Guerriere. Crew bestows her with Old Ironsides nickname because of cannonballs bouncing off her sides.
- Dec. 29, 1812: Captured British frigate HMS Java and five smaller vessels.
- Feb. 20, 1815: Captured HMS Cyane sailing in company with HM Sloop Levant.
- 1828 □ 1830: Laid up at Boston and condemned by naval commissioners, she was saved by the poem Old Ironsides □ by Oliver Wendell Holmes.
- March 1844: Began 30-month voyage around the world.
- 1976: Queen Elizabeth II toured Old Ironsides □ during the U.S. Bicentennial.
- March 1996 □ 1997: Completed 44-month restoration.



USS Constitution



Here's what's going on at Navy Region Hawai'i!

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. For more information (FMI): visit www.greatlifehawaii.com



Outdoor Adventure Events

July

15: Learn to surf, 9:30 a.m., \$15. Register by July 12.
16: Mountain horseback ride, call for time, \$70. Register by July 12.

FAMILY FUN AND MOVIE NIGHT

Morale, Welfare and Recreation (MWR), Community Central, at Naval Station Pearl Harbor will host free family fun and movie nights throughout the summer at Naval Computer and Technology Area Master Station, Pearl City Community Center (PCCC) and Ford Island. The next event will be held Saturday at PCCC. Family activities, including games and bounce houses, will be featured from 4-7 p.m. The movie, "A Shark's Tale," will begin at 7 p.m. and will include free cotton candy and popcorn. FMI: 471-8658.

WEIGHT MANAGEMENT

Sign up for MWR's six-week Weight Management program and learn how to live a healthier lifestyle. The class offers a full physical assessment, teaches about nutrition, and includes a motivational fitness specialist to guide attendees through cardiovascular and strength training. The class will be held from 6-7:30 p.m. on Tuesdays and Thursdays from July 11-Aug. 17 at Bloch Arena. The cost is \$75. Space is limited and early registration is recommended. FMI: 473-0793 or 473-3488.

GLOBETROTTERS SUMMER YOUTH BASKETBALL CAMP

Boys and girls ages six-16 will be able to sign up for Harlem Globetrotters Summer Youth Basketball Camp now through July 14 until slots are filled. The camp will be held from July 17-21 and will afford children the opportunity to learn valuable basketball and life skills through fun and positive encouragement. The camp will run from 9 a.m.-noon for six-10-year-olds and from 1-4 p.m. for 11-16-year-olds. It is open to all military and Department of Defense family members. The cost is

\$50 per child. Register at the youth sports office at building 3456 on Main Street. FMI: 474-3501.

YOUTH, TEEN SUMMER CAMPS

Registration is now ongoing for youth and teen summer camps, sponsored by Morale, Welfare and Recreation MWR at Pearl Harbor. Children can learn how to bowl, play tennis, sail or surf at a sports camp or be a part of the Outdoor Rangers where they create their own experiences. In Teen Sail Training and Leadership Adventure, the ocean becomes the setting as teens embark on a three-day sail to the island of Kauai. At Operation Purple camp, teens will fly to the Kilauea Volcano on the Big Island to explore lava tubes and volcanic terrain. FMI or to register: 421-1556 (Catlin Clubhouse) or 499-2572 (Iroquois Point Clubhouse).

HARLEM GLOBETROTTERS

The Harlem Globetrotters will perform their dazzling basketball feats at 7 p.m. July 14 at Bloch Arena gym at Naval Station Pearl Harbor. Doors will open at 6 p.m. There will be autograph



signing beginning at 9 p.m. Tickets are free, but limited and can be obtained at the Navy Information, Ticket and Travel (ITT) office. The show is open to all military-affiliated personnel and their sponsored guests. FMI: 473-0606.

SUPER GARAGE SALE

Morale, Welfare and Recreation (MWR) will host its next Super Garage Sale from 8 a.m.-noon Aug. 5 at Richardson Field. All military-affiliated sellers and crafters can now apply for their own 10-foot-by-10-foot space for a fee by visiting the Navy ITT office or www.greatlifehawaii.com. Space is limited and early registration is recommended. Admission to the garage sale event is free and open to the general public. FMI: 473-0606.

OFFICIAL SOUVENIR RIMPAC 2006 COIN NOW ON SALE AT ITT

Visit any Information, Tickets and Travel office to pick up an official Rim of the Pacific (RIMPAC) coin for \$5. The heavy brass coin displays the official RIMPAC logo and the Hawai'i State Seal.

FREE WEEKEND ADULT SAILING CLASSES

Free weekend adult sailing classes are offered each weekend by MWR at Rainbow Bay Marina. Learn how to sail during this 16-hour course. Classes run for two consecutive weekends from 1-5 p.m. FMI: 473-0279.

NAVY MARINE GOLF COURSE OPENS FRONT NINE

Although the golf course is still under renovation, the front nine at the Navy Marine Golf Course is now open for play. The back nine and range will continue to be closed for a few more months. FMI: 471-0142.

SUMMER SWIM LESSONS

Registration for children's summer swimming lessons is now ongoing at MWR pools. Classes are available for children of all ages. Pick up a brochure at any Navy MWR swimming pool or visit www.greatlifehawaii.com to see a detailed listing of all class schedules. FMI: 473-0394.



- July 7: Poker tournament, 5 p.m., free.
- July 8: Dave and Buster's, leave LIP at 6 p.m., bring money.
- July 9: Surfing lessons and lunch, 10 a.m., \$7.
- July 10: WWE wrestling and free food, 5 p.m. at LIP, free.
- July 12: Learn to make a lei, 7 p.m., \$5.

Weekly events:

- Sunday: Chess tournament, 6:30 p.m.
- Monday: 8-Ball tournament (Beeman Center)- 7 p.m.
- Tuesday: 8-Ball tournament - 7 p.m.
- Wednesday: Game show - 6:30 p.m.
- Thursday: 9-Ball Pool tournament - 7 p.m.

Community Calendar

To have your activity or event featured in the Community Calendar, e-mail your requests to hnn@honoluluadvertiser.com or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis and must be resubmitted every four weeks.

July

28 - Motorcycle Safety Rodeo - The Schofield installation safety office will host an all-day Motorcycle Safety Rodeo from 9 a.m.-3 p.m. July 28 at Wheeler Army Airfield (AAF). The duty-day activity is open to all military motorcyclists and their family members. Sign-in is by 10 a.m. The rodeo will be held on the Kamehameha Highway end of the runway near Kawamura Gate and is open to all ID card holders of all military services. Riders and passengers must wear all required protective gear to enter Wheeler AAF and participate. FMI or to volunteer: 656-4150.

At a Glance

University of Phoenix Hawai'i campus adds hours of operation at Tripler/Fort Shafter education complex - The University of Phoenix Hawai'i Campus has extended counseling hours at the Tripler/Fort Shafter Education Center Complex, building 102, room 109A, to two days a week. The office will now be open every Tuesday from 9 a.m. to 4:30 p.m. as well as every Thursday from 9 a.m. to 2:30 p.m. Counseling will no longer be offered on Mondays. The center provides information about the university's educational programs, as well as financial aid assistance, and can help guide prospective students through the enrollment process.

The University of Phoenix Hawai'i Campus has four campuses on Oahu, which are close to most of Oahu's military bases: Mililani Learning Center, Windward Learning Center, Honolulu Main Campus and Kapolei Learning Center. FMI: Ivy Wong at 536-2686, ext. 35148 or ivy.wong@phoenix.edu.

USO needs volunteers - The USO at Hickam Air Force Base AMC terminal is seeking volunteers. Times and dates vary. FMI: email adeline.lopes@navy.mil.

CLEP testing centers - Hawai'i Pacific University, in partnership with military education centers on Oahu, has established three National Test Centers (NTC) which are located at Pearl Harbor Naval Station (PHNS), Hickam Air Force Base (HAFB) and Marine Corps Base Hawai'i (MCBH) at Kaneohe. Testing is free to all military personnel (active and reserve). There is a \$75 fee for active and reserve military adult family members (17 years of age), retired military personnel and DOD civilians. Examinations are conducted daily at 9 a.m., 11 a.m. and 2 p.m. on the following schedule: HAFB (Mondays and Wednesdays); PHNS (Tuesdays and Thursdays); MCBH (Fridays). FMI or reservations for testing: HAFB - 422-1032; PHNS - 422-0079; MCBH - 254-4133.

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, or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic.

Looking for a few good dads - The Fleet and Family Support Center (FFSC) at Naval Station Pearl Harbor is looking for volunteers to help with Boot Camp for New Dads. FMI: Chet Adessa at 473-4222, ext. 272 or email chester.adesa@navy.mil.

NEX price matching - Through the Navy Exchange price matching policy, the NEX will match the price of any identical item sold in any local store. Customers may provide proof of the lower price and the NEX will match it. If the price difference is under \$5, the store will match it on the spot. Some restrictions apply to the policy. Please see a sales associate for more information.

The American Red Cross needs volunteer instructors -for cardio-pulmonary resuscitation (CPR) and first aid classes. Free training is provided. Volunteers must make a commitment to teach eight classes a year and have at least one year left in the area. FMI: 449-0166.

Shop and win - The 2006 Shop NEX bumper stickers are available at any Navy Exchange location. Place a bumper sticker on your car for your chance to win a \$25 gift certificate from your Navy Exchange; winners are selected weekly. Winners are then entered in a grand prize drawing for a \$2,000 shopping spree.

T.O.P.S. (Take Off Pounds Sensibly), a nonprofit, 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. FMI: 623-1403.

University of Oklahoma offers a master of arts in managerial economics and a master of public administration. The non-thesis programs can be completed in about 18 months. The school offers one-week classes that are TDY/TAD friendly. FMI: 449-6364 or aphickam@ou.edu or visit www.goou.ou.edu.

AT THE MOVIES

| MOVIE CALL TODAY | |
|---|-------------------------------|
| Sharkey Theater
Naval Station Pearl Harbor
(473-0726) | |
| 7:00 p.m. | Da Vinci Code (PG-13) |
| SATURDAY | |
| 2:30 p.m. | Over the Hedge (PG) |
| 4:30 p.m. | X-Men: The Last Stand (PG 13) |
| 6:30 p.m. | Mission Impossible 3 (PG 13) |
| SUNDAY | |
| 2:30 p.m. | Over the Hedge (PG) |
| 4:30 p.m. | RV (PG) |
| 6:30 p.m. | Da Vinci Code (PG-13) |
| THURSDAY | |
| 7:00 p.m. | X-Men: The Last Stand (PG 13) |
| Memorial Theater
Hickam Air Force Base
(449-2239) | |
| TODAY | |
| 7:00 p.m. | Over the Edge (PG) |
| SATURDAY | |
| 7:00 p.m. | X-Men: The Last Stand (PG 13) |
| SUNDAY | |
| 2:00 p.m. | Over the Hedge (PG) |
| 7:00 p.m. | The Da Vinci Code (PG 13) |
| WEDNESDAY | |
| 7:00 p.m. | X-Men: The Last Stand (PG 13) |
| THURSDAY | |
| 7:00 p.m. | Over the Hedge (PG) |
| Sgt. Smith Theater
Schofield Barracks
(624-2585) | |
| TODAY | |
| 7:00 p.m. | Mission Impossible 3 (PG 13) |
| SATURDAY | |
| 2:00 p.m. | Just My Luck (PG 13) |
| SUNDAY | |
| 7:00 p.m. | Mission Impossible 3 (PG 13) |
| WEDNESDAY | |
| 7:00 p.m. | Just My Luck (PG 13) |
| THURSDAY | |
| 7:00 p.m. | Mission Impossible 3 (PG 13) |



The Da Vinci Code
The murder of a curator at the Louvre reveals a sinister plot to uncover a secret that has been protected since the days of Christ. Only the victim's granddaughter and Robert Langdon, a famed symbologist, can untangle the clues he left behind. The duo become both suspects and detectives searching for not only the murderer, but also the stunning secret of the ages he was charged to protect.



Over the Hedge
Spring has sprung, and Verne and his woodland friends awaken from their long winter's nap to discover that a tall, green "thing" has mysteriously cropped up right through the middle of their home. Enter RJ, an opportunistic raccoon, who explains that the world beyond the hedge is the "gateway to the good life" where peculiar creatures called humans live to eat, rather than eat to live.



Just My Luck
Ashley is a young professional just out of college. She also happens to be the luckiest woman in the world, who has lived a super-charmed life and has always taken her good luck for granted. When she kisses a handsome stranger at a costume party, Ashley accidentally swaps her good fortune for his horribly bad luck, and her charmed life turns into a living hell.



RV
An overworked Bob Munro, his wife Jaime,

their 15-year-old daughter Cassie and 12-year-old son Carl are in desperate need of some quality time together. After promising to take them on a family vacation in Hawai'i, Bob abruptly changes plans without telling them. Instead of a week in a tropical paradise, they're going on a road trip to Colorado in a recreational vehicle. Everything that can go wrong, does.



X-Men: The Last Stand

The continuing adventures of the superpowered group, the X-Men, led by Professor Xavier, and based at his school for gifted students, as they try to foster good will for mutants like themselves, in a world where some people are born with extraordinary powers, and many ordinary humans fear them for it.





Photo courtesy of VP-4 Public Affairs

CS1 Clayt Scheer (right) and a fellow fisherman, Greg Paiste, show the ulua fish they caught while deep sea fishing.

Kaneohe Sailor reaches new depths

Lt. j.g. Matt Edwards

Patrol Squadron Four (VP-4)

What's the longest amount of time you've ever invested into planning a vacation or trip? Two, four, maybe six months? In October 2005, Patrol Squadron Four's Culinary Specialist 1st Class Clayt Scheer embarked on an expedition that has been eight years in the making.

An avid skin diver and accomplished waterman, Scheer joined seven other divers on a fishing expedition. The group stayed aboard their 44-foot Radon for five days, living off 80 gallons of fresh water and a stockpile of fruits and food bought beforehand.

They speared between 400 and 500 pounds of fish and of that, Scheer caught multiple

uku (grey snapper), spotted knife jaw and an ulua that weighed in at over 100 pounds. An in-depth documentary on the expedition is currently being featured on channel OC 16's "Skin Diver" program, with repeats airing regularly.

This isn't the first time Scheer has been publicly recognized for his skin diving exploits. He was highlighted in "Skin Diving" magazine six years ago for an 111-pound ulua he speared off Niihau at a depth of 60 feet.

Regardless, you'd never know any of this from first impression. His humbleness and self-sacrificing attitude is apparent to anyone who steps into the command services division office at VP-4. Being "kamaaina," he has spent half of his life in Hawai'i split between Kauai and Oahu and has been

stationed at Marine Corps Base Hawai'i in Kaneohe for the past 14 years.

He currently serves as the leading petty officer for the squadron's command services, an area that deals with almost every facet of squadron life. Some examples include coordinating command sponsors, organizing physical readiness tests, and supervising squadron social events. Despite the long hours and various other military obligations, it's a safe bet that this won't be the last time Scheer is recognized, whether through skin diving or otherwise.

The next time you see a photo of a record-breaking catch, look at the name in the caption - it might just be Petty Officer Scheer topping himself.

Famous comedian visits Pearl Harbor

MC2 Devin Wright

Staff Writer

Actor and comedian Jay Mohr toured USS Arizona Memorial and historic Ford Island on July 3 at Pearl Harbor.

Mohr was in Pearl Harbor as the headliner for the 4th of July Block Party held at Naval Station Pearl Harbor.

For Mohr, the opportunity to perform for service members is an honor. "These guys in the Navy don't have the privileges that people in Orange County have," Mohr said. "They don't have the opportunity to go out whenever they want to go see their favorite comic. So when these guys get off the ship and read a flyer that says Jay Mohr...is

going to be playing on base tonight, they come out to see it and they appreciate it more. These men and women are defending our freedom. They put themselves in the crossfire for my freedom to tell jokes - so I come out here and try and make them laugh and forget about all that stuff. I feel privileged to be here with them," he added.

Mohr's fiancée, actor Nikki Cox, also toured the memorial and Ford Island.

"I am as indebted as Jay," said Cox. "Visiting the memorial and seeing where history and heroes were made is inspiring. Unfortunately, I do not have the ability to get up on stage and make people laugh, but I am still so honored to be here. At the risk of sounding like an obnoxious actor rambling

about their political stand point, there is just no way you can't support those who are willing to fight because their country asked them to. It's honorable," she said.

Service members' families also benefited from the performance of the famous comedian.

"This is such a treat," said one Navy family member. "Where else can we see Jay Mohr's stand up [comedy show] for free? This was a great opportunity to celebrate the Fourth of July as a family."

Jay Mohr's starring roles have included such movies as "Jerry McGuire," "Picture Perfect" and "Suicide Kings" as well as a cast member on Saturday Night Live and host of Last Comic Standing.



U.S. Navy photo by MC2 Devin Wright

Actor and comedian Jay Mohr and his fiancée actor, Nikki Cox, are given a tour of USS Arizona Memorial and historic Ford Island by Capt. Taylor Skardon, commanding officer of Naval Station Pearl Harbor and chief of staff of Navy Region Hawai'i, on July 3 at Pearl Harbor. Mohr was in Pearl Harbor as the headliner for the 4th of July Block Party held at Naval Station Pearl Harbor.