

# Youth Fitness

## Dedication to a healthy lifestyle begins at an early age

Story and photos by  
**Christopher Ota**  
*MWR QOL Marketing*

In most fitness centers, you usually see adults with a fire to get in shape by "striking the iron" or working out on various machines.

At the Bloch Arena Fitness Center, there are people with a different perspective on working out.

They are participants in MWR's fitness programs for youth – the youth strength program and youth fitness orientation.

Navy MWR fitness centers are committed to helping raise fit, health-conscious children. Judy Kosaka, MWR fitness program director, attests to the success of both programs.

"We knew there was a need to fill a void and our programs have really taken off," said Kosaka. "Youth orientation has been a success for nearly three years and classes are always full. Our youth strength program has really caught on and there is a continual waiting list," she said.

The youth strength program is designed for children ages 10-13. An encouraging and supportive staff teaches cardiovascular warm-up, strength exercises, stretching techniques and nutrition tips. Participants are also instructed on the proper and most effective use of

the fitness machines. It's a fun way for kids to learn the basics and importance of weight lifting early. It helps them learn control.

There are five young athletes in the current class and they train mostly on Nautilus equipment using a buddy system. As one is on a circuit machine, the other acts as a spotter. Once a particular exercise is done, the weight lifted and number of repetitions are recorded on an evaluation chart. These evaluation charts show at what rate they are improving.

Sessions start the first Tuesday of each month and they meet every Tuesday and Thursday thereafter. The cost per participant is \$25 per month. Waiting list sign-up begins as early as one month prior to the upcoming class. The next class begins May 3.

The kids say they are very much into this. Most said that they would want to come back again. Yet they are not the only ones who give this program praise.

Instructor Sara Clinton said, "Yes, I love working with them because they learn a lot quicker and are able to apply it (techniques) better than most adults. They also are very focused and listen a lot more."

"I think that this is a good and wonderful program and there should be more," said Janet Ragsdak, mother of 13-year-old pro-



A military family member works out at Bloch Arena as part of the youth fitness programs run by Morale, Welfare and Recreation. The youth strength program is designed for children ages 10-13. MWR staff teach cardiovascular warm-up, strength exercises, stretching techniques and nutrition tips. Participants are also instructed on the proper and most effective use of the fitness machines.

gram participant, Brandon. The youth fitness orientation program is designed for youth ages 10-15. This free program includes a facility

tour, safety guidelines, an equipment usage demonstration and a review of the fitness center rules and regulations. The orientations are held at 9 a.m. Saturdays at Bloch Arena and Power Point Fitness Centers.

Upcoming sessions are May 7 and June 4 at Bloch Arena and May 14 and June 11 at Power Point. Registration is required by the Thursday prior to each class.

For both programs, an adult must accompany program participants. These types of programs are a great way to set the stage for a fit and healthy lifestyle.

For more information, call 473-0793 at Bloch Arena or 682-5243 at Barber's Point Fitness Center.

*(Christopher Ota is an intern working at MWR Quality of Life Marketing. He is a sophomore at the Armed Services Special Education Training School.)*



kids work out at Bloch Arena. The cost per participant for the program is \$25 per month.



A youth works out her legs on a machine at Bloch Arena. Sessions start the first Tuesday of each month and continue every Tuesday and Thursday thereafter.



U.S. Navy photo by PH3 Ian Anderson  
Ruth Chun, a member of Navy Region Hawai'i's comptroller's office, takes a break at the smoking area outside building 150 on Naval Station Pearl Harbor.

## Navy Environmental Health Center launches Tobacco Cessation Program

Hugh Cox

Naval Environmental Training Health Center  
Public Affairs

In April, the Navy Environmental Health Center (NEHC) launches "The Smoking Lamp is Out," a new Web-based health promotion tool to help tobacco users "kick the habit."

The "Smoking Lamp is Out" is a user-friendly, Web-based program offering a wide variety of proven strategies and techniques for tobacco users preparing to quit. Additionally, it allows users the opportunity to design a tobacco cessation program based upon their own time-table and busy schedules.

According to Dr. Mark Long, Tobacco Cessation Program specialist with NEHC, the program is a self-study and self-paced Web product and is geared to help the individual stop smoking. It may be used by the active-duty or Reserve Sailor or Marine, family member or retiree as his or her primary means to quit tobacco. This Web program may also be used in combination with individual counseling or with a formal tobacco cessation program.

Although tobacco cessation is typically promoted heavily during the month of November

for the "Great American Smokeout," tobacco use has increased significantly throughout the Navy and Marine Corps, necessitating an immediate and focused effort to help address the problem.

"Most smokers and dippers know that cigarettes and spit are bad for their health, yet they may downplay the terrible effects and believe that it won't occur for many, many years," noted Long. "There are many positive reasons to kick the habit ranging from the monetary savings gained and extra cash to be used for other positives, to improved fitness and better health; more time for other activities; being a positive role model; and probably most importantly - enhanced military readiness."

Statistically, the Department of Defense's smoking rates are much higher than the civilian population. Within the Department of the Navy (DON), 36 percent of Sailors and 38.7 percent of Marines smoke cigarettes. Cigar smoking is also fashionable among the DON population, with 33.6 percent of Sailors and 42.5 percent of Marines identified in studies. The prevalence rate for smokeless tobacco among Sailors is 9 percent, and noticeably higher for Marines at 20 percent.

For more information on the "Smoking Lamp is Out," visit the NEHC Web site at [www-nehc.med.navy.mil](http://www-nehc.med.navy.mil).

## USS Reuben James participates in community relations project

JO2 Devin Wright

Staff Writer

Crew members aboard USS Reuben James (FFG-57) participated in a community relations project March 31, during their visit to Hilo on the Big Island of Hawai'i.

The crew was in Hilo for the 42nd annual Merrie Monarch Festival.

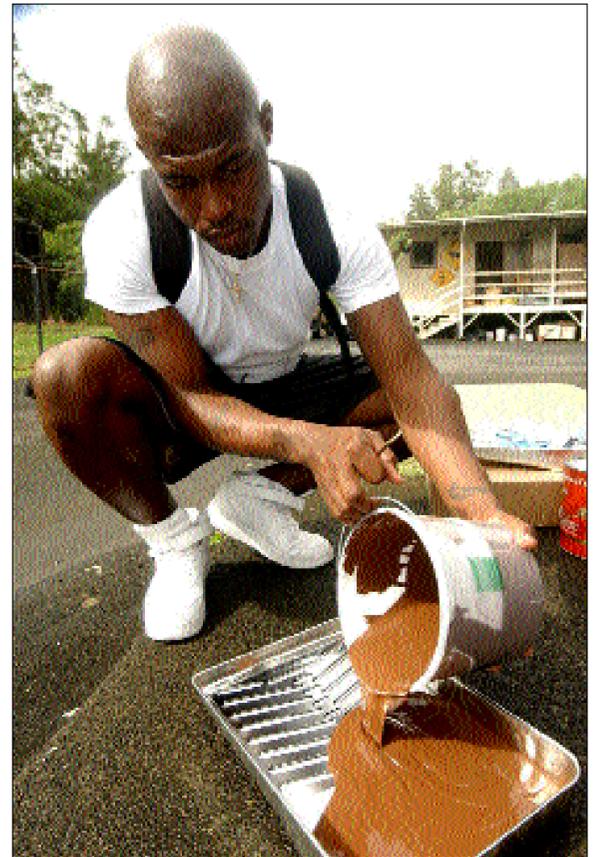
During their stay, more than 20 Sailors took time to help paint the Panaewa Zoo service building that serves as a kitchen and food preparation area.

The community relations project was a way for Sailors to meet some of the residents of Hilo.

"Besides going to the Merrie Monarch festivities, we wanted to go out into the community and help people see the faces of some United States Sailors," said Ensign Anne Gibbon, combat information center officer aboard Reuben James. "We've had a lot of patriotic support here and we wanted to take time to show the people of Hilo how much we appreciate that. It's important that we show people that, aside from serving our country on a war ship, we also serve by participating in projects like this one at the Panaewa Zoo," she added.

For some crew members community relation projects like the one at the Panaewa Zoo is not something they do solely because they enjoy it. It's their job as well.

"Support and defend," said Operations Specialist 2nd Class (SW/AW) Trinity Dean. "That's our job. We not only defend America and its citizens, we support them, too. If that support means painting a building, than that's what we as



U.S. Navy photo by JO2 Devin Wright  
OS2(SW/AW) Trinity Dean of USS Reuben James (FFG 57) prepares to paint a building at the Panaewa Zoo in Hilo on the big island of Hawai'i. The crew was in Hilo for the 42nd annual Merrie Monarch Festival.

service members are going to do. At the end of the day, it makes you feel good that you were able to give to the people you serve," he said.

The work Reuben James Sailors provided the zoo was invaluable.

"With our funding, we really couldn't afford this type of work," said Stephen Craig, zoo animal keeper at the Panaewa Zoo. "We would have to contract this labor out and there are just

too many other areas we have to concentrate on. Without the support of the Navy, there is no telling how long it would be until we got around to painting this building."

USS Reuben James is also involved in other community relation projects on Oahu. Sailors from Reuben James work with students at Aiea Elementary School by tutoring and donating books.

# Operation Homecoming preserves stories of service members

**Karen S. Spangler**

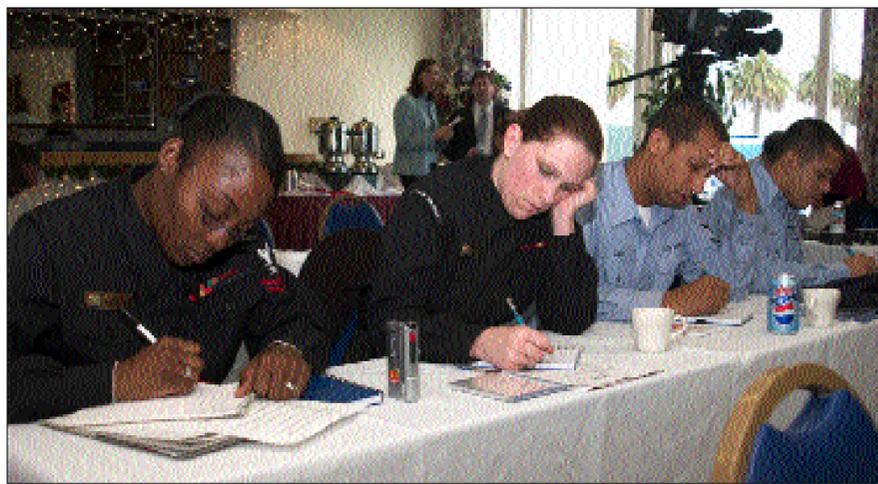
*Assistant Editor*

The Department of Defense (DoD) and the National Endowment of the Arts (NEA) have partnered to provide active duty members "Operation Homecoming," a program aimed at preserving the stories of our military members.

"The NEA is pleased that the U.S. Navy and Marine Corps have welcomed Operation Homecoming to their bases in Hawai'i," said Jon Peede, director of the National Endowment for the Arts (NEA) Operation Homecoming program. "By writing about their wartime experiences, today's Sailors and Marines are adding their voices to more than two centuries of writing by American troops. These are stories of service and sacrifice that the people of our nation need to hear – and long to hear," he continued.

The Chamber of Commerce of Hawai'i will include "Operation Homecoming" as part of this year's military appreciation events. Two major events will highlight the Operation Homecoming program.

A free writing workshop will be presented from 9-11 a.m. April 21 at The Banyans at Naval Station Pearl



U.S. Navy photo

Sailors participate in the December 2004 Operation Homecoming workshop at Naval Air Station North Island at Coronado, Calif.

Harbor. The workshop will be given by Stephen Lang, an accomplished playwright and actor who starred in "Gods and Generals," and Richard Currey, author of "Crossing Over" and "Fatal Light."

A second workshop will be presented from 9-11 a.m. April 22 at Marine Corps Base Hawai'i – Kaneohe Bay by Currey.

According to Peede, "Operation Homecoming: Writing the Wartime Experience" is a unique program that preserves the stories and reflections of

American troops who have defended our nation at home and abroad during the war on terror.

He noted the workshops will be taught by some of America's most distinguished writers and will help service men and women write their wartime experiences. The project will include a CD featuring military writers, online resources and a new anthology of wartime writing by the troops.

Registration deadline for the workshops is April 18. To register for the Naval Station

Pearl Harbor workshop, call 473-2924. Call 254-7641 to register for the MCBH Kaneohe Bay workshop.

"For the men and women returning from Iraq and Afghanistan, these workshops will be an invaluable opportunity," said Dana Gioia, NEA chairman. "Guided by talented writers, they will have the opportunity to reflect, learn and write about their experiences."

"Beyond Glory," a one-man production starring acclaimed theater, film and television actor Stephen Lang, will be

staged beginning at 7 p.m. April 22 at the Hawai'i Theater, 1130 Bethel St., Honolulu. The performance is not recommended for children under the age of 13.

Lang portrayed Gen. Pickett in the movie "Gettysburg," and Stonewall Jackson in "Gods and Generals." Tickets are free, but must be reserved at local military ticket outlets or by calling 473-1190.

Peede explained that through "Beyond Glory," Lang will bring to the stage decorated military veterans' reminiscences about their own military experiences. "Beyond Glory" was adapted by Lang from Larry Smith's book, "Beyond Glory: Medal of Honor Heroes in Their Own Words."

In the stage production, Lang portrays seven veterans from World War II, Korea and Vietnam, including Admiral James Stockdale and Sen. Daniel Inouye.

"Stephen Lang has a unique ability to bring the stories of these Medal of Honor recipients to life as rarely seen on stage," noted Peede. He added, "The NEA offers the play "Beyond Glory" to our troops and military families as a stunning example of the personal and historical significance of their life experiences. The play is also a

reminder that the arts can play an essential role in helping us recognize the value and meaning of our own lives."

The production is open to military personnel who served after Sept. 11, 2001, as well as their immediate adult family, in addition to retired veterans, personnel from other branches, reservists and members of the National Guard.

The NEA has also issued an open call for submissions from military personnel, reservists, National Guard members and Coalition Authority members who served after Sept. 11, 2001 as well as their immediate families. Items may include essays, letters and other writings related to military service.

All submissions will be preserved in an appropriate federal archive and an "Operation Homecoming" anthology that will feature the best writings submitted to the program. Submissions will be accepted through May 31. The anthology will be distributed free of charge to military installations, schools and libraries.

To learn more about "Operation Homecoming," visit [www.operationhomecoming.org](http://www.operationhomecoming.org) or [www.arts.gov](http://www.arts.gov).

For more information, call 473-0792 or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

# Quality of life surveys on MWR, FFSC seek Sailor opinions

**JO1 Teresa J. Frith**

*Navy Personnel Command Communications*

Two Navy-wide quality of life surveys are scheduled to come out in early April that will allow Sailors and their families to give their opinions on Morale, Welfare and Recreation (MWR), and Fleet and Family Support Center (FFSC) programs. Navy Personnel, Research, Studies and Technology developed the surveys and will use the results to gauge the overall satisfaction of the two programs.

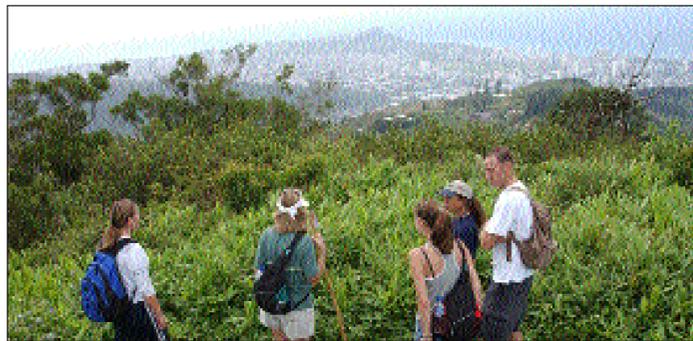
The MWR survey will cover programs and services, such as child and

youth development, fitness centers, golf, bingo, swimming, outdoor recreation, Internet access and movies, while the FFSC survey will cover programs including personal financial management, relocation assistance, transition assistance, deployment support and family advocacy. Questions will be asked on frequency of use, satisfaction and the importance of these and other programs.

"The surveys' results will give program providers at all levels information to help measure program effectiveness, determine trends and make adjustments necessary to provide the most desired MWR and FFSC programs and services consistent with

available resources," said John McCausland, assistant commander, Navy Personnel Command, Fleet Support.

Notification letters are being prepared and will be mailed to approximately 35,000 randomly selected active-duty enlisted Sailors and officers. The letter will include a user ID and the Web site address to access the Web-based surveys. Participation is voluntary; however, responses are highly encouraged. The results of the surveys will be analyzed this summer and briefed to top Navy leadership, posted on Navy Web sites and provided to those chosen to take the surveys.



U.S. Navy photo by JO3 Ryan C. McGinley

Sailors enjoy a hike with MWR on Mount Tantalus. The quality of life survey will allow Sailors and their families to give opinions on MWR and FFSC programs.

# New women's clothing line debuts at selected NEXs

**Kristine M. Sturkie**  
Navy Exchange Service  
Command Public Affairs

Selected Navy exchanges (NEX) worldwide are now offering a new line of women's clothing, Wear Now Philosophy.

This new clothing line offers "easy-attitude" dressing at great prices.

"Wear Now Philosophy is designed for the customer who wants ease and style at prices far below other retailers," said Cindy Sobczak, Navy Exchange Service Command divisional merchandise manager. "We designed this new line for our customers who wear an extended missy size, which is an area that is under-served by clothing manufacturers. Our customers told us there was a need for clothing in this size range, and the Navy Exchange responded."

Wear Now Philosophy is appropriate for both career and casual dressing. The quality of the product is similar to private label merchandise found in better department and specialty stores.

Customers will also find a new sizing philosophy with this clothing line. Size 0 equates to size 6/8; size 1 equates to size 10/12; size 2 equates to size 14/16 and size 3 equates to 18/20.

Wear Now Philosophy clothing is available at NEXs Norfolk, Oceana and



U.S. Navy photo by PH2 (AW) John Looney

A Navy Exchange sales associate from the Women's department organizes the new "Wear Now Philosophy" clothing line.

Little Creek, Va.; NEX Newport, R.I.; NEX New London, Conn.; NEX Bethesda and Patuxent River, Md.; NEX Memphis, Tenn.; NEX Pensacola, Jacksonville and Mayport, Fla.; NEX Great Lakes, Ill.;

NEXs North Island, San Diego, Port Hueneme and Moffett Field, Calif.; NEXs Whidbey Island and Everett, Wash.; NEX Pearl Harbor, Hawaii; NEX Naples, Italy; and NEX Yokosuka, Japan.

# Investing in your child's future

## Opinion

**Rosemary Fox**  
New Parent Support  
Program Community Health  
Nursing, Tripler Army  
Medical Center

The good folks at your neighborhood parenting advice place will tell you that babies are "wired" at birth to cry. They are right. The well-meaning, but harried parents of the neighborhood two-year old will tell you that toddlers can yell "no, mine" in at least three dialects of toddler-ese. They are completely accurate.

Your own mother might tell you that when you were five, she was afraid that your lips would be forever wrinkled because you pursued them so often to exclaim "why...?". And at 13 you pushed the limits of her ability to be charming with your frequent sorties into the land of 'I am my own boss.' It seems that from birth until adolescence we push the limits of caregiver's sanity. The good news is that many of us and our children are thriving, healthy humans with strong wills to survive, grow and give.

The sad news is that not all infants, toddlers, school-age kids or teens in Hawai'i this year will fare as well.

It is estimated that some 13,000 cases of child abuse or neglect will be reported to the state this year. Children will die. Many will suffer the effects of an inappropriate coping technique called shaken baby syndrome (SBS). A child or infant who was unable to stop crying (yes, babies have difficulty sometimes just getting the crying sound to stop) will be shaken by a frustrated caregiver.

SBS will cause severe brain damage, blindness or death. A life is lost. In other cases of abuse, a toddler or older child will become victim to a larger person (sometimes even a sibling or playmate) who doesn't know that "why?" or "I want to

do it myself, or "no!" are normal childhood behavior. Moreover, some children will suffer from lack of medical care, adequate nutrition and shelter or educational resources.

There is hope to stop this cycle of shaken baby syndrome and abuse. First of all, we must understand why babies and children cry and act the way they do. Why do babies cry (and cry and cry and cry)? Crying is one of their more effective means of communicating. It is a response that usually means some type of discomfort (physical or emotional).

Try closing your eyes for a moment and imagine that you are seven pounds of mostly soft material, on a new planet, on your back in a crib, your neck is stiff, your nose itches, your pants are wet and your belly is growling from hunger. You would cry, too. Maybe you are bored with the dancing, bubbly fish mobile that goes around over your head ... maybe you are afraid. You just want to be safe. A baby recognizes safe as wherever there are loving arms and a beating heart that soothes and nurtures.

Experts testify that it is impossible to spoil an infant less than one year of age. Hold, touch, rock, walk, feed, burp, play, scratch itches, sing, dance and entertain that little one until its heart is content. This is the best investment you can give any child. In the end, we are - all of us, whether one day old or 90 - members of the same human family.

What we do now affects our family (the big one and the small one) forever. Be good to yourself and your children. Life is precious.

### Here are more suggestions that will help:

- Become informed: Get some basic information about how babies or children act and why (normal childhood development). If you know that a

## Resources:

(For parenting classes and information):

- Navy and Coast Guard New Parent Support Program: 473-4222
- Marine Corps New Parent Support Program: 257-8803
- New Parent Support Program (Army): 433-4864
- Air Force New Parent Support Program: 449-0175
- Armed Services YMCA Welcome Baby Program: 833-1185
- Army Community Services: 655-2400
- Marriage and Family Therapy, Schofield Barracks: 433-8550
- Parent Hotline: 526-1222
- Social Work Services: 433-6606

(For support from other parents):

- Infant Play and Learn: 655-2400
- Armed Services YMCA Playmorning: 833-1185
- Baby Hui: 735-2484
- La Leche League: 735-2484

(Help for yourself):

- Marriage and Family Therapy, Schofield Barracks: 433-8550.

baby can give you cues to what is wrong, you can usually decrease hours spent in crying (for both of you).

- Find a baby-mate: Connect with at least one other parent with a child the same age as yours. There is definitely comfort and perspective in numbers.

- Learn to take care of yourself: You are the center of your child's world. If you are not okay, it is much harder to cope. It takes planning to care for you and your baby. Get some help.

- Know emergency resources: Know local emergency numbers where those "experts" sit, just hoping you will call instead of hurting.

- Become a resource: Reach out with your good information to those around you and those coming behind you. There is no substitute for experience and the willingness to share it.

## STORY IDEAS?

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

Phone: (808) 473-2888

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

**Hawaii Navy News**

# MWR

## Movie Call

**Sharkey Theater**  
Naval Station Pearl Harbor  
(473-0726)

**FRIDAY**  
7:00 p.m. Hotel Rwanda (PG 13)  
**SATURDAY**  
2:30 p.m. Pooh's Heffalump Movie (G)  
4:30 p.m. The Wedding Date (PG 13)  
6:30 p.m. Constantine (R)  
**SUNDAY**  
2:30 p.m. Son of the Mask (PG)  
4:30 p.m. Because of Winn Dixie (PG)  
6:45 p.m. Hitch (PG 13)  
**THURSDAY**  
7:00 p.m. Hotel Rwanda (PG 13)  
\$3 adults; \$1.50 children (6-11)

**Memorial Theater**  
Hickam Air Force Base  
(449-2239)

**FRIDAY AND SATURDAY**  
7:00 p.m. The Pacifier (PG)  
**SUNDAY**  
7:00 p.m. Cursed (R)  
**WEDNESDAY AND THURSDAY**  
7:00 p.m. Man of the House (PG 13)  
\$3 adults; \$1.50 children (6-11)

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

**FRIDAY AND SATURDAY**  
7:00 p.m. Hitch (PG 13)  
**SUNDAY**  
7:00 p.m. Constantine (R)  
**THURSDAY**  
7:00 p.m. Because of Winn Dixie (PG)  
\$3 adults; \$1.50 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

- **April 16:** Outrigger canoe ride – Waikiki, 10 a.m., \$12. Register by **April 10.**
- **April 23:** Boogie boarding at Bellows, 9 a.m., \$10. Register by **April 20.**
- **April 24:** Learn to surf, 9:30 a.m., \$15. Register by **April 21.**

**FAST LUNCH LEAGUE**  
Naval Station Pearl Harbor bowling center will offer a lunchtime bowling extravaganza every Tuesday. The Fast Lunch League will be held **through May 24.** No team is required, just come join the games. The cost is \$9 per day and includes two games, shoe rental, lunch and drink. For more information, call 473-2651.

### SINGLE SAILOR RETREAT AT BELLOWES

Liberty in Paradise will host a single Sailor retreat at Bellows ABS on **April 8-10.** The cost is \$40 per person. Activities will include games, kayaking, swimming, paintball and more. LIP will provide transportation. For more information, call 473-4279.

### 8TH ANNUAL FORD ISLAND 10K BRIDGE RUN

Sign up now for the 8th Annual Ford Island 10K Bridge Run which

will be held **April 9.** Late entries will be accepted until **today.** There will be no race day entries. Entry forms are available online at [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or can be picked up at any military fitness center. For more information, call 473-2494.

### YOUTH FITNESS ORIENTATION

A youth fitness orientation will be held **April 9** at Power Point Fitness Center, Barbers Point. The orientation is offered to youth ages 10-15 years old and includes a facility tour, safety guidelines, an equipment usage demo and a review of the rules and regulations. An adult must accompany program participants. Call the fitness center at 682-5243 by the Thursday prior to class to reserve a space.

### KING OF THE BEACH SAND VOLLEYBALL TOURNAMENT

The King of the Beach Sand Volleyball Tournament begins at 6:30 p.m. April 15 at the Wentworth sand volleyball courts. The event is double format and costs \$5 per person. It is open to all authorized patrons. Register no later than April 13 at the Wentworth Pro Shop. For more information, call 473-0610.

### MWR EXPO

The MWR Expo planned for April 13 at The Banyans will feature a variety of information, everything patrons need to know about MWR and all the leisure opportunities that Hawai'i has to offer. The expo will be held from 10 a.m.-3 p.m. and will feature live entertainment, food sampling, displays and demonstrations. Prizes such as hotel stays, shopping certificates, free trips and car rental packages will

be given away every hour. For more information, call 473-0606 or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

### SPRINGFEST

Springfest, in observance of the Month of the Military Child to honor military children, will be held April 15 at Ward Field, Naval Station Pearl Harbor. Springfest will be held from 5-9 p.m. and will include live entertainment, games, bounce houses, food and a special big screen showing of "Spongebob Squarepants – The Movie," complete with free popcorn. The event is open to all authorized patrons and their family members. For more information, call 473-0606.

### ADULT SAILING CLASSES

Free adult sailing classes are available to all active duty, retirees, DoD employees and family members at Rainbow Bay Marina. Classes are offered every week. The schedule is as follows: 8 a.m.-noon Monday through Thursday, 4:30-6:30 p.m. Monday through Thursday, 1-5 p.m. Saturday and Sunday. For more information, call 473-0279.

### YOUTH STRENGTH PROGRAM

A youth strength program for ages 10-13 is held from 3-4 p.m. Tuesdays and Thursdays at Bloch Arena. The cost of the program is \$25 per month. The workout includes a cardiovascular warm-up, strength exercises, stretching techniques and nutritional tips. Registration requires a healthy history and Par-Q form. For more information, call 473-0793.

### LUNCHTIME YOGA

Take a lunchtime yoga session at Bloch Arena on Tuesdays and Thursdays from 11:30 a.m. to 12:30

p.m. Improve your flexibility, strength and stamina while increasing your feelings of calm and well-being. The cost is one aerobic ticket. For more information, call 473-0793 or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

### MASSAGES BY "THE LOTUS TOUCH"

Want to improve circulation, increase flexibility, release muscle tension and receive a greater sense of well-being? Try "The Lotus Touch." Patrons can enjoy a hot and cold stone massage which includes face, neck and shoulders. A 75-minute treatment costs \$90. Other treatments are available for as low as \$15. Appointments are available at Bloch Arena and Power Point Fitness Centers. For more information, call Ruby at 386-4812.



- **April 8:** Movie marathon at Liberty in Paradise, free, midnight-8:30 a.m.
- **April 9:** Skydiving, \$135 and up, 7 a.m.
- **April 10:** Hawaiian lunch cruise, \$50, 7 p.m.
- **April 13:** Got Jokes? (bring them to Beeman Center), free, 7 p.m.

### 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](mailto:hnn@honoluluadvertiser.com) or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

The annual **Navy Marine Corps Relief Society (NMCRS) fund drive** held its annual kickoff March 14 and will continue **through April 22.** The mission of the NMCRS is to provide, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the naval service and their eligible family members and survivors. NMCRS provides assistance with basic living expenses, emergency transportation, funerals, medical bills, essential car repairs, pay problems and other emergency needs. For more information on the fund drive, contact the Pearl Harbor NMCRS office, located in building 1514, at 423-1314 or the Marine Corps Base Hawai'i – Kaneohe Bay NMCRS office, located in building 4016, at 254-1327.

The International Hospitality Center is seeking **volunteers to provide a day of hospitality** for the officers, midshipmen and crew of the Swedish navy ship, "Carlskrona" on **April 10** for the afternoon and early evening. The itinerary would begin with a pickup at the ship at 2 p.m. Hosts are asked to provide a warm welcome to the officers and men by taking small groups (two, three or four) for sightseeing, beach picnics, recreational activities, backyard barbecues, etc. Assistance in extending the spirit of aloha will be appreciated by the Swedish navy midshipmen/crew who look forward to having opportunities to meet members of the community. The ship will arrive on April 10. For more information and to register to be a host, contact Barbara Bancel, executive director of the International Hospitality Center at 521-3554, fax at 538-8046 or email at [ihc@priory.net](mailto:ihc@priory.net)

Navy Region Hawai'i will host its second annual **Earth Day Fair** from 10 a.m.-2 p.m. **April 23** in the main rotunda of the NEX at the Mall at Pearl Harbor. Learn about Hawai'i's environmental treasures and how everyone can help protect and preserve them through various interactive exhibits. There will be games, activities and prizes for the children. For more information, call Terri Kojima at the CNRH Public Affairs Office at 473-2926 or 473-2888.

**Navy Hale Keiki School** will host a silent and verbal auction from 5-9 p.m. **April 23** at the Hickam Officer's Club. This year's theme is "All That Jazz." Entertainment and heavy hors d'oeuvres will be provided. For tickets or for more information, call 423-1727.

A **Health Promotions Basic Course** has been scheduled for 8 a.m.-4 p.m. **April 26-27** at The Banyans. The course is intended to prepare Sailors (E-5 to O-3) at individual fleet surface, submarine and shore commands to coordinate, deliver and evaluate a comprehensive health promotion program. The HP basics course fulfills the training requirement for the "green h" award force commander annual health promotion unit award. Individuals who are assigned as health promotion program coordinators or collateral duty officers should attend. For more information or to register, call 471-WELL.

The **2005 Aloha Jewish Chapel Passover Seder** will be held **April 23** at the Hale Koa Hotel. Doors will open at 6 p.m. and the Seder will begin shortly after 6:30 p.m. This year's Seder is sponsored by the Aloha Jewish Chapel Trust Fund. Donations are greatly appreciated for future good works related to the Hawaiian military community. Applications for the 2005 Jewish Passover Seder can be obtained from the Naval Station Pearl Harbor chaplains' office. Reservations are accepted on a first-come basis. Space is limited to 140 people.

Priority will be given to active duty and retired military service members and their immediate family members. However, civilians will not be "bumped" to accommodate late requests by service members. Please send your registration form and payment (checks only, no cash) to Robert Landis, 98-857D Iho Place, Aiea, HI 96701. The cost for this event is as follows: Active duty military and their dependents E5 and below are guests. All other active duty military and their dependents will be charged \$29 per person. Any other participants will be charged \$45 per person. For more information, call 473-3971.

The University of Oklahoma offers a **master of arts in managerial economics and a master of public administration.** The school's non-thesis programs can be completed in about 18 months. The one-week classes are TDY/TAD friendly. For more information, contact OU at 449-6364 or [aphickam@ou.edu](mailto:aphickam@ou.edu) or visit their Web site at [www.gouou.ou.edu](http://www.gouou.ou.edu).

A **VP-4 All Hands Reunion** is planned for **Aug. 4-7** in Portsmouth, Va. For more information, call Steve Andruszkewicz at (818) 652-9942 or email [VP4Reunion2005@aol.com](mailto:VP4Reunion2005@aol.com)

The **American Red Cross**, Hickam Service Center is seeking volunteers to fill the following positions: chairman of volunteers, records chairman and publicity chairman. For more information, call the Red Cross office at 449-0166. The office is located at 655 Vickers Ave., building 1105 and is open from 8 a.m.-3 p.m. Monday-Friday.

**Sea World San Diego** is offering free admission throughout 2005 for all active duty military and up to three dependents. For more information, visit <http://www.herosalute.com/cavatz/index.html>.

The **USS Chafee Ohana** meets at 7 p.m. the first Tuesday of each month at the community center in Pearl City housing. Child care is provided at a cost of \$2 for the first child and \$1 for each additional child. For more information, call 780-4132 or contact [chafeeohana90@yahoo.com](mailto:chafeeohana90@yahoo.com)

The **Navy Exchange Appliance Store** has a new home, located in building 70 at the corner of Radford Drive and Bougainville Drive. It is open from 9 a.m.- 9 p.m. daily. For more information, call 421-1495.

Youth can win savings bonds for **good grades.** Parents should take their child's most recent report card to the Navy Exchange to register for the Project A-OK program. The prizes are \$5,000, \$3,000, \$2,000 or \$1,000 in U.S. Savings Bonds. For more information, visit the NEX customer service department at The Mall rotunda.



**Because of Winn-Dixie:** A 10-year-old girl moves to a small town in Florida with her father. She adopts a stray dog whom she names after the local supermarket where she finds him.

**Constantine:** Occultist John Constantine teams up with skeptical policewoman Angela Dodson to solve the mysterious suicide of her twin sister.

**Cursed:** Ellie and her brother Jimmy are on their way home when they get into a car accident. While trying to help the other driver out of an overturned vehicle, the other driver is attacked by what Jimmy swears was a "huge man-like wolf".

**Hitch:** Alex is a "date doctor" who claims to be able to find customers their perfect romantic match. Sara, meanwhile, is a gossip reporter for a tabloid who decides to write an expose on Hitch's condescending methods.

**Hotel Rwanda:** See Review

**Man of the House:** Hard-edged Texas Ranger Ronald Sharp is assigned to protect the only witness to the murder of a key figure in the prosecution of a drug kingpin -- a group of University of Texas cheerleaders.

**The Pacifier:** An undercover agent fails to protect an important government scientist and then agrees to look after the man's five out-of-control kids when they are suddenly thrust into danger.

**Pooh's Heffalump Movie:** The residents of the Hundred Acre Wood try to catch the terrifying Heffalumps. Roo comes across a young Heffalump, who proves that Heffalumps aren't at all what people say.

**Son of the Mask:** Tim Avery is feeling reluctant to become a father when he finds that he has to take care of a baby with amazing abilities.

**The Wedding Date:** Kat's half-sister is getting married before her, but to add insult to injury, the groom's best man is Kat's ex-fiancee, Jeffrey. Unable to bear the thought of attending alone, she hires an escort to play her boyfriend.

**JO3 Ryan C. McGinley**  
**Hotel Rwanda**

"Hotel Rwanda" is based on the true story of a massacre in Rwanda in 1994. Members of the Hutu tribe killed more than one million members of the Tutsi tribe, while the rest of the world pretended it wasn't happening. Such an event would take hours upon hours to document, so director Terry George and writer Keir Pearson isolate the script into focusing on one man, Paul Rusesabagina. Paul is the hotel manager for the four-star Hotel Des Milles Collines in the capital city of Kigali. He is a man of suave bribery and communication, interacting and sucking up with political dignitaries on a daily basis. He is a Hutu, but married to a Tutsi, which is a big no-no.

The violence ensues from a distance, and our story unfolds, rather dramatically I might add. By spotlighting one individual in the chaos, George is able to put a face to more than one million people. Paul fights and pulls strings at every turn to save about 1,200 people from certain death by housing them in the hotel.

"Hotel Rwanda" is a powerfully gut-wrenching film, which yanks every tear and emotional feeling from its audience. There is nothing special about cinematography or score, but simply a well-written script from a story that tells itself.

Add Don Cheadle as the lead character, Paul, and quality supporting actors Sophie Okonedo, Nick Nolte and Joaquin Phoenix and you have an Oscar-nominated film, which is among the best of 2004.

No one is safe from the horror shown on screen, and everyone will leave the theater feeling educated and awed by this simple unknown event. But if the events don't satisfy you enough, just watch Cheadle in his best performances in years, which won him an Oscar nomination for best actor. His emotion, honesty and power are unmatched.

**OVERALL RATING:** ★★★★★