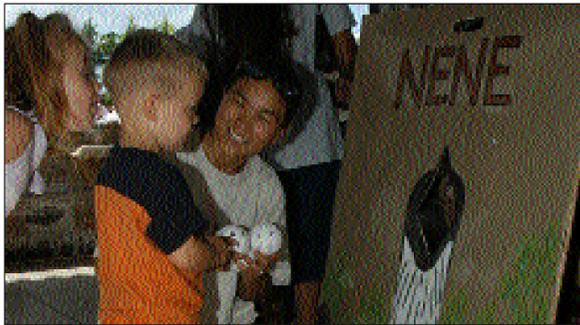




Kids and adults had the chance to learn about their environment from Sailors, civilians and "fish" at the Earth Day celebration.



A military family member tries his luck at the Hawaiian nene ball toss. The balls were intended to simulate the nene's natural food. Kids who participated received a ticket they could redeem for prizes during the Earth Day celebration.



Sailors, civilians and family members learned about various organizations' efforts to protect the environment at the 2005 Earth Day Fair held April 23 at The Mall at Pearl Harbor.

Navy celebrates Earth Day 2005



Rear Adm. Beebe, deputy commander, Navy Region Hawai'i, congratulates a winner of the 2005 Earth Day coloring contest.



One 2005 Earth Day coloring contest winner is at first reluctant to take the stage to receive her award from Rear Adm. Beebe, deputy commander, Navy Region Hawai'i.



Rear Adm. Beebe congratulates the winner in the age five and under category of the Earth Day 2005 coloring contest.



A coloring contest winner accepts her "Whale of a tale" storybook and toy from Rear Adm. Beebe.

Story and photos by
JO1 Daniel J. Calderón
Editor

The Mall at Pearl Harbor hosted its second annual Earth Day celebration April 23 in the rotunda.

Sixteen federal, state, city and private organizations were on hand with exhibits providing educational information on local and global ecosystems.

"We're trying to educate people about marine debris and how it affects everyone and everything that lives in and around Hawai'i," said Bonnie DeJoseph, a coral reef specialist for the National Atmospheric and Oceanic Administration (NOAA). DeJoseph represented NOAA's Marine Debris Program in the coral reef ecosystem division.

Hundreds of Sailors, DoD civilians, military members from other services and their families attended the second annual event.

"This is really great," said military spouse Rodora Orias who works as an educational assistant at Aliamano Middle School. "We're doing stuff at our school on the environment. I'm always looking for good projects for our students and the fair provides great ideas."

Ideas came from presenters such as the Navy Region Hawai'i Energy Team who displayed various energy-saving lights and gave presentations on how individuals could make their homes and offices more energy efficient.

Rear Adm. Jim Beebe, deputy commander Navy Region Hawai'i, was on hand to thank presenters for spending a Saturday morning educating the public on environmental issues.

"I want to extend a special maha-lo to all of the groups who are participating today," Beebe said. "Many of you were here last year and we welcome you back."

During his remarks, Beebe informed the assembled audience of the Navy's efforts in protecting the ecosystem.

"Many of you may not know that the Navy is a leader in environmental protection and scientific research, spending more than \$700 million in 2004 on programs that help make us better stewards of the environment," Beebe said. "The Navy commits nearly \$10 million annually in marine mammal research. This investment represents 70 percent of the dollars spent on this type of research in the U.S. and 50 percent of such dollars spent worldwide. We are committed to protecting Hawai'i's land, sea and air environments while executing our mission."

After concluding his remarks, Beebe presented awards to the win-



Amy Hall (left) and Bonnie DeJoseph, both coral reef specialists with the National Oceanic and Atmospheric Administration Coral Reef Ecosystem division, talk to each other before another member of the public stops at their booth at the 2005 Earth Day Celebration held April 23 at The Mall at Pearl Harbor. Hall and DeJoseph represented the Marine Debris Program of their division.

ners in the Earth Day coloring contest. Prizes ranged from books to DVDs to gift certificates for local entertainment venues. He said the judges had a difficult time determining the winners because each of the entries was excellent and he thanked each child for entering.

Terri Kojima, Navy Region Hawai'i environmental public affairs officer, felt the entire celebration was a success.

"The Earth Day fair provided an excellent learning opportunity for our children," she said. "The success was made possible because of the cooperation and combined commitment of all the agencies and organizations involved. Everyone shared a common goal — helping children develop good habits to preserve and protect our environment."

The organizations involved said they appreciated the message of environmental stewardship in a forum in

which so many environmental groups could come together.

"I think this was a great way to educate and let people know what's going on, especially the children," DeJoseph said. "It's a cliché, but they really do hold tomorrow in their hands. It's our responsibility to let them know what they're dealing with, to let them learn from our mistakes so they can see how to do things better."

Since its inception in 1970, Earth Day has focused people's attention on ecological issues. Kojima said this celebration was a success and looks forward to next year's event.

"Many people from different places came together to teach hundreds of children how to be good environmental stewards," said Kojima. "They were all excited to be here this year and they're ready to do it all over again next year. That's very encouraging."



Rear Adm. Beebe, deputy commander Navy Region Hawai'i, points to the first place winner's entry in the age eight to 10 category of the Earth Day coloring contest as he hands her a prize packet which includes a VIP pass for Hawaiian Waters Adventure Park.



A coloring contest winner in the age 8 - 10 category talks with Rear Adm. Beebe about her prize — "The Brave Little Turtle" storybook and accompanying toy.



Rear Adm. Beebe and a coloring contest winner look over her prize, which included a game card for Dave and Busters.



Rear Adm. Beebe awards a coloring contest winner a DVD of "The Pagemaster."



Rear Adm. Beebe congratulates a young coloring contest winner.



Rear Adm. Beebe reaches to shake the hand of one of the winners in the Earth Day coloring contest.

MWR Fitness offers Return to Readiness program

MWR Fitness Staff

Special to Hawai'i Navy News

If we offered you a complete fitness solution, would you take it? If we promised you would get fit, lose body fat and feel better, would you give it a try? If we offered you comprehensive, planned training conducted by certified fitness professionals, would you bite? If we promised all of this for free, would you come to one of our classes? This promise is real and you need only show up.

In January 2004, Navy Fitness Pearl Harbor was inundated with physical fitness assessment (PFA) failures, frustrated CFLs (command fitness leaders) and out of standards Sailors. The fitness team approached this problem head on, instituting the Return to Readiness Program, running since January with approximately 250 current participants.

This program is based on providing Sailors with comprehensive cardiovascular conditioning, muscular

strength and endurance training. Each session also aims to help the Sailor burn as many calories as possible to aid body composition. And it is tailor made to improve PRT scores, with proven results.

Typical daily workouts include circuits incorporating muscular strength training with cardiovascular intervals, long slow runs to increase endurance, and sprint intervals to increase speed. Twice-weekly ESP (endurance, strength, power) sessions include cycling, weight training, step aerobics and plyometric training. Each training session also involves flexibility training, to improve range of motion and joint health.

This most recent PFA cycle has proven to be our best yet, with results far exceeding our expectations. Spring 2004 to fall 2004 statistics for IMF (Intermediate Maintenance Facility), our largest command group of participants, show a drop in FEP (fitness enhancement program) failures

from 57 percent to 19 percent, with 52 percent of the group improving their PRT scores over the period. Forty-five percent of the IMF group improved their body composition, with the average participant losing over three percent body fat. Thirteen percent of the group moved from body comp assessment (BCA) failure to making body weight, foregoing the tape measure.

Each Sailor was only limited by his or her own nutritional habits and level of motivation. As Sailors progressed in fitness level, the fitness team was challenged to keep pace by changing the workout plan appropriately.

Return to Readiness classes are scheduled for 5:30 a.m., 7 a.m., 10 a.m., 11:30 a.m., 1 p.m. and 2:45 p.m. Monday through Friday. Each class is approximately one hour long and all class sessions muster in the Bloch Arena gymnasium. Stop by the Navy Fitness office at Bloch Arena for more information or call Lauren at MWR Navy Fitness at 473-FITT.



Photo courtesy of MWR Fitness

Fitness specialists at Bloch Arena help a military member during a fitness session as part of the Return to Readiness program. The program focuses on providing Sailors with comprehensive cardiovascular conditioning, muscular strength and endurance training in order to improve PRT scores.

Hawai'i auto dealership donates \$10,000 to ASYMCA Fallen Hero Fund

Armed Services YMCA, Pearl Harbor

The Hawai'i Dodge Chrysler Jeep Dealers Association donated a \$10,000 check to the Armed Services YMCA for its Armed Services YMCA's Wounded and Fallen Hero Fund. The fund is earmarked for families needing to travel and visit Kaneohe Marines injured in combat.

Dodge Chrysler Jeep dealers throughout Hawai'i donated \$25 for every new car sold from Nov. 26, 2004 through New Year's Day 2005. The news of the fund drive during the holiday season sparked an additional \$20,000 worth of donations from outside contributions as well.

"The folks at the local Dodge Chrysler Jeep dealerships asked what they could do to help out those military families directly affected by the war against terror and they are coming through with a very generous gift," said Dave Gomez, executive director of the Honolulu Armed Services YMCA.

Gomez said the Marines from the 3rd Marine Regiment stationed at Kaneohe are currently in Iraq and Afghanistan. "When the injured return, many of their family members don't have



Photo by David Patterson

(Left to right): Dave Gomez, ASYMCA executive director; Bill Paul, ASYMCA board chair; and Nicole Ferguson, ASYMCA; accept a check for \$10,000 from Tom Smith, area representative for Chrysler Corporation; for the ASYMCA's Wounded and Fallen Hero Fund April 21.

the means to visit them," said Gomez. "It is important for them to get this kind of support."

The fund will be set up by the Honolulu Armed Services YMCA and then distributed to the families needing to travel to visit the combat victims.

A military study shows for every service member killed, nine others have been wounded and survived — the highest rate of any war in U.S. history.

This marks the fourth year in a row that Hawai'i Dodge Chrysler Jeep Dealers have made a drive to help the local

military community. The Dealers Association has raised nearly \$60,000 over the past three years for Toys for Tots and the Honolulu Armed Services YMCA. Because of the ongoing deployments and combat, this year, the Dealers Association wanted to step up the effort to help families get connected with the Marines injured in combat.

"We feel it is important to recognize and support our local military families who have contributed so much to our islands," said Trey VeDova, president of the Hawai'i Dodge Chrysler Jeep Dealers Association.

Historical Center set to host 'Naval History Workshop 2005'

Naval Historical Center Public Affairs

The Naval Historical Center will host the ninth in its series of biennial naval history workshops June 28-30.

Started in 1987, the workshops are organized to foster the exchange of professional information and to promote mutual support among commands responsible for the Navy's historical programs, according to Dr. Edward J. Marolda, NHC senior historian and workshop organizer. "We welcome attendance to this workshop by anyone interested in the proud past of the U.S. Navy and its historical programs," said Marolda.

In line with the theme of

this year's gathering, "Naval History for the Navy and the Nation," the program committee has developed an agenda that includes panels and workshops on history as an educational tool, management of naval museums, maritime history and heritage on the Internet, history for Sailors, protecting our nation's cultural legacy, historical support to the fleet, naval history and the U.S. Naval Institute, joint historical programs, preserving the records of the Navy Department, social history of the armed services and historical coverage of recent military operations.

Participants will include serving naval officers and enlisted personnel and professional staff members from the Navy, Marine Corps, Coast

Guard, Air Force, and Army historical, museum, archival, training and educational, art and artifact, curatorial and non-governmental organizations.

Social functions will include a reception hosted by the Naval Historical Foundation in the U.S. Navy Museum, building 76 (site of the workshop), Washington Navy Yard, and special guided tours of the Congressional Cemetery and National Archives II.

Registration is free, but all attendees must register.

To obtain a copy of the program and to register, contact the conference registrar, Lt. Casey Batchelor, Naval Historical Center, by email: casey.batchelor@navy.mil or phone: (202) 433-0471; DSN 288-0471.

Forest City kicks off Yard of the Month program

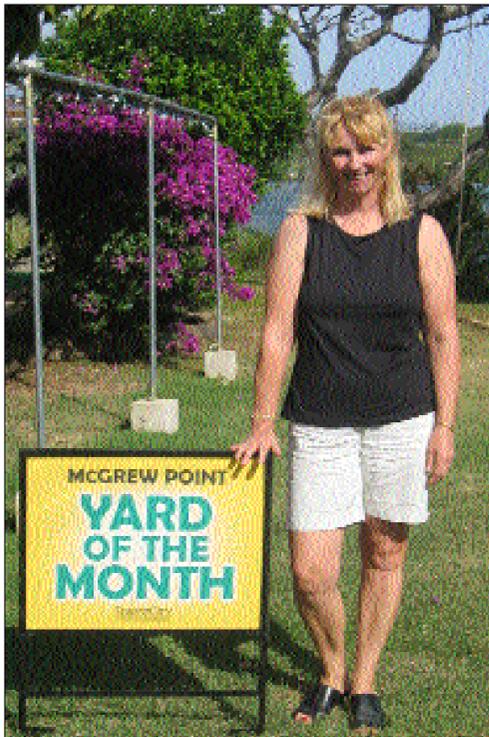


Photo courtesy of Forest City Residential Management

Cmdr. David Hanson and his wife Elizabeth were Yard of the Month winners for March for the McGrew Point community.

Karen S. Spangler
Assistant Editor

Housing residents are encouraged to take pride in their yards and their communities by competing for awards in Forest City Residential Management's (FCRM) new Yard of the Month program. The program launched in March and a winner from each of the five PPV communities managed by Forest City will be selected each month.

The March Yard of the Month winners were presented with a Yard of the Month sign, a \$50 gift certificate to the Navy Exchange and a framed photo memento.

Roy Drake, co-president of the Halsey Terrace Resident Advisory Board (RAB), emphasized, "This program is designed to promote beautification and a sense of pride in the neighborhoods. I sincerely believe that this program can improve yards and become contagious throughout the community."

Yard of the Month judging is done by RAB presidents who assess neighborhoods they do not reside in. The yards are judged based on curb appeal, flower enhancements, cleanliness, decorations, colorfulness, neatness and overall appearance.

The Yard of the Month program was initiated by the RAB, a formally established board made up of RAB presidents from each of the Forest City Residential Management communities - Halsey Terrace, Hokulani, McGrew Point, Moanalua Terrace and Radford Terrace - and designated Navy and FCRM representatives.

The RAB meets every month to discuss any items impacting each neighborhood and the entire community. The RAB is designed to provide an effective forum for residents to get involved with improving the neighborhood and discussion issues that are important to them through neighborhood

meetings.

The Yard of the Month winners selected for March are:

- Halsey Terrace, ATC(AW) Daniel T. "Boone" Atkinson family
- Hokulani, DC2 Randall Miller family
- Moanalua Terrace, ETC/SF Mark Dresser family
- McGrew Point, Cmdr. David Hanson family
- Radford Terrace, DT1 Joselito Montojo family

Forest City Residential Management offers the following tips to housing residents on how to maintain their well-manicured lawns:

- Only water in the evening; watering during the day can burn your lawn and most of the water evaporates.
- Look at other yards in the neighborhood to see what grows best and talk to your neighbors about what works for them. Even if you don't learn anything new, you might make a new friend.
- Don't plant things that die easily.

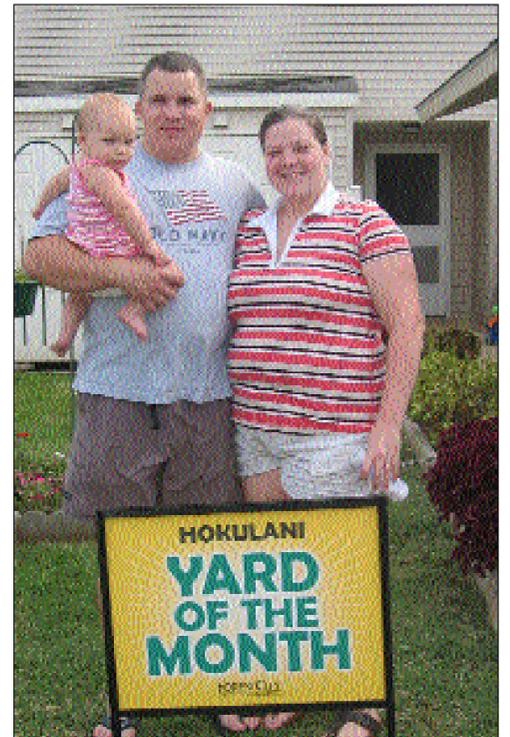


Photo courtesy of Forest City Residential Management

March Yard of the Month winners for the Hokulani neighborhood were DC2 Randall Miller and his wife Teresa.

Household goods office offers advice on beating moving rush

Naval Supply Systems Command Office of Corporate Communications

The household goods division of the Naval Supply Systems Command (NAVSUP) is encouraging Sailors to start planning now and be flexible in order to beat the peak season household goods moving rush, from May through August.

These months are a busy time for service members who are moving household goods, due to overloaded packing crews and short supplies of trucks and storage capacity.

Sailors can be better prepared for household goods moves by being

informed, planning ahead, remaining flexible and using the SMART WebMove online moving tool.

"Moving can be a stressful time for Navy families, but knowing what to expect and prior planning can alleviate many of the worries associated with household goods moves," noted Ron Fevola, NAVSUP's household goods director.

The household goods office offers some helpful tips to help make moving easier for service members.

Married service members should include their spouse during move counseling to better communicate moving needs. If one spouse cannot supervise the move, then the other

should be prepared to do so.

Household goods advises that members can also avoid excess costs by taking the time to estimate shipment weights. It is their responsibility to keep personal property under their weight allowance; shipping excess weight can be expensive.

Plans can change between when the move application is made and the time the shipment is delivered. When any change occurs that could affect a shipment, members are encouraged to immediately contact the destination's personal property office with the new information.

Members should then contact the personal property office immediate-

ly upon arrival at the destination and provide updated contact information. At that time, it is advised to ask for the shipment weight. If the weight is above your weight allowance, ask to have shipments re-weighted before delivery.

Finally, on the delivery date, the member needs to be sure they are home between 8 a.m. and 5 p.m. to avoid charges for an attempted delivery. During the summer, it is advised that members be flexible about delivery dates and offer a preferred delivery date plus alternate dates.

Fevola concluded that members do not have to wait to get the ball rolling.

"Don't wait to initiate the moving process," Fevola said. "As soon as possible, the move application can be made online using SMART WebMove or by contacting the local personal property office."

SMART WebMove is a Web-based program managed by NAVSUP that services most routine moves. To submit an application online, visit SMART WebMove at www.smartwebmove.navy.mil.

Contact the Navy's household goods helpline at 1-800-444-7789 or contact the local personal property office for questions about household goods transportation and storage entitlements.

Navy urges Sailors to take steps to avoid identity theft

Fleet & Family Support Program Marketing
Commander, Navy Installations Millington Det.

The Navy is reminding Sailors to be vigilant in protecting their personal information.

Identity theft, according to the Federal Trade Commission, occurs when someone uses your personal information, such as your name, Social Security number (SSN), credit card number or other identifying information, without your permission to commit fraud or other crimes.

"Sailors can reduce the risk of becoming a victim of identity theft if they use all diligence possible," said Al Starks, Fleet and Family Support Program (FFSP) financial educator, Naval Air Station, Joint Reserve Base, Ft. Worth, Texas, and a victim of identity theft. "Always be alert and

take nothing for granted when it comes to your identity."

"The best way to deter identity theft is to make it harder for thieves to gain access to your personal information," Starks added. "Guard your SSN and never put your SSN on your checks."

Starks also recommended the use of a good crosscut shredder to destroy all documents and mail that contain personal information.

"You may be surprised by how much information a thief could get just by rummaging through your trash," he said. "Keep an eye on your mail to ensure that bills and other financial documents arrive on time and follow up with creditors if they don't."

Protections on computers and other electronic equipment are equally important, Starks explained.

"Robust passwords, a good firewall, regular updates to your operating system and



U.S. Navy photo by PH2 Bob Houlihan

Sailors aboard USS Shiloh (CG 67) keep in touch with their loved ones back home via e-mail.

regular updates to your anti-virus software are necessary," emphasized Starks. "If you conduct business over the Internet, limit your interaction to only those sites that have security encryption."

For those that find them-

selves the victims of identity theft, the FTC recommends contacting any one of the three major credit bureaus to place a fraud alert on the credit file. As soon as the credit bureau confirms the fraud alert, notices will be sent to

the other two companies. Individuals will then receive credit reports from all three companies free of charge.

"It's best to check your credit report at least twice a year, making sure you get reports from all three of the major credit bureaus," advised Stark.

The FTC also recommends that victims of identity theft close accounts that may have been tampered with or opened fraudulently, file a police report and file a complaint with the FTC.

The FTC has established a Web page for military personnel at www.consumer.gov/military, with each service having a designated section. The Navy's link has a direct online connection for reporting identity theft at www.consumer.gov/military/navy.htm. The FTC maintains a database of identity theft cases used by law enforcement agencies for investigations.

Filing a complaint also helps the FTC learn more about identity theft and the problems victims are having.

For more information on preventing and recovering from identity theft, visit the FTC Web site at www.consumer.gov/idtheft/, contact the base legal department or visit an FFSP financial educator.

To report identity theft to the three major credit bureaus, contact Equifax Fraud (800) 525-6285; Experian Fraud (800) 397-3742; and TransUnion Fraud (800) 680-7289.

There are 52 Fleet and Family Support Program delivery sites worldwide. For more information on FFSP, visit www.ffsp.navy.mil or call their 24-hour information and referral hotline at 1-800-FSC-LINE. Additional information is available from Navy One Source at www.navyone-source.com or by calling 1-800-540-4123.

Defense Commissary Agency and TRICARE partner 'for life'

Bonnie Powell
Defense Commissary Agency Public Affairs

The Defense Commissary Agency is partnering with TRICARE in an effort to create greater awareness of nutrition and healthier eating through participation in TRICARE's "Healthy Choices for Life" campaign.

As the health care provider of the military, TRICARE's overall campaign also addresses problems associated with alcohol and tobacco use.

"A focus on nutrition is one of the major trends in the grocery industry now and we want to lead the way in making commissaries the

place to shop for fresh, healthy foods," said Patrick B. Nixon, acting director and chief executive officer for DeCA. "In addition to great produce sections, we have organic and healthy food and wellness sections in many commissaries. These types of products will be increasing rapidly as more manufacturers get involved in the trend away from fad diets and more toward healthier eating."

"Our commissaries worldwide will also partner with health and wellness and nutrition professionals on installations to sponsor commissary tours that actually 'show and tell' military families what to look for on labels and the kinds of foods they should be eating for bet-

ter health," said Nixon. "We're not trying to tell customers what they should or shouldn't buy when they shop their commissary, but we are saying 'it's your choice, make it healthy' and we're doing what we can to increase awareness."

DeCA's Web site at <http://www.commissaries.com> will be linked to the TRICARE "Healthy Choices for Life" Web page. Beginning with National Nutrition Month® in March and extending through the remainder of the year, commissary customers will begin to see a series of related posters, special cards in the produce department, healthy food fairs, handouts, shelf signs with nutritional information, increased "healthy food"

sections and displays from manufacturers.

Single service member tours during Commissary Awareness Month in May will have a "make it healthy" theme. Customers will even have the opportunity to participate in "commissary calisthenics" during fitness month in May.

"Just walking every single aisle of the commissary has some value," said Nixon. "But we might see some fun exercises like calf stretches while holding your cart in the queue line - or try some 'canned bean curls.' But please put the cans back when you're finished, or better yet, put them in your cart." Coincidentally, the new 2005 Dietary Guidelines for Americans

from the Department of Agriculture stress eating well-balanced meals and exercising daily for good health and weight management.

"Just remember though, exercise and fresh foods aren't the only things you can get at the commissary," Nixon said. "Military families will find 'financial fitness' by using their commissary benefit to purchase groceries at cost. It all adds up to overall average savings of 30 percent or more over commercial grocery stores."

The Defense Commissary Agency operates a worldwide chain of nearly 275 commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

FRIDAY

7:00 p.m. Diary of a Mad Black Woman (PG 13)

SATURDAY

2:30 p.m. The Pacifier (PG)
4:45 p.m. Man Of The House (PG 13)

6:45 p.m. Million Dollar Baby (PG 13)

SUNDAY

2:30 p.m. The Pacifier (PG)
4:45 p.m. Be Cool (PG 13)

7:00 p.m. Diary of a Mad Black Woman (PG 13)

THURSDAY

7:00 p.m. Million Dollar Baby (PG 13)

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

Memorial Theater
Hickam Air Force Base
(449-2239)

FRIDAY

7:00 p.m. Robots (PG)

SATURDAY

7:00 p.m. Robots (PG)

SUNDAY

7:00 p.m. Hostage (R)

THURSDAY

7:00 p.m. Hostage (R)

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

Sgt. Smith Theater
Schofield Barracks
(624-2585)

FRIDAY, SUNDAY AND THURSDAY

7:00 p.m. Robots (PG)

SATURDAY AND WEDNESDAY

7:00 p.m. Million Dollar Baby (PG 13)

THURSDAY

7:00 p.m. Be Cool (PG 13)

\$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

- **May 7:** Puuohia hike, 8:30 a.m., \$5. Register by **May 4**.
- **May 7:** Horseback riding, call for times, \$65. Register by **May 4**.
- **May 8:** Surf kayaking workshop, 7:30 a.m., \$15. Register by **May 4**.
- **May 11:** Surfboard ding repair workshop, 6:30 p.m., \$5. Register by **May 4**.

DALE EARNHARDT'S BIRTHDAY CELEBRATION

Club Pearl's Pool & Pizza will host a Dale Earnhardt birthday celebration **today**. Compete on the race-track for fun and prizes; it's free to compete. Race times will be announced. Hours of operation for the club are: 11 a.m.-11:30 p.m. Sunday-Thursday and 11 a.m.-1 a.m. Friday-Saturday. For more information, call 473-1743.

ROCK-PAPER-SCISSORS COMPETITION

A rock-paper-scissors competition, or Jan Ken Po, will be held every Saturday in April at the Country Bar at Club Pearl. The first ever Jan Ken Po champion will be crowned **April 30**. Doors will open at 8:30 p.m. For more information, call 473-1743.

NEW HOURS AT SCOTT POOL

Beginning **May 1**, there will be a new schedule for recreational swimming at Scott Pool. The pool will be

open daily from 10 a.m.-6 p.m.

WEIGHT MANAGEMENT PROGRAM

A Weight Management Program will be offered **May 3-June 9** at Bloch Arena. Classes will be held from 6-7:30 p.m. on Tuesday and Thursday evenings. The cost is \$75 per person and space is limited; those who would like to attend are encouraged to register now. The registration deadline is **May 1**. The program includes a physical assessment, nutritional education and a fitness specialist to guide you through cardiovascular and weight training exercises, flexibility and strength conditioning. Participants will learn to incorporate heart rate monitor training for effective results and learn behavior modification skills to keep the weight off for a longer, healthier lifestyle. For more information, call 473-0793.

SWIMMING LESSONS

Swimming lessons for youth ages three and older will soon begin at MWR pools at Pearl Harbor, NCTAMS and Barbers Point. The sessions will be offered **May 3-26** from 3:30-4:30 p.m. on Tuesdays and Thursdays. Saturday sessions will be offered throughout the month of May at 9 a.m. on Saturdays. The cost for the weekday sessions is \$32; the fee for the Saturday sessions is \$16. For more information, call 473-0394.

CINCO DE MAYO CELEBRATIONS

- **May 5** - Mariners Lounge at The Banyans
- Celebrate Cinco style with DJ Arsenio. The doors will open at 9 p.m. with free karaoke and dancing from 11 p.m. There will be prizes and free pupus. For more information, call 473-1743.
- **May 5** - Pool & Pizza at Club

Pearl

Celebrate Cinco de May at Pool & Pizza at Club Pearl. Enjoy Latin music and free pupus during the social hour from 4-6 p.m. Play pool, darts or catch the game on one of the 11 televisions or three big-screen plasmas.

- **May 5** - Rainbow Bay Marina
- Rainbow Bay Marina will celebrate Cinco de Mayo and Boys Day by offering two-for-one sailboat, kayak or paddleboat rentals. Participants must have a RBM card. For more information, call 473-0279.

- **May 6** - After Cinco party
- The After Cinco party continues at Club Pearl's Country Bar. The doors open at 8:30 p.m. and the evening will offer fun and prizes.

SUMMER BASKETBALL LEAGUE

The summer basketball league begins **May 7**. The league is open to active duty, family members 18 years and older, and DoD personnel assigned to Pearl Harbor, Barbers Point, NCTAMS, West Loch and Kunia. The cost is \$250 per team. Games will be held at Bloch Arena. To register or for more information, call 473-2437 or 473-2494.

YOUTH FITNESS ORIENTATION

Youth Fitness orientation classes will be offered **May 7** at Bloch Arena and **May 14** at Power Point Fitness Center. The classes are open to youth ages 10-15 years old. Orientation includes a facility tour, safety guidelines, an equipment usage demo and a review of the rules and regulations. An adult must accompany program participants. Participants should call either fitness center by the Thursday prior to each class to reserve a space. For Bloch Arena, call 473-0793. For Power Point, call 682-5243.

OCEAN SAFARI

- **May 5:** Surf lessons at White Plains Beach
- **May 9:** Kayak trip to Chinaman's Hat
- **May 12:** Sailing at Rainbow Bay Marina
- **May 16:** Kayak surfing on White Plains Beach
- **May 19:** Spear fishing at Shark's Cove
- **May 22:** Kayak trip to Chinaman's Hat (family trip)
- **May 26:** Snorkeling trip to Hanauma Bay

All trips must have five or more participants. All trips depart at 9 a.m. from the outdoor adventure center. The cost for all trips is \$20 per person. Reservations must be made four days prior to the scheduled trip date. Transportation and equipment will be provided. A valid I.D. is required. For more information, call 306-8848 or 473-1198.



- **May 1:** "Salute to the Troops", free with ID.
- **May 4:** Halo tournament at all centers, free with ID.
- **May 5:** Paint It Mine - paint a Mother's Day gift, bring money.

Weekly events:

- Sunday:** Chess tournament, 6:30 p.m.
- Monday:** WWE wrestling, 6:30 p.m.
- Tuesday:** 8-Ball tournament - 7 p.m.
- Wednesday:** Game show - 6:30 p.m.
- Thursday:** 9-Ball Pool tournament - 7 p.m.



Be Cool: See Review

JO3 Ryan C. McGinley

Be Cool

Diary of a Mad Black Woman: Devoted housewife Helen and Charles have a perfect marriage. Just as Helen begins preparations to celebrate their 20th anniversary, Charles wants to divorce Helen for her best friend.

Hostage: Jeff Talley, a former LAPD hostage negotiator, has moved himself away from his failed career. When a turbergo goes wrong in his turf, the three perpetrators move in on an unsuspecting family.

Man of the House: Texas Ranger Sharp is assigned to protect the only witnesses in the prosecution of a drug kingpin -- a group of cheerleaders.

Million Dollar Baby: Frankie Dunn is a veteran boxing trainer who has devoted his life to the ring and has little to show for it; he's estranged from his daughter and a fighter he's groomed into contender status has signed with another manager. Then, Maggie Fitzgerald enters his life and announces she needs a trainer. Frankie regards her as a dubious prospect, as she's too old at 31, lacks experience, and has no technique. Finally won over by her determination, Frankie takes on Maggie, and as she slowly grows into a viable fighter, an emotional bond develops between them.

The Pacifier: An undercover agent fails to protect an important government scientist and then agrees to look after the man's five kids when they are suddenly in danger.

Robots: Rodney Copperbottom is an idealistic robot who wants to convince his electronic brethren to come together and work toward making the world a better place. As the story unfolds, he falls for a female executive robot, faces opposition from an evil corporation headed by Big Weld and finds some unlikely allies in the form of a ragtag group of misfit robots called the Rusties.

"Be Cool" is the sequel to "Get Shorty," both brilliant and complex books by Elmore Leonard. "Be Cool" the movie though, is nothing short of a catalyst by which actor after actor can parade around the screen and show off their comic chops, while leaving the story and original appeal in the dressing room.

F. Gary Gray directs this debacle by setting up the camera and letting the actors do their thing, whatever thing that might be. John Travolta is still the same suave, cool Chili Palmer, but the whole concept has lost most of its charm. Adding The Rock, Vince Vaughn, James Woods, Cedric the Entertainer, Christina Milian and a hoard of cameos does not help this film, but rather hinders it from becoming what it originally was. Throw in Uma Thurman for laughs, and everything starts falling apart.

The basic premise of the film is Chili Palmer is now tired of the film industry and begins breaking into the music industry after wooing a dead music exec's wife. Everyone revolves around Christina Milian's Linda Moon, who is the next big music star.

No one in the audience, nor in the film takes it seriously. Actors parade and John Travolta and Uma Thurman dance (ala "Pulp Fiction") and that's about it. "Get Shorty" was a "Player"-esque satire, which developed characters from the movie, within a movie, about the movie industry. "Be Cool" lacks the original smarts or charm. There is nothing funny or charming about it. It floats along, resting on the shoulders of actors who think they are cooler than they really are. Vince Vaughn, playing the music exec who thinks he's black, is just not funny whatsoever. The Rock plays a gay bodyguard, and it's even less funny. "Be Cool" would have been cooler, had it had an actual story and less characters and actors to drain the life out of such a talented novelist.

OVERALL RATING: ★★★★★

Community Calendar

To have your activity or event featured in the Community Calendar, e-mail your requests to hmn@honoroluaadvertiser.com or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

Blood pressure screenings will be held from 11 a.m.-2 p.m. every Friday in May at the following locations:

- May 6** - Fort Shafter PX
- May 13** - Tripler Army Medical Center Dining Facility
- May 20** - Navy Exchange Rotunda
- May 27** - Schofield Barracks Commissary

Celebrate the **May Day weekend** with performances by local group Na Leo Pilimehana at 4 p.m. **April 30**. There will be additional artist appearances by: Kim Taylor Reece, noon-2 p.m.; Gary Oda, 11 a.m.-1 p.m.; and a ukelele clinic with Paul Lindley, 10 a.m.-2 p.m.

The NEX at Pearl Harbor will host the **first Navy Exchange Idol contest** on **April 30** from 9 a.m. until the last person sings. The contest is open to the first 50 authorized NEX patrons and associates and will benefit the Navy Marine Corps Relief Society. For more information, call the NEX customer service desk at 423-3274 or stop by to fill-out an entry form.

The Pearl Harbor Surface Navy Association is sponsoring a **Boxing Smoker** on **May 6** at noon at Bloch Arena. Boxing USA, Hawai'i will support the event by providing referees, judges, headgear, gloves, etc. and also provide a 'Boxing 101' clinic for participants. Potential competitors must be fit and undergo a high-risk screening with their command prior to the event. The fight card includes 15 bouts with boxers - male and female - from at least seven local commands competing in six weight classes. Trophies will be presented to each winner and a grand prize awarded to the "most outstanding" fighter of the day. Concessions - to benefit the Navy Ball fund - will be provided. For more info please contact Capt. David Armitage at david.armitage@navy.mil.

Cub Scout Pack 197, serving military youth from all services, invites all boys currently attending first grade through fifth grade to join its cub scout troop. Pack 197 is hosting a special recruitment night meetings at 6:30 p.m. **May 12** at Nimitz Elementary School cafeteria. The meeting will offer an opportunity to learn about the cub scout values-based program, meet scout leadership and learn about upcoming events, including Cub Scout Day Camp, Pack Field Day and Pack Overnighter. Cub Scout Pack 197 now serves more than 54 boys from military families located on and around Hickam AFB. Pack meetings are held monthly at Mokulele Elementary School on Hickam Air Force Base. Den meetings are held weekly. For more information, call Doug Persons at 423-7325 or email at dspersons@earthlink.net

The annual **MCBH** (Marine Corps Base Hawai'i - Kaneohe) **Job Fair** will be held from 9 a.m.-noon **May 20** at Kahuna's - the Enlisted Club, Marine Corps Base Hawai'i - Kaneohe. The job fair is open to all military and DoD/Coast Guard identification card holders with base access; this includes spouses and family members, active duty personnel, retirees, reservists and DoD/Coast Guard employees. The job fair provides an opportunity for job seekers to network with local and government agencies and apply for job vacancies. Attendees should bring resumes and dress appropriately. Due to the professional nature of this event, children

will not be admitted. This event is jointly sponsored by the Marine Corps Base Hawai'i's Marine and Family Services and the Joint Employment Management System (JEMS). For more information, visit www.JEMSHawaii.com and click on job fair/events from the side menu or contact Roberto Katekaru, at 257-7790.

Host families are currently being sought in the state of Hawai'i to provide homestays during the academic year 2005-2006 for high school aged students (male and female) under the auspices of the **International Hospitality Center**. Hosts may be located on Oahu or any neighbor island. Students will, in general, attend the local public school in the district in which the hosts reside. Several private independent schools also offer scholarships for IHC exchange students. Hosts may choose sex, nationality, and age (15-17) and work closely with the International Hospitality Center in the selection process. Students in 2005-2006 include participants from Spain, Germany, Hungary, Poland, Vietnam, Brazil, Japan, several South American countries and other European nations. In addition, 20 Freedom Support Act/Future Leaders Exchange students from Russia and the Independent States will be placed in Hawai'i.

On full scholarships funded by the U.S. Congress, these FLEX students are rigorously tested and are the most highly qualified exchange students. The International Hospitality Center is Hawai'i's community-based, volunteer organization providing programming and hospitality services to government and foundation grantees and sponsored international exchange students. Host families are also sought for short-term hospitality and homestays from two days to four weeks in duration. Summer 2005 will bring short-term participants from Japan, Korea, Tahiti and other nations. For more information, Barbara Bancel, executive director of the International Hospitality Center, at (808) 521-3554.

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 their Web site at <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

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

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.