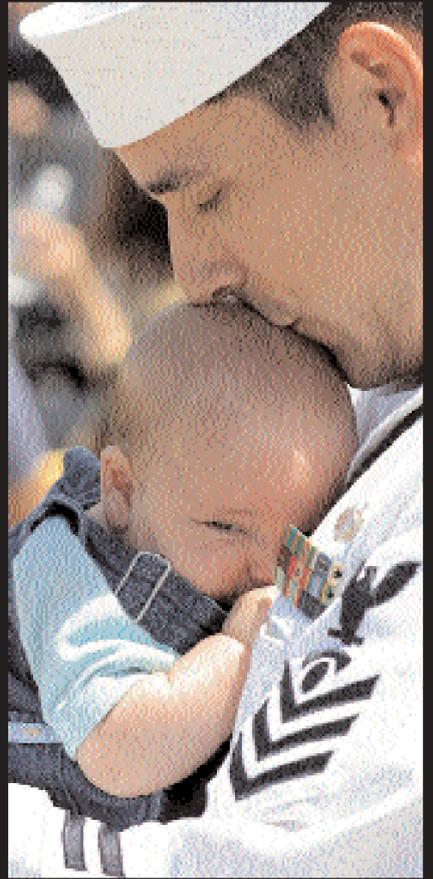
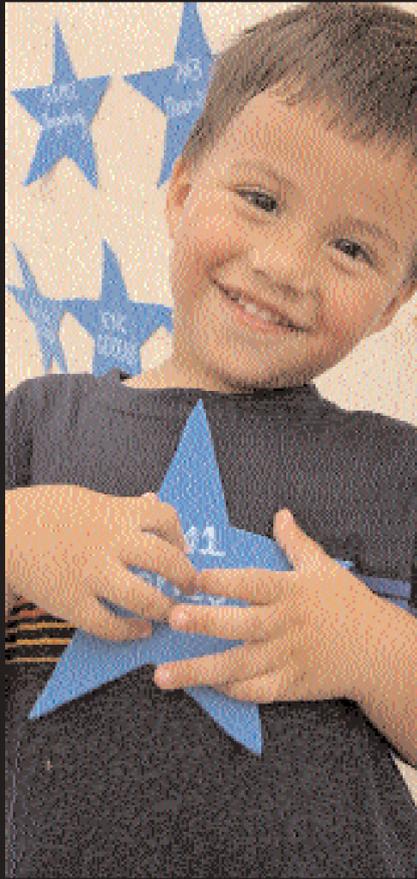
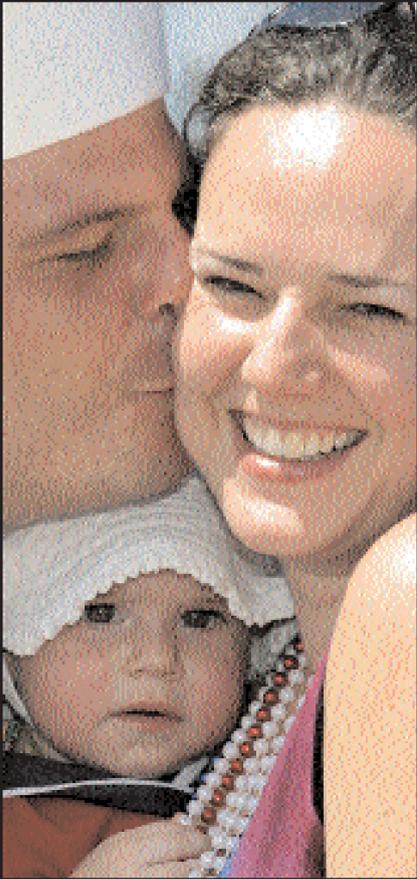


Ombudsmen



U.S. Navy photos by PH1(AW) William R. Goodwin

Linking together families and commands

Christa Thomas
QOL Marketing

For Diane Thompson, being a volunteer Navy command ombudsman is an opportunity to have a positive effect on the Navy family. It's a chance for her to make a difference.

"You never know who you are impacting and how," said Thompson, Commander, Submarine Pacific Force ombudsman.

Thompson, a 14-year veteran ombudsman and Navy-certified trainer, discreetly recalls her defining moment when one spouse shared with her that she didn't know what she would have done during a deeply personal situation had it not been for her ombudsman.

Thompson and more than 80 other Navy Region Hawai'i ombudsmen will be honored by their command teams Sept. 10 at the Annual Ombudsman Appreciation Dinner aimed at recognizing their service and marking the passage of the 34th anniversary of the Navy Family Ombudsman program.

The Navy Family Ombudsman program was established in 1970 by then-Chief of Naval Operations Adm. Elmo Zumwalt, who recognized issues unique to Navy families and the need to establish a direct link between families and command leaders.

Navy ombudsmen provide that link by keeping the lines of communication open between commanding officers, command master chiefs and family members. The CO selects the command ombudsman, usually the spouse of an enlisted Sailor, to act as a member of the commanding officer's team.

Ombudsmen are trained and armed with knowledge to keep family members informed and provide support. They help military families by serving as the primary liaison between the command and family.

As a key information and resource specialist, ombudsmen work with organizations, such as the Fleet and Family Support Center (FFSC), Morale, Welfare

and Recreation, Personnel Support Detachment, the Navy League, chaplains and other departments to garner resources that may be of help to families and act as advocates when families have needs that are not being met, specifically when their service members are deployed. Much like the commands they serve, they are standing on ready to provide information and support 24 hours-a-day, every day.

The ombudsmen are often called upon to squelch rumors with accurate and timely information, and keep families informed of command movements so deployed Sailors can complete their mission, knowing that their family members are receiving any assistance they may need.

CNOCM Luis R. Cruz, COMNAVREG command master chief, knows from experience that the ombudsman plays an "extremely crucial role" in command operations.



Photo by Christa Thomas

Kathy Botello, COMSUBPAC assembly chairperson, Diane Thompson, COMSUBPAC FORCE ombudsman, and ETCM Jeffrey Peters of COMSUBPAC at an Ombudsmen Appreciation Dinner planning committee meeting.

"Over 53 percent of Region Sailors have family on-island," Cruz said. "So it is important to have an ombudsman, not just at a region level, but at command level as well. The ombudsman is a critical link to enhanced readiness. They ensure that the families are informed, which is especially vital during deployments," said Cruz.

CMDCM Rodney Parks of Patrol Squadron-2 Kaneohe echoes that sentiment.

"Deployments are sometimes scheduled and sometimes unscheduled, making it difficult for everyone involved. The command ombudsman offers a spouse's point of view and may be easier for family members to talk with. And since the ombudsman is a spouse, they establish a special link to the spouse that I can't," Parks said.

While the role of the ombudsmen has grown and developed since its inception, it wasn't until 1994 when OPNAV INSTRUCTION 1750.1D was issued to align policy, procedures and implementation of the Navy Family Ombudsman program.

With the magni-

tude and scope of the responsibilities of the ombudsmen, the OPNAV instruction also delineates training requirements. A 25-hour training session, coordinated by the FFSC, teaches basic skills and prepares the ombudsmen for the demands of the job.

Navy certified trainers present 13 in-depth training modules that include topics such as the role of the ombudsmen, deployment roles, ethics, command emergencies and confidentiality. Teresa Espiritu, Ombudsman program coordinator, coordinates all ombudsman training and recognizes that the nature of the Navy and constant separation of families makes this program so important.

Espiritu applauds the efforts of the ombudsmen and appreciates their unselfishness and the sacrifices they make. "These people volunteer their time for such a high level of responsibility and they do everything expected of them, all while balancing their own family life. They truly are special," said Espiritu.

The ombudsman has the responsibility of being informed and keeping everyone informed. Recognizing some information may be sensitive and may place him or her in the middle of personal family matters, the ombudsman is charged with maintaining the utmost degree of confidentiality.

And though most of the questions or information brought to the ombudsman is routine and innocuous, some situations necessitate the immediate attention of the commanding officer. Some of the situations fall within what is called the "Five-Plus Reportables."

Those "reportables" include potential suicide situations, suspected and known child abuse or neglect, known incidents of spousal abuse, drug or alcohol abuse and potential homicide, violence or life-endangering situations.

Currently, there are nearly 80 Navy Region ombudsmen. These volunteers will remain in this role until there is a change of command. At that time, they are required to submit a letter of resignation. If they desire to continue in the role as ombudsman after the CO transfers, they must submit a letter of continuance to the incoming CO. Most are asked to stay on in the position.

Although they are not paid for their services, ombudsmen are reimbursed for any authorized expenses, such as mileage, childcare and office supplies.

In an address to the COMNAVREG Assembly, Chaplain (Lt.) Ronald Rinaldi, whose wife Kathryn is the Commander, Destroyer Squadron 31 ombudsman, lauded the efforts of the ombudsmen. "I've seen morale go up and go down based on communications from home. The hours you put in do make a great difference," Rinaldi said.

When the ombudsmen help family members have a successful tour, they create an atmosphere that is favorable for re-enlisting, and retention impacts readiness.

Tina Moore, USS Chosin (CG 65) ombudsman, volunteered because she believes that.

"I want to help families. I know, as a six-year Navy wife, that a happy spouse plus a happy sailor equals a happy command," said Moore. "And a 'happy' command equals mission readiness.

For more information about the ombudsman program in Hawai'i, contact the Naval Station Pearl Harbor Fleet and Family Support Center at 473-4222, ext. 275.

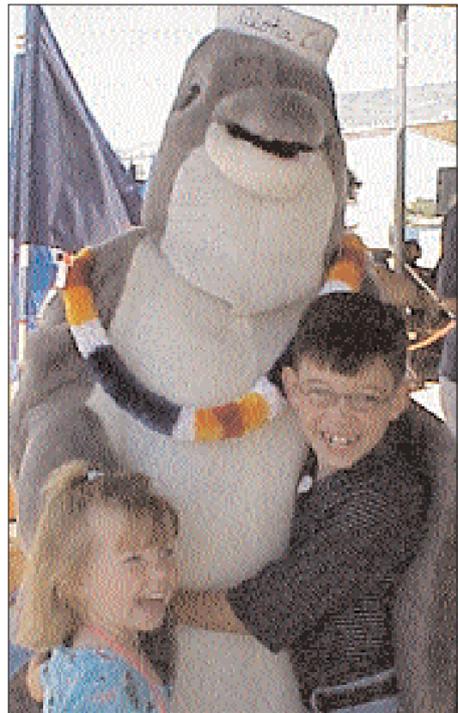


Photo by Christa Thomas

Kathy Botello, COMSUBPAC assembly chairperson, dresses up as Duke the Dolphin to entertain Navy children as they wait for their parent to arrive from deployment aboard USS La Jolla (SSN 701).

Commentary

When the sun goes down

JO2 Devin Wright

JOSN Ryan C. McGinley

Magic of Polynesia

JO2 Devin Wright

I've always been a fan of magic. I remember when I was a young'un, one of my dad's friends used to perform a magic trick for me. He would say, "Do you have a quarter?" I would ask my dad for a quarter and he always obliged. My dad's friend said that he could make that quarter turn into a penny. All he needed was some magic dust. He would reach into his pocket for some magic dust with one hand and clench the quarter in the other. He sprinkled the magic dust on his clenched fist and open it to reveal a penny. I was amazed. How could he turn a quarter into a penny and, more importantly, where could I get some magic dust?

As I've grown, I realize his hands were just too fast for my young eyes. As many times as I asked him to do that trick, I think he owes my dad and I about 20 bucks in quarters.

Since, I have tried to learn different magic tricks. Mostly the ol' pick a card, any card type magic, but the fascination for 'real' magic has always lingered. So you can imagine my excitement when my wife and I bought tickets to the Magic of Polynesia starring internationally-acclaimed illusionist, John Hirokawa.

When we arrived at the Waikiki Beachcomber Hotel in the heart of Waikiki, we were disappointed to see the line wrapped around the entire lobby and out the front door, especially since we arrived 30 minutes prior to seating. "Must be a heck of a show," my wife and I thought.

The line quickly started moving and we were seated in the theater in no time.

The show started with the sound of thundering drums pounding to Hawaiian chants. Volcanoes oozed and erupted in blinding flashes of light while hula dancers performed as the theater rumbled.

Hirokawa made a grand entrance, dropping from the ceiling onto the stage. He immediately began a series of warm up magic tricks.

The music faded and Hirokawa addressed the crowd and different nationalities. He then told a story of when he was a boy growing up in Hawai'i, and how he used to chase fireflies.

The lights quickly dimmed as a small bright light appeared center stage. The light started flying around the stage as Hirokawa chased it. He finally caught the magical firefly in a jar, but it quickly escaped.

It flew over and through the crowd before Hirokawa stomped on it. The crowd gasped as if to say, "How could you." Hirokawa was quickly surrounded and flown off stage by 20 or so fireflies. The squashed firefly was somehow revived; its light grew brighter as it began to fly through the crowd and finally backstage.

After each series of magic tricks, performed for the audience.

The most memorable of the performers was the fire knife dancer. He twirled and flipped batons of fire in an impressive blaze of showmanship.

The magic show finale was when Hirokawa talked of his son. He said his son had never seen snow. His son asked him what snow looked like. Hirokawa took a napkin and dipped it in a glass of water and said, "This is what I shared with my son."

He took the drenched napkin and balled it up in his hand as if he were making a snowball. Little flakes of snow began to fly into the air and over the crowd until the entire theater was snowing. It was amazing!

My wife and I left the show feeling as though we were witnesses to a fairy tale.

That night I went home and soaked a napkin in a glass of water and cupped it in my hand in hopes of making our apartment snow. The fairy tale soon ended when my wife snapped at me for making a mess. I thought, "I better stick to what I know," so I asked my wife, "Honey, do you have a quarter?"

For information and show times, call the Magic of Polynesia at 1-877-971-4321 or 808-971-4321.

Aloha Harvest helps America's forgotten

JO2 Devin Wright

Staff Writer

Aloha Harvest is a non-profit organization that works in partnership with food donors by collecting leftover perishable food and delivering the food free of charge to social service agencies that feed the hungry on Oahu. It is based on the City Harvest Program started in New York City.

There are 343 different businesses, including restaurants, hotels, caterers and distributors that donate food to Aloha Harvest. The food is divid-

ed and shared with 93 different recipient agencies, including the USO Hawai'i and United States Veterans Initiative Hawai'i.

By supplementing charitable organizations with food, these agencies are able to make the most of their limited resources.

"Organizations like the United States Veterans Initiative are able to stretch their budget and use their funding for something other than food," said Chris Chun, executive director of Aloha Harvest. "The food we bring them

supplements what they would otherwise have to buy."

Darryl Vincent, site director of United States Veterans Initiative Hawai'i said Aloha Harvest is helping give back to those who have served in the Armed Forces.

"Veterans have served our country and sometimes they have a hard time re-entering into society," said Vincent. "Some become dependent on drugs or suffer from mental illness. With the help of the V.A. we're able to help get them back on their feet and with the help from Aloha Harvest, we are able to help feed them. They are a wonderful organization, especially in today's day and age where sometimes they are forgotten," Vincent stated.

Samuel Sanders, an Army veteran and resident of United States Veterans Initiative Hawai'i at Barbers Point, believes organizations like Aloha Harvest have helped him re-establish himself back into society.

"Re-integrating yourself back into society and into a veteran's home is difficult," said Sanders. "It's difficult because you don't have access to a lot of things. Here, we really don't have access to a lot of things. To eat, you would have to have a car which a lot of people here don't have," said Sanders. "To have food brought in to you is a great way to try and save money and Aloha Harvest has helped in that process and I am grateful."

Aloha Harvest operates seven days a week delivering food to charitable organizations for free.

Since its inception in November 1999, Aloha Harvest has delivered 1.5 million pounds of food, which would otherwise go to waste, to Oahu's homeless and struggling veterans.



U.S. Navy photo by JO2 Devin Wright

Kauahi Sai, truck driver for Aloha Harvest, makes a food pick up at the Barbers Point Commissary to be delivered to Oahu's homeless and struggling veterans. Since Aloha Harvest's inception in November 1999, they have delivered 1.5 million pounds of food to charitable organizations.

PACFLT chief selectees buy first set of khaki uniforms

JO2 Jessica B. Davis
U.S. Pacific Fleet, Public Affairs

Family members and chief petty officer (CPO) selectees couldn't contain their smiles at the Pearl Harbor uniform shop Aug. 10, where doors opened after hours to allow CPO selectees to buy the uniforms they'll wear the rest of their naval careers.

A total of seven tailor employees, four more than usual, were there to hem the pants and sleeves of the Navy's newest khaki customers.

"This is a night for chief petty officer



U.S. Navy photo by JO2 Jessica B. Davis
PNC (sel) (SCW) Joseph Torres can't contain his smile as he shows his khakis to his co-workers. Torres will be pinned on Sept. 16 at a Ford Island ceremony.

selectees," said Chief Personnelman (sel.) (SCW) Joseph Torres, the Pacific Fleet's government travel card program manager.

While standing in front of the mirror, Torres tried on the chief full-dress uniform for the first time, turning to check out all angles.

"Is this on right?" asked Torres, a native of Makati, Philippines.

Torres' sponsor, PNC (AW) Romeo Tagulao, Pacific Fleet's joint exercise coordinator, was there to make sure Torres got the right uniforms. Tagulao will stay with Torres throughout his transition period to impart knowledge and wisdom from one chief to another.

"My sponsor guides me in this process," Torres said. "He teaches me the stuff I don't know, what I should know and later tells me what a good job I did."

"Chief (sel) Torres is an outstanding Sailor and deserved to be selected," Tagulao said. "He's very positive about the transition."

"I have full confidence that he will be a good chief," Tagulao said.

Torres' wife, Agnes Torres, was among the many other family members there to support their chief select.

"When he was trying on his uniform, I still couldn't believe he really made it," Agnes said. "I was thinking, is that really you?"

The uniform shop hosted the special occasion, which not only included appetizers, giveaways and a local band, but also offered a deferred-payment plan.

"This enables us to get our uniforms off-hand without paying for it," Torres said. "We have 12 months, or until our chief pay becomes effective, to pay."

Commander, U.S. Pacific Fleet will welcome its 26 chiefs to the staff on Sept. 16 at 10 a.m. in a ceremony on Ford Island.

Rules for residents using traffic roundabout in Salt Lake area

Karen S. Spangler
Assistant Editor

Residents and drivers who live in the Salt Lake area are benefiting from a traffic roundabout installed about 10 months ago at the intersections of Ala Napunani and Linkini Streets.

According to traffic officials with the Department of Transportation Services for the City and County of Honolulu, roundabouts are a common form of intersection control used throughout the world.

Transportation statistics show the number of accidents at the intersections have sharply decreased from an annual average of 17 at each intersection to one accident in the 10-month period.

Information from the Department of Transportation Services offers five easy rules to remember when using a roundabout:

- Slow down as you approach the roundabout.
- When entering the roundabout, yield to vehicles already in the roundabout and to anyone in the crosswalk.
- Go right when entering the roundabout and proceed around the circle in a counterclockwise direction to your exit. Don't stop or pause for others to enter. When you exit, there will be room for them.
- Miss your exit? Just go around one more time.
- Watch for pedestrians and bicyclists in the crosswalks, both when entering and exiting.

Additional tips for drivers caution them to pull up to the yield line and look to the left when entering the roundabout, giving traffic already in the roundabout the right of way.

Motorists should enter the roundabout when there is an adequate gap in the traffic flow.

Drivers should not stop in the crosswalk if there is another car in waiting at the yield line, making sure to keep the crosswalk clear. They should drive no more than 15 to 20



Photo courtesy of Department of Transportation Services
Graphic example of a roundabout.

miles per hour when approaching or driving in a roundabout.

Transportation officials advise drivers that roundabouts are designed with an "apron" in the center that is higher than the level of the road to enable large vehicles, such as buses and trucks, to make the turn.

They emphasize cars should not use the apron and explained the lane is 12 feet wide and adequate for cars.

Bicyclists should use the same rules that apply to cars and should ride in the center of the lane. Cars are not permitted to pass bicyclists in the roundabout.

Bicyclists are encouraged to dismount from the cycles and use the crosswalks and sidewalks around the edge to move through the roundabout if they feel more comfortable.

The Department of Transportation Services also provided guidelines for pedestrians using the roundabout:

- Use the crosswalks.
- Be cautious about oncoming traffic. Make eye contact with the driver to be sure you are seen.
- Stop on the island and check again for traffic before proceeding to the other side.
- Never cross into the round center island.

Pearl Harbor Sailors speak out on importance of voting

MM3 Greg Bookout
Staff Writer

Sailors, along with Navy family members and Department of Defense civilians, say voting is a right that is critical to our country.

"Voting is the main way for us to voice our opinions in politics," said Gas Turbine Systems Technician-Mechanical 2nd Class Dela Yazzie of Naval Station Pearl Harbor. "That's what this country is all about - freedom of choice."

There are many reasons Sailors and civilians have for voting. Some people vote to get better representation, changes in the economy, better military benefits and many other reasons.

A Department of Defense (DoD) civilian noted he believes it is a responsibility for people to cast an informed vote based on the individual's own needs and viewpoint.

"It is kind of each person's duty to get out and vote if you don't want just anybody going into public office," said DoD civilian Quinn Pardo. "People have to vote on a candidate based on their own political beliefs and ideas. If you

don't vote, then you shouldn't complain about officials in office. When you don't vote, you are giving up your own right."

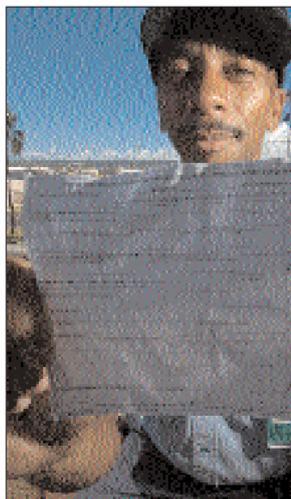
A Navy dependent noted that voting gives us a say in who governs us and in a time where political parties are split over many key issues, it is very important to participate.

"Voting is important because every vote counts," said Meredith Selby, whose husband is the commanding officer of USS Hopper (DDG 70). "It seems as you get older you realize the importance of voting more. Parties are so split these days, the 2000 presidential race was so close, every vote made a difference."

With the Nov. 2 general election quickly approaching, time is running short to register to vote or obtain absentee ballots from home states.

Voters who haven't registered in their home state yet, still have time to do so. Sept. 3-10 is Armed Forces Voter Week and is the last big push to encourage Sailors to register and vote in their home states.

Voting laws vary from state to state. It is recommended that absentee voters should be registered at least 45 days before the



U.S. Navy photo by JOSN Ryan C. McGinley
HT2 Moses King, a Navy reservist, holds an absentee ballot request.

election so that ballots can reach voters quickly, allowing voters to complete and return the ballots to their home states in time to be counted.

"Voting has a huge impact on the future of the military," said Selby. "If it affects the military, it will directly affect my life."

For more information on voting forms or questions, individuals should contact their command voting assistance officer.

STORY IDEAS?

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

Phone: (808) 473-2888
Email: hnn@honoluluadvertiser.com

Hawaii Navy News

USS Hopper Ohana cooks up a fundraiser

Lacy Lynn

Staff Writer

Baked bean salad, banana smoothies, pineapple sweetcake, hamburger soup, pepperoni pizza rolls and scalloped corn casserole are just a few of the tempting recipes found in USS Hopper (DDG 70) Ohana's new fundraiser, the "USS Hopper's Cooking with Grace" cookbook.

Ohana members, a ship support group composed of spouses and fiancées of Hopper crewmembers, came up with the cookbook as a fund-raising idea.

The group spent six months gathering recipes from Hopper's crew, their family members and spouses. Recipe contributors made their submissions via a website set up for the cookbook.

According to USS Hopper

USS Hopper Cookbook

Buckeye Recipe (makes about 7 dozen)

2 (3-oz) packages cream cheese, softened
 1 (14-oz) can Eagle Brand sweetened condensed milk (not evaporated milk)
 2 (12-oz) packages of peanut butter flavored chips
 1 cup finely chopped peanuts (optional)
 1/2 lb. chocolate confectioners' coating

- In large mixer bowl, beat cheese until fluffy.
- Gradually beat in sweetened condensed milk until smooth.
- In a heavy sauce pan, over low heat, melt peanut butter chips; stir into cheese mixture. Add nuts.
- Chill 2 to 3 hours; shape into 1-inch balls.
- In a small heavy saucepan, over low heat, melt confectioners' coating.
- With wooden pick, dip each peanut ball into melting coating, not covering completely.
- Place on wax paper-lined baking sheets until firm.
- Store covered at room temperature or in refrigerator.

Ohana member Audrey Curtin, a project like this gets everyone involved and is a way to pass on traditions and memories.

"We recently had one of our crewmember's mother pass away and we've got several of her recipes in the cookbook," said Curtin.

In an effort to include as many people as possible in the effort, some recipes for the same dish were included, but only those with dis-

tinct differences.

The book's title was chosen to remember the USS Hopper's namesake, Dr. Grace Hopper, a retired Navy Rear. Adm., the mother of computing and the developer of the first computer compiler and the first computer programming language.

"We wanted her name associated with the cookbook," explained Curtin.

The group is printing the book through a mainland company and chose an Americana style, said Curtin.

The hardcover cookbook is divided into sections with tabs based on the different types of dishes, including main dishes, side dishes, appetizers and desserts. A bookstand is included to hold the book open for convenience while cooking.

The group has already

received several pre-orders and expects more orders to come in once the book returns from the printers and Hopper returns to Pearl Harbor.

Although the cookbook is still at the printers, it should be available by October.

"Our goal was to have them ready in time for Christmas to purchase as gifts," said Curtin.

The money will be used for various functions for the Hopper crew and their spouses and children.

Events include Easter and Halloween parties for kids, monthly breakfasts for spouses, and homecoming events for the crew.

The cost for the cookbook is \$15. To pre-order or purchase cookbooks, contact a USS Hopper Ohana member or call Audrey Curtin at (808) 422-9552.

Navy veteran sets new course with help from Volunteers of America

Special to Hawai'i Navy News

After a 27-year career with the U.S. Navy, Frank Plushkin's retirement years have not been smooth sailing.

Plushkin enlisted during the height of the Vietnam War and flew long coastal patrol missions in the Navy's last flying boat, the Martin P5M Marlin.

Honorably discharged in 1993, he looked for a quiet place to settle down, "a small town where people smile when they see you on the street," Plushkin said.

He chose Sheridan, Wyo., a historic frontier town of 15,000 at the foothills of the Big Horn Mountains.

But Plushkin's excessive drinking, which he had kept "under control" while on active duty, soon developed into full-blown alcoholism.

His addiction soaked up most of his Navy pension and led to frequent periods of homelessness.

Four years ago, Plushkin sought outpatient treatment at the Veterans Administration hospital in Sheridan. Key to his recovery, however, was having a place to stay.

Plushkin found safe harbor at the Sheridan Community Shelter, a homeless shelter operated by Volunteers of America, one of the nation's oldest, largest and best-loved human-service charities.

The shelter is located on the hospital grounds in a restored 1905 building leased from the Veterans Administration.

"We serve homeless families and individuals, from infants to people in their 80s," said Volunteers of America's Kim Price. "But we have a special mission to help any veteran who comes to us in need."

With professional therapy and a secure living environment, Plushkin gained sobriety. And when a job opened at the shelter, he applied and was accepted.

"Frank is one of the most effective members of our staff," Price said. "He relates well with our veterans because he's been where they are."

Helping others rise out of homelessness has brought new rewards and a new purpose to Plushkin's life.

"The job doesn't put much in my wallet," he said, "but it sure puts something in my heart."

Now 57, Plushkin lives in a one-bedroom rented house near the hospital. In his off-duty hours, he enjoys gardening and riding his bicycle around the friendly western town where people really do smile when they see him.

Volunteers of America participates in the Combined Federal Campaign (CFC) as a member of the Human Service Charities of America federation.



Photo courtesy of Volunteers of America

Twenty-seven year U.S. Navy veteran Frank Plushkin (left) turned to Volunteers of America in Sheridan, Wyo. when his life began to fall apart due to an addiction to alcohol. Plushkin, in need of housing while being treated at the VA Hospital in Sheridan, lived at the community shelter operated by Volunteers of America and now is a member of the shelter staff.

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

FRIDAY

7:00 p.m. King Arthur (PG 13)

SATURDAY

2:30 p.m. Cat Woman (PG 13)

4:45 p.m. The Bourne Supremacy (PG 13)

6:45 p.m. Harold and Kumar Go to White Castle (R)

SUNDAY

2:30 p.m. Thunderbirds (PG)

4:30 p.m. The Village (PG 13)

6:45 p.m. The Manchurian Candidate (R)

THURSDAY

7:00 p.m. The Bourne Supremacy (PG 13)

\$3 adults; \$1.50 children (6-11)

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

Memorial Theater
Hickam Air Force Base
(449-2239)

FRIDAY, SATURDAY AND SUNDAY

7:00 p.m. The Bourne Supremacy (PG 13)

WEDNESDAY AND THURSDAY

7:00 p.m. Thunderbirds (PG)

\$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. Cat Woman (PG 13)

SATURDAY AND SUNDAY

2:00 p.m. A Cinderella Story (PG)

7:00 p.m. Cat Woman (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

• **Sept. 11:** Lanipo hike, 8:30 a.m.-3:30 p.m., \$5. Register by **Sept. 8.**

• **Sept. 11:** North Shore shark watching, 8:30 a.m.-1:30 p.m., \$90. Register by **Sept. 8.**

• **Sept. 12:** Intro to kayak fishing, 7:30 a.m.-3:30 p.m., \$12. Register by **Sept. 8.**

TAILGATE PARTY TIME

Enjoy a tailgate party on Richardson Field before each University of Hawai'i home football game. The season starts **Sept. 4.** Party stalls are \$5 each and are large enough to accommodate one vehicle. The cost includes free ice, prizes, games and activities. For more information or to reserve a space, call the marina office at 473-0279.

JUNIOR GOLF DEVELOPMENT AT BARBERS POINT COURSE

Junior golf development sessions for youth ages 13 to 18 will be held on the first Saturday of each month at the Barbers Point Golf Course. Those who wish to participate should sign up by **Sept. 4.** The sessions include PGA instruction and practice balls and costs \$20 per month/per person. For more information, call 682-1911.

YOUTH FITNESS ORIENTATION PROGRAM

Free youth fitness orientation programs will be offered at 9 a.m. **Sept.**

4 at Bloch Arena and **Sept. 11** at Power Point Fitness Center. The programs take youth (accompanied by an adult) ages 10-15 on educational tours of the fitness facilities. Registration is required by the Thursday prior to each class. For more information or to register, call Bloch Arena at 473-0793 or Barbers Point at 682-5243.

LABOR DAY SPECIALS

• Two-for-one at Rainbow Bay Marina: The marina will offer two-for-one rentals. Rent a kayak, paddleboat or sailboat on **Sept. 6** and get one free hour for each hour rented. For more information, call 473-0279.

• Say good-bye to summer on **Sept. 6** with cake and punch at all open MWR pools. For more information, call 473-0394.

• Attend a free Labor Day spin-a-thon from 8-10 a.m. **Sept. 6** at Bloch Arena. Participants who complete the ride will receive a T-shirt, water bottle and workout towel. Registration is limited to the first 30 participants and is on a first come, first ride basis. For more information or to register, call 473-0793.

PEE WEE SOCCER

Registration for Pee Wee soccer will be held **Sept. 7-24** at the youth sports office. The cost is \$35 and includes a T-shirt, medal and certificate. To register, bring participant's birth certificate and a current physical (dated no more than one year ago) to registration. Children should also attend to get proper sizing for shirts or uniforms. Children ages three-five are eligible to participate. The season begins **Oct. 6.** For more information, call 474-3501.

NAVAL STATION JUNIOR BOWLING PROGRAM

The Naval Station Junior Bowling program for youth ages five to 21

years of age will begin **Sept. 11.** Signup will start at 8:45 a.m. Games will start at 9:30 a.m. The cost is \$6 per week. Youth can learn to bowl, develop skills and sportsmanship and be on a team. For more information, call 473-2574.

FREE GOLF CLINICS

Free golf clinics will be offered at Navy Marine Golf Course. The "Putting Stroke" will be offered on **Sept. 11** and NMGC will host "Those 'Tough to Hit' Long Irons" on **Oct. 16.** The clinics will be held from 1-2 p.m. each day. The clinics are for beginners or those wishing to improve their game and are limited to 16 participants. Active duty Navy and their family members have priority. Register at the NMGC pro shop. For more information, call 473-0142.

LUNCHTIME BOWLING LEAGUE

A lunchtime bowling league will begin at 11 a.m. **Sept. 14** at Naval Station Bowling Center. The format will be doubles teams using the 80 percent of 200 handicap. All patrons are welcome. The cost for the 10-week league is \$4 per week and trophies will be awarded at the end of the season. For more information, call the bowling program director at 473-2651.

FREE WALLYBALL NIGHT

Free wallyball night is planned for **Sept. 15,** beginning at 6 p.m. at Bloch Arena racquetball courts. MWR will provide the wallyball nets and balls. All levels of play are welcome. Registration is due by **Sept. 10.** For more information, call 473-0610.

FFSC

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

4222 or visit www.greatlifeohawaii.com.

A class on **Sponsor Training** will be given from 8-10 a.m. **today.** Learn how to become a good sponsor by having the information needed to assist incoming personnel and their families. Spouses are encouraged to attend.

A class in **Savings and Investment Basics** will be held from 4-6 p.m. **Sept. 8** at NCTAMSPAC. The class will teach the basic skills of managing and budgeting money.

Great Spouses Academy for the new Navy spouse will be offered from 8:30 a.m.-2 p.m. **Sept. 9** at Hale Moku Community Center. Attendees can gain insight and information on the benefits, privileges and entitlements available in the military community.

The **Command Ombudsmen Appreciation Dinner** will be held **Sept. 10.** The ombudsmen of Navy Region Hawai'i will be lauded and recognized by their individual commands. Tickets are \$25 and available for purchase at the Fleet and Family Support Center. For more information, contact Verdi Fujimori at 473-4024, ext. 271.



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@honorluluadvertiser.com or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

USS Hopper Ohana will host a Labor Day picnic and barbecue from 3-7 p.m. **Sept. 5** at Grenfell Pool on Naval Station Pearl Harbor. Those attending should bring a dish to share and their own beverages.

The ohana will host its monthly meeting at 6:30 p.m. **Sept. 7** at the fellowship hall of the Pearl Harbor Base Chapel. Ohana officer elections will be held and there will also be discussion about the shoe box auction, halfway parties and ohana T-shirts. Childcare will be provided at a cost of \$1 per child.

The ohana will host its Kid's Halfway Party at Hawaiian Waters Adventure Park from 11 a.m.-4 p.m. **Sept. 18.** Tickets are \$15 per person; children under the age of four will be admitted free. Those who plan to attend should RSVP by **Sept. 7.** For more information about any of the events, email hopperohana7@yahoo.com or call Sabrina at 625-5438.

USS Lake Erie Ohana support group will hold a Labor Day picnic from 11 a.m.-3 p.m. **Sept. 6** at Hickam Beach. Two cabanas have been reserved. The ohana will provide hot dogs, hamburgers, juice and water. Side dishes are welcome. For more information or to RSVP, call Candice at 392-8487. The ohana will hold its monthly meeting from 5:30-6:30 p.m. **Sept. 9** in room 8 at Naval Station Pearl Harbor Chapel. Childcare will be provided. For more information, call Tammy at 422-5254.

Irish country folk music will be performed by singer, songwriter and accordionist Eddie Coffey and his four-member band from 11:30 a.m.-3 p.m. **Sept. 8-17** at the Navy Exchange.

Enter the **Baby Days Crazy Hair Contest** if your baby has crazy hair or if you just like to get creative with your tot's tresses from 1-2 p.m. **Sept. 11** in the children's department at the Navy Exchange. Those who enter the Navy Exchange Baby Days contest have a chance to win a bassinet with layette products. Babies aged two years and under are eligible.

The Cat in the Hat will visit the book department of the Navy Exchange from noon-2 p.m. **Sept. 11.** Dr. Seuss books and DVDs will be available for purchase.

Boating Skills and Seamanship classes will be taught by Coast Guard Auxiliary Flotilla 18 in two sections at McDonalds at Pearlridge Uptown. Classes will be held from 6-8:30 p.m. on Monday and Thursday evenings beginning **Sept. 13.** Section one, Boating Skills and Safety, costs \$35 and includes seven lessons, a manual and exams.

The course meets U.S. Coast Guard, state and national boating education requirements. Section two, Seamanship, consists of five lessons for a fee of \$35 and includes a manual, exams and a certificate. Combined courses are offered for a \$60 fee and students completing section one may sign up for the second for the reduced fee. These courses are designed to make the boater more safety conscious and safer operators. For more information, call Kawika Warren at 595-4934.

JEMS Job Fair 2004, the 17th annual JEMS job fair, will be held from 10:30 a.m.-3 p.m. **Sept. 15** at

The Banyans at Naval Station Pearl Harbor. The job fair is open to military family members, active duty personnel, military retirees and reservists, and DoD/Coast Guard employees with base access.

No children will be admitted; attendees are asked to please plan accordingly. The job fair provides an opportunity to talk to recruiters, drop off resumes, pick up applications and research the job market. For more information, visit the JEMS web site at <http://www.JEMSHawaii.com> and click on job fair/events. For more information, call Rita May at 473-0190.

The next **Twang Jam** (co-produced and sponsored by Bluegrass Hawai'i) will be held **Sept. 19** at Kapon's at Aloha Tower Marketplace. The concert will be presented from 2-5 p.m. followed by workshops and jamming at 5 p.m. All active-duty military personnel with valid military ID plus one guest will be admitted free to Twang Jam. Tickets for non-active duty military personnel are available at a cost of \$7 pre-sale (available from members of featured bands or by calling 678-3010) and \$10 at door. Children under the age of 12 will be admitted free. Families are welcome. Each Twang Jam will include free workshops sponsored by Bluegrass Hawai'i. The workshops are geared to introduce the community to traditional music and dance, and further the development of local players. The September event will include an intermediate Irish fiddling workshop, a beginner's jamming workshop and a workshop for rhythm guitarists. For more information, visit the Bluegrass Hawai'i Website at <http://www.bluegrasshawaii.com> or call 622-1077.

The Hawai'i Nature Center is seeking volunteers to help with clean-up and restoration from 8:30-11:30 a.m. **Sept. 25** at Pouhala Marsh in Waipahu. The marsh, which is the largest wetland habitat in Pearl Harbor, will be the new field site for the center's third grade wetland program that teaches children about the wetlands and the endangered Hawaiian birds that live there. The work will involve removal of trash and pickleweed so volunteers should be prepared to get dirty, wet and hot. Volunteers should provide their own work gloves and water and wear long pants and covered shoes. Pickleweed removal will involve getting wet up to the waist. For more information or to sign up for this special project, contact Pauline Kawamata, volunteer coordinator, at 955-0100, ext. 18.

The Joint Spouses Conference is now accepting registration for the 2004 conference. The event will be held **Oct. 15 and 16** at the Hickam AFB Officer's Club. Registration forms may be picked up at base exchanges, commissaries, support centers, thrift shops and chapels. Registration forms may also be downloaded from their website at www.jointspousesconference.com. The cost for both days is \$25 or \$15 for either Friday or Saturday alone. Forms need to be postmarked by **Sept. 30.** Children are not permitted to attend the conference. Childcare is not available and must be prearranged.

Volunteers are needed to serve as volunteer guardian ad litem (VGALs) for Hawai'i's First Judicial family court. VGALs serve as advocates for abused and neglected children who are in the family court system. Free training is provided. Volunteers must enjoy working with children and be able to confront difficult issues. The next training class is scheduled to begin **Oct. 9.** Those interested in attending the next class should contact the VGAL program staff as soon as possible. For more information, call the VGAL program office at 538-5930.



The Bourne Supremacy:
See Review

JOSN Ryan C. McGinley

The Bourne Supremacy

Like its predecessor, "The Bourne Identity," *Supremacy* is an action movie at its simplest, but should rather be characterized as an action movie free of stereotypes associated with other dumbfounded movies, which rely solely on explosions and special effects to garner acceptance and entertainment.

"The Bourne Supremacy" is the smart man's action movie with twists and turns at every corner that are quite simply engaging and enjoyable. While action is present at necessary times, the Bourne films are not resting on the shoulders of its special effects supervisor, but rather the screenwriters'.

Picking up where the last movie left off, Jason Bourne (Matt Damon) is secretly living in India with his girlfriend Marie (Franka Potente), still struggling with his amnesia, but living in relative peace. His previous life and enemies come crashing back with criminals who frame Bourne, thereby making him very upset. What follows is a complex web of deceit and skillfully directed chases and fights, punctuated by a stellar supporting cast.

Paul Greengrass (a relative unknown) directs returning actors Julia Stiles and Brian Cox, and newcomer Joan Allen with quick-witted dialogue and harmonizing editing that gives the film a fast-paced feel. Even in moments of pure dialogue, tension is emphasized with shaky camera movements and an up-tempo score that complement each other surprisingly well.

One thing is sure, these films, based on the novels of Robert Ludlum, are a step forward not only for Damon's acting career, but for the face of action movies to come. Greengrass still gives an astounding car chase and teasing fight scenes that will have audiences begging for more, but the rest of the movie sustains as well.

This film far exceeds any action movie this year simply on that basis alone. The art of teasing an audience with just enough action to satisfy, while delicately intertwining a good story should be the foundation for any action movie.

OVERALL RATING:

Cat Woman: Patience Phillips seems destined to spend her life apologizing for taking up space. This comes to a halt when Patience inadvertently becomes a human guinea pig for the revolutionary anti-aging product Hedare.

A Cinderella Story: Samantha lives at the beck and call of her self-obsessed step-mother and her sinfully wicked step-sisters. She finds her social life wonderfully complicated when she meets her Prince Charming online.

Harold and Kumar go to White Castle: Two twenty-something stoner roommates go through a life changing journey, as they spend a night roaming the state of New Jersey in search of White Castle hamburgers.

King Arthur: Arthur and his knights have only one mission to fulfill before being granted their freedom. As the Saxons attack Britain, they must head north to rescue the last Roman officials left in a village. Once there, the knights set free Guinevere so they can face the Saxons in battle.

The Manchurian Candidate: Two U.S. soldiers are taken prisoner and brain-washed into becoming assassins by the enemy. They return home as heroes but eventually Marco remembers what has happened to him and tries to get to Raymond, who is running for office, to convince him of what he's remembered.

Thunderbirds: When dangerous situations exceed the limitations of ordinary military and international security forces, the world calls upon the high-tech assistance of International Rescue - a mysterious band of fearless adventurers and their fleet of imaginatively engineered vehicles.

The Village: In an isolated village in Pennsylvania, there lies a pact between the people and the creatures who reside in the surrounding woods: the townspeople do not enter the woods, and the creatures do not enter the village. When Lucius seeks medical supplies from the towns beyond the wood, the pact is challenged.

Cleaning up Oahu



(Above) SK2 (SW) Rory Russell with Fleet Industrial Supply Center uses a chainsaw to cut down invasive shrubbery at Momilani Elementary School in Pearl City. FISC, who has had a partnership with the school for six years, enlisted the help of its Sailors to conduct manual labor at the school along with weekly tutoring for the children. (U.S. Navy photo by JOSN Ryan C. McGinley)
 (Left) MM1 (SS) Will Sinrich (right) with Mobile Diving and Salvage Unit One puts trash into a bag at Kapiolani Park in Waikiki with the help of another shipmate. MDSU-1 hopes to develop a partnership with the Honolulu City Department of Parks and Recreation to get involved with monthly clean up projects. (U.S. Navy photo by MM3 Greg Bookout)

Navy Federal volunteers to help with MDA Labor Day Telethon

Lacy Lynn

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Several volunteers from Navy Federal Credit Union are among those who will donate their time to help locally with fundraising efforts for the 39th Annual Jerry Lewis Labor Day Telethon for the Muscular Dystrophy Association (MDA).

"We like to get more involved with the community," explained Mike Keller, assistant manager at the Kailua branch of Navy Federal, who coordinates the organization's volunteer participation in various events throughout the year.

"We work as a team – both at work and when we're out volunteering. We get a lot from it," he said. "It's a good thing to get out there and get involved," he said.

But more volunteers are still needed. Paula

Ota, program coordinator for the Hawai'i chapter of the MDA, said it has been more difficult finding volunteers this year due to military deployments.

"We have a lot of military participation – they're a huge part of all of our events," she noted. "We always have military participants, but now a lot of our troops are gone. We miss them a lot."

Those who would like to volunteer can help with the Ala Moana Catch-A-Cure from 10 a.m.-2 p.m. Sept. 4 and Sept. 5 on the corner of Pi'ikoi Street and Ala Moana Boulevard across the street from Ala Moana Shopping Center. Volunteers should sign in at the tent in front of Ala Moana Beach Park by 9:45 a.m. After sign-in, volunteers may stand along Ala Moana Boulevard and Pi'ikoi Street with nets and signs to attract drivers and people in the vicinity.

Telethon volunteers are also needed to help in the pledge center from 9:30-11:30 p.m. Sept. 5 and 8 a.m.-5 p.m. Sept. 6 at the KITV-4 television studio located at One Archer

Lane. The studio is off King Street and across the street from the police station and Straub Hospital.

According to Audrey Taniguchi, district coordinator for MDA, volunteers are always useful and welcome and the program usually draws 200-600 volunteers each year. As a result of donations and pledges during and surrounding the telethon, Hawai'i raised over \$350,000 in 2003 to support MDA programs.

There are more than 20 MDA fund-raising events held locally every year, such as the MDA lockup, MDA telethon and the MDA Soiree in April. MDA can always count on the military to pitch in and help.

"They're very generous with their community service time," said Ota.

The MDA will sponsor its First Annual Aloha Ride on Oct. 24. Willy D. Davidson, grandson of the Harley-Davidson founder, will lead the 25-mile ride through the Ko'olau Mountain Range.

The MDA Labor Day Telethon stars Jerry Lewis, MDA national chairman, and hun-

dreds of entertainers and celebrities, thousands of business and civic leaders, and 250,000 volunteers nationwide.

The program will feature entertainment by stars of stage, screen, music and comedy, profiles of and appearances by individuals and families served by MDA, and updates on advances made in MDA's worldwide neuro-muscular disease research program.

Broadcast by 200 television stations, the telethon reaches 60 million viewers in the United States and Canada. Locally, the program will air on KITV 4 beginning at 10 p.m. HST on Sept. 5 and can also be viewed on the Internet at www.mdausa.org.

More than 1,000 grassroots fund-raising festivities and special events to benefit MDA will be held in connection with the telethon at parks, malls, racetracks, bowling alleys, golf courses and other locations across the country.

To donate your time to MDA or for more information, call Taniguchi or Ota at 548-0588.

