

Surf and



(Above) A young girl goes for a ride as she catches a wave.



A girl hops on a surfboard and learns how to surf with some guidance from a staff member at White Plains Beach.

Sara Mizushima

Navy Region Hawai'i Fleet and Family Readiness, Marketing

There are many beaches on the shores of Oahu, but not many offer military families equipment rentals, surf lessons, close parking, nearby bathroom facilities and lifeguarding - all in one place. At White Plains Beach, through the Morale, Welfare and Recreation (MWR) beach program, all that and more is offered with help from the lifeguards.

The role of the lifeguard at White Plains Beach is one that carries many positions and responsibilities. Besides being lifeguard and first responder trained to safeguard the beach patrons, they are also the instructors who teach individual and group surfing lessons through the MWR programs such as the Single Sailor Liberty Program and Outdoor Adventure Center.

Having a lot of people surfing at the same level can become a highly risky situation in rough waters, but through the staff's experience and training, they are able to anticipate and prevent dangerous situations from happening. During their surf lessons, you can find instructors on the sand, teaching students water safety guidelines and the challenging transition of paddling, then standing on the board. You can also find instructors in the water, pushing students on their boards as they catch their very first wave.

"We try to individualize the lessons. When they sign up for lessons, we try to personalize it as much as we can and give them the best experience," said Marvin Nuestro, head lifeguard for MWR beach programming.

The lifeguards/surf instructors are avid surfers, which naturally makes them enthusiastic about their job. "Being a

beach lifeguard, they apply for the job because they love the ocean altogether and have been surfing before," said Nuestro.

Surf lessons can also be done individually, as a walk up service available to all eligible patrons at the MWR Surf Shack, for the affordable price of \$25 per lesson, per person. Often, patrons become repeat customers because they enjoy their lessons so much. Nuestro even noted how it has come to the point that people call and book lessons requesting a specific instructor. "It's amazing," he said.

Once the patrons learn how to surf, they throw themselves into the sport. But before committing to the high cost of buying a surfboard, patrons have the option of renting out surfboards at the Surf Shack. Offering a wide variety of sizes and types for just \$5 an hour or \$20 a day, patrons can test out the different boards to see what kind of surfboard they prefer before buying their own.

Equipment rental also includes body boards, fins, horseshoes, volleyballs and even coolers, all available at an affordable price. With the Surf Shack located on the beach, and with the parking lot nearby, beachgoers can simply hop in their car and show up for a day of relaxation in body boarding, surfing or other beach activities.

White Plains Beach is known for its 'surf friendly' conditions, with a shore break that is appropriate for beginners and laid back surfers. But it is also known for its beautiful wide sandy beaches. Through the labor of the lifeguards, the upkeep of the beach grounds is maintained. "We have a set list of things that we need to do like grass cutting, so we ride

mowers as well as ride surf boards. We've done it all," said Nuestro.

The ocean is one of nature's greatest and most powerful elements, creating unpredictable conditions. To prevent accidents from happening or to assist beach patrons, lifeguards are on patrol from 9 a.m. to 5 p.m. on the weekends all year long, and seven days a week during the summer, winter break and spring break. "If ever in doubt, simply ask a lifeguard on the conditions of the surf and reef because they change day to day, especially when visiting the place for the first time," said Nuestro.

MWR lifeguards at White Plains Beach carry a wide range of responsibilities, but the services they offer in lifeguarding, surfing lessons, equipment rentals and ground maintenance make any day at the beach safe, convenient, fun and relaxing.

Come to White Plains Beach, the only beach that offers all of these things in one place. Rentals and lessons are available to all military-affiliated and Department of Defense personnel, family members and sponsored guests. For more information on the beach services, call the Surf Shack at 682-4925.



An MWR lifeguard on duty keeps a close watch at White Plains Beach.

U.S. Navy White Plains
SURF SHACK



Photo by Billy Parrish

Forest City Residential Management resident services specialists, Corinne Medrano (east airport), Amy Ritch (west airport) and Diana Su (senior officer homes), prepare activities in anticipation of Forest City's new resident social which will be held from noon to 2 p.m. Saturday at Moanalua Terrace Community Center.

Forest City plans new resident social

Billy Parrish

Forest City Residential Management

Forest City will host a new resident social from noon to 2 p.m. Saturday at the Moanalua Terrace Community Center.

Those who have relocated

to Hawai'i within the past three months - November through January - are invited.

New residents will have an opportunity to meet their neighbors, play bingo and enjoy free food. They will be able to trade stories with other Navy families who have recently transferred to

Oahu and engage in the fellowship of the warm aloha spirit.

Attendees will also have a chance to win \$25 gift cards from the Pearl Harbor Navy Exchange.

For more information, contact your resident services office or visit www.omcliving.com.

PACFLT Band Concert in the Park



Photo courtesy of Pacific Fleet Band

The Pacific Fleet Rock Band will present Concert in the Park at 6 p.m. tonight on the grassy lawn behind The Banyans at Naval Station Pearl Harbor. The free concert will feature a mix of oldies and modern rock. For more information, call 473-0606.

**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 lkaneshi@honolulu.gannett.com), by phone at 521-9111 or by visiting 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.

Hawai'i Navy News Online www.hawaii.navy.mil

SURFACE LINE WEEK at Naval Station Pearl Harbor

U.S. Navy photos by MCI (SW/AW) James E. Foehl



Seaman Sam Wolfe, assigned to Coast Guard cutter Jarvis, makes a move past an opponent during a 3-on-3 basketball tournament at Bloch Arena gym aboard Naval Station Pearl Harbor. The basketball tournament was one of several competitions taking place this week for the annual Surface Navy Association Surface Line Week.



Yeoman 1st Class Mike McKinley and Sailors assigned to Oliver Hazard Perry-class guided-missile frigate USS Crommelin (FFG 37) are encouraged by their shipmates as they compete in a tug-o-war competition at Ward Field on board Naval Station Pearl Harbor. The tug-o-war competition was part of the Surface Navy Association, Surface Line Week. Surface Line Week consists of a series of competitive events designed to promote rating skill development, physical readiness, teamwork, esprit de corps and sportsmanship among the surface ship Sailors.



U.S. Coast Guard Food Service Specialist 3rd Class Lamont Brown (above), assigned to the Honolulu based Coast Guard cutter Jarvis, and Electronics Technician 3rd Class Anthony Skillman (below), assigned to Oliver Hazard Perry-class guided-missile frigate USS Reuben James (FFG 57), have their headgear adjusted by a boxing trainer from USA Boxing Hawai'i Association, Inc. in preparation for a light-heavyweight boxing match at Bloch Arena on board Naval Station Pearl Harbor. The boxing match was part of a tournament for the Surface Navy Association, Surface Line Week.



Senior Chief Fire Controlman Mike Manning (front) and Sailors assigned to Arleigh Burke-class guided-missile destroyer USS Paul Hamilton (DDG 60) compete in a tug-o-war competition at Ward Field on board Naval Station Pearl Harbor.



Electronics Technician 3rd Class Anthony Skillman (left), assigned to Oliver Hazard Perry-class guided-missile frigate USS Reuben James (FFG 57), receives a right jab to the face from U.S. Coast Guard Food Service Specialist 3rd Class Lamont Brown, assigned to the Honolulu-based Coast Guard cutter Jarvis, during a light-heavyweight boxing match at Bloch Arena on board Naval Station Pearl Harbor.

Cornerman for Fire Controlman 3rd Class Kris Merritt (left), assigned to Arleigh Burke-class guided-missile destroyer USS Chafee (DDG 90), pushes the hair from her eyes between rounds during a feather-weight boxing match at Bloch Arena on board Naval Station Pearl Harbor.

Skylark Central



Word Find

CRAB	OTTER	SQUID
DOLPHIN	PENGUIN	STARFISH
JELLYFISH	SEA TURTLE	STINGRAY
LAMPREY	SEAL	WALRUS
LOBSTER	SHARK	WHALE
MOLLUSKS	SHRIMP	
OCTOPUS	SPONGE	

U F P Y A R G N I T S U S
 X D J H H H D U S E M H W
 S J W E Y S C O A H R Y M
 O U E P L E I L L I A O P
 N C R H S L X F M P L R S
 I R L L E A Y P R L H U K
 U A O P A H Q F U A P I D
 G B B P T W C S I O T I N
 N D S P U V K O T S U S M
 E A T N R S Y C T Q H W Z
 P E E T N O H S T D K E
 O Y R L L L A M P R E Y A
 E P S P E E G N O P S R L

"Weather report"



TODAY'S FORECAST: PARTLY SANDY BECOMING MOSTLY SANDY...WITH ISOLATED SANDSTORMS HERE AND HERE.

AFGHANISTAN
 PAKISTAN

YOU'RE OVERPAID.

Who said the following?

"It follows than as certain as that night succeeds the day, that without a decisive naval force we can do nothing definitive, and with it, everything honorable and glorious."

Know your Navy

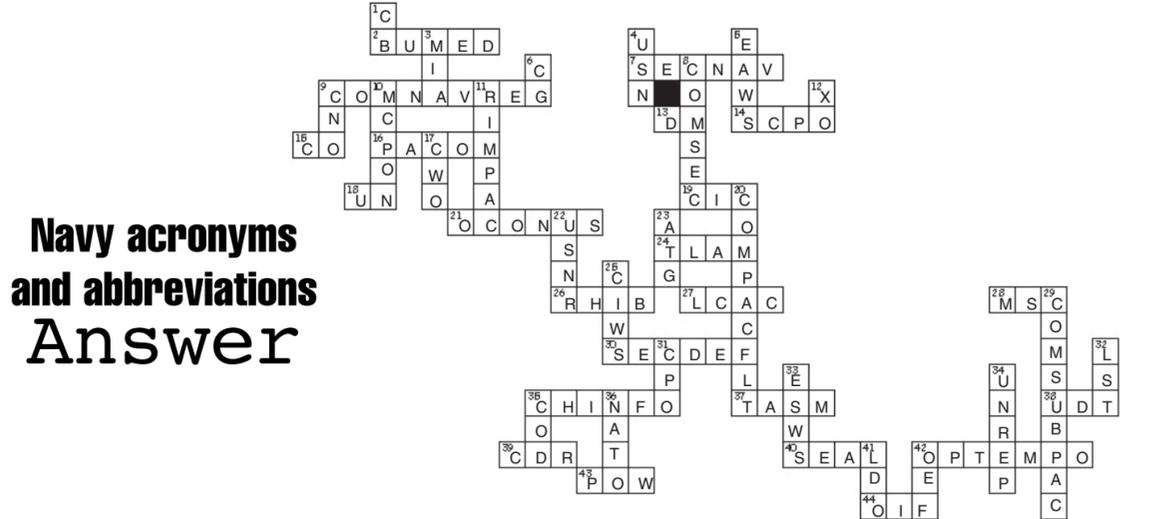
In compartment designation number 01-56-2-Q, what does the 56 represent?

Last week's question...
 When wearing medals or ribbons on a uniform, what is their order of precedence?

Answer...
 The person wears the medals from top to bottom, inboard to outboard, within rows.



Navy acronyms and abbreviations Answer



1 C
 2 B U M E D
 3 I
 4 U
 5 E
 6 C
 7 S E C N A V
 8 I
 9 C O M N A V R E G
 10 N
 11 C
 12 X
 13 D M S C P O
 14 S
 15 C O
 16 P A C O M
 17 O
 18 U N
 19 O
 20 W P A
 21 O C O N U S
 22 S
 23 A O
 24 T L A M
 25 C G
 26 R H I B
 27 L C A C
 28 M S C
 29 O
 30 S
 31 S E C D E F
 32 E
 33 U N S S L
 34 N S U D T
 35 P
 36 C H I N F O
 37 T A S M
 38 R B
 39 C D R T
 40 S E A L
 41 O P T E M P O
 42 W
 43 P O W
 44 O I F
 45 P



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
For more information, call 473-1198.

January
31 – Family fun, Manana Ridge rambles hike, 2 p.m., \$5. Register by Jan. 27.

February
3 – Kaena Point whale watch hike, 9 a.m., \$7. Register by Jan. 31.
4 – Deep ecology dolphin and whale excursion, 7:30 a.m., \$55. Register by Jan. 31.

CONCERT IN THE PARK
The next Concert in the Park will be at 6 p.m. **today** behind The Banyans at Naval Station Pearl Harbor. The Pacific Fleet Rock Band will rock the first concert of the year with a mix of oldies and modern rock. The concert is free. Attire is casual aloha wear. FMI: 473-0606.

INLINE HOCKEY REGISTRATION
Registration is now open for Morale Welfare and Recreation inline hockey. Children, ages nine to 17, can register at the Boys & Girls Clubs of Navy Hawai'i, youth sports office located at 620 Main St. (off Valkenburgh) at building 3456. When registering, parents should bring their child's birth certificate and a current physical examination card. Deadline to register is **today**. The season runs from February to June. Please call for cost. The sport is open to all military-affiliated youth. FMI: 474-3501.

ABANDONED VEHICLE SALE
MWR will host an abandoned vehicle sale from 8 a.m.-2 p.m. **Saturday** at the abandoned car lot at Naval Station Pearl Harbor. The sale is open to all military-affiliated and Department of Defense (DoD) personnel and to the general public. Vehicles will be sold 'as is' with a minimum bid of \$50. All sales are final and no refunds will be given. Children under 16 years of age are not permitted on the sale lot. To get to the abandoned car lot, military-affiliated personnel should enter Nimitz Gate, Pearl Harbor, then take a left onto South Avenue. Drivers must proceed straight on South Avenue for approximately one mile to reach the abandoned car lot. Parking will be provided along the fence outside of the lot.

The general public must park in the Pass & ID parking lot located outside of Nimitz Gate. A free shuttle service will be provided to the car lot every half hour from 8 a.m. to 1:30 p.m. FMI: Visit www.greatlifehawaii.com or call the auto skills center at 422-2975.

HEALTHIERFEDS PHYSICAL ACTIVITY CHALLENGE
Challenge yourself and become a HealthierFed this new year. The Office of Personnel Management (OPM) has teamed up with Health and Human Services (HHS) and the President's Council on Physical Fitness and Sports to host a physical activity challenge for all active duty personnel, Department of Defense employees, contractors, retirees and family members. By signing up **today** for the Navy-Marine Corps team, you will be able to track your activity progress online. When you complete the program, you will earn points for your team. The challenge runs through **March 18**. Register at <http://presidentschallenge.org/>. Please note the group identification number is 53124 and the group member ID/name is Navy-Marine Corps. FMI: 473-0793 or www.greatlifehawaii.com.

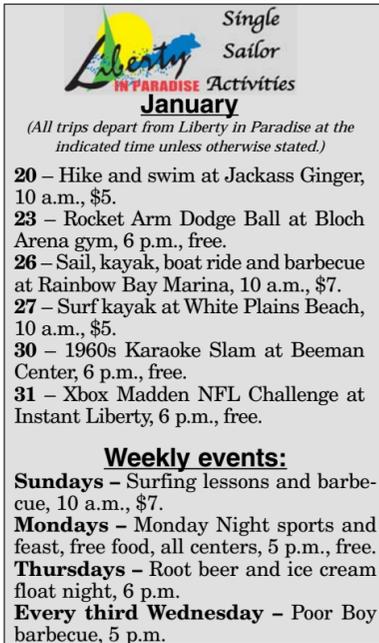
FIRST LIBERTY PHOTO CONTEST
Single Sailors can show off their artistic eye by entering a printed photograph they have taken in MWR's Liberty Photo Contest. Photos can be entered at any Liberty Center until **Jan. 31**. Categories for the contest are: "Sailors: A Day in the Life," "Life on Oahu" and "And Now for Something Completely Different!" The contest is content and subject-based. Judging will be during the first week of February. Prizes will be awarded and the winning photos will be displayed on www.greatlifehawaii.com (50,000 plus visitors per month) and in the Liberty Centers during the month of February. FMI: 473-4279.

'THEATER OF LAUGHTER' COMEDY SHOW
Morale, Welfare and Recreation at Pearl Harbor and Armed Forces Entertainment will present 'Theater of Laughter,' a free comedy show, at 8 p.m. **Jan. 31** at Beeman Center. Catch comedians Patrick DeGuire, Rick Gene, Butch Bradley and Jente Phoenix who are on their Pacific Tour, traveling the globe and entertaining troops. The event is adult-themed and open to all military-affiliated personnel, 18 years and older. FMI: 473-0606.
XBOX MADDEN NFL CHALLENGE

Single Sailors can sign up now at any Liberty Center for Liberty Program's Super Bowl with their Xbox Madden NFL Challenge. The event will be at 6 p.m. **Jan. 31** at Instant Liberty at Club Pearl. There is no entry fee. A free gourmet barbecue hot dog buffet will be served. FMI: 473-4279.

PRESALE PRO BOWL TICKETS AT ITT
Presale Pro Bowl tickets at all Navy Information, Ticket and Travel (ITT) offices are **now** on sale. No refunds or exchanges will be allowed. Ticket purchase is open to active duty, Reserve, retired, Department of Defense (DoD) employees, and family members. Date of the Pro Bowl game is set for **Feb. 10**. Kick-off will be at 1 p.m. FMI: Navy ITT offices at Bloch Arena, 473-0792; Navy Exchange, 422-2757; Barbers Point, 682-2019; and Kunia, 655-3128. Times and dates are subject to change without notice.

NAVY BOWLING TRYOUTS
Bring your best game and sign up for the Navy Bowling tryouts from **Feb. 20-22** at the Naval Station Bowling Center. The top 10 qualifiers will advance to the Military Bowling Tournament and represent the Navy. To take part in the tryouts, pick up your application today at any Navy bowling center. FMI: 473-2651.



Single Sailor IN PARADISE Activities January
(All trips depart from Liberty in Paradise at the indicated time unless otherwise stated.)

- 20** – Hike and swim at Jackass Ginger, 10 a.m., \$5.
- 23** – Rocket Arm Dodge Ball at Bloch Arena gym, 6 p.m., free.
- 26** – Sail, kayak, boat ride and barbecue at Rainbow Bay Marina, 10 a.m., \$7.
- 27** – Surf kayak at White Plains Beach, 10 a.m., \$5.
- 30** – 1960s Karaoke Slam at Beeman Center, 6 p.m., free.
- 31** – Xbox Madden NFL Challenge at Instant Liberty, 6 p.m., free.

Weekly events:
Sundays – Surfing lessons and barbecue, 10 a.m., \$7.
Mondays – Monday Night sports and feast, free food, all centers, 5 p.m., free.
Thursdays – Root beer and ice cream float night, 6 p.m.
Every third Wednesday – Poor Boy barbecue, 5 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.

January

Now – Call now to reserve free tickets for the Pro Bowl Skills Challenge which will be held from 10:30 a.m.-1 p.m. **Feb. 8** at Ihilani Resort at Ko'Olina. A limited number of tickets will be available to military personnel who are interested in attending the televised Pro Bowl event and are available on a first-come, first-served basis. Transportation will be provided from Bloch Arena to the challenge. Tickets are required for entry and reservations must be made through Navy Region Hawai'i Public Affairs Office by e-mailing Ensign Meisenzahl at mary.meisenzahl@navy.mil with subject line: Pro Bowl Skills Challenge. FMI: 473-2880.

Late January - The Pearl Harbor Tax Center will open at the end of January and remain open through mid-April. FMI: 473-4698.

February

3 – Volunteers are needed to help with the James Campbell High School NJROTC Marine Corps Physical Fitness Challenge from 8 a.m.-noon at Richardson Field complex (adjacent to the Rainbow Bay Marina). The challenge consists of sit-ups, push-ups, pull-ups, 300-yard shuttle run and standing long-jump. Participants will be from Oahu schools (JROTC) units. Volunteers are needed as timers, scorekeepers and score tabulators (for the awards) and event monitors. T-shirts and letters of appreciation will be given to volunteers. Please submit names, phone number, command and T-shirt sizes to the following e-mail: Linda_Naki/CAMPBELL/HIDOE@notes.k12.hi.us or call 689-1370.

3 – Volunteers for Pacific Aviation Museum-Pearl Harbor. The next volunteer and docent meeting will be held at 4 p.m. at the museum on Ford Island. You can be part of the team that brings Hawai'i's aviation history to life by becoming a docent. Located in the original WWII hangars on Ford Island, the Pacific Aviation Museum brings to life the patriotism, valor and sacrifices made by the American aviators in the Pacific region. Zeros, Wildcat and a B-25 Bomber are just some of the planes on display, telling the story of one of the most important historical events of the 20th century though first hand accounts and displays of period artifacts. FMI: KT Budde-Jones to RSVP at 441-1012 or 690-0169 or email kt@pacificaviationmuseum.org.

4 – Celebrate Super Bowl XLI on Feb. 4 at Oceans CPO Club. There will be door prizes, gift certificates and a grand prize of \$500 given away throughout the game. Door prize winners must be present to win. FMI: 473-0612 or 477-9362.

13-14 – The Sounds of Aloha Chorus, a local men's barbershop quartet that includes military service members, will perform singing valentines. The service affords the opportunity to send your sweetheart a unique Valentine and is available from 9 a.m. to 9 p.m. on **Feb.13-14** and also on **Feb. 9-10** for special events. Quartets will present a card, a silk rose and two songs at restaurants, workplaces, residences, hospitals... you name it. Call for information on cost for the service. To reserve a time or FMI: 262-SONG (7664).

At a Glance

University of Phoenix Hawai'i campus adds hours of operation at Tripler/Port Shafter education complex - The University of Phoenix Hawai'i Campus has extended counseling hours at the Tripler/Port 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.

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-TRI-WEST (1-888-874-9378), visiting their Web site at www.triwest.com, or 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 chester.adessa@navy.mil.

NEX price matching - Through the Navy Exchange (NEX) price matching policy, the NEX will match the price of any identical item sold in any local store. 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.

AT THE MOVIES

MOVIE CALL	
Sharkey Theater Naval Station Pearl Harbor (473-0726)	
TODAY	
7:00 p.m.	The Holiday (PG 13)
SATURDAY	
2:30 p.m.	Charlotte's Web (G)
4:45 p.m.	Eragon (PG)
7:00 p.m.	We are Marshall (PG)
SUNDAY	
2:30 p.m.	Eragon (PG)
4:45 p.m.	Charlotte's Web (G)
7:00 p.m.	The Pursuit of Happyness (PG 13)
THURSDAY	
7:00 p.m.	Rocky Balboa (PG)
Memorial Theater Hickam Air Force Base (449-2239)	
TODAY	
7:00 p.m.	Rocky Balboa (PG)
SATURDAY	
7:00 p.m.	Rocky Balboa (PG)
SUNDAY	
7:00 p.m.	The Good Shepherd (R)
WEDNESDAY	
7:00 p.m.	Apocalypse (R)
THURSDAY	
7:00 p.m.	Rocky Balboa (PG)
Sgt. Smith Theater Schofield Barracks (624-2585)	
TODAY	
7:00 p.m.	Eragon (PG)
SATURDAY	
7:00 p.m.	Blood Diamond (R)
SUNDAY	
2:00 p.m.	Eragon (PG)
WEDNESDAY	
7:00 p.m.	Blood Diamond (R)
THURSDAY	
7:00 p.m.	Eragon (PG)



Apocalypto
Set in the Mayan civilization, when a man's idyllic presence is brutally disrupted by a violent invading force, he is taken on a perilous journey to a world ruled by fear and oppression where a harrowing end awaits him.

Blood Diamond
Set against the backdrop of civil war and chaos in 1990s Sierra Leone, Danny Archer, a South African mercenary, and Solomon Vandy, a Mende fisherman, are joined in a common quest to recover a rare pink diamond that can transform their lives.



Charlotte's Web
Fern is one of only two living beings who sees that Wilbur is a special animal as she raises him, the runt of the litter, into a terrific and radiant pig. As Wilbur moves into a new barn, he begins a second profound friendship with the most unlikely of creatures--a spider named Charlotte--and their bond inspires the animals around them to come together as a family.

Eragon
A boy named Eragon finds a polished blue stone in the forest. At first, he thinks it's a lucky discovery, something that will bring meat to his

poor family for the winter. Instead, it brings a dragon hatchling, and Erago is soon thrust into a world of magic and power through which he and the dragon must navigate.

The Good Shepherd
Edward Wilson understands the value of secrecy—discretion and commitment to honor have been embedded in him since childhood. Wilson's acute mind, spotless reputation and sincere belief in American values render him a prime candidate for a career in intelligence, and he is soon recruited to work for the OSS (the precursor to the CIA) during WWII.

The Holiday
Iris is in love with a man who is about to marry another woman. Across the globe, Amanda realizes the man she lives with has been unfaithful. Two women who have never met and live 6,000 miles apart, find themselves in the exact same place. They meet online at a home exchange Web site and impulsively switch homes for the holiday.



The Pursuit of Happyness
Chris Gardner is a bright and talented, but marginally employed salesman. Struggling to make ends meet, Gardner finds himself and his five-year-old son evicted from their San Francisco apartment with nowhere to go. When Gardner lands an

internship at a prestigious stock brokerage firm, he and his son endure many hardships, including living in shelters, in pursuit of his dream of a better life for the two of them.



Rocky Balboa
Former heavyweight champion Rocky Balboa steps out of retirement and back into the ring, pitting himself against a new rival decades after his initial glory. When a computer simulated boxing match declares Rocky Balboa victor over current champion Mason "The Line" Dixon, the legendary fighter's passion and spirit are reignited.



We are Marshall
For decades, players, coaches, fans and families have come together to cheer on Marshall University's "Thundering Herd." While traveling after a game in North Carolina, 75 members of Marshall's football team and coaching staff were killed in a plane crash. As those left behind struggle to cope with the devastating loss of their loved ones, the grieving families found hope and strength in the leadership of Jack Lengyel, a young coach who was determined to rebuild Marshall's football program.

Moulage training provides realism, support for all island hospitals

Story and photo by
Mark R. Jackson

Tripler Army Medical Center
Public Affairs

Tripler Army Medical Center (TAMC) hosted a 'Moulage - the Art of Injury Simulation' training course Jan. 8-11 in the TAMC Department of Health Education Training Conference Room.

The course was open to all medical facilities in the state of Hawai'i. Participants attended from as far away as the Big Island.

"This class will be very useful to me in my work with Hawai'i DMAT [Disaster Management Assistance Team]," said Jennifer Rabalais, registered nurse, North Hawai'i Community Hospital, Big Island. "The ability to realistically simulate injury will enhance our exercises."

The four-day course focused on teaching students techniques to develop all types of injuries-from realistic-looking blisters to open wounds with protruding bone fractures.

"The realism of the injuries that are created using Image Perspectives' methods is invaluable in prompting realistic reactions for first responder training," said Laura Haven, moulage instructor, Image Perspectives. "Many years of participation in emergency medical service (EMS) and disaster response training have shown us, unequivocally, that people learn and test better when realistic injury simulation is used - what is realistically experienced is better learned and retained," Haven said.

Raylene Nolan, a registered nurse and manager at the emergency department



A student concentrates as he adds final, detailed touches on an artificial limb during the four-day moulage training course at Tripler Army Medical Center.

at Straub Clinic and Hospital, said, "Excellent program - it taught me to perfect my moulage techniques which will help in training my staff since we are a burn center. Also as an instructor for the trauma nursing core course, good moulage is needed."

Master Sgt. Chris Vance,

senior clinic non-commissioned officer (NCO), Tripler Critical Care Services, said the training is invaluable to add realism to training scenarios. He explained that anytime you can enhance a training environment for the Soldiers who are deploying, there is value added.

"It's high time that we provide that type of realism for our medics," Vance said. "They need to see realistic wounds in a simulated battle environment to hone their skills and as leaders, we need to be able to evaluate our subordinates ability to identify and treat wounds caused by a myriad

of items," he emphasized.

This type of training gives Soldiers a chance to correct their mistakes and show them different ways to treat the wound. "If the best that you can do is provide a strap on plastic wound that looks like it was taken off of an oversized doll, what kind of training

effect do we expect to gain," Vance queried. "Our medics are better than that -- they need and deserve to be challenged."

Realistic wounds equal realistic responses, said the clinic's senior NCO.

"The wounds that we've learned to create look real, act real and, added into any role playing, will give our medics the edge they need to be successful in theater," Vance said.

In addition to preparing Soldiers for real-world scenarios, the training provided an invaluable service to the community.

"This training is important for all the healthcare facilities for several reasons," said Elliott Ross, coordinator, Homeland Security, Pacific Regional Medical Command. "First, it provides in-house personnel capable of preparing simulated casualties for internal exercises. Secondly, it provides the state of Hawai'i with a pool of trained and experienced moulage specialists to use for local and state exercises involving patient play," he added.

Moulage (French: casting/moulding) is the art of creating and applying mock injuries for the purpose of training emergency response teams and other medical and military personnel. Moulage may be as simple as applying pre-made rubber or latex "wounds" to a healthy "patient's" limbs, chest, head, etc., or as complex as using complicated makeup and theatre techniques to provide elements of realism (such as blood, vomitus, open fractures, etc.) to the training simulation. The practice dates to at least the Renaissance, when wax figures were utilized for this purpose.)