

## Navy offers sanctuary to migratory birds



U.S. Navy photo

"Save our Shearwaters" coordinator Sharon Reilly prepares releases a wedge-tailed shearwater she helped rehabilitate on Kauai. Reilly and students from Kauai's Island School visited PMRF's wedge-tailed shearwater colony and assisted with a population survey.

MC2 (SW/AW) Johnny Michael

*Pacific Missile Range Facility Public Affairs*

Two distinctly different populations have come to depend on the unique characteristics of a small strip of land located on the peaceful west side of the Hawaiian island of Kauai. Both the wedge-tailed shearwater (*Puffinus pacificus*), a migratory seabird, and the men and women who work at the U.S. Navy's Pacific Missile Range Facility agree that the area's position on the coast and lack of encroachment make for the perfect home.

Pacific Missile Range Facility, a small but highly important U.S. Navy test and training range, sits on a half-mile wide, seven-mile long parcel of land on the western side of what is called the Mana Plain.

Mana was once a wetland area that in the early twentieth century had been drained in order to grow sugar. The arid plain is bordered by the vast Pacific on its western front, the majestic cliffs of Na Pali on its northern and eastern sides, and the rural town of Kekaha constitutes its southern flank.

Development at Mana has been restricted to agriculture only. As a result, instead of condos, strip malls and fast food restaurants, the seven mile-long and half-mile wide PMRF is bordered by thousands of acres of farmland.

This lack of urban development equates to less radio frequency (RF), noise, light and air traffic that can impair or interfere with data captured by the myriad radar and telemetry instruments on the range.

For the wedgies, as the wedge-tailed shearwaters are known, PMRF's relative isolation represents an ideal nesting area.

Although not listed as a threatened or endangered species, wedgies are protected by the Migratory Bird Treaty Act. Their population is monitored, and the ground-dwelling wedge-tailed shearwater has not dealt well with the twin dangers of human encroachment and predation from both wild and domestic animals.

The largest of the tropical shearwaters, wedgies exhibit an average length of 17 inches and a wingspan of around 38 inches. Their bodies



U.S. Navy photo

A wedge-tailed shearwater, a migratory seabird, nests in an artificial burrow made of PVC pipe segments. These PVC segments provide a stronger and safer habitat for the wedgies to thrive.

tend to be long and slender, featuring their namesake wedge-shaped tail and a dark gray, hooked bill. These stunning birds are polymorphic, meaning their coloration can vary from a light gray to soot brown form.

The Navy, recognizing an opportunity to foster a small wedgies population that had sprung up near the middle of the base, built a fenced-in compound to facilitate nesting there.

This one-acre site grants obstacle-free access to the birds' prime hunting ground, the Pacific itself. A six-foot wooden fence guards the compound, meant not only to keep unwanted guests out, but also to discourage the birds from creating burrows outside of the relative safety of the protected perimeter.

While the fence does keep unwary people out and provides some measure of protection against potential predators like feral cats and wandering dogs, PMRF also pursued an inter-service contract with the Animal and Plant Health Inspection Service (APHIS) of the U.S. Department of Agriculture (USDA) to establish predation control for the area.

According to PMRF Environmental Coordinator John Burger, the base's approach to the wedge-tailed shearwater is somewhat unique.

"The sanctuary is protected and enhanced, while co-existing suc-

cessfully on a military facility," said Burger.

Another aspect of the colony improved upon by the Navy concerns the wedgies' burrows, which are subject to collapse due to unfavorable soil conditions.

According to experts, these collapses are often the result of invasive plant species that have taken over a breeding area. In most cases, the invasive plants do not provide a root structure capable of supporting the walls inside the burrows. If wedgies are in the burrow when it caves in, they can become trapped and die of starvation.

Vanessa Pepi, a graduate field biologist with Pearl Harbor's Naval Facilities Engineering Command Pacific (NAVFAC PAC), and PMRF Environmental Coordinator John Burger initiated a project to install PVC pipe segments into the wedgies' compound in order to provide some artificial burrows that would not suffer from collapse and to encourage the expanding colony population to remain within the fenced colony rather than spill outside the protected boundary.

The underlying problem of invasive plants is also being addressed. PMRF, with the support of the Kauai Invasive Species Committee and base contractor ITT, recently executed the removal of invasive wooded species that had grown

thick inside the compound. Pepi has also begun the process to eventually sow native species such as Beach Naupaka back into the soil throughout the colony.

Burger attributes much of the success the colony has enjoyed to the efforts of Pepi and NAVFAC-PAC. "I've got an awesome support system," Burger explained.

Apart from establishing burrows in a safe location, another serious threat wedgies face is light pollution.

The problem of light pollution becomes especially acute during the month of November for these birds, when fledgling wedgies must fly for the first time or risk starvation. During their first few flights they are easily confused by artificial lights, which they can mistake for the moon, and as a result they are prone to colliding with utility lines or circling a light source until exhausted.

The lack of a significant human population on Mana translates to less light overall than other parts of the island. However, the base still needs various lights to function. Recognizing the hazard these might represent to the wedgies specifically and shearwaters in general, PMRF took action to ensure their light sources posed the least danger to the birds possible.

The most obvious example of the base's efforts to avoid light pollution is found at its recreation complex, which features a softball field, two basketball courts, a tennis court and a multi-purpose recreation field. Stadium lighting illuminates the area for night-time recreation, but was identified as a possible danger and was retrofitted to include focused hoods which ensured that only the areas which needed the light received it. According to Burger, this measure reflects the Navy's capability to recognize environmental hazards and its ability to act on them.

"I believe our lighting system is unique, as compared to other recreational field lighting on Kauai," said Burger.

Decades ago this issue was brought to the fore on Kauai by the high fallout numbers of a close relative of the wedgies, the Newell's shearwater. The Newell's tend to nest deep in the interior of the island and thus have a longer distance to travel to reach their hunting grounds. During their long

flight they have a greater chance of flying over heavily lighted areas and falling victim to a hazard.

In the late 1970's, the Newell's fallout rate was so high that the State Division of Forestry and Wildlife initiated the Save Our Shearwaters (SOS) program. Since 1979 the state, other biologists and a dedicated corps of volunteers helped rescue more than 31,000 grounded seabirds, including wedgies.

Recently, Kauai Island Utility Cooperative (KIUC) hired full-time staff, including Sharon Reilly, to work alongside the state biologists to implement an expanded version of the SOS program which now includes rehabilitation of birds that cannot be released immediately.

Reilly commits her time as the coordinator for SOS to educate island residents to the plight of the wedgies and other seabirds. During the main fallout period of mid-September through mid-December, SOS sets up aid stations around the island where people can bring in fallen birds. SOS personnel tend to these birds, providing the care they need before releasing them back into the wild.

According to Burger, the assistance of Reilly and the SOS has given PMRF an additional advantage in being better able to serve the interests of the wedgies.

The overall success of the PMRF wedgies project was recently acknowledged with the posting of a large, full-color sign which provides details of the Wedgies, complete with high-resolution photos, to visitors. The sign is another example of the collaboration between PMRF and NAVFAC PAC, with Pepi and Burger working together in the design and ITT furnishing the materials.

"Thanks to people like Sharon, our friends at NAVFAC PAC and the extremely capable PMRF environmental team, the Navy is able to prove that we can be the world's best military and still be good stewards of the environment," said Capt. Mark Darrah, PMRF commanding officer.

Reilly points to the colony as a project which demonstrates that responsible planning and development can prove fruitful for all involved.

"This is a great example of how birds and people can coexist."



U.S. Navy photo by MCI James E. Foehl

More than 1,400 military and civilian runners make their way across Admiral Bernard Clarey Bridge during the 2006 Ford Island 10k Bridge Run at Pearl Harbor. Since 1997 the Ford Island Bridge Run has been the largest 10k run and the third largest running event overall for the island of Oahu.

## Simple Message of Health: Activity, nutrition add up

**Cmdr. Lissa Ann Wohltmann**

*Readiness Command, South*

To easily cut health care costs, simply put a stop to preventable diseases. This is the basic sentiment of many doctors and health organizations.

One simple way is to take advice from the America On The Move plan.

"We are trying to get people to integrate a moderate amount of physical activity" in their day, said Wendy Artman, an America On The Move representative. "Everybody can make a small step."

America On the Move is a national initiative designed to help all Americans maintain or improve health through small steps. No weighing your food, counting calories, calculating the carbohydrates in a Tic-tac or running marathons. The message is uncomplicated: move more, eat less. Yet, American culture doesn't seem to support active lifestyles.

"A lot of physical activity has been engineered out of our lives," said Philip

Haberstro, president of the National Association of Health and Fitness. For example, children who live three blocks from school don't walk or ride a bicycle; instead they are driven. An employee who sits in front of a computer all day is considered efficient.

Also, the message is to eat nutritiously and judiciously. According to ScienceDaily, "The hearts of people who follow a low-calorie, yet nutritionally balanced diet resemble those of younger people." A great number of restaurants sell an enormous amount of unhealthy fare, while the healthiest eating approach - plant-based nutrition -- is treated as an afterthought.

Dr. Stephen Barrett, notoriously known for debunking myths in the medical world, said that generally people don't need to purchase expensive nutritional supplements.

"Balanced diet provides the nutrients most people need," he wrote in his report Twenty-Five Ways to Spot Quacks and Vitamin Pushers. "The average American-stressed or not-is not in danger of vitamin deficiency."

Buying all these excess

vitamins and nutrients can cost big bucks. Barrett urges people to beware when others try their scare tactics. The average person adhering to U.S. Dietary Guidelines is in no danger of vitamin deficiency. If someone is treating you and selling you supplements, it's a good sign that this is not the most reputable individual with whom to trust your health.

You also can stretch your health care dollar by purchasing generic drugs, getting your medications from mail-order pharmacies -- if possible -- having your child vaccinated and avoiding emergency rooms. Also, get the most from your insurance plan by checking on everything on your bill as well as ensuring your deductible is correct.

If you do become ill, however, learn everything you can about your condition. This will save you time and frustration when dealing with the proverbial runaround from health care providers. The best and most efficient way to save on health care costs is through the Navy's PMS - Preventive Maintenance System on your body. A healthier body means a healthier wallet.

## 'Learn from the Leaders' series to welcome Hawai'i's adjutant general to Pearl Harbor

**Commander, Navy Region Hawai'i Workforce Development Office**



Maj.Gen. Robert G.F. Lee

The next "Learn from the Leaders" event will feature guest speaker Major General Robert G. F. Lee, Wednesday, Aug. 23, at the Banyans Conference Center.

Lee is the director of State Civil Defense as well as being the Adjutant General for the State of Hawaii, Department of Defense. He also serves as Senior Homeland Security Advisor to the Governor and provides support to the Office of Veterans Services.

In 1972, Lee became part of the 100th Battalion, 442nd Infantry. He first served as mortar platoon leader then

company commander and battalion operations officer.

Returning to active duty in 1980, Lee served as assistant operations officer and in 1988 as its commanding officer.

After serving in the 100th Battalion, 442nd Infantry, General Lee became assistant chief of staff for operations and training for the 9th Army Reserve Command. A few years later, he was appointed chief of staff.

His awards and decorations include the Legion of Merit, Meritorious Service Medal, the Army Commendation Medal, and the Army Achievement Medal.

Lee obtained a Bachelor's degree in Mechanical Engineering and a Master's in Business Administration from the University of Hawaii. A licensed professional engineer in mechanical and nuclear engineering, Lee had a 27-year civilian career overhauling nuclear submarines at Pearl Harbor Naval Shipyard.

**Wednesday, Aug. 23 10:30 - 11:30 a.m. Banyans Conference Center 915 North Road Pearl Harbor, Hawai'i**

## More Guard, reservists eligible for health care plan

**TriWest Healthcare Alliance**

requesting TRS coverage.

More National Guard members and reservists may now enroll in the military's expanded health care plan, TRI-CARE Reserve Select (TRS).

Opens season to enrollment began Aug. 1, and health care coverage can begin as early as Oct. 1.

"TRS expands the benefits to all Selected Reserve guardsmen and reservists, rather than limiting coverage to those who have been activated for more than 90 days supporting Operation Enduring Freedom, Operation Iraqi Freedom, or Noble Eagle," said Joe Nortz, TriWest Healthcare Alliance's Guard and Reserve Liaison.

Under the new plan, members of the Selected Service and their families will fall into one of three tiers:

- Tier 1 is very similar to the original TRS plan and is available to those members who were activated for at least 90 days in support of a contingency operation;

- Tier 2 is for members who were not activated but need coverage because they are unemployed, self-employed or do not receive health care through their employer;

- Tier 3 covers those not covered under the first two tiers.

Each tier carries a different monthly premium, and eligible members may purchase member-only or member-and-family TRS coverage and members need to work through their units' personnel offices to establish eligibility before

Monthly Premiums	Tier 1	Tier 2	Tier 3
TRS Member only	\$81.00	\$145.29	\$247.00
TRS Member and Family	\$253.00	\$451.42	\$767.41

Tier 1 coverage begins the first day after Transitional Assistance Management Program (TAMP) coverage ends. Coverage begins Oct. 1, 2006 for qualifying Tier 2 and 3 members with applications and payment postmarked on or before Sept. 25, or, on Jan. 1, 2007, for applications postmarked Sept. 26 to Nov. 25.

TriWest began accepting completed requests for coverage from eligible members along with their first-month premium Aug. 1.

Those members activated in support of a contingency operation and determined to be qualified for Tier 1 coverage by their service component, must enter into a service agreement no later than 90 days after deactivation from qualifying service.

They also must submit a request for TRS coverage and their first premium payment no later than 30 days prior to the end of their 180 days of Transitional Assistance Management Program (TAMP) coverage. Their TRS Tier 1 coverage begins on the 181st day after deactivation providing continuous coverage.

Visit [www.triwest.com](http://www.triwest.com) for more information.

# Skylark Central

"A win, win situation"

The following events in U.S. Navy history took place this week.  
Put the correct year next to the event.

1800 • 1812 • 1814 • 1838 • 1883 • 1912 • 1920 • 1951 • 1965 • 1981

\_\_\_\_\_ • 2 VF-41 aircraft from USS Nimitz shoot down 2 Libyan aircraft which fired on them over international waters

\_\_\_\_\_ • U.S. Marine Corps Band gave its first concert in Washington, D.C.

\_\_\_\_\_ • First major amphibious assault in Vietnam, Operation Starlight captures 2,000 Viet Cong

\_\_\_\_\_ • USS Constitution captures HMS Guerriere

\_\_\_\_\_ • First contract for nuclear-powered submarine awarded.

\_\_\_\_\_ • Birthday of Dental Corps

\_\_\_\_\_ • British invasion of Maryland and Washington, D.C.; Washington Navy Yard and ships burned to prevent capture by the British

\_\_\_\_\_ • Radio station built by U.S. Navy and French Government transmits first wireless message heard around the world.

\_\_\_\_\_ • Exploring expedition under Lt. Charles Wilkes embarks on world cruise.

\_\_\_\_\_ • Installation of the first electric lighting on a US Navy Ship completed on USS Trenton.



## Know your Navy

Q. In 1966 the first ship-to-shore satellite radio message was sent from a U.S. ship in the South China Sea to Pacific Fleet Headquarters at Pearl Harbor. What was the name of the ship?

Last week's question...

The first American battleship was commissioned in August of 1895. What was its name?

Answer...  
USS Texas



**Free classified advertising for military in Hawaii Navy News**

Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows: Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to [ikaneshi@honolulu.gannett.com](mailto:ikaneshi@honolulu.gannett.com)), by phone at 521-9111 or by visiting [www.honoluluadvertiser.com](http://www.honoluluadvertiser.com) and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.

# STORY IDEAS?

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

Phone: (808) 473-2888

Email: [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

## Hawaii Navy News



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.greatlife-hawaii.com](http://www.greatlife-hawaii.com)



Outdoor Adventure Events August

- 26: Kaena Point bike and hike, 9 a.m., \$20. Register by Aug. 23.
- 27: Parasailing, call for time, \$40. Register by Aug. 23.



CONCERT IN THE PARK

The next concert in the park will begin at 6 p.m. **Aug. 25** and will feature a special guest performance by the Marine Forces Pacific Wind Ensemble. Attire is casual aloha wear. Boxed dinners for the concerts can be pre-ordered for \$5.50 from "A Catered Experience" at The Banyans by calling 473-1706 by the Tuesday before the concert. FMI: 473-0606.

"MOVIN OUT" CANCELLED DUE TO ROUTING ISSUES

The Honolulu engagement of "Movin' Out," the Billy Joel-Twyla Tharp musical scheduled to play the Blaisdell Concert Hall September 8-17, has been cancelled due to issues relating to the routing of the touring production. Please contact the MWR Ticket Office for more information at 422-2757.

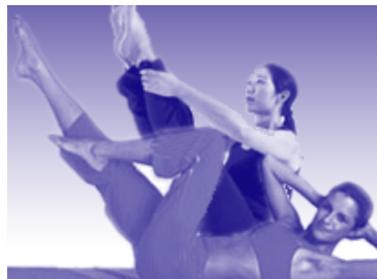
CLOSURE OF MWR FACILITIES

Based on policy and financial reasons, the following MWR facilities will be closed beginning **Sept. 30**: Kona Breeze Pool and Power Point Fitness Center at Kalaeloa and Keiki Corner Child Development Center (CDC) and Iroquois Point School Age Care at Iroquois Point

Beach Club. FMI: [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com).

DOCKING STATION NOW OPEN

The Docking Station, the newest eatery in town, is now open at Naval Station Pearl Harbor near Club Pearl. Breakfast and lunch are served between 6 a.m.-2 p.m. Monday through Friday. Try bagels, soup or salads at Einstein Bros. If you're a meat lover, try Bluestown Barbeque where they serve ribs, roast pork or local style specials. The eatery offers indoor and outdoor seating. FMI: 422-5282.



PERSONAL PILATES

Register for a private, one-on-one training session on the Pilates reformer machine at the Power Point Fitness Center at Kalaeloa Point. The exercise machine will improve alignment, lengthen your spine and increase flexibility. The cost is \$25 for 30 minutes. Reservations are required. FMI: 682-5145.



FREE WEEKEND 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.

DEEP-SEA FISHING

Go deep-sea fishing and catch the big one aboard the "Coreene C," a 47-foot sport fishing boat that holds the I.G.F.A. World Record for Unlimited Class: 1805-pound blue marlin. Full and half charters are offered. The cost includes bait, tackle and equipment. FMI: call the Rainbow Bay Marina at 473-0279 or Capt. Joe Irvin at 386-9024.



WHALE WATCHING SPECIALS

Enjoy whale watching on a Pacific Splash Whale Watching cruise. Navy ITT offices have an assortment of cruise options to fit patrons schedules and budgets. FMI: 473-1190.



- Aug. 18:** Finals of poker tournament, 5 p.m., LIP.
- Aug. 19:** Diamond Head hike, leave LIP at 8 a.m., \$7.
- Aug. 20:** Surfing lessons and lunch, 10 a.m., \$7.
- Aug. 21:** WWE wrestling and free food, 5 p.m. at LIP, free.
- Aug. 23:** Poor boy barbecue and jousting, 5:30 p.m., free.

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](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 and must be resubmitted every four weeks.

August

**Through Sept. 29** - Construction continues on a stairway that will allow pedestrians to traverse the hillside between the S20 parking area and Kuahua Avenue near Fleet and Industrial Supply Center. Construction will be between the hours of 7:30 a.m.-3 p.m. A total of eight parking stalls will be coned off near building 414. Signs will be posted showing the project area. Vehicles left in the designated area will be towed at owner's expense. The project will continue through Sept. 29. FMI: 471-0330.

**25 - FBI career seminar** - Learn about the requirements for applying to the Federal Bureau of Investigation (FBI) by attending an FBI career seminar from 10:30-11:30 a.m. at building 193, room 205, Naval Station Pearl Harbor. FMI: 473-4222 or 566-4488.

**29 - 3rd Annual International Women's Leadership Conference** - Join Gov. Linda Lingle and other women leaders at the conference from 8:30 a.m.-4:30 p.m. at the Hawai'i Ballroom of the Sheraton Waikiki Hotel and Resort. Government/military rates are available. The event will also feature Rear Adm. Sally Brice-O'Hara, Commander, Coast Guard District 14; Karen P. Hughes, U.S. undersecretary of state for diplomacy and public affairs; Zainab Al-Suwaij, executive director, American Islamic Congress; Gov. Grace Padaca, Isabela Province, Philippines; and a special videotaped message from Oprah Winfrey. The event is open to all military active duty, Reserve, Guard and spouses. FMI or to register: [www.iwlchi.org](http://www.iwlchi.org) or call 586-0081.

**30 - A Navy Birthday Ball Golf Tournament will be held at Leilehua Golf Course.** The tournament will be a best ball format with shotgun start at 12:30 p.m. The cost is \$55 and includes green fees, cart, pupus and door prizes. Payment and signup deadline is Aug. 25. The tournament is open to officer, enlisted and Department of Defense civilian personnel. Teams and individual golfers are invited to register. Prizes will be awarded to first, second and last place teams, longest drive and closest to the pin. FMI: 257-3365, ext. 114, or 473-3971.

September

**13 - JEMS Job Fair 2006:** In sponsorship with the Navy, Air Force, Marine Corps and Coast Guard, JEMS will hold its 19th annual job fair on Wednesday, September 13, 2006 at Club Pearl on Naval Station Pearl Harbor from 10:30 a.m. to 2 p.m. This year we are expecting 100 companies/agencies to participate in this extraordinary event. The JEMS Job Fair is open to the supporting military services' family members, active duty personnel, military retirees, guard & reservists, and DoD/Coast Guard employees with base access. No children will be admitted so please plan accordingly. Parking will be allowed in the Bachelor Quarters parking lot adjacent to the club. This is a great opportunity to talk to recruiters, drop off resumes, pick up applications and research the job market. For more information visit: [www.JEMJobs.com](http://www.JEMJobs.com) or call Rita May at 473-0190.

**22-23 (and Oct. 1-2) - High Holy Days at Aloha Jewish Chapel** - Rabbi Maurice Kaprow, deputy fleet chaplain of U.S. Fleet Forces Command, will officiate. 7:30 p.m. Sept. 22 - Rosh Hashana 9 a.m. Sept. 23 - Rosh Hashana 5:45 p.m. Oct. 1 - Yom Kippur 9 a.m. Oct. 2 - Yom Kippur

At a Glance

**Road closure** - As part of the reconstruction of Navy public-private venture housing in the Halsey Terrace phase three area, some roads in Halsey Terrace will be closed to both vehicular and pedestrian traffic. These closures will also affect Navy family housing residents living on Peterson Court in the Doris Miller neighborhood. Vehicular access for residents on Peterson Court will be via Peltier Avenue to Tapp Street to Gordon Street to Enger Street since access will not be possible from Camp Catlin Road. Children who walk to Aliamanu Elementary and Intermediate Schools will need to go around the construction site. Pedestrian access from Peterson Court to the Doris Miller Community Center and Navy Exchange area will remain open. Students should walk toward the community center, then use Nimitz Road to Camp Catlin Road. These traffic changes are expected to last 12 months or more.

**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](mailto:ivy.wong@phoenix.edu).

AT THE MOVIES

MOVIE CALL

Sharkey Theater  
Naval Station Pearl Harbor  
(473-0726)

- TODAY**  
7:00 p.m. Superman Returns (PG-13)
- SATURDAY**  
2:30 p.m. Garfield: A Tail of Two Kitties (PG)  
4:30 p.m. Nacho Libre (PG)  
6:45 p.m. The Fast and the Furious: Tokyo Drift (PG-13)
- SUNDAY**  
2:30 p.m. Garfield: A Tail of Two Kitties (PG)  
4:30 p.m. The Fast and the Furious: Tokyo Drift (PG-13)  
6:45 p.m. Superman Returns (PG-13)

Memorial Theater  
Hickam Air Force Base  
(449-2239)

- TODAY**  
7:00 p.m. You, Me and Dupree (PG 13)
- SATURDAY**  
7:00 p.m. Little Man (PG-13)
- SUNDAY**  
7:00 p.m. You, Me and Dupree (PG 13)
- WEDNESDAY**  
7:00 p.m. You, Me and Dupree (PG 13)
- THURSDAY**  
7:00 p.m. Little Man (PG-13)

Sgt. Smith Theater  
Schofield Barracks  
(624-2585)

- TODAY**  
7:00 p.m. Pirates of the Caribbean: Dead Man's Chest (PG-13)
- SATURDAY**  
7:00 p.m. The Devil Wears Prada (PG-13)
- SUNDAY**  
2:00 p.m. Pirates of the Caribbean: Dead Man's Chest (PG-13)
- WEDNESDAY**  
7:00 p.m. The Devil Wears Prada (PG-13)
- THURSDAY**  
7:00 p.m. Pirates of the Caribbean: Dead Man's Chest (PG-13)



The Devil Wears Prada

In the dizzying world of New York fashion, where size zero is the new two, six is the new eight, and a bad hair day can end a career, Runaway Magazine is the Holy Grail. Overseen with a finely manicured fist by Miranda Priestly—the most powerful woman in fashion—Runway is a fearsome gauntlet for anyone who wants to make it in the industry. A stint as Miranda's assistant could blast open the doors for recent college graduate Andy Sachs. She is completely wrong for the job.

The Fast and The Furious: Tokyo Drift

To avoid jail time for street racing, Sean Boswell is sent to live with his estranged father, a career militaryman stationed in Tokyo. It doesn't take long for him to find some action when a local, Twinkie, introduces him to the underground world of drift racing.

Garfield: A Tail of Two Kitties

When Garfield follows his owner, Jon Arbuckle, to England, the U.K. may never recover, as Garfield is mistaken for

a look-alike, regal cat who has inherited a castle.



Little Man

Darryl Edwards is so eager to become a father that he mistakes a short, baby-faced thief on the lam for an abandoned toddler. He and his wife take the "baby" into their home while the thief's partner tries to help him recover a stolen diamond.

Nacho Libre

Nacho is a man without skills who grew up in a Mexican monastery. As the monastery's cook, Nacho cares deeply for the orphans he feeds, but his food is terrible. He realizes he must hatch a plan to make money to buy better food and if in doing so Nacho can impress the lovely Sister Encarnacion, that would be a big plus.



Pirates of the Caribbean: Dead Man's Chest

Once again thrown into the world of the

supernatural, Captain Jack Sparrow finds out that he owes a blood debt to the legendary Davey Jones, Captain of the ghostly Flying Dutchman. With time running out, Jack must find a way out of his debt or else be doomed to eternal damnation and servitude in the afterlife.

Superman Returns

Following a mysterious absence of several years, the Man of Steel, Superman, comes back to Earth—but things have changed. While an old enemy plots to render him powerless once and for all, Superman faces the heartbreaking realization that the woman he loves, Lois Lane, has moved on with her life. Or has she?



You, Me and Dupree

Carl and Molly Peterson are just starting their new life together—complete with a cute house, boring neighbors, stable jobs and the routines of newlywed existence. There's just one unfortunate hitch in their perfectly constructed new world. And his name's Dupree. Randy Dupree, Carl's oldest friend and perpetual bachelor, has found himself with nowhere to go after being fired.

# Coping with disconnected and powerless feelings while on deployment

Sherry Andrews

## LIFELines

When preparing for a deployment, a large part of your focus falls on getting your family ready for your time away and helping them emotionally cope with your absence - but what about you and your needs?

Feelings of depression, anxiety, and guilt are common to deploying Sailors. During your separation, you may feel powerless to affect what happens while you are away or feel disconnected from your family's daily life.

To help with those feelings, you can stay connected to those you love by discussing your wishes and desires before deployment and by taking advantage of email while you are away. Counseling and spiritual guidance are also available through your command's chaplain, and your ship's medical staff can offer psychological support.

### Plan ahead

Before you begin to pack that sea bag, sit down with your family and discuss your thoughts and concerns about what you will miss while you are away. The common emotions associated with deployment, such as detachment, depression, and anticipation of reunion, are good topics to address during this meeting. Designate a family secretary to take notes so your family can refer back to them when decision-making opportunities arise.

### Issues Associated With Communication

A letter from home can be a lifeline when you are away. However, you should decide in advance what topics should or shouldn't be included in your correspondence. Your first focus must be the mission, and a negative message can cause your mind to stray to other matters.

Also, remind family members that communication may be sporadic during the deployment. Hurt feelings can be avoided if family members understand that letters, email, and phone calls could be limited by operational demands.

### Benefits of Technology

When you are able to communicate with loved ones, you may find that access to email



U.S. Navy photo by MC2 Rebecca J. Moat

The guided-missile cruiser USS Mobile Bay (CG 53) departs Pearl Harbor to participate in exercise Rim of the Pacific (RIMPAC) 2006.

on ship or elsewhere is one of the best ways to stay involved in your family's life. Email from home can give you a picture of your family's daily activities and keep you informed of important events.

Email is also a good way to keep your loved ones informed of your day-to-day activities.

However, remember once you hit "send" you cannot take back any hurtful words said in the heat of the moment. Traditional mail gives you

the opportunity to re-read what you say, re-think your response, and ensure you say what you really mean.

### Where to Go for Help

Some of your deployment days will be more challenging than others. When you start thinking about all you might be missing at home, it is normal to feel depressed, worried, or even guilty about not being there for your family. The support and

guidance of a chaplain can help get you through these challenging times.

"The chaplain is available for emotional support as well as religious services during a deployment," according to Lt. Jeff Quinn, a chaplain at the Marine Corps Mountain Warfare Training Center in Bridgeport, Calif.

If you are still having difficulty coping with your separation after

seeking a chaplain's counsel, Quinn suggests seeking assistance from your ship's medical staff for a basic psychological assessment and treatment.

Deployments present special challenges to you and your loved ones.

Remember, through proper planning, good communication, and emotional support, you can make it easier.