



Rebuilding Together™ HAWAII

JOSN Ryan C. McGinley
Staff Writer

Kahiau Brown was born Oct. 18, 1995 on the island of Maui. Doctors diagnosed him with severe cerebral palsy, which is a condition that affects control of the muscles. It is the inability of the brain to send out signals to the muscles, which can affect walking, talking, eating or playing in the same ways as most other children. Doctors told his adoptive parents, Harry and Donna Brown, that Kahiau would be a difficult challenge and that they should seek professional help.

"The initial diagnosis to us when he was seven months old was that it would be best for us to place him in a home," said Harry Brown. "We told them we did. We have a home, and I gave them my address."

Harry and his wife were on an adoption list for 17 years before Kahiau came into their lives. They were unable to have children on their own and accepted Kahiau as a blessing at birth from a relative who was unable to take care of him.

After eight years, it had become increasingly difficult for the Browns to take Kahiau in and out of their house. They also were in need of an accessible shower for him. Harry and his wife filled out an application for a program called Rebuilding Together Hawai'i, conveying a need for a wheelchair accessible ramp and bathroom for their son.

Rebuilding Together Hawai'i, formerly "Christmas in April," is a 100 percent volunteer organization that rehabilitates houses of low-income Oahu homeowners, particularly the elderly and disabled. It is an organization that aims to sustain and revitalize houses and communities, assuring that they live in warmth, safety and independence.

After receiving the call that Rebuilding Together Hawai'i had chosen their home, Harry Brown said that he and his family were elated at the generosity.

"As a family we were so grateful, so touched, that people would actually give up their time to come and help somebody they don't even know," said Harry Brown. "This program [couldn't] function properly or efficiently if it weren't for the people, the kindness of their hearts, the sacrifice of their time."

For two weekends in April, Rebuilding Together Hawai'i and volunteer Sailors learned that an eight-year-old boy with an inability to walk or talk could communicate gratitude and bring about a strength of the aloha spirit in themselves far more than the average person ever could.

"I believe [all the volunteers] were touched by Kahiau when they saw him [and] felt his spirit, felt his aloha, felt that smile," said Kahiau's father Harry Brown. "I think he touched them. I think we touched the spirit of mankind."

The team of volunteers tasked to complete the project included several friends of the Brown family, members of Rebuilding Together Hawai'i, the Charles Pankow Group and Sailors from Special Projects Patrol Squadron Two at Kaneohe Bay.

"There must have been a dozen people from every walk of life," said Gary Hanson, project captain. "It's great to see so many different people come together."

Harry Brown added that the level of kindness from the strangers was more than he and his family had anticipated.

"We never met them before," said Harry



Photo courtesy of the Charles Pankow Company

Harry Brown poses with his son Kahiau. Kahiau's name means "to give freely from your heart without expecting anything in return."

Brown. "There's a lot that ... people can do with their lives on the weekend; instead they came and got themselves dirty. They came for several weekends all on behalf of helping our family and helping particularly our son, Kahiau. We're beyond words."

Most of the work was done over two weekends in April. The crew of volunteers created a concrete path to the back of the Brown's house and constructed a wooden ramp allowing them to bring Kahiau in and out more easily. They also remodeled the bathroom so that Kahiau could take a shower easier.

Despite some of the complex construction work involved in the Brown's and other homes, Rebuilding Together Hawai'i accepts skilled and non-skilled volunteers.

"As long as they're willing to help, we will get them dirty," said Elton Murakami, committee chairman for Rebuilding Together Hawai'i.

Skilled craftsman volunteer their services to oversee the work and make sure it is done properly. Aviation Electrician's Mate 3rd Class (AW) Patrick Rommel, a volunteer, added that the support was tremendous despite the fact that he didn't know how to do everything.

"If you don't know how to do [something], there will be someone there to help you out and coach you," said Rommel. "Every little bit counts."

After the project's completion, the Brown's and volunteers both expressed the win-win situation provided by Rebuilding Together Hawai'i as something they would never forget.

"There's no financial benefits from [this], but I could tell that it was a win-win situation for our family, to receive something that we could not afford, and I really believe that the win part on their side is that I think they went home feeling good inside," said Harry Brown. "You cannot place money on that. There is no amount of money you can place on how good you feel when you have done something good."

Murakami described the experience as awesome and he said he felt a great sense of accomplishment after completing the project.

"You experience the gratefulness of the owner as if it were your own home," he said. "You leave behind a healthier and happier place for families."

Although Kahiau could not talk, everyone there said they felt and saw his appreciation for the work that Rebuilding Together Hawai'i accomplished.

"He made it very clear that he was just ecstatic," said Hanson. "He didn't have to say any words, he just lit up like a Christmas tree."

"His ability to put everything into the way that we think and respond is not the same," added Harry Brown. "But it doesn't take away from the fact that the most important things in life he understands. While he cannot walk or talk, it doesn't limit his ability to communicate or to give out that special aura that he has."

In an email to Harry Brown, Aviation Structural Mechanic Airman Jacob Martin

expressed the profound impact Kahiau had on him.

"Whenever I begin to feel down, I think of Kahiau and how happy he always is," wrote Martin. "He's truly a shining light that was sent down from heaven."

Rebuilding Together Hawai'i expressed their gratitude in the Navy Sailors for volunteering their time to help and they hope more will volunteer in October when the projects commence again.

"The [Sailors] that came out to the [home] were a credit to the country," said Hanson. "They made a wonderful statement. I personally believe actions speak louder than words, and that definitely was the case here."

Rommel said that he recommends Sailors get involved with the program simply because of how it would impact emotionally.

"I would recommend that other people [volunteer] because after you do it and you see the look on the people's faces and how much it helps their lives out, it makes your day when you hear how grateful they are," said Rommel. "I'm glad I did it and I will definitely do it again."

Harry Brown said that his son Kahiau's name symbolizes the foundation upon which Rebuilding Together Hawai'i is based and represents something that builds more than tangible items.

"His name is Kahiau and Kahiau means literally, 'to give freely from your heart without expecting anything in return,'" he said. In essence, this program Rebuilding Together Hawai'i along with all of its volunteers to us lives up to that meaning and value that Kahiau stands for. That's pure aloha."

Harry Brown also said that Rebuilding Together Hawai'i would be a wonderful opportunity for other family's lives to be blessed with people who come to give up their time, that other people can have something to make life more comfortable for them as well.

"To me, one of the greatest ways to be of service to mankind is to help others have joy in their lives, and at the same time bringing much joy



Photo courtesy of Harry Brown

AE3 (AW) Patrick Rommel helps to load cement into a wheelbarrow at the Brown house.

into your life, too," said Harry Brown. "It becomes a real wonderful opportunity to spread the aloha spirit. Rebuilding Together is not about building people's homes so much as it is about building people's spirit and lives. You just don't know how much it means to a person who cannot, and now can," he added.

Rebuilding Together Hawai'i is constantly searching for new volunteers for its October and April projects.

They are also searching for committee volunteers. For more information or to volunteer, contact their hotline at 791-6056.



Photo courtesy of Harry Brown

Gary Hansen (left), project manager, and Kirk Clagstone (right), head of the Charles Pankow Company Hawai'i division, help to install a wheelchair accessible ramp at the Brown home.



Photo courtesy of the Charles Pankow Company

Volunteers help to create a cement path that, along with the wheelchair accessible ramp, will aid the Brown family in taking Kahiau in and out of their house.

Commentary

Window on Pearl Harbor

Karen S. Spangler, Assistant Editor

karen.spangler@navy.mil

All that trash...

Sofas and chairs and other dilapidated pieces of furniture that had seen better days, broken electronics appliances, and large, ugly, black trash bags filled to overflowing – all formed a small mountain of unsightly, useless debris adjacent to the dumpster at the Hale Moku/Hokulani Community Center.

It was an enormous eyesore – close to the Human Resources Office, close to a main highway and situated almost in the back yards of Hale Moku residents. As I looked at the sea of people's unwanted belongings, I couldn't help but wonder, "Do people care about their neighbors, their community? Do people have any pride in how their community looks? What in the world were they thinking?"

It's a common occurrence – piles of trash thrown helter, skelter, anywhere and everywhere near the dumpster – and it happens not only at Hale Moku, but in other communities such as Caitlin-Halsey and at Pearl City.

According to housing officials, the vicinity of the dumpsters isn't the only place where people just dump their garbage. As odd as it may sound, leaving voluminous piles of refuse occurs throughout neighborhoods – as some housing residents drive to another location in a Navy community and "generously" leave their trash in front of someone else's house. What's with that?

I guess the bottom line is that a lot of people want to get rid of their trash – right now – and they don't really care where they take it or where they leave it, and could care less about the ugly visual they are creating. Not only is it a very bad visual, but piles of trash attract bugs, rats and mice, and other vermin. That's a visual that I don't even want to think about.

They either don't want to wait for the bulk refuse pickup or they don't want to take the time or expend the energy to call someone to make a special pickup. And you can bet they have no intentions of loading it into the back of their truck to carry it off to one of the local FREE landfills.

So I'm wondering where some factors weigh in here: (1) The common sense factor: If the dumpster is full, don't just unload your trash there anyway. If you are going to be moving, plan a little ahead of time to get rid of your stuff. Don't deposit it in front of someone else's

house. (2) The common courtesy factor: Don't do to others what you wouldn't want them to do to you. Would you want someone to unload a pile of trash in front of your house? (3) The pride and respect factor: Do you care about how others see your neighborhood, your home, the base, the Navy? Do you take pride in where you live? Then don't clutter it with mountains of unsightly trash.

Yes, there are options. Make note of the refuse collection schedule for your area (generously provided in today's Hawaii Navy News) and plan a little ahead. Make a trip to the dumpster where you plan to leave your discards and see if there is room – BEFORE you load all of the junk in your car. You know there's no way that you are going to carry it back home – whether the dumpster is full or not. But if the dumpster is full, you have other options – which brings us to point three. Call family housing and let them know that the dumpster is full – they will send someone to pick it up and then there will be lots of space for all of your rejects. Easy, huh?

Thousands of visitors come to Hawaii every year - from the mainland and countries around the world - to see the Arizona Memorial and the naval installation that played such a vital part in our nation's history.

The base is constantly visited by Department of Defense officials, local and world dignitaries, celebrities and Congressional delegations. Do you want them all to see piles of trash and junk as they take a drive through the Navy's beautiful housing neighborhoods? I think not!

I think that all of us should do our parts to properly dispose of trash and bulk items that we no longer need or want. After all, we are responsible adults, right? But for those who don't or won't, I hope that housing officials will cite offenders and, at some point, violators may have to reach into their pockets to pay fines.

But I think I have an even better solution. It would work similar to the Publishers' Clearinghouse Prize Patrol. Violators would be caught on video. Then the "Trash Patrol" would gather up all of the trash and junk left by the perpetrator and would "reward" the offender by depositing it back on his front porch.

Have a fine Navy day!

Historical Hale Ali'i home wins BIA Renaissance Award

Karen S. Spangler

Assistant Editor

Quarters C at Hale Ali'i housing at Naval Station Pearl Harbor was honored as the grand award winner in the historical division at the Building Industry Association's (BIA) 19th Annual Renaissance Building and Remodeling Awards ceremonies held July 30 at the Renaissance Ilikai Waikiki Hotel.

The firm of Fung Associates/Alan Shintani, Inc. won the award for outstanding achievement in construction and design for the renovation of the historic Hale Ali'i home.

In 2002, Quarters A at Hale Ali'i also won the BIA Award in the historical category. Capt. Norman Ho, Assistant Chief of Staff for Housing for Navy Region Hawai'i, discussed the awards for the two flag quarters that have been revitalized.

"This represents the commitment we've made to preserve this neighborhood and its history for the Navy and Hawai'i," he noted.

Quarters C was originally built in 1914 and has since served as the home to high-ranking naval officers stationed at Pearl Harbor. The two-story home, along with seven other two-story quarters within the Hale Ali'i neighborhood, are excellent examples of early 20th-century Craftsman-style architecture.

According to a Pearl Harbor Naval Complex historic inventory survey, the Hale Ali'i structures are "distinctive for their use of materials such as local lava rock (basalt), wood shingle siding and roofing, and ohia (a local hardwood) flooring as well as for their design."



Photo Courtesy of Building Industry Association of Hawai'i
A view of the historic Hale Ali'i home's exterior elevation at Naval Station Pearl Harbor.

The survey notes that "significant design features include decorative wood brackets at the roofs and orticos, jigsawn rafters, multi-light wood doors and windows, as well as ornamental interior moldings, such as pedimented head casings at doors and windows and pilasters at the entry vestibule."

Information from a Hale Ali'i cultural landscape assessment explains that the area that was to become Hale Ali'i was part of the original 1902 land acquisition at Pearl Harbor for the proposed naval installation.

The neighborhood is historically significant since it has a strong association with the 14th Naval District and Navy Shipyard and the beginning and development of the U.S. Naval Base, Pearl Harbor.

The cultural assessment also points out that the historic Hale Ali'i neighborhood was consciously designed from its early beginning and features several important design intentions and principles.

These include a curvilinear layout of Hale Ali'i Road with

the quarters' spacious layout along it as well as the hierarchy of the officers housed there. Front and back spaces of the quarters are treated differently with the fronts of the homes more public and semi-formal while the backs of the homes are more private and informal.

The study also notes that there is a consistent landscape character which helps to unify the neighborhood, featuring broad expanses of lawn defined by hedges, driveways and roads, and large specimen trees.

Entries in the BIA Renaissance Awards were judged on strength of design ideas, aesthetic and market appeal, sensitivity to existing structure, appropriate use of existing building elements, functional value, compatibility with the neighborhood and cost effectiveness.

This year, the BIA celebrates 49 years of service to the industry and to the people of Hawai'i.

The Hale Ali'i neighborhood and Pearl Harbor are part of the National Historic Landmark, designated in 1964.

Navy establishes Diversity Directorate for Sailors

Chief of Naval Personnel
Public Affairs

With a clear strategic vision of incorporating diversity into the very fabric of the Navy organization, the Diversity Directorate was established Aug. 2 in a ceremony held outside the directorate spaces at the Navy Annex.

The new directorate will bolster the Chief of Naval Operations' (CNO) vision to create a sense for everyone that the Navy is committed to their personal growth and development from the moment they begin naval service.

"Leveraging the diversity of all our people makes us more operationally capable by cultivating all our differences...to help us make better decisions...decisions that, in turn, make us more agile, more flexible and more effective," said Vice Adm. Gerry Hoewing, Chief of Naval Personnel. "I am proud of our commitment to diversity and feel strongly that our superb readiness today is the direct result of the time and attention we have devoted to improving it."

With this step, the Navy signals to Sailors and civilians that their diversity is valued for the innovative ideas and unique experiences they bring to the fleet.

"The Diversity Directorate's mission is to assist Navy leaders in creating an environment that encourages and enables our creative and innovative Sailors and civilians to reach their personal and professional potential," said Capt. Syd Abernethy, the new head of the Navy Diversity Directorate in Washington, D.C.

Seeing a direct relationship between diversity and mission readiness, Chief of Naval Operations Adm. Vern Clark added new focus on diversity in his guidance for 2004. Clark expanded the traditional focus of diversity beyond race and gender, and folded in a Sailor's creativity, culture, ethnicity, religion, skills and talents

"The advent of new technology and the resultant speed at which lethal decisions are made require more creative and innovative Sailors," Abernethy said.

With retention and recruitment at the highest levels in recent history, the Navy can now afford to focus on shaping the force, ensuring the best-qualified, most diverse candidates are challenged to seek leadership roles in the senior enlisted and officer ranks of the future. To focus on the strategic diversity mission, the directorate is divided into four working groups: accessions, training and development, organizational alignment and communications.

The accessions group is determined to ensure that the Navy is presented to the best and brightest potential enlisted and officer candidates available across the entire spectrum of American society. They will seek out highly qualified and skilled candidates, ensuring the Navy is presented to a diverse audience at all academic levels.

The training and development group strives to embed the Navy's diversity vision into all Sailor and civilian leadership training and management tools. The organizational alignment group will develop and maintain an organizational structure that ensures diversity initiatives and programs are integrated and aligned within the Navy.

Finally, the communications group will inform and educate all Sailors, active and reserve, their families, retirees and Department of the Navy civilians about the current diversity initiatives, programs and opportunities. The ceremony marked the beginning of a new strategic focus - not the end of a program development. "This is not the end - we can always do better - especially when it comes to sewing diversity into the fabric of our culture, and that's what we are trying to achieve here today," said Hoewing. "This new directorate will bring a new level of awareness to the fleet."



Photo courtesy of Building Industry Association of Hawai'i
View of the historic home's fireplace and living room area at Naval Station Pearl Harbor.

Navy reservist vies for Olympic gold

JO3 Raymund Flores

Honolulu Reserve Public Affairs

Yeoman 3rd Class Kelsey Nakanelua, a Sailor with Naval Reserve Center Honolulu, is scheduled to compete in the Olympics in Athens on Aug. 21, representing American Samoa, a territory of the U.S. This is his second Olympic appearance.

He also competed in the 2000 Sydney Olympics.

Nakanelua, a 38-year-old single father, holds the state of Hawai'i's record in the 100-meter at 10.59 seconds. He is also a five-time Hawai'i's Fastest Man, from 1995-1998 and again in 2001.

He joined the Naval Reserves in December 2003, primarily for educational assistance in pursuing his master's degree. Nakanelua said he also wanted to contribute something and make a difference, especially after 9/11.

"With the war going on, I think it's a way to show patriotism and I'm inspired to do something," he said. "I've had ROTC training at Kamehameha Schools. It's something that I've been involved with back through high school and with the war going on, it just seems like it's the right thing to do."

Nakanelua said the Naval Reserves haven't slowed his race to the Olympics one bit. "I really didn't say anything coming in (about being an Olympic ath-

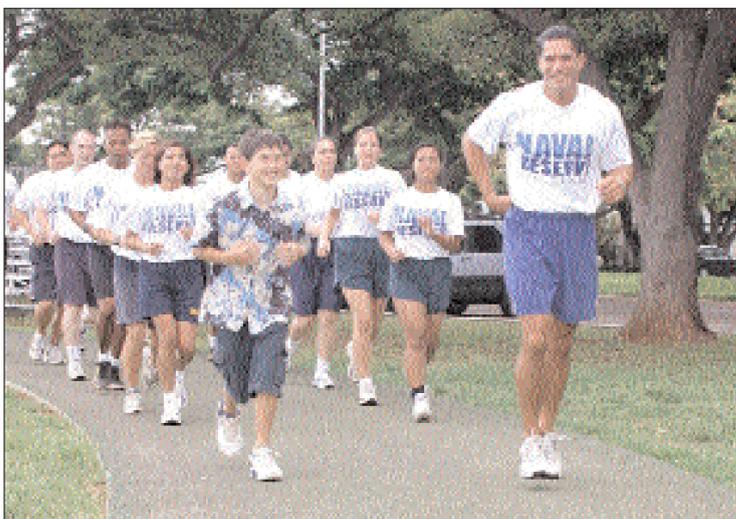
lete)," he said. "Once they found out, they were very, very supportive. I've met with my unit CO and the chiefs and they've all said, 'What can we do? We want to make sure you're okay.'"

"I've got my commitment here (with the Naval Reserve), but they understand it that it's something I want to do and so far the support has been excellent," he added. "The 2004 Hawai'i's Fastest Man happened to fall on a drill weekend and I needed time off to compete. Everyone has been extremely supportive - [Damage Controlman 2nd Class Patrick] Pavao and Chief [Boatswain's Mate Jill] Smith were definitely helpful."

"I'm very excited; I'm very proud," said Lt. Carmen Ehret, Honolulu Reserve Center executive officer. "I think it's a wonderful influence for our non-prior service Sailors having someone of Nakanelua's ability because his athletic background emphasizes physical readiness, one of the very important aspects of the military."

Nakanelua started running track when he was 13 years old. He first competed in the eighth grade and continues to do it to this day.

In 2000, he won the Polynesian Championships held in western Samoa where he also set a record at 10.78 in the 100 meters and won the 400 meters in 49.56 seconds.



U.S. Navy photo by PH3 Sara Coates

YN3 Kelsey Nakanelua, a Sailor with Naval Reserve Center Honolulu, runs with his fellow reservists and his son during drill weekend, one day before flying to Greece to participate in the Olympics.

"My grandfather is from western Samoa," Nakanelua said. His mother's second husband, from American Samoa, legally adopted him at age 10.

"Kels," as his friends call him, is a Kamehameha Schools graduate and holds a bachelor of arts degree in economics and a bachelor of arts degree in speech. He has been accepted in the masters in communication program at the University of Hawai'i at Manoa where he will begin classes as

soon as he returns from Athens.

"I'm looking forward to getting into communications," he said.

And in the Navy, Nakanelua has similar aspirations. "Actually I'm looking forward to becoming a Navy journalist," he said. "That's what I'd like to do in my military career. I'd like to go into public affairs."

As a civilian and single father of an 11-year old, Nakanelua works as a career developer for a non-profit organization where he

"helps people find employment and develop their career and continue their education."

Nakanelua also coaches running part-time and gives running clinics at Kamehameha Schools, Punahou and Word of Life Academy although he took some time off this past year to train for the Olympics.

This "striving" parent, athlete, coach and educator finds time to train, too. "I do full sprints two or three times a week, conditioning workouts and weights...pretty intense before and after work," he said.

When asked what inspired him to compete again at this stage in life, Nakanelua said, "It's an honor and privilege to represent the Navy, my culture (American Samoa and Hawai'i), my family, Kamehameha Schools."

At 38, he said, "This will be my last Olympics." He is looking forward to mentoring and training someone (locally) "to take my place and hopefully compete in the international level of competition."

"I wouldn't mind running for the Navy in some capacity either," he said.

His wish will come true to some extent as Nakanelua is scheduled to attend boot camp Sept. 13 at Recruit Training Command in Great Lakes, Ill. As a non-prior service member (NPS), he is completing his third of four Naval Reserve indoctrination phases.

Preparation key to emotional cycle of deployment

Jennifer L. Hochlan

LIFELines

Despite the many who claim otherwise, the military spouse leads a different life from most. This harsh truth becomes most evident when your family prepares for a deployment. A deployment is a scary, emotional, yet liberating journey for the spouse left behind to take care of a home, finances and a family. There are seven identifiable stages that the majority of military spouses go through.

• Pre-deployment: Anticipation of loss

Your spouse is working late to ready the unit and you are left at home knowing he or she will be leaving. You are moody and depressed and this causes friction between you and your spouse. You are a tight little ball of stress and anxiety and hate yourself for feeling this way. You and your spouse are at each other's throats even when you know in your heart you should be cherishing each day left together. Whether you're a man or a woman, it is PMS multiplied by a factor of deployment.

• Pre-deployment: Detachment and withdrawal

As the final week before deployment approaches, all those feelings you have had for weeks rise to a peak. You can think of a million and one final things to do before the deployment, but can find neither time nor energy to complete even the smallest tasks.

All the arguing has taken its toll on your level of intimacy. You appear to have lost all interest in physical contact with your spouse and have more interest in actually sleeping between the sheets than anything else. You distance yourself from your spouse without consciously knowing it.

These emotional times happen. The important thing to remember is that you are human. We all want the final weeks before a deployment to be perfect, but life seems to throw us a different fate. But the closer you come to understanding each cycle and its inevitable side effects, the closer you come to changing certain aspects of your life. If there is time, take part in some of the services offered to you on base. There are always people on base who can assist you. Reach out to your unit chaplain for guidance and support.

• During deployment: Emotional disorganization

After your spouse leaves and all the initial tears have been shed, you wake up

The house is all yours. Even if you have children, it is yours. You can stay up late, eat cookies in bed and watch your favorite TV channels all day without a single complaint from anyone. It's almost like a vacation.

This is a fun time, a chance to do all those things you didn't have time to do before. There are no uniforms to wash, no entertaining, and no work-related phone calls in the middle of the night. Relief!

The first few weeks have flown by. All that time you thought you would be crying, you were enjoying yourself. Then you look at the unmowed lawn, the pile of clothes in the hamper, the refrigerator with only ice cream and diet cola inside, the stack of bills on the desk, the car that needs an oil change, tune-up and car wash, etc. Then guilt sets in. Here you are having a grand time while your spouse is possibly in harm's way and you seem to have lost sight of your household responsibilities. You sit in a heap on the floor in the kitchen and sob. You suddenly feel alone.

• During deployment: Recovery and stabilization

Your two favorite words! By this time, you have probably heard from your spouse via e-mail or telephone. The phone calls and e-mail inspire you to find strength you never knew you had. You take on all your newfound responsibilities with passion. You are now able to fix that broken dryer, you bake cookies and write letters. You make Martha Stewart look like she hasn't a clue. This time is an opportunity that is truly a gift of the military lifestyle. During this time, you will discover your independence, your abilities, and your enduring strength.

• During deployment: Anticipation of homecoming

The few weeks before the deployment comes to an end, there is excitement, along with questions. You fear your newfound independence will vanish once your spouse steps through the front door. You wonder what changes will happen and



U.S. Navy photo

A Sailor reunites with a family member on the pier after his ship, the guided missile frigate USS Reuben James (FFG 57), returned to homeport after an extended nine-month deployment in support of Operation Iraqi Freedom.

where your marriage will fit into the equation.

You are happy your spouse will be home soon, but there is much concern about the homecoming. There may be only sporadic phone calls or e-mail, leaving you too much time to worry about the future. You begin to do things just to keep your mind occupied. You clean like mad. You organize financial papers, get the budget back into shape, get the kids ready for school, juggle doctor appointments and soccer practice.

The final days before homecoming are full of phone calls to other spouses, to the key volunteer and to the party stores. Decorations and signs are made and you are giddy with excitement and anticipation.

• After deployment: Re-negotiation of the marriage contract

After the initial joy of having your spouse home, reality sets in. Changes need to be made to the lifestyle you had just become used to and they are not easy. You feel stifled, at first, over the loss of your independence, but the feeling will pass in time, with some adjustments. Communicate openly with your spouse about your needs and wants and use any marital services available on base that

can help you both reconnect after your time apart. In time, loving intimacy returns and you find a way to work together again as a team.

• After deployment: Reintegration and stabilization

Breathe a sigh of relief - stability has returned. By the time the first couple of months post-deployment have passed, you and your spouse have hammered out the details of your marriage. You are used to having him or her home and actually enjoy the fact that they still hog all the blankets in bed.

You feel relief knowing you are not solely responsible for the household chores anymore. Knowing you can fix the dryer by yourself is liberating, but not having to fix it is another story. It is on one of those days that you glance at your spouse sitting beside you on the sofa, reading the paper, and suddenly all you can remember about the deployment was being in his or her arms the day they left. It feels like it was yesterday.

(Editor's Note: The Fleet and Family Support Center assists families who are dealing with the challenges of separation and deployment. For more information, call 473-4222).

Friday the 13th...may be your lucky day

Commentary

Karen S. Spangler

Assistant Editor

Today is Friday the 13th and if you suffer from paraskidekatriaphobia, then today is probably not your favorite day. It's a big word, but simply means a fear of Friday the 13th.

The number 13 is itself considered bad luck. Building architects avoid numbering the 13th floor. Airlines avoid the 13th aisle in airplanes. And in the most common superstition regarding the number 13, Friday the 13th is considered a bad luck day.

Some people won't go to work on Friday the 13th, some won't eat dinner out on Friday the 13th, and there are many who wouldn't dream of setting an important date – such as a wedding date – on the supposedly ill-fated day. There are even some people who refuse to get out of bed on Friday the 13th.

Perhaps your apprehension of Friday the 13th isn't quite as drastic, but, just in case there's something to it, you aren't going to tempt fate. You're not alone – statisticians say that 21 million Americans, or an estimated eight percent, are in the grips of the old superstition.

A superstition is a belief, half-belief, or practice for which there appears to be no rational substance. So if you get fired from your job today, or smash up your car, you might blame it on Friday the 13th.

There are numerous theories about how the Friday the 13th superstition began and they are based on a variety of theological and cultural events. Throughout generations of history, "bad" things have been known to happen on Fridays. The number 13 also plays a relevant role as a harbinger of bad omens.

There are numerous other notions about why Friday the 13th gets a bad rap. But the bottom line – no one really knows where the superstition had its beginnings.

The British government made an effort – 100 years ago – to dispel the widespread superstition among seamen that setting sail on Fridays was unlucky. A special ship was commissioned and named "H.M.S. Friday."

They laid her keel on a Friday, launched her on a Friday, selected her crew on a Friday and hired a man named Jim Friday to be her captain. To top it off, H.M.S. Friday embarked on her maiden voyage on a Friday. Their efforts to quell the superstition backfired or maybe they tempted the fates just a bit too much...the ship was never seen or heard from again. Coincidence?

In more recent times, the flight of Apollo 13 in 1970 gave the date some added notoriety. Not only did the spacecraft bear the unlucky number, it started its ill-fated mission on a Friday the 13th, and almost all of the dates, names and times allegedly contained 13 or added up to 13 in some way.

Spilling salt, breaking a mirror, walking under a ladder, opening an umbrella inside the house, stepping on a crack, crossing the path of a black cat, Friday the 13th – are they really signs of bad luck or just superstitions?

If you are one of those who is really concerned about Friday the 13th, you only have one Friday the 13th days to worry about this year – today. The only other Friday the 13th this year occurred on Feb. 13.

On the other hand, Friday the 13th is considered the unluckiest of days unless you're born on this day. If you were born on this day, Friday the 13th is supposed to be your lucky day.

MCBH to host 'Blues on the bay!'



U.S. Navy photo by Lt. Cmdr. Jane Campbell

Marine Corps Base Hawai'i will host two shows by the Navy's Blue Angels aerobatic demonstrations team Oct. 9 and 10 at Kaneohe Bay. The show will be part of a two-day event that includes ground and aeronautic displays. The show is part of the Blue Angel's 2004 tour which includes 69 locations around the United States and Canada.

Newsletter leads to full-time job supporting troops

K.L. Vantran

American Forces Press Service

Nine years ago, while her husband was deployed, Arlyn McClaughry started an online newsletter as a way to bring service members and military families information on the Web. She and other spouses also began mailing packages and letters to deployed troops.

Today, Operation Military Pride is a full-time job for McClaughry and several volunteers who lend a helping hand.

The site provides information on several programs, including how to "adopt" a service member.

"Our 'Adopt a Military Member' is the most popular," she said. "It gives people a way to let the military know they support them. We also have Operation Postcard or pen pal program, which is an inexpensive way for people to support the troops. Operation Birthday Card is another favorite."

McClaughry said she has received many thanks from the troops, but the story that touches her the most was a message a mother posted on the Operation Military Pride website last September. It said:

"While on my visit with Christopher this last week he shared a moment in his life every mother dreads hearing. He told me that the end of June he was planning on ending his life and

planned on doing it the next day while in Iraq. He said he laid in his tent all night and prayed to God for strength and an opportunity to talk with his family one last time. He would have to wait almost seven days until payday to get a phone card. He said he felt so alone and very homesick. He then told me that next day at mail call he received nine care packages from your organization from caring Americans who did not know him. Packages had phone cards and he was able to call home and talk with his father and me. He said after hearing our voices and how much we missed him he knew he could never take his own life and caused us the grief that comes along with suicide.

"I want to thank the sponsors who sent these care packages. ... Their generosity is the reason I have my son here with me today. They will never know how much I appreciate what they have done for my family."

"I knew from that point that we were really making a difference," said McClaughry, "and that even a small thing such as a calling card can really change the morale and spirits (of troops)."

She said that as long as the United States has deployed troops, Operation Military Pride will continue to send care packages.

"We just want them to know that there are people back home who love them, support them 100 percent, and pray for their safe return," she added, "and that their sacrifice is appreciated and cherished."

MWR

Movie Call

Sharkey Theater, Pearl Harbor
(473-0726)

FRIDAY

7:00 p.m. The Terminal
(PG 13)

SATURDAY

2:30 p.m. Sleepover (PG)
4:30 p.m. Dodgeball
(PG 13)

7:00 p.m. The Notebook
(PG-13)

SUNDAY

2:30 p.m. Two Brothers (PG)
4:45 p.m. White Chicks
(PG 13)

6:45 p.m. The Terminal
(PG 13)

THURSDAY

7:00 p.m. The Notebook
(PG-13)

\$3 adults; \$1.50 children (6-11)
*Special: \$2 adults; \$1 children (6-11)

Memorial Theater, Hickam AFB
(449-2239)

FRIDAY AND SATURDAY

7:00 p.m. Spider-Man 2
(PG-13)

SUNDAY

2:00 p.m. Spider-Man 2
(PG-13)

7:00 p.m. White Chicks
(PG 13)

WEDNESDAY AND THURSDAY

7:00 p.m. Sleepover (PG)

\$3 adults; \$1.50 children (6-11)
*Special: \$2 adults; \$1 children (6-11)

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

FRIDAY AND SATURDAY

7:00 p.m. White Chicks
(PG 13)

SUNDAY

7:00 p.m. The Notebook
(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

• **Aug. 18:** Advanced rock climbing workshop, 5:30 p.m., \$10. Register by **Aug. 16.**

• **Aug. 21:** North Shore tandem skydiving, 8 a.m., \$135. Register by **Aug. 18.**

• **Aug. 21:** Surf kayaking workshop, 9 a.m., \$15. Register by **Aug. 18.**

• **Aug. 22:** North Shore shark watching, 10 a.m., \$65. Register by **Aug. 18.**

HYSL FLAG FOOTBALL AND CHEERLEADING

Registration for HYSL flag football and cheerleading will be held through **today** at the youth sports office. Eligible participants must have been born between 1988-1998. The cost is \$60 and includes uniform and trophy. Practice begins in September and games are in October/November.

To register, parents should bring the child's birth certificate and current physical dated no more than one year ago. Parents should also bring their child to get proper sizing for shirts or uniforms. For more information, call 474-3501.

JUNIOR LIFEGUARD PROGRAM

Classes begin **Aug. 17** for this special two-week program designed for youth ages eight-17. Enrollment begins **today** and **Aug.**

14 at Kona Breeze Pool. Topics covered will include training on life-guarding basics and a T-shirt. For more information, call Kona Breeze Pool at 474-5133.

YOUTH FITNESS ORIENTATION PROGRAM

A youth fitness orientation program will be offered at 9 a.m. **Aug. 14** at Power Point at Barbers Point. This program is designed to familiarize youth ages 10-15 with the fitness facility. Visit www.greatlife-hawaii.com for complete details on this program. To register or for more information, call Bloch Arena at 473-0793 or Power Point at Barbers Point 682-5243.

SUPER GARAGE SALE

Dig through your closets, rummage through your storage shed and get ready for the next super garage sale event on **Aug. 14**. Visit any Navy IIT office or www.greatlife-hawaii.com for a participant application. Slots are filling quickly. For more information, call 473-0606.

LIFEGUARD INSTRUCTOR COURSE

Registration is now ongoing for the upcoming lifeguard instructor course scheduled for **Aug. 16-27**. The lifeguard instructor course includes first aid, CPR and lifeguard training, and books. For more information, call Richardson Pool at 471-9181.

PEARL HARBOR TENNIS TOURNAMENT

The Pearl Harbor Tennis Tournament will be held **Aug. 20-22** at Wentworth tennis courts. Participants should register by **Aug. 16** at the Wentworth pro shop. Tournament divisions will include

men's and women's, singles and doubles, open, A, B, C, 40 and older; 50 and older. Trophies and prizes will be awarded to top finishers. The cost is \$5 per player. For more information, call 473-0610.

LAVA FLOW TRIP

Single Sailors are invited on a lava flow trip to Kilauea - the home of Pele, the fire goddess. The trip includes airfare, ground transportation, lodging and island tours. The registration deadline is **Aug. 20**. For more information, call Liberty in Paradise at 473-4279.

BACK-TO-SCHOOL SKATEBOARD CONTEST

A back to school skateboard contest will be held **Aug. 21** at Boards & Blades Skate Park. Participants can "drop in" and register for this annual contest. Divisions will include open military (active duty), ages 18 and over; 14-17, 13 and under. Trophies and prizes will be awarded to top finishers. The cost is \$7 when registering before the day of the event (day of contest - \$10). For more information, call the skate shop at 473-3295.

FFSC

All classes are free and located at the Fleet and Family Support Center, building 193, unless otherwise indicated. To register for classes or for more information, call 473-4222.

JOB STRESS

Learn stress management techniques tailored to working world life stresses at a Job Stress workshop from 5-7 p.m. **Aug. 18**.

SELF ESTEEM IN RELATIONSHIPS

A Self Esteem in Relationships class will be offered from 5-7:30

p.m. **Aug. 19**. The class is open to anyone who has ever been in, or hopes to be in, a close relationship. Issues discussed include: how to be in a relationship without losing yourself, dealing with abandonment fears, reading early messages, positive and negative self talk and expressing feelings clearly. Some of this class will be based on David Burns' work on self-esteem.

SMART MOVE WORKSHOP

A Smart Move workshop, to provide information to assist service members and their spouses in planning an upcoming move, will be offered from 8-11:30 a.m. **Aug. 19**.



• **Aug. 13:** Fear Factor Liberty Style, 1 p.m., \$5.

• **Aug. 14:** All night movie marathon, 11:30 p.m., \$3.

• **Aug. 15:** Chess tourney, 6:30 p.m., \$3.

• **Aug. 18:** Game show night, 6:30 p.m., \$2.

• **Aug. 19:** 9-ball pool tournament, 6 p.m., \$5.

• **Sept. 3-6:** Lava Flow Trip to Kilauea. Register by **Aug. 20**.

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

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.

Blood drives:

• **Aug. 18:** 9 a.m.-noon, U.S. Navy, NCTAMS Wahiaua.

• **Aug. 20:** 9 a.m.-noon, U.S. Navy, NCTAMS Wahiaua.

• **Aug. 26** from 9 a.m.-noon at U.S. Air Force, Hickam Community Center.

For more information, call 433-6148.

Book Signing: Meet Jill Suzuki-Haworth, author of "Bon Dance in Manoa: Dance with the Wind Spirits," at 2 p.m. **Aug. 14** at the Navy Exchange book department. The children's book tells the story of the wind that visits the Manoa Valley and dances with the people on warm summer nights.

A shark presentation will begin at noon **Aug. 15** at the Wyland Gallery at the Navy Exchange. Patrons can learn all about the wonderful world of sharks.

USS O'Kane Ohana will host an end of summer picnic from 1-4 p.m. **Aug. 15** at Honeymoon Beach on Hickam Air Force Base. There will be door prizes, games and fun for the entire family. The event is potluck; those whose last name starts with A-M should bring an appetizer or side dish. Those with last names starting with N-Z should bring a dessert. Families who plan to attend are asked to e-mail Kim at okaneohana@yahoo.com to RSVP and let her know what dish you will be bringing. The ohana is also hosting a food drive and asks attendees to bring non-perishable food to donate to the Food Bank. Volunteers are still needed to help with the picnic. Anyone who is interested in volunteering should contact Kim at the above e-mail address.

The USS Crommelin Family Support Group (FSG) will hold its monthly meeting at 6:30 p.m. **Aug. 16** at the Pearl Harbor Chapel. Childcare will be provided for the meeting. For more information or to RSVP for the dinner, call Athena at 623-4973 or email crommelinfsg@yahoo.com.

USS Hopper Ohana will host its monthly breakfast club at 9 a.m. **Aug. 21** at the Eagle Cafe on Nimitz. Breakfast is Dutch treat. For more information, email hopperohana70@yahoo.com or call Sabrina at 625-5438.

The Pearl Harbor First Class Petty Officer Association invites all U.S. Navy first class petty officers island-wide to its next meeting scheduled for 11 a.m. **Aug. 26** at the Pool and Pizza located behind Club Pearl at Pearl Harbor. Those interested in joining should attend a meeting and bring their thoughts and ideas and meet new shipmates. For more information, contact YN1 Danette Mills at 474-6963/542-9103 or MA1 Ritchetta Sanders at 474-6193.

Meet the author, James D. Hornfischer, author of "The Last Stand of the Tin Can Sailors," from noon-1 p.m. **Aug. 29** at the Navy Exchange book department. The book is a stirring account of the U.S. Navy's impossible victory during the Battle off Samar, October 1944.

COMPACFLT Officers Spouses' Club will host its annual Aloha Welcome Coffee from 10 a.m.-noon **Sept. 2** at the Nimitz House on Makalapa. Membership is open to any spouse of an officer or spouse of a civilian GS-7 or above, active duty, retired or deceased. For more information, call 423-0068.

How to contact TriWest/TRICARE services - Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their web site at www.triwest.com, or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic. The TRICARE Service Center located at the Pearl Harbor Makalapa Clinic is open from 7:30-11:30 a.m. and 12:30 to 4:30 p.m. Monday-Friday. The TRICARE Service Center located at the Kaneohe Clinic is open from 7-11:30 a.m. and 12:30-4 p.m.

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

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

T.O.P.S. in Hawai'i is a support group for helping members Take Off Pounds Sensibly. The group recently held its state convention and crowned the state queen. She had lost all her weight by the end of December 2003 and lost 163 pounds.

The first meeting of T.O.P.S. is free. If you need support in your weight loss efforts, the group offers low monthly fees and a low joining fee. Call Delcie at 623-1403 for information on the several chapters and meeting places on the island. For more information, call Delcie at 623-1403.

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



Dodgeball: See review

JOSN Ryan C. McGinley

Dodgeball

Ben Stiller is the hardest working man in Hollywood. Who else comes out with four movies and an uncredited performance in six months? Maybe that is why the laughter is fading into the distance. "Dodgeball," Stiller's fourth movie this year is, pretty much, not that funny. There are moments of laughter, and Vince Vaughn creates most of them. A few laughs here and there does not make a movie worthwhile.

The plot is simple and trivial. Stiller's character White Goodman is the owner of Globo Gym, a big company that hates normal looking people and thinks they are better than everyone else. Vince Vaughn's character Peter owns Average Joe's Gym, and is going bankrupt and losing the place unless he can come up with \$50,000. So he and the members of the gym enter a dodgeball tournament where the prize is, surprisingly, \$50,000. What a coincidence. What ensues is some tormenting and teasing by each of their respective characters, and the tournament.

Vince Vaughn has a unique and quick-witted comedic talent that shined in "Swingers" and "Made." Maybe he should be doing four movies a year instead of Stiller. Vaughn provides the only laughs against Stiller's dim-witted character, who just annoyed not only the audience, but the characters on stage as well.

Rawson Marshall Thurber directs this attempt at humor, and if you have never heard of him, don't worry. You won't hear much from him again.

Stiller has done some fine work. "There's Something About Mary," "Zoolander" and "Meet the Parents" are great examples of good comedy. It boils down to the scripts.

Stiller seems to choose everything that comes his way, with little regard for quality humor. With a little selectivity, he might produce only two movies a year, but at least they will be worthwhile.

OVERALL RATING:



The Notebook: A man reads a faded notebook to the woman he regularly visits. His words bring to life the story of a couple who are separated by World War II, then passionately reunited seven years later, after they have taken different paths.

Sleepover: Before their freshman year in high school, Julie has a slumber party with her best friends and they end up having the adventure of their lives. In attempt to cast off their less-than-cool reputations, they enter into an all-night scavenger hunt against their "popular girl" rivals.

Spider-Man 2: Peter faces new challenges as he struggles with "the gift and the curse", desperately trying to balance his dual identities as the web-slinging superhero Spider-Man and his life as a college student. His life-long yearning for M.J. becomes even stronger as he fights the impulse to reveal his secret life and declare his love. Peter's life is about to become even more complicated as he encounters a formidable new foe, Dr. Octavius.

The Terminal: An eastern European immigrant is forced to live at Kennedy Airport when his former war-torn country's borders are erased, voiding his passport and leaving him with no political home. The refugee meets and falls in love with a flight attendant, which prompts a bold escape plan.

Two Brothers: Twin tigers are born in French Indochina and are soon captured. They then find themselves reunited-but as forced enemies, pitted against each other in a fighting match.

White Chicks: Two FBI agents try to get back into their boss's good graces by taking on a job guarding two New York City hotel heiresses from a kidnapper. They go undercover, dressing up as the titular "white chicks" to solve the crime and rescue the victims.

National KidsDay

Aimee Huepenbecker

Quality of Life

Morale, Welfare and Recreation (MWR) invited military and DoD families to celebrate National KidsDay at Catlin Clubhouse on Aug. 6. Approximately 150 adults and children spent "meaningful time" together through a variety of indoor and outdoor activities. Parents and children participated in kid-friendly activities including giant games, face painting, arts and crafts, mini sports clinics and bounce houses. Many event attendees perused the book fair shelves for the latest books, educational games and toys.

National KidsDay is a day to celebrate children and adults spending "meaningful time"

together. MWR programs encourage adults to participate in activities with children throughout the year, not just on KidsDay. Other events where adults and children engage in recreation together include Springfest, Movies on the Lawn, Month of the Military Child Celebration and Jingle Jamboree - to name a few.

Denise Lesniak, MWR youth programs director, commented, "Boys and Girls Clubs of America host the event annually and we think it's a great idea, too. The idea is for parents and children to use this time to do things together. It's great for the family."

For more information on MWR youth activities, call 421-1556 or visit, www.greatlife-hawaii.com

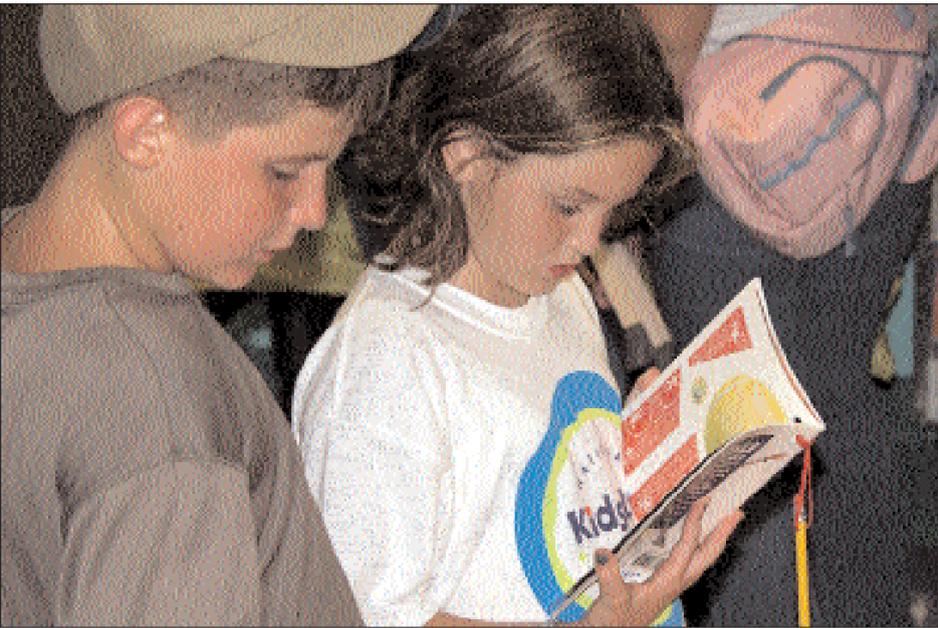


Photo by Aimee Huepenbecker

Military children look through books at the National KidsDay events held at Pearl Harbor.

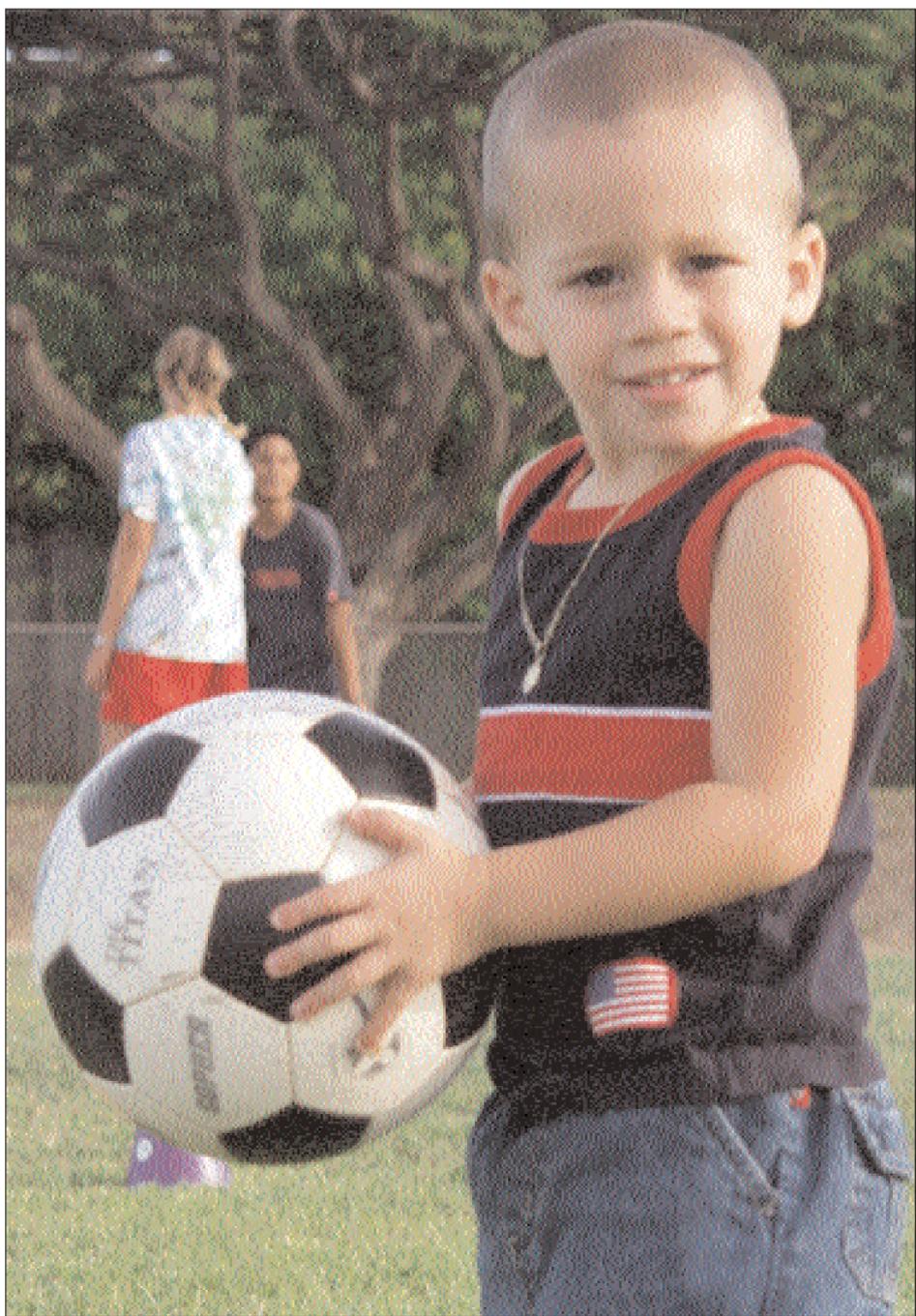


Photo by Aimee Huepenbecker

A military child poses for the camera while playing soccer at the MWR sponsored National KidsDay. MWR held a mini sports camp for the children along with a variety of indoor and outdoor activities. The events hope to promote an awareness of spending time with children throughout the year.



Photo by Aimee Huepenbecker

A military child plays T-ball at the National KidsDay events held at Pearl Harbor. The T-ball was part of a mini sports camp hosted by Morale, Welfare and Recreation.



Photo by Aimee Huepenbecker

10 ways to celebrate your child

1. Ask your child about themselves and their interests. Listen to their responses.
2. Read together.
3. Hug your child and tell them you love them.
4. Surprise them!
5. Delight in their discoveries.
6. Be excited when you see them.
7. Ask your child to help you.
8. Appreciate your child's individuality.
9. Introduce your child to new experiences.
10. Expect their best. Don't expect perfection.



Photo by Aimee Huepenbecker

Military children participate in a sack race held during the events.

National Night Out promotes crime awareness for communities

JO2 Devin Wright
Staff Writer

The National Association of Town Watch (NATW) held its annual National Night Out Aug. 3 to promote crime awareness for military and civilian communities around the country.

National Night Out is a nation-wide, one-evening event where citizens and law enforcement join forces to strengthen neighborhood spirit and police-community partnership on the awareness of crime and drug abuse.

It creates crime prevention awareness in the community through a multitude of local events, such as block parties, cookouts, parades, contests, youth events and seminars.

"This program gives the community an opportunity to get to know their local law enforcement officers," said Master-at-Arms 1st Class Stacy Carfley from Navy Region Hawai'i Security Department. "This helps to establish relationships among neighborhood residents and local law enforcement personnel.

"It also generates community support for crime and drug-abuse prevention activities. It heightens awareness and sends a message to criminals letting them know that neighborhoods are organized and fighting back, thus resulting in neighborhoods becoming more active in other related programs such as neighborhood watches and crime prevention," explained Carfley.

For military law enforcement officials, community awareness is not only important in the civilian sector, but is equally important to service members and their families.

"We share the same concerns about community awareness as our civilian sectors," said Carfley. "The Navy is not exempt from crime. We have crime on our bases and in our government housing.

"Our Sailors and their families are important to all of us and it's our job as law enforcement officers to provide the same crime awareness activities," Carfley said. "I feel strength in a community is one of the most important things we can do, people working together; this is definitely an outstanding show of pride and community."

Although Pearl Harbor security is making a push to promote community involvement in crime prevention, it is not due to a rise in crime.

"We're being proactive to help communities from being victims of crime and drug abuse-related incidents," said Carfley. "Our best way to accomplish this is through education and awareness."

National Night Out is held every year on the first Tuesday of August. For more information on crime prevention, call the Pearl Harbor security department at 474-6193 or visit their Web site at www.national-townwatch.org.

Dragons to invade Ala Moana Beach Park



Photo courtesy of Molly Sheehan

The 9th annual Hawai'i Dragon Boat Festival is scheduled for Saturday and Sunday at Ala Moana Beach Park. The races will feature two divisions. The cup race division held on Saturday is designated for teams competing within a specific industry. The open race division held on Sunday is a single-elimination competition with teams organized into heats at random. Entertainment sponsored by KCCN FM 100 is scheduled on Saturday between 9 a.m. and 2 p.m. and Hawaiian 105 KINE is scheduled for Sunday from 10 a.m. - 2 p.m.

Energy conservation vital to saving resources, dollars

Karen S. Spangler

Assistant Editor

Is the thermostat on your air conditioning system turned so low that you have to wear a sweater inside your house or put a blanket on the bed to keep warm? Have you noticed that exterior lights are left on even after the sun rises? Do you water your lawn for so long that it leaves pools and puddles in the grass or runs down the street in rivulets? Do you wash your car every day?

For those who answered yes to any of these questions, it's time to be more conservation conscious and use resources more wisely. These examples are a bit on the extreme side, but even if you aren't guilty of these practices, you can still take a proactive role in saving energy and water. For one thing, it's the right thing to do. But ensuring that utilities conservation becomes an essential part of our daily routine is also the goal of utilities conservation standards that have been established within Navy Region Hawai'i.

A Regional Energy Management Team is asking everyone to "pledge your personal commitment to saving Navy energy." The utilities conservation standards direct that all air conditioning unit thermostats should be set at 74 degrees or higher.

Conserving energy and using resources wisely is

everyone's responsibility. By being conservation conscious, all of us can serve a vital role in saving these valuable resources. Electricity is just one of the resources that we need, but frequently abuse.

Here are some "common sense" energy-saving tips from the people at Hawaiian Electric Company that will enable you to do your part in conserving electricity. Cost estimates of energy consumption are based on average usage for a family of four.

- User lower wattage bulbs wherever possible and be sure to turn off lights when not in use. Use fluorescent lights where possible. Compact fluorescents use 75 percent less energy and last 10 times longer. During the holidays, use "midget" lights for decorating.

- Dishwashers use 37 percent less water than washing dishes by hand, as long as you are washing full loads and using the short cycle. It costs approximately \$3 per month if you operate your dishwasher one load per day.

- Use a microwave if you are cooking or heating a small amount of food. Try to use tight-fitting pot lids and match the size of your pots and pans to the size of the cooking element you are using.

- Plan meals so that you use your oven to cook a vegetable dish or dessert with your main dish. Using your range/oven costs about \$5 per month compared to the

monthly cost for microwave use, based on 20 minutes per day, of \$1.65.

- When doing laundry, always use the cold water rinse cycle. Rinsing in warm water won't make clothes any cleaner. Dry full loads, but don't overload. Dry laundry loads in succession to use retained heat. Check and clean your dryer's lint filter often. Lint buildup not only restricts air circulation, but is also a fire hazard. Operating your clothes washer (without hot water) at the rate of eight loads per week costs about \$1 per month. Your clothes dryer, running on 40-minute intervals at an average of eight loads per week, will cost about \$11 a month.

- When taking showers and baths, run the water as little as possible. Not only does this save valuable electricity that is used to heat the water, but it also conserves another vital resource - water. A conventional hot water heater uses about \$44 of electricity per month.

Take some time to talk with all of the members of your family about pitching in to manage wisely and conserve electrical use.

Remember that utility bills must be paid by someone - and for residents of Navy family housing, the bill is paid by the Navy using taxpayer dollars. Help the Navy to use those taxpayer dollars - YOUR dollars - more wisely and, at the same time, take an active role in energy conservation efforts.

Naval Historical Center investigates 19th-century sunken naval vessels

Max Uphaus

Naval Historical Center
Public Affairs

This summer, scientists under the direction of Dr. Robert Neyland, head of the Naval Historical Center's (NHC) underwater archaeology branch, carried out investigations of two historically significant 19th-century naval craft.

An international group of researchers working under the NHC have uncovered new operational details that may provide a clue to the loss of the world's first successful combat submarine, H.L. Hunley, while another archaeological team conducted a survey to locate the wreck of the anti-slave trade schooner USS Alligator.

Hunley scientists made their discovery while removing the layer of concretion that covers the interior and exterior sections of the Civil War-era boat.

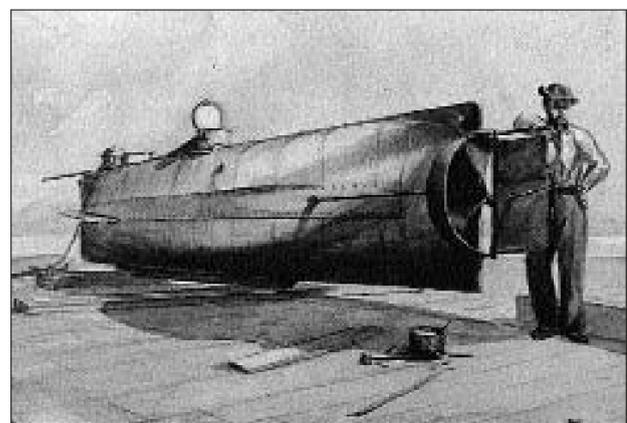
"As we dig inch by inch into the concretion, we get closer to the final clues that will help solve the mystery of why the Hunley disappeared," said Sen. Glenn McConnell, chairman of the South Carolina Hunley Commission.

Once a layer of the concretion was removed, an integral series of valves and pumps, connected by a pipe running from the forward to the aft ballast tank, was exposed. The configuration suggests that the submarine's pump system may have had a dual purpose. Scientists knew the pumps were used to control the water level in the ballast tanks, which enabled the submarine to rise or dive while in operation. The complexity of the pump system is leading scientists to believe it also served as a bilge system that would have allowed the crew to remove water from inside the submarine in the event of an emergency.

Depending on the valve setting and pump position, Hunley scientists may be able to tell if the crew was desperately trying to remove water from the crew compartment or trying to pump water out of the ballast tanks to gain buoyancy the night that it vanished Feb. 17, 1864.

"Only archaeological detective work will answer the questions of what were the Hunley crew's actions during their last moments and...why the sub never returned from her mission," said Neyland.

The remaining concretion still covers a majority of the pump system and has not



U.S. Naval Historical Center Photograph

Sepia wash drawing by R.G. Skerrett, 1902, after a painting then held by the Confederate Memorial Literary Society Museum.

been further removed, because it protects the submarine from corrosion as it awaits conservation treatment.

Scientists are hopeful that once they can safely excavate and x-ray this key aspect of the submarine's internal pump mechanisms, it will reveal what the crew was doing in the last moments of their voyage.

Hunley, a Confederate boat, sank USS Housatonic off Charleston, S.C. on the evening of Feb. 17, 1864 - the first time in history a submarine sank a surface ship. After signaling to shore that the mission had been accomplished, the submarine and its crew of eight vanished.

Lost at sea for more than a century, Hunley was located in 1995. The hand-cranked vessel was raised in 2000 and delivered to the Warren Lasch Conservation Center where the NHC, in partnership with the South Carolina Hunley Commission, is supervising its protection and study.

In search of Alligator, NHC Underwater Archaeology (UA), together with the National Oceanic and Atmospheric Administration and the Florida Keys National Marine Sanctuary, surveyed Alligator Reef and Shoal, Fla.

Alligator, launched in 1821, was one of only five Navy schooners designed to interdict slavers and pirates, which would make it a very rare and valuable discovery.

"USS Alligator is one of the Navy's most significant shipwrecks," commented Neyland. "Alligator's mission was to enforce a U.S. law prohibiting the slave trade on U.S. merchant ships, and it did its mission well."

Until recently, historians believed that the schooner's wreck site had been identi-

fied, but in 1995 and 1996, archaeologists found discrepancies between that shipwreck and historical accounts, invalidating this idea. Because dozens of ships foundered on the reef during the same historical period as Alligator, its accurate location has not been easy to determine.

Based on historical data, including contemporary charts and maps and the ship commander's own estimate of the vessel's position the day before it sank, UA plotted a high-probability search zone of one square mile. The scientists then conducted a remote-sensing survey, using a magnetometer in an attempt to detect the iron ballast that Alligator was known to be carrying when it went down.

Early in its brief but eventful career, Alligator mounted two patrols off West Africa. "Its first mission founded a colony for former captives and slaves, which is today the nation of Liberia," said Neyland. "The crew of Alligator boarded slave ships...and freed the captives, delivering them to the new colony."

Alligator spent 1822 in anti-piracy operations near Cuba, where, though badly outnumbered, it won numerous victories and liberated captured American ships. The schooner ran aground in November on what is now the Alligator Reef, its crew abandoning and scuttling it on Nov. 23 to prevent pirates from salvaging it.

"Hunley and Alligator were different ships with entirely different missions," Neyland pointed out. "However, both represent a previously forgotten part of U.S. history, which is now being revealed through science and underwater archaeology."

New Navy Surgeon General takes office

Ellen Maurer

Bureau of Medicine and Surgery Public
Affairs

Rear Adm. Donald Arthur became the 35th Surgeon General of the Navy in a change of office ceremony hosted Aug. 4 at the Washington Navy Yard.

The Navy Surgeon General is the senior officer for the Navy's medical and dental communities, leading the naval hospitals and medical and dental clinics worldwide.

Arthur relieves Vice Adm. Michael L. Cowan, who retired after 33 years in the Navy. Cowan has served as the leader of Naval Medicine since 2001.

Guest speaker at the ceremony was Adm. Vern Clark, Chief of Naval Operations. Clark spoke about the advances made in military medicine to care for today's warfighters and their family members.

"We will do everything we know how to do...to help you fulfill the promise you have made to the sons and daughters of America who wear the uniform - to provide health care, first effectively and then efficiently," said Clark. "We know you are committed to continuing building the foundation of force health protection set in place by [Vice Adm.] Mike Cowan. I have every confidence that you will do an equally superb job."

Arthur comes to the Bureau of Medicine and Surgery from his former position as the Commander of the National Naval Medical Center, Bethesda, Md. He holds both a doctor of medicine degree, a Ph.D. in health care management, and a degree in law. Arthur joined the Navy in 1974 and is qualified in flight surgery and undersea medicine, as well as surface warfare medicine, saturation diving medicine and radiation health.



Official U.S. Navy file photo of Donald C. Arthur

"It is a tremendous honor to be part of Navy Medicine," said Arthur. "I pledge to continue the work that Adm. Cowan has begun...so Navy Medicine can continue to respond whenever and wherever, against all threats - some of which we cannot combat with traditional methods."

"We must be prepared to predict, prevent and treat those things that might still come to us," said Arthur. "We will do it as one Navy Medicine, active and Reserve. And we will do it as one Department of Defense medical unit that is a seamless, integrated Navy, Army and Air Force medical system."

Controlling seasonal allergies prevents more serious conditions

Harrison Wein, Ph.D.
National Institute of Health

Sometimes it's hard to know whether you're suffering from allergies or a string of colds. Their symptoms – like sneezing, coughing and a runny nose – are similar. If you have these symptoms every spring or fall, or all through the growing season, it's a good bet you've got seasonal allergies, or hay fever. Doctors call this type of allergy "seasonal allergic rhinitis." Whatever its name, it can make you absolutely miserable.

The National Institute of Allergy and Infectious Diseases (NIAID) estimates that the number of people suffering from allergic rhinitis may be as high as 35 million. Allergic rhinitis may not seem dangerous in itself, but it can play a role in other diseases like asthma, a chronic and potentially fatal lung disease affecting approximately 15 million Americans, and sinusitis, an infection in the hollow air spaces of the skull surrounding the nose that affects approximately 38 million Americans.

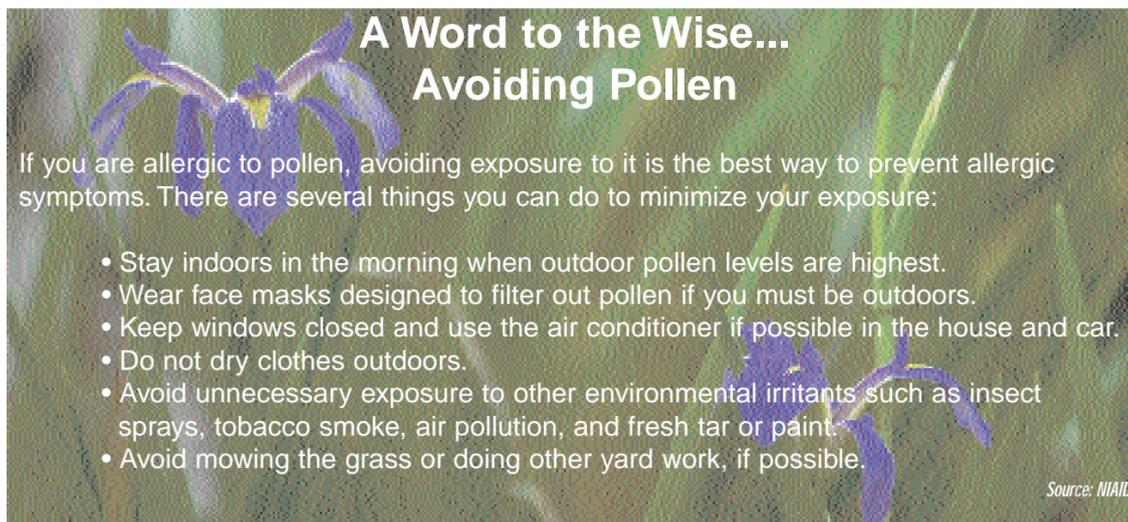
There is no cure for allergy, but there are ways to control its symptoms and, hopefully, to prevent it from triggering more serious conditions like asthma and sinusitis.

Allergic response

Whether allergic rhinitis strikes by season or lasts all year long, it is essentially the same disease. Seasonal allergic rhinitis is frequently caused by pollen released into the air by trees, grasses and weeds as part of their reproductive cycle. Molds can cause similar allergic symptoms. They release tiny spores that ride on the wind to establish the mold in new places. Whether pollens or spores, when these airborne allergens (the name for allergy-causing compounds) get into your nose and your eyes, they can cause allergies.

But what exactly is an allergy?

Everybody is exposed to these pollens and spores, but only some develop allergies to them. An allergy comes about when the immune system, which is there to protect us from microbial invaders like viruses and bacteria, reacts to a normally harmless substance. Specialized cells of the immune system – known as B cells – manufacture molecules called antibodies to bind very specifically to



If you are allergic to pollen, avoiding exposure to it is the best way to prevent allergic symptoms. There are several things you can do to minimize your exposure:

- Stay indoors in the morning when outdoor pollen levels are highest.
- Wear face masks designed to filter out pollen if you must be outdoors.
- Keep windows closed and use the air conditioner if possible in the house and car.
- Do not dry clothes outdoors.
- Avoid unnecessary exposure to other environmental irritants such as insect sprays, tobacco smoke, air pollution, and fresh tar or paint.
- Avoid mowing the grass or doing other yard work, if possible.

different foreign invaders. IgG antibodies are the major type in the blood. Another group, IgE, causes the symptoms of allergies.

Scientists aren't actually sure what protective role IgE antibodies normally have. What scientists do know is that IgE antibodies attach to the surfaces of two types of immune system cells: mast cells and basophils. When these IgE encounter the allergen they were manufactured to recognize – for example, on a pollen grain or a mold spore – they attach like a key in a lock and trigger the mast cells and basophils to release the little packets of chemicals they contain. Those chemicals include histamine and other compounds that cause local inflammation, leading to the symptoms that you know as an allergy: sneezing, coughing, a runny or clogged nose, postnasal drip, and itchy eyes and throat.

Recognizing an allergy

Sometimes it's obvious you have allergic rhinitis. If you have symptoms like a runny nose and itchy eyes all year round, it's a good bet your condition is caused by allergies. The culprit may be something indoors like dust mites in your bedding or carpet, or mold in the shower.

Many allergies are more acute and temporary. "Maybe you walk into somebody's house, they have three cats and suddenly your eyes itch, or your nose itches or your nose runs or

you start to wheeze," Dr. Metcalfe says. "Pretty clearly, that's an allergy. The exposure to something that triggers these allergic reactions – and that's reproducible – is often the first sign to people they have an allergy."

But it's not always easy to tell if you have allergies. Dr. Metcalfe said, "Let's say that somebody's sitting around and it's, say, February, and they say, 'Gee I think I'm getting a cold.' But maybe they're developing a tree allergy, because the tree pollen may be coming out in February or March in their area. Well, sometimes it's pretty hard for someone to determine whether it's a cold or a transient seasonal allergy."

Your doctor can help you sort out whether you have allergies, but it's difficult for him or her to make a diagnosis without your help. You can play an important role by keeping track of when and where you get symptoms. Dr. Plaut says. "The history of your symptoms is usually much stronger evidence than simply looking. It's often the duration of symptoms; people do not have colds that last more than two weeks."

Look at your local pollen and mold counts and see if high numbers match up with when you get your symptoms. Peak seasons for pollens and molds differ depending on where you live, but many local newspapers, TV and radio stations now track levels of molds and pollens daily. The National Allergy Bureau™ of the

American Academy of Allergy, Asthma and Immunology (not associated with NIH), which reports current pollen and mold spore levels to the media, maintains a web site you can check yourself at <http://www.aaaai.org/nab/>. As a general guide, tree pollen allergies strike in late winter to early spring, grass allergies can strike from spring through summer, and ragweed typically strikes in the fall.

Ultimately, your doctor may send you to an allergy specialist, or allergist, for blood or skin tests to see if your body is making IgE against particular allergens. But keep in mind that even these tests can't be used alone for a diagnosis. So even with such sophisticated tools, you still play an important role in helping your doctor figure out if you have allergies and what is causing them.

Prevention and treatment

If you do have allergic rhinitis, you and your doctor have many options. The first, and most obvious, is to avoid the allergens you react to. This is not as simple as it might seem. Some people think that they can just move to a place where the offending pollen doesn't grow.

This drastic measure may provide temporary relief, but people who have an allergy to one thing tend to develop allergies to others as well, and may soon find themselves in the same situation.

There are some simple things you

can do. Sunny, dry, windy days can be especially troublesome for people with pollen allergies, so try to stay indoors on those days with the windows closed and the air conditioner on. Some people take vacations at the height of the expected pollination period and choose a location where they won't get much exposure; the seashore, for example, is a good place for many people with pollen allergies. There are also ways to avoid exposure to indoor dust mites, molds and other common allergens that cause allergic rhinitis. No matter what your allergy, your doctor should be able to provide guidance for you.

If avoidance doesn't work for you, allergy symptoms can often be controlled with medications. Antihistamines are usually the first line of defense. Some antihistamines can cause drowsiness and loss of alertness and coordination. During the last few years, however, antihistamines that cause fewer of these side effects have become available.

Along with an antihistamine, your doctor might recommend oral or nasal decongestants to reduce congestion and swelling of the nasal passages. Keep in mind that these nose drops and sprays should not be used for more than a few days or they might backfire and lead to even more congestion.

Topical nasal steroids reduce mucus secretion and nasal swelling. Although nasal steroids can have side effects, they are generally safe when used at recommended doses. Another option you might have heard about is cromolyn sodium, a nasal spray which inhibits the release of chemicals like histamine from mast cells.

But cromolyn sodium takes several days to begin working, so to be effective it has to be started before the allergic reaction begins. For many, this is simply not practical.

Lastly, immunotherapy, or a series of allergy shots, is an option if you and your doctor know which allergens are causing you trouble. The therapy involves several injections of increasing amounts of the allergens to which you are sensitive. This is a long process that many people are not willing to go through, but it can bring a significant reduction in symptoms and the need for medication.

