

# Fourth of July

## Fun for the whole family



**JO2 Devin Wright**  
Editor

The smell of barbeque, sound of music and family gatherings were all part of a variety of festivities throughout Hawai'i military installations celebrating our nation's independence. Pearl Harbor held its annual Fourth of

July Block Party.

The day-long event featured a variety of family entertainment including kiddie activities such as a petting zoo, free pony rides, free Xtreme Fun Xpress Train rides and inflatables. There was also a trampoline exhibition, a static military vehicle and car show and a crafters'

village. The event also featured adult rides, food booths and carnival games.

The block party gave family members an opportunity to share quality time together.

"There are games for the kids, entertainment for the parents, food and fireworks," said Jennifer Kelly, a Navy family member. "If you can't have fun here, then you're not trying very hard. This is just a good opportunity to get out and spend time as a family. It's fun to teach our two sons how fun and important the Fourth of July holiday is," she said.

Some service members in attendance at the Pearl Harbor Block Party noted the significance of celebrating the Fourth of July at Pearl Harbor.

"Being in Pearl Harbor for the Fourth of July is special," said Electronics Technician 1st Class Mitchell Bottema assigned to the Center for Anti-Terrorism and Naval Security Force Learning Center. "There is so much history here. What happened here more than 60 years ago inspired us (Americans) to pull together as a nation. It's really awesome to see the fireworks over the harbor. It gives me a greater sense of pride than I had ever felt watching fireworks back home," he added.



U.S. Navy photo by JO2 Devin Wright  
Spectators enjoyed a trampoline exhibition during the Fourth of July Block Party.



U.S. Navy photo by PH2 (AC) David Difuntorum  
With the help of his dad, a Marine's son slam dunks an inflatable basketball at the Fourth of July Block Party.



U.S. Navy photo by PH2 (AC) David Difuntorum  
A Navy family member jousts with his brother at the Navy Fourth of July celebration at Pearl Harbor.

Other service members and civilians celebrated the Fourth of July at Marine Corps Base Hawai'i - Kaneohe's Bayfest.

This four-day event featured live music from chart toppers including Lynyrd Skynyrd, Papa Roach, Montgomery Gentry, and Brad Paisley. The world-famous Grucci family also presented their fireworks displays.

This Fourth of July marks the 229th birthday of the United States. On July 4th 1776, 56 men signed the Declaration of Independence that freed the 13 American colonies from the rule of King George III.



U.S. Navy photo by JO2 Devin Wright  
A Cobra Shelby was one of the many cars on display at the Pearl Harbor Fourth of July festivities.

Commentary

# Window on Pearl Harbor

Karen S. Spangler, Assistant Editor

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## Remembering our heroes - let freedom ring

The Fourth of July holiday is always a time to reflect upon the reasons we celebrate – a time when our young nation fought to gain its independence from Great Britain.

It is a time to remember the many wars and conflicts that have been fought through the decades to ensure that America remains free.

As we celebrate July 4, we enjoy picnics, parades, barbecues, fireworks displays and family get-togethers, but the theme that is intertwined throughout is that of patriotism and pride. On this holiday, our American flag waves proudly everywhere – on homes, on businesses, on cars and trucks cruising down the highways.

It's also a holiday that makes us think about the sacrifices of so many who fought for what they believed in, who served to protect our way of life. It's a time when we are especially thankful and appreciative of what our flag represents – our patriotism, our belief in our country, our appreciation for the freedoms that we enjoy.

These days, we think about the many members of our military forces who are serving in a brutal environment halfway around the world in Iraq and Afghanistan – our men and women in uniform who are serving every day to protect and defend not only America's freedoms and our way of life, but to make sure that people in far off countries also will be able to know that freedom.

The war has touched all of us. We have watched the news as brave men and women in our military forces have tragically made the final journey from the war-torn Middle East back to our islands of paradise. We have known many of them – our shipmates and co-workers, friends and neighbors, the parents of our chil-

dren's classmates.

Just before the July 4 holiday in celebration of our freedom and liberty, tragedy again touched us here at home. We learned of the loss of four Navy SEALs who were assigned at Pearl Harbor and the 13 other military personnel aboard the MH-47 Chinook helicopter which crashed in the mountains of Afghanistan.

They were devoted fathers, sons, husbands and brothers who dedicated themselves to the service of their country, doing what they believed in and in the end, paying the ultimate price – with their lives.

I thought about that a lot over the Fourth of July holiday. I thought about those young lives that were cut short so early and their families who were so proud, yet so grief-stricken as they tried to deal with such a loss.

I thought about what a precious gift freedom is – one that has been bought with the blood and the sacrifices of so many.

I thought about the words of our National Anthem, the stirring sight of our flag, and the continued dedication of our armed forces who will serve tomorrow, next week, next month, next year – wherever and whenever they are called – to make sure that we will always be able to listen to the Star Spangled Banner and to fly the stars and stripes.

The Fourth of July is always meaningful to me, but even more this year.

It seems appropriate that every day we celebrate our peace and freedom and give thanks to all of those who have fought, who have sacrificed, who continue to fight to make sure that we have that opportunity.

Have a fine Navy day!



U.S. Navy photo by CTM2 Selena J. Current

CTM1 (SW/AW) Annette Lanham signs a copy of her book, "Messages From the Sea," for a visitor to the Battleship Missouri Memorial during a book signing held July 2.

## Sailor debuts book aboard the Battleship Missouri Memorial

CTM2 Selena J. Current  
Contributing Writer

Cryptological Technician Maintenance 1st Class (SW/AW) Annette Lanham unveiled her book, "Messages From the Sea," on July 2 as she hosted a book signing aboard the Battleship Missouri Memorial.

The book portrays a Sailor's perspective of life at sea, an insight that many "landlubbers" have not had the opportunity to experience.

Lanham's vivid descriptions and significant details bring her naval career to life, starting at boot camp and ending at the close of her tour onboard U.S.S. O'Kane (DDG 77).

Lanham credits her pre-

miere book to the curiosity of her friends and family.

"When I went out to sea, my friends and family e-mailed me questions like, 'What is it like to be on a ship?' and 'Where do you eat and sleep?' When I received their e-mails, I would answer as many of their questions as I could. I realized the only way to answer all of their questions was to write about everything I experienced. And that slowly evolved into a book," Lanham explained.

Her book has already received many praises and compliments. Lora Williams from the Rotary Club of Honolulu told Lanham, "I was married to a Navy guy for 15 years and I know more about deployments now than I ever did from my

marriage."

When asked about future works, Lanham welcomes the possibility.

"When I retire, I will have spent 20 years in the Navy. I have a lot of ideas for different topics, such as leadership. Normally, books about military careers are written by admirals or senators with prior military service. It is rare to get the perspective of a common everyday Sailor and that is what I provide."

Lanham is a native of Panama City, Fla. and after entering the Navy in 1986, attended recruit training in Orlando, Fla. An 18-year-veteran of the Navy, she has visited places such as Panama, Spain, Japan and Hawai'i, where she worked as a cryptologic technician.

## Tripler graduates 110 healthcare professionals with Dr. Hal Kushner as guest speaker



Photo by Margaret Tippy

Dr. Hal Kushner, a former POW and also a Tripler graduate, was the keynote speaker as 110 healthcare professionals graduated June 17 from the center. Kushner delivered his address, "No obstacle is too great," to the graduates and their guests.

**Briana Kaya**  
Tripler Army Medical Center Public Affairs Office

Tripler Army Medical Center graduated 110 healthcare professionals June 17 at Tripler's flagpole area with Dr. Hal Kushner, former POW and Tripler graduate, as the keynote speaker.

The interns, residents and fellows enjoyed the talk as Kushner, a retired colonel in the U.S. Army Reserve, outlined the important "intersections" his life has had with Tripler: his birth, his internship and his emotional reunion after surviving five years as a POW in Vietnam.

His recollection of his imprisonment brought some to tears - the helicopter crash that began the ordeal, a multitude of injuries, constant sickness, the death of those around him, beatings and coffee cups of rice contaminated with rat feces.

But it was his story about the American captives sharing the tiny amount of rarely provided candy with a mentally challenged stranger (who was

shunned by his own people) that Kushner used to remind the graduates what they stand for. "I have never been so proud to be an American. We had nothing, yet we shared with a foreigner in bad shape."

He emphasized to graduates what he had learned, including: "No obstacle is too great," "I live in the best country in the world," and "We must pay the cost of freedom."

At the end of Kushner's address, a statement issued by Mayor Mufi Hanneman announced that June 17 was now Dr. Hal Kushner day.

Following Kushner's speech, the accomplishments of the graduates were honored with the presentations of awards. The Dr. Jeffrey P. Kavolius Award was presented to Capt. Nicole N. Papa, a third year general surgery resident for outstanding teaching resident, and Dr. David Yew, an emergency medicine physician for outstanding staff teacher.

The Dr. Michael Yancey Award was presented to Maj. Timothy C. Brand, a

graduating urology resident for outstanding teaching resident, and Lt. Col. Gregory W. Petermann, a diagnostic radiology program director for outstanding staff teacher.

The Dr. James W. Bass Research Symposium Award for outstanding research was awarded to Maj. Daniel Judd, a graduating orthopedic surgery resident; Capt. Lisa Coviello, a fourth year general surgery resident; Maj. Danielle Bird, a second year neonatal-perinatal medicine fellow; and Capt. David Freccero, a third year orthopedic surgery resident.

Graduates accepted their diplomas and followed in the footsteps of those before them, such as Kushner and other Tripler graduates that have made an impression in the world of medicine and in the United States military.

The graduating class consisted of 97 physicians, eight psychologists, three pharmacists, one oral/maxillofacial surgeon and one health care administrator.

Following the ceremony, the Army's 230th birthday was celebrated.

## Make your move: TRICARE moves with you

TriWest Healthcare Alliance

Changing duty stations can be hard, with packing and saying goodbye to friends, but TRICARE makes changing doctors and regions easy for the entire family, even TRICARE-eligible students leaving home for college.

TRICARE Prime benefits are portable. In other words, the TRICARE benefit is the same no matter where a beneficiary lives or travels within the Prime service area.

When families transfer, travel or send a child off to college, TRICARE benefits are always available with no gaps in coverage.

This feature, which TRICARE calls "portability," eases the transfer for military families who are moving within the TRICARE West Region, administered by TriWest Healthcare Alliance, or to another TRICARE region.

Those moving outside their current TRICARE region should remain enrolled in that region until they arrive at their destination.

Upon arrival at the new duty station, all they need to do is contact the local TRICARE Service Center to enroll in the new region and select a new primary care manager.

The regional TRICARE contractors will coordinate the transfer, so enrollment will be effective as soon as the new contractor receives the application. In this way, Prime enrollment will be uninterrupted.

If TRICARE Prime is not available at the new location, beneficiaries may disenroll before moving and utilize the TRICARE Standard option (or TRICARE Extra by using only network providers). When they return to a Prime service area, they may re-enroll in Prime at any time.

Prime portability is more limited for retirees than for active duty family members. Retirees and their eligible family members pay TRICARE Prime enrollment fees and may transfer their enrollment from one TRICARE region to another without paying additional enrollment fees.



Photo courtesy of Richard Gray, TriWest Healthcare Alliance

A Navy Sailor is looking for the best route for a big move, but he doesn't have to worry about the TRICARE health care plan. It's portable.

Although retired service members and their eligible family members are allowed unlimited moves within their own TRICARE region, they are limited to two moves between regions per year - as long as the second move brings them back to their original TRICARE region.

When a TRICARE-eligible son or daughter leaves home to attend college as a full-time student, TRICARE Prime's "split enrollment" feature will enable students to stay enrolled in Prime.

Split enrollment allows TRICARE Prime non-active duty families to live and enroll in different Prime service areas or TRICARE regions and to pay only one family fee per enrollment period.

For college students to take advantage of TRICARE Prime split enrollment, they must be:

- Enrolled in DEERS.
- Under the age of 23.
- Enrolled full-time in a program of higher learning

as approved by the Secretary of Defense, the Department of Education or a state agency.

• At least 50-percent financially dependent on a TRICARE-eligible sponsor.

TRICARE-eligible college students may use military treatment facilities on a space-available basis, use civilian providers under TRICARE Standard or Extra, or be allowed to remain enrolled in TRICARE Prime. They may remain in Prime if the college or university they attend is located in a Prime service area.

To learn more about TRICARE Prime portability and split enrollment, visit the TriWest Healthcare Alliance web site at [www.triwest.com](http://www.triwest.com) or the TRICARE Management Activity (TMA) site at [www.tricare.osd.mil](http://www.tricare.osd.mil). TMA's web site also shows which TRICARE contractor provides services in the area where your PCS will take you or where your student goes to college.

## Provide advance vacate notice, keep information updated

Karen S. Spangler  
Assistant Editor

Family housing officials remind Navy housing residents of the requirement and the importance in keeping their information updated. This includes projected rotation dates (PRDs), new orders/change of duty stations, and home and work telephone numbers as well as an updated page two.

Officials at Forest City Residential Management (FCRM), which manages public private venture (PPV) housing for Navy families, encourage service members who live in PPV housing to follow the same procedures. This helps in ensuring that housing staff will be able to notify residents in a timely manner should an emergency occur.

Housing management emphasized that keeping service members' files updated is even more essential as the Navy moves toward its goal of privatization, and it provides housing management with vital information.

They said that it is also

important that housing residents provide written notice 30-45 days in advance prior to vacating government housing. Residents who live in PPV housing are required to provide a minimum of 28 days written notice of intent to vacate. After an "intent to vacate" notice is filed with the Navy Family Housing Office or PPV neighborhood management office (NMO), the sponsor is given a copy of the appropriate cleaning responsibilities. Basic allowance for housing (BAH) is not reinstated until termination of housing.

In PPV housing, service members are provided with guidelines with the options for paying their final rental payments at the time they turn in their notice of intent to vacate.

After the intent to vacate notice is received, a preliminary inspection is scheduled. At the preliminary inspection, a housing inspector will provide specific guidance to the resident regarding maintenance and cleaning policies and responsibilities.

Housing officials note that

the advance vacate notice is critical in ensuring that they are able to meet inspection dates. It is also extremely important for service members to vacate their homes on schedule. They explained that in many cases, the home has already been promised to an incoming family who has cancelled their temporary living arrangements and scheduled the delivery of their household goods.

Residents of PPV housing may terminate their leases before its natural expiration only under specific circumstances as described in their rental agreements. They may, for example, terminate their lease if they receive permanent change of station (PCS) orders reassigning them out of the local housing area, or under certain circumstances if they are purchasing a home.

Residents should call Forest City's neighborhood management office at 423-7711 to inquire about their particular situation.

For more information about Navy housing, call the housing office at 474-1800.

## Mowing over the competition



Photo courtesy of Forest City Residential Management

A Navy spouse mows the grass in her award-winning yard. Senior Chief Yeoman (SS) David Hughes and his family won the Yard of the Month award for June for the Halsey Terrace neighborhood.

**STORY IDEAS?** Email: [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) **Hawaii Navy News**

# Skylark Central

## Birth of our Nation



There are 27 words or names related to the birth of the United States hidden in the puzzle. How many can you find?

Solution will be in next week's HNN

W C S E S Y S R N V L O N A S  
 R Z O M C T T I O I K R Y C T  
 F E A U A I L I B N E Q W I O  
 G D A T R K T E R V O J A R I  
 A A E S N A R S O G K H S E R  
 R S L A O T G L U I E C H M T  
 E Z R F Y N U E Y J Y T I A A  
 S F P P H T R U O F L S N K P  
 O L P K I G H G C N U A G I K  
 L R N O S R E F F E J Q T C U  
 V L N C O L O N I E S P O E N  
 E R I G H T S P G D A C N D I  
 M O D E E R F L L I N I S I T  
 L O C K E D A Z N A U D V R E  
 Y R N E H R S E H P W K G P D

"Positive Reinforcement"



**Know your Navy**

Who said, "Give me liberty or give me death?"

Last week's question...  
 When first established, the Navy operated under what government department?

Answer - The War Department

### Answer's to last week's puzzles

IN W. TH HIS NEW D I ORL DON  
 'T ON LY NG Y Y OU HE S T  
 THI TOR E W THE KNO

THE ONLY THING NEW IN TH  
 E WORLD IS THE HISTORY Y  
 OU DON'T KNOW. - Harry S. Truman

HET THE  
 BOTALL B A L L O T  
 SI IS  
 TRNEROSG STRONGER  
 TANH THAN  
 HET THE  
 LULTEB BULLET  
 ABE LINCOLN

# MWR

## Movie Call

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

### FRIDAY AND THURSDAY

7:00 p.m. Star Wars III (PG 13)

### SATURDAY

2:30 p.m. Madagascar (PG)

4:30 p.m. Kicking and Screaming (PG)

6:30 p.m. Mindhunters (R)

### SUNDAY

2:30 p.m. The Longest Yard (PG 13)

4:45 p.m. Monster in Law (PG 13)

7:00 p.m. Mindhunters (R)

### MONDAY

1:30 p.m. Madagascar (PG)

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

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

### FRIDAY

7:00 p.m. The Longest Yard (PG 13)

### SATURDAY

2:00 p.m. Kicking and Screaming (PG)

7:00 p.m. The Longest Yard (PG 13)

### SUNDAY AND THURSDAY

7:00 p.m. Crash (R)

### WEDNESDAY

7:00 p.m. Kicking and Screaming (PG)

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

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

### FRIDAY AND WEDNESDAY

7:00 p.m. Star Wars III (PG 13)

### SATURDAY

2:00 p.m. Star Wars III (PG 13)

7:00 p.m. Star Wars III (PG 13)

### SUNDAY

2:00 p.m. Star Wars III (PG 13)

### THURSDAY

7:00 p.m. Mindhunters (R)

\$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

- **July 16:** ATV riding, \$75. Register by **July 13**.
- **July 23:** Chinaman's Hat, \$15. Register by **July 20**.
- **July 24:** Extreme parasailing, \$40. Register by **July 20**.
- **July 31:** Surfing lessons, \$15. Register by **July 27**.

### T.G.I.F. - OCEAN'S CPO CLUB

Get together to enjoy pupus and entertainment at T.G.I.F. today at Ocean's CPO Club. There will be free pupus starting at 4 p.m. and a DJ will spin from 5-8 p.m. The club is open to enlisted personnel E-7 -E-9. For more information, call 473-1743.

### ADVENTURE PLUS SCHEDULE

MWR will host Adventure Plus through **July 29**. All activities except for the camping weeks will be held at Rainbow Bay Marina. The program is open to youth ages 10-12 and is held from 6 a.m.-6 p.m. Monday through Friday. Fees are based on total family income. Transportation is provided from Iroquois Point and NCTAMS. Camping week activities are held **July 18-22** at Barbers Point, but campers will meet at Rainbow Bay Marina. For more information or to register, call 421-1556.

### MWR YOUTH CAMPS

MWR will host youth camps for children ages 5-12 from 10 a.m.-3 p.m. Monday-Friday at the Oasis on Ford Island. The cost is \$50 per child per session.

The specialty camps will offer the following themes:

- Drama Camp, **July 11-15**
  - Music Camp, **July 25-29**
  - Dance Camp, **Aug. 1-5**
- For more information, call 421-1556, 499-2572 or 454-0758.

### POKER TOURNAMENT

The JN Chevrolet Navy All-Nighter Poker Tournament is in full swing and is open to all active duty Sailors. Participants can sit in on any round they choose; there is no fee to participate. There are two preliminary rounds remaining (**Today and July 22**), lasting 6 p.m.-6 a.m. Every night, a prize package featuring a complete personal computer system will be given away. Other prizes, including gift certificates, T-shirts and promotional items, will be given away at random. For more information, call 473-0606 or visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com).

### SUMMER SOCCER LEAGUE

The summer soccer league begins **July 9**. The cost is \$250 per team. The league is open to CNRH active duty, adult family members and DoD employees. Games will be played at Ward Field. For more information or to register, call 473-2494 or visit the MWR Web site.

### FIT KIDS

The next Fit Kids sessions begin **July 15** at Barbers Point

and will meet from 9:30-11:30 a.m. Tuesdays and Thursdays. The program is led by certified fitness specialists. The four-week session incorporates resistance circuit training and sports-specific conditioning, including cycling, racquetball, softball drills, swimming and rope climbing. Participation is open to Navy family members ages 10-13. The cost is \$50 per session. Advance registration is required. For more information, call Power Point Fitness Center at 682-5243.

### FREE GOLF CLINICS

Free golf clinics will be offered from 1-2 p.m. **July 16 and Aug. 20** at Navy Marine Golf Course. Learn the basics or refine your game. The free clinics are open to the first 16 active duty Navy or their eligible family members. For more information or to register, call 471-0142 or visit the pro shop.

### SALSA DANCE CLASSES

Salsa dance classes are offered on Thursdays and Fridays at Bloch Arena Fitness Center. Samir Hana, instructor, teaches the latest dance styles, including merengue, cha-cha and cumbia. There is no partner and no experience necessary. Level I and II classes are available:

Salsa (Level I): Thursday, 7:30 - 8:45 p.m.; Saturday, 5 - 6:15 p.m.

Salsa (Level II): Friday, 7:30 - 8:45 p.m.; Saturday, 6:30 - 7:45 p.m.

Merengue/cha-cha/cumbia:

Friday, 6 - 7:15 p.m.  
For more information, call 473-0793.

### 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.



- **July 8:** Poker Tournament (Club Pearl), 6 p.m., free.
- **July 9:** Swap meet (Aloha Stadium), 10 a.m., bring money.
- **July 10:** Surfing lessons with Jodie, 10 a.m., \$7.
- **July 12:** Birthday bash (cake and ice cream), 6:30 p.m., free.
- **July 13:** Comedy Night (Beeman Center), 7 p.m., free.
- **July 14:** Ping Pong Tournament (Beeman Center), 7 p.m., free.

### 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.

**Blood drives** will be held at the following times/locations:

- **July 12:** 10 a.m.-1 p.m., Pearl Harbor, Personnel Support Detachment.
  - **July 13:** 9 a.m.-2 p.m., Marine Corps Base Hawai'i - Kaneohe Bay, IPAC (Installation Personnel Admin Center).
  - **July 14:** 10 a.m.-1 p.m., Schofield Barracks, 25th Replacement.
  - **July 19:** Time to be announced, Marine Corps Base Hawai'i - Kaneohe Bay, 3rd Marine Regiment.
  - **July 21:** 10:30 a.m.-2 p.m., 25th ID Replacement, building 691, Schofield Barracks.
  - **July 27:** 8 a.m.-noon, Navy Branch Annex Clinic Wahiawa (NITAM)
  - **July 28:** 9 a.m.-2 p.m., Hickam Community Center, Hickam Air Force Base.
- For more information, call Hawai'i's Military Blood Program at 433-6148 or 433-6195.

**The USS Hopper Picnic at the Beach** will begin at 10 a.m. **July 14** at Foster Point, Hickam Air Force Base. The event will include a variety of activities, volleyball, games and prizes, face painting, horseshoes, kayaking, swimming, a bounce house and a dunk tank. For more information, call 454-0193.

American Youth Soccer Organization (AYSO) Hickam/Pearl Harbor Region 188 will sponsor a **summer soccer camp** from **July 18-22** at Hickam AFB. Boys and girls ages four-18 are invited to participate. No experience is necessary. For more information and on-line registration, visit the AYSO web site @ [www.aysoregion188.org](http://www.aysoregion188.org), call 834-6629 or email [Camps@aysoregion188.org](mailto:Camps@aysoregion188.org).

Military service members will be offered a \$5 discount on tickets to the **12th Annual Hawai'i International Jazz Festival** which will be held at 7 p.m. **July 29-30** at Hawai'i Theatre in Honolulu. Piano Titans and Hawaiian Strings will be featured on **July 29**. Tributes to late greats Ray Charles, Arte Shaw and Martin Denny with a full big band will highlight the **July 30** performance. A Latin soul segment will also be featured on Saturday evening. For tickets and information, call the Hawai'i Theatre box office at 528-0506 or visit [www.hawaii theatre.com](http://www.hawaii theatre.com). For more information about the festival activities, visit [www.hawaiijazz.com](http://www.hawaiijazz.com).

**The Navy Region Hawai'i First Class Petty Officer Association** invites all first class petty officers island-wide to attend its association meetings. For more information, call YN1 LaHaunn Moore at 471-8769 or email at [lahaunn.moore@navy.mil](mailto:lahaunn.moore@navy.mil), or CTA1 Kiffanie Walker at [kiffanie.walker@navy.mil](mailto:kiffanie.walker@navy.mil) or NC1 Johnathon Young at [johnathon.young@navy.mil](mailto:johnathon.young@navy.mil).

Customers can bring their child's most recent report card to the Navy Exchange to register for the **Project A-OK program**. Kids could win \$5,000, \$3,000, \$2,000 or \$1,000 in U.S. Savings Bonds. For more information, visit the NEX customer service department in The Mall rotunda.

For the protection of NEX shoppers, **security measures** mandate that bags, purses or personal bags larger than 12 inches by 12 inches will not be allowed in the Navy Exchange. The NEX thanks patrons in advance for their cooperation.

The 2005 Shop NEX "shop and win" bumper stickers are available at any Navy Exchange location. NEX patrons can place a bumper sticker on their car for a chance to win a \$25 gift certificate from the Navy Exchange; winners are selected weekly. Winners are then entered in a grand prize drawing for a \$2,000 shopping spree at the NEX.

The NEX Autoport offers **free brake inspections** from 8 a.m.-4:30 p.m. Monday through Saturday.

The **American Red Cross**, Hickam Service Center is seeking volunteers. 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.

**The USS Chafee Ohana** meets at 7 p.m. the first Tuesday of the month at Moanalua Community Center. Child care is provided at a cost of \$2 for the first child and \$1 for each additional child. For more information, call 422-5619 or email [usschafeefsg@yahoo.com](mailto:usschafeefsg@yahoo.com).

For information about upcoming meetings for the **USS Lake Erie Family Support Group**, call Liz at 454-2440 or [plumeria04@verizon.net](mailto:plumeria04@verizon.net).

As part of the **price matching policy** at the Navy Exchange, the NEX will match the price of any identical item sold in any local store. Customers should provide proof of the lower price and the NEX will match it. If the price difference is under \$5, the NEX will match it on the spot. Some restrictions apply to the policy. Patrons should see a sales associate for more information.

**The USS Paul Hamilton Ohana** meets at 6:30 p.m. the second Thursday of the month at the Pearl Harbor Main Chapel. Child care is provided at a cost of \$1 per child. For more information, call 683-1086 or e-mail at [Paulhamiltonfsg@yahoo.com](mailto:Paulhamiltonfsg@yahoo.com).

How to contact **TriWest/TRICARE services** - Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRI-WEST (1-888-874-9378), visiting their Web site at [www.triwest.com](http://www.triwest.com), or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic.

The TRICARE Service Center located at the Pearl Harbor Makalapa Clinic is open from 7:30-11:30 a.m. and 12:30 to 4:30 p.m. Monday-Friday. The TRICARE Service Center located at the Kaneohe Clinic is open from 7-11:30 a.m. and 12:30-4 p.m.

**T.O.P.S. (Take Off Pounds Sensibly)**, a nonprofit, noncommercial weight-loss support group, meets every Wednesday at the Armed Services YMCA, Aliamanu location. Weigh-in begins at 5:30 p.m. and the meeting starts at 6:15 p.m. Membership fees are low and includes the T.O.P.S. magazine. There are also incentive programs offered. The first meeting is free. T.O.P.S. in Hawai'i is a support group for helping members Take Off Pounds Sensibly. The group recently held its state convention and crowned the state queen. She had lost all her weight by the end of December 2003 and lost 163 pounds. The first meeting of T.O.P.S. is free. If you need support in your weight loss efforts, the group offers low monthly fees and a low joining fee. Call Delcie at 623-1403 for information on the several chapters and meeting places on the island. For more information, call Delcie at 623-1403.



**Crash:** A Brentwood housewife and her DA husband. A Persian storeowner. Two police detectives, who are also lovers. A black television director and his wife. A Mexican locksmith. Two car-jackers. A rookie cop. A middle-aged Korean couple. They all live in Los Angeles. And, in the next 36 hours, they will all collide.

**Kicking and Screaming:** Family man Phil Weston, a life-long victim of his father's competitive nature, takes on the coaching duties of a kids' soccer team, and soon finds that he's also taking on his father's dysfunctional way of relating.

**The Longest Yard:** See Review

**Madagascar:** Four residents of the New York's Central Park Zoo : Alex the lion, Marty the zebra, Melman the giraffe, and Gloria the hippo have spent their whole lives living happily in a zoo. Then Marty falls in with a crowd of devious penguins, who bring him along in their escape attempt. When Alex realizes his friend is missing, he leads a company of critters on a search that takes them all outside the zoo for the first time.

**Mindhunters:** On a remote island, the FBI has a training program for their psychological profiling division, called "Mindhunters", used to track down serial killers. The training goes horribly wrong, however, when a group of seven young agents discover that one of them is a serial killer, and is setting about slaying the others.

**Monster-in-Law:** Unlucky in love, beautiful 'Charlie' has finally met the man of her dreams. There's just one problem - his mother Viola. Fearing she will lose her son's affections, Viola decides to break up the happy couple by becoming the world's worst mother-in-law.

**Star Wars Episode III: Revenge of the Sith:** Three years after the Battle of Geonosis, the Clone Wars are coming to a close. As Anakin ultimately becomes the evil we know as Darth Vader, Padme goes into hiding, and, at the end of one war, another conflict we know all too well is about to begin.

## JO3 Ryan C. McGinley The Longest Yard

"The Longest Yard" is the perfect summer movie. There is no real story, no thinking involved, and a fair amount of laughs to accompany an all-star cast. Granted it's no "Happy Gilmore," but it succeeds in entertaining its audience.

Based on the 1974 original, Paul Crewe (Adam Sandler) is a former National Football League quarterback suspended from the league for shaving points off a game. Still hung up on the incident, he goes on a drinking spree with his girlfriend's car and ends up in jail.

He is transferred to a Texas prison because the warden wants him to coach his football team of guards to a championship season. Crewe suggests a warm up game between them and the prisoners, and the story ensues. The film has a slew of comedic talent in Adam Sandler, Chris Rock and a host of others who make for interesting characters. The story is loose and the jokes are somewhat funny, so a good time is had by mostly all. The remake does not have the same spark as the original, nor is the comedy strong enough to warrant too much praise, but in an overall sense, the movie is a good time.

By no stretch is "The Longest Yard" one of Sandler's best films. It's a film you sit through with a lot of popcorn and enjoy a few laughs along the way. There is no sidesplitting humor, which will make you fall on the floor laughing, but it's entertaining. So what's missing? Sandler got on a good track with "Big Daddy," "50 First Dates" and "Spanglish" setting a human-interest tone to a comedic film. "The Longest Yard" has no human interest, nor does it have enough laughs to rise above "Happy Gilmore," so it lurks somewhere between the smart comedy and the drop dead funny comedy, not really finding a place to call its own.

**OVERALL RATING:** ★★☆☆☆



## FFSP volunteers make a difference for Sailors, families

### Fleet and Family Support Program Marketing

Commander, Navy Installations Command, Millington Det.

Local Fleet and Family Support Programs (FFSP) are looking for volunteers to help support and expand the services they provide, as well as offer military family members an opportunity to learn new skills or enhance existing skills.

In fiscal year '04, more than half a million volunteers provided assistance to FFSP around the world, saving the Department of Defense (DoD) more than \$9 million.

"Volunteering at FFSP gives family members a chance to learn new skills or stay current in the skills they have," said Christine Degraw, program analyst for Family Readiness

Programs, Commander, Navy Installations Command, Millington Det.

For example, the retired activities program depends entirely on FFSP volunteers to staff its retired activities offices, providing a link between local retirees and military communities, along with government agencies that offer assistance to military retirees and their families.

"DoD realizes that volunteering at FFSP enhances mission readiness by ensuring that family support services are available," added Degraw.

DoD has developed a volunteer desk guide that will standardize the program throughout the military and

is currently distributing the guide to all Fleet and Family Support Centers worldwide.

"The more family support services we provide, the higher the satisfaction we have from military families, which, in turn, increases retention rates," said Degraw. "They really work hand-in-hand."

For information on FFSP or to locate the nearest Fleet and Family Support Center, visit [www.ffsp.navy.mil](http://www.ffsp.navy.mil) or call their 24-hour information and referral hotline at 800-FSC-LINE.

(For more information on volunteering with the FFSC office at Naval Station Pearl Harbor, call 473-4222, ext. 245.)



## Catching the big one



Photo courtesy of MWR

The Pearl Harbor Trollers and their catch, a 46-pound mahimahi, took first place honors in the 2005 Ahi Fever Fishing Tournament held June 18-19. The Trollers meet at Rainbow Bay Marina under the sponsorship of Morale, Welfare and Recreation at Naval Station Pearl Harbor. Pictured left to right are: Tihare Harmony EeMello-Key, Miss Ahi Fever 2005, Wayne Shetler, USNR retired and Trollers president; Charles Escue, commissary employee, and Col. Matthew Dorschel, USAF. The fishermen caught the ahi while aboard Dorschel's boat 4SeaSons.

## Balance your checkbook: Good habits make cents

Jennifer Dyer Cornelissen  
LIFELines

Online banking and ATMs make accessing your money easy and convenient. However, electronic banking practices can be costly for your financial health. A forgotten trip to the ATM may leave you with an overdrawn checking account. An electronic error may not be discovered until your bank statement arrives.

Now, more than ever, it's important for service members and their families to manage their money carefully. One activity that you should make into a habit is balancing your checkbook. When you take the time to record and verify your financial transactions, you

can save money and build good credit.

Paying attention is vital for your financial well-being. Semper Fit Financial Specialist Roy Ells emphasizes that "whether you're single or married, an officer or a private, the decisions you make about your personal finances will have an impact."

Knowing where your hard-earned dollars go is critical not only for your family's security, but also for a successful career. Debt problems can hurt your chance of promotion if creditors contact your command. Being careful with your money is especially important during deployments, when record keeping is more difficult.

With good records, balancing

your checkbook is simple. All you need is your checkbook register, your bank statement, all receipts, a pencil and a calculator.

- Write down in your register everything that goes in and out of your checking account during the month, including deposits, checks, withdrawals, automatic payments and transfers.

- When your statement arrives, check the bank's record of each transaction against your register. Verify the date and the amount paid. Be sure to list any missed transactions or adjustments. Don't forget to take into account any transactions that haven't cleared yet.

- Add up all of the withdrawals and all of the deposits for this

month, then subtract the total withdrawals from the total deposits. The difference between this sum and your old balance is your new balance.

- Compare your total with the bank's balance and reconcile any differences.

Balancing your checkbook can pay more than just satisfaction. Tracking your financial habits helps military families budget better. If you catch your bank in an error, you can save money. Good habits also build a solid credit record, which can translate into a better car or home loan. When you have control over your budget, you can pay your bills on time, avoid interest and underpayment fees, and steer clear of bounced checks.

Last, when you balance your checkbook, you teach your children responsible budgeting skills.

Many personal service centers offer classes in financial management and budgeting. Most major banks and credit unions provide online access to customers. Financial software such as Intuit's Quicken and Microsoft Money makes balancing your checkbook quick and easy.

Both programs offer helpful Web sites with financial tips and customer support.

Balancing your checkbook just makes sense. This easy habit can save you money and enhance your career. The next time you use the ATM, just remember to keep your receipt.





