

## Teamwork at a higher level

Christa B. Thomas  
QOL Marketing

An open house for the new Alpine Towers Challenge Course Facility and Climbing and Rappelling Wall was held Saturday at Barber's Point near the Power Point Fitness Center.

The facility offers the opportunity to train commands or groups to become the best team they can be.

According to course facilitators, the primary purpose of the challenge course is to provide and create an educational, motivational and fun physical experience that will have a real impact of the dynamics of groups and how members relate to each other.

Not to be confused with a "jungle gym," 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 over 40 different high- and low-ropes challenges. "The Alpine Tower II is the 'cadillac' of the industry," according to Steve Goodwin, outdoor recreation specialist. "These carefully planned challenges allow groups to address issues of teamwork, leadership, communication, out-of-the-box thinking, risk, commitment and much more."

### The Alpine Tower II

The new hourglass-shaped tower is one of only 230 in the world and number five, Navy-wide. The 55-foot high, freestanding structure features dangling nets, poles, ladders and ropes that offer 26 routes and 160 handholds.

The primary function of the tower is to incorporate a new level of group problem solving, while emphasizing the use of self and group-oriented challenges in a safe, controlled environment.

The structure's design allows for high and low group initiatives, or elements.

Closer to the ground, the low elements course can be physically challenging and is an introduction to challenge course work for groups planning on participating in a high-element program. The high elements are designed to provide more of a physical and mental challenge.

High elements consist of 30 different route variations that include team beam, chain of command, missing link, diabolical seesaw and the 'breath taker' swing.

Low elements challenge takes place on the



Photo by Jeffrey R. Harris

A climber attempts to scale the hourglass-shaped Alpine Tower at Barber's Point during the ribbon-cutting ceremony Saturday.

### LEAD Program

Like any large organization, the Navy relies on a highly skilled workforce to remain strong, focused and effective. Further, to enhance efficiency, experienced and upcoming leaders are necessary for preventing attrition. Toward that end, the Outdoor Adventure Center will apply the principles of the Leadership Education and Development (LEAD) Program to facilitate the program areas of the challenge course. The LEAD program is a dynamic training tool tailored to develop leadership skills such as effective communication, motivation and counseling - qualities that are essential for retaining skilled and experienced personnel. Through goal achievement and challenge, the LEAD program designs employ basic components of leadership, including respect, responsibility, teamwork and trust.

base rails. Initiatives include Titanic, perimeter traverse, penny in a haystack, raising the Sphinx and Trust Falls.

Although the names of some of these initiatives may sound daunting, participants don't have to be a member of troupe Cirque du Soleil to be successful.

"The gradual buildup of confidence allows you to step out of your comfort zone, with encouragement, not coercion," said Goodwin. Electronics Technician 3rd Class Ian Fields, Afloat Planning Systems Pacific, concurred.

"I was anxious on the way up," said Fields. "The higher I got, the more nervous I was. But when I came back down the tower, I couldn't wait to get up there again."

The Alpine Tower II is open to all ability and skill levels and, depending on the group's objectives, the experience can last two

hours or two days. What transforms this from a recreation experience to a structured team-training event is the debriefings that are conducted by course facilitators following the adventures.

### Team development course

The team development course provides a more "grounded" experience and allows participants to examine dynamic problem solving, communication and trust through group-oriented challenges. Although simple in design, the nine-element low course requires physical and mental exercises that represent the essence of teamwork, communication and responsibility.

The team development course resembles an obstacle course, but there is a difference. Obstacle courses require speed, strength and endurance. The challenge course doesn't require any athletic or climbing ability. Instead, it focuses on a cooperative effort from groups. "The only requirement is a desire to learn to communicate, strategize, delegate, respect and trust your group members. And all the laughing, playing and working together promotes camaraderie and team unity," stated Goodwin, who has over 10 years experience as a challenge course facilitator.

Lt. Susan Hwang, Navy Medical/Dental Reserve Unit San Diego (NRNMCSD Det D), agreed.

"This facility will be a great place for team building and morale building activities," she said. "And who would choose to run five miles when you can do this?"

### Climbing tower

Although the primary focus of the challenge course is teambuilding and communication for groups, the climbing and rappelling tower can be tailored for individuals. The wood-frame and cable structure presents the same challenges and employs the basic elements of rock-climbing - offering terrain for climbing, rappelling and other high angle activities.

As a complement to the challenge course, the climbing tower offers a physically demanding activity that promotes fitness and individual performance.

"It's a fun way to maintain force fitness standards and build confidence," said Hwang.

The Outdoor Adventure Center (OAC) facilitators instruct and guide groups through the basic components of each adventure, making every attempt to offer opportunities to try something new. Recognizing that not



U.S. Navy photo by J01 Daniel J. Calderon

Climbers enjoy a day of rock climbing at the open house held at Barber's Point Saturday. The OAC facilitators instruct and guide groups through the basic components of each adventure.



Photo by Jeffrey R. Harris

Course facilitators belay for their teammates at the new rock climbing wall located at Barber's Point. Although the primary focus of the challenge course is teambuilding and communication for groups, the climbing and rappelling tower can be tailored for individuals. The wood-frame and cable structure presents the same challenges and employs the basic elements of rock climbing offering terrain for climbing, rappelling and other high angle activities.

everyone has an extreme sense of adventure, facilitators are in tune with group members and employ the "challenge by choice" philosophy that simply means individuals set their own limits and are not pressured to go beyond their comfort zone.

Facilitators are trained to encourage participants to set challenging goals for themselves while respecting the efforts and limits of others. Ultimately, each participant chooses when to take it up a notch and should not fear that he or she may be forced to do anything.

Alpine Tower facilitators have been trained in the various aspects of technical skills and are there to maintain safety and ensure that all activity is conducted through the highest of safety standards. Each participant will be assisted with safety gear, such as helmets, harnesses and a system of cables, pulleys and anchors, while maneuvering the tower, climbing wall and other obsta-

cles. Although this challenge course offers something for everyone, there are age restrictions.

Ideally, participants should be at least 10 years old; even then, it becomes more recreation-based as opposed to facilitation-based. Goodwin predicted great successes for the facility and welcomes groups as small as eight, and, with enough facilitators on hand, as large as 100. The fee structure is based on number of participants, military status/affiliation, and which portion of the challenge course commands choose to undertake.

As part of MWR's ongoing effort to provide quality recreational opportunities and essential adventure experiences, all military commands and groups are invited to experience the LEAD program. Call the OAC at 473-1198 or email Steve.Goodwin@navy.mil to reserve a day on the new challenge course.



Photo by Gerald Hamilton

(Left) A climber descends the Alpine Tower located at Barber's Point. The new hourglass-shaped tower is one of only 230 in the world and number five, Navy-wide.

# Island Flavors

JO1 Jim Williams

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## La Mer offers Hawai'i ultimate dining experience

For the past few years, I have searched Hawai'i for the best places to eat. I have uncovered wonderful treasures of many varieties and have shared them with you. Now my time in paradise comes to an end and it seems only fitting to conclude my time here, and my final Island Flavors, with Hawai'i's ultimate dining experience.

While Oahu abounds with places that serve great meals at affordable prices, this treasure comes at a princely price, but it is the meal that you will remember a lifetime. If this sounds enticing, La Mer, located at the Halekulani, is for you.

You'll dine in the luxurious open-air salon and have the opportunity to partake of some of Hawai'i's highest quality fine French cuisine with service that redefines the word.

And apparently I'm not the only one who feels this way. Travel and Leisure magazine just placed La Mer and the Halekulani in third place as having the best service in the entire world. It is also Hawai'i's only restaurant to have earned the prestigious "AAA Five Diamonds" award for excellence in dining.

The restaurant's haute cuisine offers an intensity that satisfies your every sense and fills you up, but with a lightness that makes you feel like you could just float out the door at the end of the evening.

Guiding you through the experience is a staff, graceful in their service, and with an encyclopedia's worth of knowledge of the foods, wines, cheeses and the intimate finer touches of fine dining.

The menu and kitchen falls under the gifted direction of Chef Yves Garnier. Originally from Provence, France, Garnier insists that the cuisine retain a true French identity. Prior to La Mer, the chef worked in Monaco, where he earned a coveted Michelin star and often cooked for Prince Albert and the royal family.

My dinner guests and myself began our meal with a selection of appetizers (most of which range from \$14 to \$36).

We launched our meal with the musky, earthy flavored truffles, shipped in from the French region of Vaucluse, topped with a subtle Guerande salt from France's Atlantic coast, arranged over potatoes with shallots and ham shipped in from Italy.

Next, my guests and I moved on to an extraordinarily rich and silky sautéed foie gras that just evaporated in your mouth. It was served with a sweet port wine compote of pear, apricot and prunes, in a stunning presentation.

The following course was a lobster



Le Mer  
Halekulani  
Waikiki, Hawai'i  
923-2311

medallion, smoked salmon and garden-fresh avocado, prepared in a clever local sushi style.

Exemplifying true French cuisine, the next dish we sampled was escargot, presented in a creative pastry "purse," and served with contrasting hazelnut butter and a sweet hazelnut cookie.

Continuing on with the flawless French fare, we took pleasure in some sweet and tender scallops, served with truffles over a savory risotto, accented with artichokes.

Knowing La Mer technically translates in French to "the sea," we moved on to an astonishing crispy moi (a delicious, delicate Hawaiian fish that was once reserved only for royalty) on a puff pastry, and layered with leek fondue in a "Monte-Carlo" sauce. This dish left a pleasant, faint taste of the sea, but that was soon washed away by the Williamine pear (brandy) sorbet, intended to cleanse our palates before proceeding to our entrees.

My main course consisted of a tournedo of Angus beef filet, sautéed with Portobello mushrooms, and accented with a simple, yet complex, basil jus sauce. It was topped with a sliver of Maitre d'hotel butter (butter with a hint of lemon and chopped parsley) in the traditional French style.

A few tempting entrees on the menu (most of which range between \$28 and \$45) that escaped my plate during this visit included the rack of lamb with a Dijon mustard crust, presented Provencal style with vegetables and creamy potatoes as well as their celebrated "Bouillabaisse La Mer," made with an assortment of fish, shellfish, vegetables, wine, garlic and herbs, served cleverly in a puff pastry.

To accompany each dish, La Mer boasts an astonishing wine list.

By the time the impressive cheese cart rolled around, it was clear to everyone that we were not just having a dinner in Hawai'i anymore; rather we'd been swept away to Monte Carlo or Paris, where din-

ner becomes a grandiose occasion.

We all selected a few samples from the cart, ranging from Hawai'i's only locally made cheese (a chevre made on the Big Island) to a smooth Camembert from France. Only the bravest of our table took on one nameless gooey, stinky cheese that I suspect would frighten away any mouse.

Coming to dessert, the true pinnacle of the meal according to my wife, not wishing to make a decision on which dessert looked best, we selected the "Dessert Variation La Mer," which offered a nice sample of the cookies, chocolates, ice cream and French style desserts, all of which are made on the premises.

Other delightful desserts, not chosen, include the pistachio ice cream "Mikado," with pistachio bonbons dipped in dark chocolate with an almond, ginger Chiboust (or pastry cream, finished with an Italian meringue) in a butterfly style chocolate vase and the "Dreams of Chocolate" with cherry brandy chocolate mousse, a white and dark chocolate "tear drop" and Gianduja (a silky-smooth, hazelnut-flavored chocolate) ice cream in a chocolate cup symphony.

You can also conclude your dining experience with any of a number of La Mer's dessert wines, specialty pressed coffees, large assortment of teas or an espresso or cappuccino.

While La Mer's unmistakably French cuisine may make you feel like you are visiting the French Riviera, La Mer's decor brings you back to Hawai'i with its decidedly South Pacific elegance, sweeping diners back to a feeling of turn of the century Hawai'i. The 1930s plantation-style cottage dining room is decorated with European-style sketched walls, adorned with gold-panel, teak and bamboo trimmings. With enormous windows facing the ocean and Diamond Head, La Mer can be one of Hawai'i's most romantic settings and is the background for abundant wedding proposals and anniversary dinners.

Looking back on my experience at La Mer, and what makes it Hawai'i's perfect dining experience in my opinion is not only their sublime food, flawless service and spectacular views. It is also the mood set by the whole experience. As you dine on the cuisine and enjoy the service worthy of royalty, it's the sensation the world has stopped for a few hours and you have been given the chance to just take pleasure in life. That is why if you want to truly experience Hawai'i's ultimate dining experience, it has to be La Mer.

## Navy College satellite office open at Kaneohe Bay

JO1 Daniel J. Calderón  
Editor

Sailors stationed at Marine Corps Air Base Hawai'i, Kaneohe Bay, now have a Navy College office closer to where they work.

The Navy College satellite office opened in Hangar 104 June 1. The office is in room 202 on the "oceanside" of the hangar. Sailors can visit the office Tuesdays and Wednesdays from 8:15 a.m. to 4:45 p.m. Alan Matsushima, regional director for Navy College, said the hours might be extended depending on the needs of Sailors. He feels the office will be a great boon to Sailors stationed on the windward side of Oahu.

"I think we'll be able to see a lot more people here than if they would have to drive to an outside location," Matsushima said. "One Sailor told me, 'When I get into my car [at the end of the day], I just go home.' It's much more convenient for people to just walk down a passageway instead of getting into a car to go to another office," he said.

Matsushima said the satellite office will function as a full-service Navy College office and will be open to all eligible patrons of Navy College. There, Sailors can come in to request SMART transcripts, sign up for and take placement and college-level exams, and use all the benefits of any Navy College office.

In the first two days of operation, the new office had 28 Sailors come in for consulta-

tions. Matsushima said the office should be able to handle 15 individuals a day. He said there would soon be a sign-up sheet at the door so Sailors can schedule their appointments in advance.

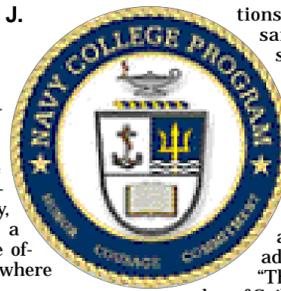
"The average number of Sailors we have seen from here in the past is 18 percent," Matsushima said. "That will triple within a year. By the time we've been here a year, we'll have seen at least 64 percent of the Sailors stationed out here."

Matsushima credits convenience as a key factor in the expected influx of Kaneohe-based Sailors.

"We can offer them so many benefits for themselves and their dependents," he said. "When they come in and do their SMART and we can show them how close they are to an associates or a bachelor's degree, that's when we kind of hook'em."

As an example, Matsushima turned to the Navy College satellite office at Barking Sands. Before Navy College had an office there, only seven percent of Sailors had come in to be evaluated or use the office. Within a year after the satellite office was opened, 63 percent of Sailors stationed there had come in and had been helped by Navy College.

"I'm hoping we can get that kind of a percentage here," said CMDM(AW/SW) Mo Radke, command master chief for Commander Patrol Reconnaissance Wing 2. "A more educated Sailor is a better Sailor. A lot of good things can come from higher education."



### Island Flavors 'Side Dish'

It is with sadness that I must leave my post as Island Flavors restaurant columnist. I leave shortly for a new job and a new search for that perfect meal in Washington, D.C. But it has been my pleasure sharing my dining experiences with you and hope that you all continue to keep trying something new whenever and wherever you can.

JO1 Jim Williams

# 'Four sisters' meeting commemorated

Special to Hawai'i Navy News

Keith DeMello, McNeil Wilson Communications

On June 7, 1954, America's four Iowa-class battleships - including the USS Missouri - gathered off the Virginia Capes and were photographed together for the first and only time. This year, from June 5-7, amateur radio clubs operating from each ship or within view commemorated the 50th anniversary of this historic event over the airwaves with the "Four Sisters Reunion."

Known as the "fast battleships," the Iowa-class - USS Iowa (BB-61), USS New Jersey (BB-62), USS Missouri (BB-63) and USS Wisconsin (BB-64) - were America's last battleships. All were completed during World War II and played decisive roles in Allied victories, including the USS Missouri's role as the site of the official signing of Japan's unconditional surrender on Sept. 2, 1945.

Hosting the event was NJ2BB, the Battleship New Jersey amateur radio club operating aboard the ship in New Jersey. NJ2BB exchanged communications throughout the weekend with the public, along with participants from the Battleship Missouri Memorial (whose radio club, call sign KH6BB, operates from Pearl Harbor, Hawaii, inside the Missouri's refurbished radio room) and the Battleship Wisconsin (call sign N4WIS) in Norfolk, Va.

Standing in for the Battleship Iowa was the Liberty-class ship SS Jeremiah O'Brien (call sign K6JOB). The Iowa is still in the mothball fleet in Suisun Bay, north of San Francisco. The Jeremiah O'Brien operated within sight of the Iowa.

More than 500 stations throughout the United States and from 20 foreign countries participated in the reunion event.

Edward K. (Ned) Conklin, a member of the Missouri's radio club, explained, "Battleships, especially at that point in history, were symbols of countries'



U.S. Navy photo

In line abreast formation, all four Iowa-class battleships were photographed together on June 7, 1954 in the Virginia Capes. Pictured are (from nearest ship) the USS Iowa (BB-61), USS Wisconsin (BB-64), USS Missouri (BB-63) and USS New Jersey (BB-62).

strength and prosperity. The meeting of the 'Four Sisters' was only for a few hours and only a few pictures exist, but it was a very singular event."

Iowa-class battleships were designed to be the U.S. Navy's first new World War II-era "fast battleships," intended to protect aircraft carriers against the threat of similar "big-gun" ships and complement traditional battle lines. Although a total of six Iowa-class battleships and the even-larger Montana-class were designed and ordered, only four of the Iowas were completed and were ultimately the last battleships to be built.

The Iowa-class were much longer and considerably faster than the preceding North Carolina and South Dakota classes. The Iowas' main battery, nine 16-inch guns, were unmatched in accuracy relative to distance, and the ships' armor was designed to protect against the armor-piercing shells of similar weaponry.

The first two ships, Iowa and New Jersey, were completed in 1943 and the second pair, Missouri and Wisconsin, launched in 1944. Iowa-class battleships served in WWII, the Korean War, the Vietnam War and Operation Desert Storm. In addition to serving as the site of Japan's WWII surrender, the USS Missouri's

last official duty was to lead the 1991 procession of ships in Pearl Harbor for ceremonies commemorating the 50th anniversary of Japan's Dec. 7, 1941, attack. The USS Missouri, America's last battleship remaining in service, was decommissioned in March 1992.

The USS Missouri Memorial Association is a private Hawaii-based 501(c)(3) non-profit organization designated by the Navy as caretaker of the Battleship Missouri Memorial. Former President George Bush is the memorial's honorary chairman of the board. The Battleship Missouri is supported by admissions, retail and concession sales, donations, grants and the work of volunteers. The association was formed in 1994 and includes a cross-section of leaders from Hawaii's business, civic, political and retired military communities.

## Great Life Hawai'i photo of the week



Photo of Cheryl Hunt, a Navy family member, scuba diving off the coast of Kona at a sailboat shipwreck.

Morale, Welfare and Recreation is offering the "Great Life Hawai'i Photo Contest," so dust off the photo albums and pick the photo that best represents what makes being stationed in Hawai'i so memorable. Submit unpublished photographs (no smaller than five by seven inches at 200 DPI) to "hnn@honoluluadvertiser.com." All photographs submitted will become the property of HNN and MWR, which reserves the right to edit, copyright and publish submissions. There is no entry fee, but there is a limit of one entry per family. Weekly photo winners will be showcased both in Hawai'i Navy News and on the MWR web site "www.greatlife-hawaii.com." Every quarter, a winner will be selected from the weekly winners to receive a special gift package from MWR. This contest is open to amateur photographers only, who must be at least 18 years of age.

# Water safety essential during summer vacation

**JOSN Ryan C. McGinley**  
Staff Writer

With school ending for most children, swimming pools and beaches will fill with children enjoying a vacation away from reading and writing. According to Dana Russell, lead lifeguard and swimming lesson coordinator at Scott Pool on Pearl Harbor, swimming lessons and water safety are essential to helping children feel comfortable in the water and helping to prevent accidents.

"I really recommend that you just get your kids in one level or session of swimming lessons. That way they just have that knowledge [of the water]," she said. "It teaches them discipline."

Morale, Welfare and Recreation offers swimming lessons and a variety of other aquatic programs that help not only children, but also adults learn about water safety. These include swimming lessons for children up to the age of 15, an infant-parent aquatic program where they teach the parents to teach the children how to swim, and junior lifeguarding programs at Barber's Point.

Russell said her instructors also teach swimming pool and beach safety during the lessons. Some major topics covered include diving board safety, basic CPR and first aid, look before you leap, and flotation device safety.

Pools allow flotation devices at the facilities on base; however, Russell recommends that

parents make sure their kids are not dependent on them.

"If you're trying to teach a child how to swim, it's good to have them in lessons just because it teaches them the correct way and they don't form bad habits and become dependent on the flotation devices," she said.

If children are going to be around the water for summer vacation, Russell recommends that they become familiar with the water so panic does not set in, should a situation arise.

"Our goal is to teach the kids proficient swimming skills, but [also] if they were in [a dangerous] situation they could survive, they would be able to make it back to the wall," she said. "It's just giving them a better awareness."



U.S. Navy photo by JOSN Ryan C. McGinley  
Lindsey Spargur, a swimming instructor, teaches a child to float during a swimming lesson at Scott Pool on Pearl Harbor.

## Remembering what our flag represents

**Karen S. Spangler**  
Commentary

Flag Day on June 14 – the patriotic holiday sandwiched between Memorial Day and Fourth of July – sometimes goes relatively unnoticed.

Here at Pearl Harbor, as well as across our great land and throughout the world, many of



U.S. Navy photo

The Hawaii lodges of the Benevolent Protection Order of the Elks invites the public to a ceremony commemorating National Flag Day from 2-3:30 p.m. June 13 at the Battleship Missouri Memorial in Pearl Harbor. Memorial admission fees apply.

our service members have been killed or wounded while protecting our nation's flag and what it represents. Hundreds of memorials – including those at Pearl Harbor – serve to remind us daily of the sacrifices of those who have fought to preserve our freedom.

The origins of Flag Day began in 1885 when students in Fredonia, Wisc. observed a "Flag Birthday" on June 14 which marked the official adoption of the Stars and Stripes. The idea grew as other cities and towns displayed the flag on that day. In 1916, President Woodrow Wilson officially established Flag Day, but it wasn't until 1949 that President Harry Truman signed an Act of Congress designating June 14 as National Flag Day.

The flag has undergone many changes through the years, from the early days of the Revolutionary War when the 13 alternating red and white stripes and 13 white stars on a blue field represented the original 13 colonies. The last of these changes occurred July 4, 1960 when the flag received its 50th star representing the addition of our newest state – Hawaii.

Our flag symbolizes the ideals upon which our nation was founded and the legacy of those who fought and died to defend those ideals – freedom, opportunity and our Navy core of values of honor, courage and commitment. When you observe morning or evening colors or attend an event where the flag is exhibited or the national anthem is played, remember all that our flag represents. Long may Old Glory wave "over the land of the free and the home of the brave."

## June 20 is Father's Day

Fleet and Family Support Center

A Navy dad is very important to his children and his influence lasts a lifetime. Movies and television make men and boys think that "macho" behavior and being strong and powerful is what it takes to be a man. There are more important things men and dads do – they help us know who we are and what we can do in life; praise us and give us healthy self-respect; teach us how the world works; give us courage to try new things; and help us feel secure, protected and cared for. When a dad has a close relationship with his children, they are more likely to be well adjusted, have positive self-esteem, do better in school and develop good relationships later in life. Here are some things to keep in mind about the relationship between a dad and his children:

- Dad, together with mom, takes care of his children, and is just as important as Mom. Dad has lots of jobs; one of them is to let his children know that he loves them by showing affection and hugging them and will take care of them.
- Dads, just like mom, can be

involved in his children's lives by making a habit of talking and listening to them, spending quality time with them, teaching them about the world, and being a positive role model.

- Dad can spend time regularly with his children, even if he doesn't live with them.

- Dad is just as important to his daughters as he is to his sons.

- Dad can learn to take good care of his children, even if his own father wasn't around to teach him about being a father.

- Dad can ask his brother or another trusted male friend to include his children in activities if he can't be with them as much as he'd like.

- Dad knows that he doesn't instantly become good at being a dad just because he has a baby. He will learn all about being a dad as he spends time developing a loving relationship with his children.

- Groups of dads and their kids can get together on a regular basis and learn from one another.

Planning activities takes only a little organization and often schools, religious organizations and the Fleet and Family Support

Center are willing to offer space for activities and advice on how to get started. Here some ideas for group activities:

- Meet regularly (e.g., the first Tuesday evening of every month) at school or another public building to play basketball or have a potluck dinner or barbeque.

- Meet once a month on a weekend morning for breakfast together. Different fathers and kids can rotate to cook, serve and clean up.

- Go to a sporting event, museum or movie together. Get together for a picnic and some games in the park. A dad is a wonderful person whose children need him very much.

Celebrating Fathers Fun Day is planned for 10 a.m.-4 p.m. June 19 at Pearlridge Center, Uptown. It will include entertainment (Simplicity, Vaihi and Tradewinds), father-child activities, a Father-Child Look-a-Like Contest and door prizes.

For more information about the topic of fatherhood, getting a group together, or the Celebrating Fathers Fun Day, call Chet Adessa at 473-4222, ext. 272 or email [chester.adessa@navy.mil](mailto:chester.adessa@navy.mil) at

# MWR

## Movie Call

Sharkey Theater, Pearl Harbor  
(473-0726)

**FRIDAY**  
7:00 p.m. Laws of Attraction (PG-13)  
**SATURDAY**  
2:30 p.m. Ella Enchanted (PG)  
4:30 p.m. The Alamo (PG-13)  
7:00 p.m. Johnson Family Vacation (PG-13)  
**SUNDAY**  
2:30 p.m. Connie and Carla (PG-13)  
4:30 p.m. Jersey Girl (PG-13)  
6:45 p.m. The Punisher (R)  
**THURSDAY**  
7:00 p.m. The Alamo (PG-13)  
\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6-11)

Memorial Theater, Hickam AFB  
(449-2239)

**FRIDAY**  
7:00 p.m. Kill Bill Vol. 2 (R)  
**SATURDAY AND SUNDAY**  
2:00 p.m. Ella Enchanted (PG)  
7:00 p.m. Kill Bill Vol. 2 (R)  
**WEDNESDAY AND THURSDAY**  
7:00 p.m. Envy (PG-13)  
\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6-11)

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

**FRIDAY**  
7:00 p.m. The Punisher (R)  
**SATURDAY AND SUNDAY**  
2:00 p.m. Johnson Family Vacation (PG-13)  
7:00 p.m. Connie and Carla (PG-13)  
\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6-11)

*Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held.*

### OUTDOOR ADVENTURE EVENTS

- **June 12:** Surf kayak competition, 7 a.m. Call OAC for details.
  - **June 16:** Underwater photography workshop, 6 p.m. The cost is \$5. Deadline to register is **June 14**.
  - **June 19:** Waikiki outrigger canoeing, 10 a.m. The cost is \$12. Deadline to register is **June 16**.
  - **June 19:** All-Military Surf Meet, 7 a.m. Call OAC for details.
  - **June 19:** Father's Day sailplane adventure, 8 a.m. The cost is \$28. Deadline to register is **June 16**.
- For more information, call 473-1198.

### WALLYBALL TOURNAMENT

Today is the last day to register for the MWR Walleyball Tournament which will be held **June 16-18** at Bloch Arena racquetball courts. The event will include doubles only, men's and women's, A, B and C divisions. The cost is \$5 per team.

### SURF KAYAK CONTEST

A surf kayak contest will be hosted by Navy Region MWR and Hui Wa'a Kaukahi Kayak Club from 7 a.m.-4 p.m. **June 12** at White Plains Beach at Barbers

Point. Approximately 80-100 contestants will compete for prizes and trophies. To register or for more information, call Dino at 684-5133 or visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com).

### FLAG DAY ON THE WATER

- Any veteran with a Rainbow Bay Marina blue card who rents a sailboat, kayak or paddleboat will receive one hour free for each hour rented in observance of Flag Day on **June 14**. Any RBM blue cardholder who brings a veteran will also receive an hour free for each hour rented.

- All patrons who visit any MWR pool on **June 14** will receive a special gift.

### PEE WEE T-BALL

Registration for Pee Wee T-ball is scheduled for **June 14-July 2** at the youth sports office. The season will be from July 24-Oct. 9. The cost is \$35 (includes T-shirt, medal and certificate). At time of registration, parents should bring a current physical (dated no more than a year old) and birth certificate. The league is open to family members of active duty, retirees, reservists and DoD civilians. For more information, call 474-3501.

### FITNESS FUN RUN

A free fitness fun run will start at 7 a.m. **June 18** at the Ford Island gym. The event is open to active duty, their family members and DoD personnel from Pearl Harbor, NCTAMS, Barber's Point, West Loch and Kunia. For more information, call 473-2437.

### SURF SCHOOL

Registration will be held **June 18-19** for surf school which begins **June 22** at White Plains Beach at Barbers Point. The class is geared for youth ages 7-16. For more information, call Kona Breeze Pool at 684-5133 or visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com).

### ALL-MILITARY SURF CONTEST

An All-Military Surf Contest will be held from 7 a.m.-4 p.m. **June 19** at White Plains Beach, Barbers Point. Approximately 160 contestants from all military branches will compete for prizes and trophies. Each contestant will receive a bag of items, including T-shirts and stickers. The event will also feature a DJ and a live band and there will be a sand castle-building contest. To register or for more information, call Dino at 684-5133 or visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com).

### FREE GOLF CLINICS

Learn the basics or refine your game at free clinics that will be held from 1-2 p.m. **June 19** at Navy-Marine Golf Course. The clinics are open to the first 16 active duty Navy or their family members. For more information or to register, call the pro shop at 471-0142.

### FFSC

For more on activities at the Fleet and Family Support Center, call 473-4222.

### BUILDING GOOD SELF-ESTEEM IN SCHOOL AGE CHILDREN

A class on Building Good Self-

Esteem in School Age Children will be offered from 9-1 a.m. **June 17**. The class is geared for parents of children ages 6-10 and will instruct them on how to use the special "language of encouragement" instead of praise. Parents will learn how high self-esteem can be a parent's greatest ally for cooperation.

### SMART MOVE WORKSHOP

A Smart Move Workshop will be offered from 8-11:30 a.m. **June 17**. The workshop will provide essential information to assist service members and their spouses in planning an upcoming move. Information includes entitlements, checklists and other important things to remember and consider.



**June 18:** Hawaiian Waters Adventure Park, 11 a.m., \$21.

**June 25:** All-night movie marathon, 10 p.m., free.

**June 26:** Fishing tournament, 11 a.m., bring money.

### Weekly events:

**Sunday:** Chess tournament, 6:30 p.m.

**Monday:** WWE wrestling, 6:30 p.m.

**Tuesday:** 8-Ball tournament - 7 p.m.

**Wednesday:** Game show - 6:30 p.m.

**Thursday:** 9-Ball Pool tournament - 7 p.m.

# Community Calendar



**The Alamo:** In the spring of 1836, 200 Texans - men of all races who believed in the future of Texas - held the fort for 13 days under siege by General Antonio Lopez de Santa Anna, ruler of Mexico and commander of its forces.

**Connie and Carla:** Two struggling Chicago dinner theater performers accidentally witness a mafia hit and hit the road running for their lives. They go undercover as drag queens and they inadvertently become the toast of the cabaret circuit.

**Ella Enchanted:** Ella of Frel was born with the "gift" of absolute obedience. But when her inability to disobey orders threatens to keep her away from her true love, she sets out on a journey to rid herself of the curse.

**Envy:** When a hapless schmoe becomes rich after selling an invention called Vapoorize, his longtime friend and neighbor is driven insane with envy and proceeds to wage war on him.

**Jersey Girl:** Ollie is a powerful entertainment executive whose wife dies in childbirth. Ollie, tasked with raising a child by himself, moves back in with his father.

**Johnson Family Vacation:** Invited to a big family reunion in Missouri, Nate sees it as an opportunity to reconnect with his estranged wife and children. Between his wary wife and arguing kids, getting from point A to point B proves to be just short of a nightmare.

**Kill Bill Vol. 2:** There were five on her list. Now it's three. O-Ren Ishii and Vernita Green were the first to fall. Now The Bride (Uma Thurman) is out to finish the job by killing Elle Driver, Budd, and last of all, Bill (David Carradine).

**Laws of Attraction:** Two New York divorce attorneys often oppose each other in court, but end up irresistibly drawn to each other.

**The Punisher:** See review

JOSN Ryan C. McGinley

### The Punisher

With the string of recent comic book adaptations, it's clear what draws audiences and critical praise to the film genre and what falls flat.

"The Punisher" is based on a Marvel comic book about a man who seeks 'punishment,' not revenge, on the man who slaughtered his entire family. Frank Castle (Thomas Jane) is an FBI agent who performs his last sting operation in the beginning of the film. Inadvertently it turns bad, and a mobster's son is killed. The mobster is Howard Saint (John Travolta), a wealthy, money-laundering criminal who orders the man responsible to die for killing his son. His wife then adds in a quaintly serious tone that his whole family must die as well.

Therefore, we witness Castle's entire family (cousins and all) massacred before he himself is supposedly killed (with three bullets and a towering inferno that would most likely kill anyone else).

Miraculously he survives though, to inflict punishment on those responsible for his family's death. Ensuing blood, bombs and a hail of gunfire define the movie not as a "Spideyman" or "X-Men" with supplemental story lines, but rather as a "Daredevil" that lacks depth or reason.

Will Patton lends an always-defining performance as Quentin Glass, Howard Saint's best friend and enforcer. However, it cannot certainly save a movie which uses violence and one-liners to transition from one scene to the next with little plausibility or gravity.

The end of the film leaves the audience with a looming sequel (pending box office success) and some cool fight scenes. However, with the recent success of other comic book movies that lend more story and neater special effects, "The Punisher" will certainly not punish anyone else in the future, hopefully that is.

OVERALL RATING:

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

To get your activity or event featured in the Community Calendar, e-mail your requests to the editor at [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) or fax submissions to Hawaii's Navy News at 473-2876.

Deadline for submissions is Thursday for the following week's issue. Items will run for four consecutive weeks on a space available basis.

### MISCELLANEOUS

#### BLOOD DRIVES

- **June 11:** 10 a.m.-1 p.m., U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.
- **June 16:** 10 a.m.-4 p.m., U.S. Coast Guard, Club 14 at ISC Honolulu.
- **June 18:** 10 a.m.-1 p.m., U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.

- **June 24:** 9 a.m.-noon, U.S. Air Force, Hickam Community Center, Hickam Air Force Base.
- **June 25:** 10 a.m.-1 p.m., U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.
- **July 1:** 8 a.m.-noon, U.S. Marine Corps, MARFORPAC, Polluck Theater, Marine Corps Base Hawaii - Kaneohe.
- **July 10:** 9 a.m.-noon, U.S. Navy, Naval Reserve Center.

For more information, call 433-6148.

#### CAMP ALOHA REGISTRATION

Registration is now ongoing for Camp Aloha, a resident summer camp for children of active duty military personnel. Camp Aloha is designed as a joint, 'purple' program that en-

compasses all military service branches. It is open to children ages six-18.

The weekly sessions (Monday through Friday, five days and four nights) are offered to 50 youth in two separate age groups (six-12 and 13-18). The camp site for six-12-year-olds is at the Ford Island gym. The camp site for 13-18-year-olds is at White Plains Beach at Barbers Point. To fill the six weeks of Camp Aloha, a registered child's name will be selected at random for a weekly slot (a type of lottery draw). Parents will be notified of the selected session dates for their child. Registrations will be accepted through **July 16**. The last week of camp begins July 19. To register your child for Camp Aloha, complete an application form at Catlin or Iroquois Point Clubhouse. For more information, call the Boys & Girls Club of Navy Hawaii at 421-1556.

#### YOUTH SOCCER REGISTRATION

American Youth Soccer Organization (AYSO) Region 188 will hold registration for the fall 2004 season from 3 to 6 p.m. **June 19** at the Hickam BXTRA. The registration fee is \$55. Those registering for the first time with AYSO Region 188 should bring proof of date of birth. For more information or to register, visit the Website at [www.aysoregion188.org](http://www.aysoregion188.org) or call the registrar at 834-5979.

#### FORD ISLAND 5K ANCHOR RUN

Entry forms are now being accepted for the 2nd Annual Ford Island 5k Anchor Run which will begin at 8:05 a.m. **June 25**. The entry fee is \$ 17. All active duty and dependents are invited to participate. For more information, call

ITC(SW) Robertson at 472-8881, ext. 344.

### NEX

#### CLASSIC CARS AND FAMILY FUN

The second annual NEX/MWR Auto Show is planned for 9 a.m.-5 p.m. **June 26** at the NEX parking lot. The event will feature live entertainment and activities for children, food and classic cars. Prizes will be awarded in seven categories: vintage, classic, street machine, muscle car, custom truck, retro and import. Show car registration is from 8 a.m. to 9 a.m. To enter a car in the show, contact Dennis Parsons at 423-3226 or email: [dennis\\_parsons@nexnet.navy.mil](mailto:dennis_parsons@nexnet.navy.mil).

#### ACCEPTING APPLICATIONS

The Navy Exchange is accepting applications for a variety of positions. Employment applications are available at the application drop boxes located in the main rotunda and on the second floor near the registers. Completed applications may be dropped off at these boxes.

#### PUMP UP THE VOLUME

Proud of your auto sound system? Enter the Navy Exchange Auto Sound Center Sound Off Competition for a chance to win prizes. Contestants will compete at the NEX/MWR Auto Show on **June 26** and will be judged on loudness, clarity and cosmetics. To enter, contact Mike Griffin at 421-1650 by June 21. The competition is open to members of the military community only.

### ARMED SERVICES YMCA

#### ALIAMANU LOCATION:

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

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

T.O.P.S. (Take Off Pounds Sensibly), a non-profit, noncommercial weight-loss support group, meets every Wednesday at the Armed Services YMCA, Aliamanu location. Weight-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. For more information, call Delcie at 623-1403.

#### WELCOME BABY

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

#### CHILDREN'S WAITING ROOM

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

## STORY IDEAS?

Phone: (808) 473-2888

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

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

Hawaii Navy News

# June is Skin Cancer Awareness Month

Wendee Ellen  
Kukuwich

Health Promotion Education, Naval Medical Clinic, Pearl Harbor

Skin cancer is the most common cancer in the world. The American Academy of Dermatology estimates one million new cases of skin cancer will be diagnosed in the United States this year. Among them will be more than 55,100 new cases of melanoma, the disease's deadliest form. Skin cancer generally is curable by burning or freezing the tumor cells, but - left untreated - it can spread (metastasize) quickly to other parts of the body through the lymph or circulatory systems and lead to death. Skin cancer can be prevented through education regarding sun exposure and by developing positive sun protection habits.

•Who is at risk?  
Although anyone can get skin cancer, the risk is greatest for people who have fair skin that freckles easily. Because their skin has little protective pigment, they are most susceptible to sunburn. Darker-skinned people can also develop cancers if exposed to the sun without protection. Individuals whose immune systems are weakened as a result of cancer chemotherapy, AIDS or organ transplantation are also at higher risk. People who live in regions near to the equator, such as Hawaii, are more likely to get skin cancer. Worldwide, the highest rates of skin cancer are found in South Africa and Australia.

•How can I tell if a skin



U.S. Navy photo by JO1 Daniel J. Calderon

Be sure to use a sunscreen with SPF 15 or higher at the beach or when exposed to the sun.

cancer is developing?

There can be many signs including: a change in a mole, a skin growth that increases in size, and a spot that continues to itch, hurt, scab. Skin cancers don't all look the same. For example, the cancer may start as a small, smooth, shiny, pale, or it can appear as a firm red lump. Skin cancers are found mainly on areas of the skin that are exposed to the sun - the head, face, neck, hands and arms. Regardless of appearance, any change in a pre-existing skin growth, or the development of a new growth or open sore that fails to heal, should prompt an immediate visit to a physician.

Prevent skin cancer by practicing year-round sun protection.

Whatever you're doing outdoors and whatever the time of year, remember the sun's ultraviolet (UV) rays can still harm your skin, whether you're fair or dark. On a cloudy or hazy day, the sun is out, even if you can't see it. Skin cancer is related to lifetime exposure to UV radiation. Therefore, protection should start in childhood to prevent skin cancer later in life. To reduce your lifetime sun-exposure total, practice these sun-protection basics all year round to give your skin the best chance of long-term health:

- Opt to avoid sun exposure during the sun's peak hours (10 a.m. to 4 p.m.).
- Use a sunscreen (lotion, gel, cream, wax stick) with a sun protective factor (SPF) of 15 or higher, preferably a "broad spec-

trum" sunscreen that blocks both UVA and UVB radiation.

- Wear a hat to protect your face, scalp, ears and neck. Beware of baseball caps and visors that shade the face, but leave the neck, lower face and ears exposed.

- Avoid indoor tanning salons and sun lamps. Artificial light sources are just as dangerous as those from the sun.

- Cover up with lightweight clothing such as long-sleeved shirts and pants.

- Wear UV-protective sunglasses to protect your eyes from cataracts.

- Teach your children good sun protection habits at an early age; the damage that leads to adult skin cancers starts in childhood.

- Keep newborns out of

the sun. Sunscreens can be used on babies over the age of six months.

- Have a professional skin examination annually.

- Consult your physician or pharmacist before going out in the sun while on medication. Some medications, including commonly used acne medications and antibiotics, can make skin prone to sunburn and sun damage. Other medications may cause photosensitive reactions like rashes, redness and swelling.

Self-tanning products are more healthful than a suntan. Getting a suntan breaks down the DNA in skin cells. Self-tanning products contain dihydroxyacetone (DHA), a colorless sugar that interacts with dead surface cells in the epidermis, staining the skin darker. The effect is temporary because as the dead cells naturally slough off, the color fades, disappearing within a week unless the lotion has been reapplied. Some sunless tanning products may cause skin irritations or allergic reactions due to perfumes and fragrances. Don't forget, just because your skin may look darker, it doesn't mean your skin is protected from UV rays. Sun-safe skin protection is needed while using sunless tanning products.

Remember, it's never too late to start taking care of your skin. The NMCLPH Health Promotion (HP) encourages everyone to protect his or her skin. For more information, stop by the BMC Makalapa Wellness Center during clinic hours or call the HP department at 471-WELL.

## Voting office implements a new program

JO2 Devin Wright

Staff Writer

The voting assistance office in implementing a new way to vote this season.

In the past, voters or voting representatives have gone to their local voting assistance office to receive their absentee ballots.

Now voters are encouraged to go online to [www.fvap.gov](http://www.fvap.gov) and fill out an application to receive an absentee ballot, print it out and mail it in.

After the voter receives their own ballots they simply mail it in to cast their vote.

Although absentee ballots are still available through the voting assistance office voters are asked to go online for their ballots.

According to the voting assistance officer, there are several benefits to the new program

"One of the benefits of this new program is voters don't have to hunt me down to get their ballot," said Nguyen

"Now they can take their voting matters into their own hands, fill out the request form, get their ballot, mail it in and be done with it vice waiting for your command to tell you when you can vote or having to come in to the voting assistance office to try and get a ballot," said Nguyen.

"If a servicemember is deployed and the spouse wants to vote, they can receive their ballots themselves and not miss out on one of our country's greatest freedoms. Also, ballots are expensive and often go unused, so with this method the servicemember get to vote on their own terms, and the government saves money. It's win, win," he explained.

The voting assistance office would like to stress the importance of voting to eligible servicemembers and theirs spouses.

"We hope people will exercise their right to vote," said Nguyen. "I hear a lot of people complaining about this politician or that politician, but when you ask them if they voted, often the answer is no. If you vote, you really can make a difference," stressed Nguyen.



