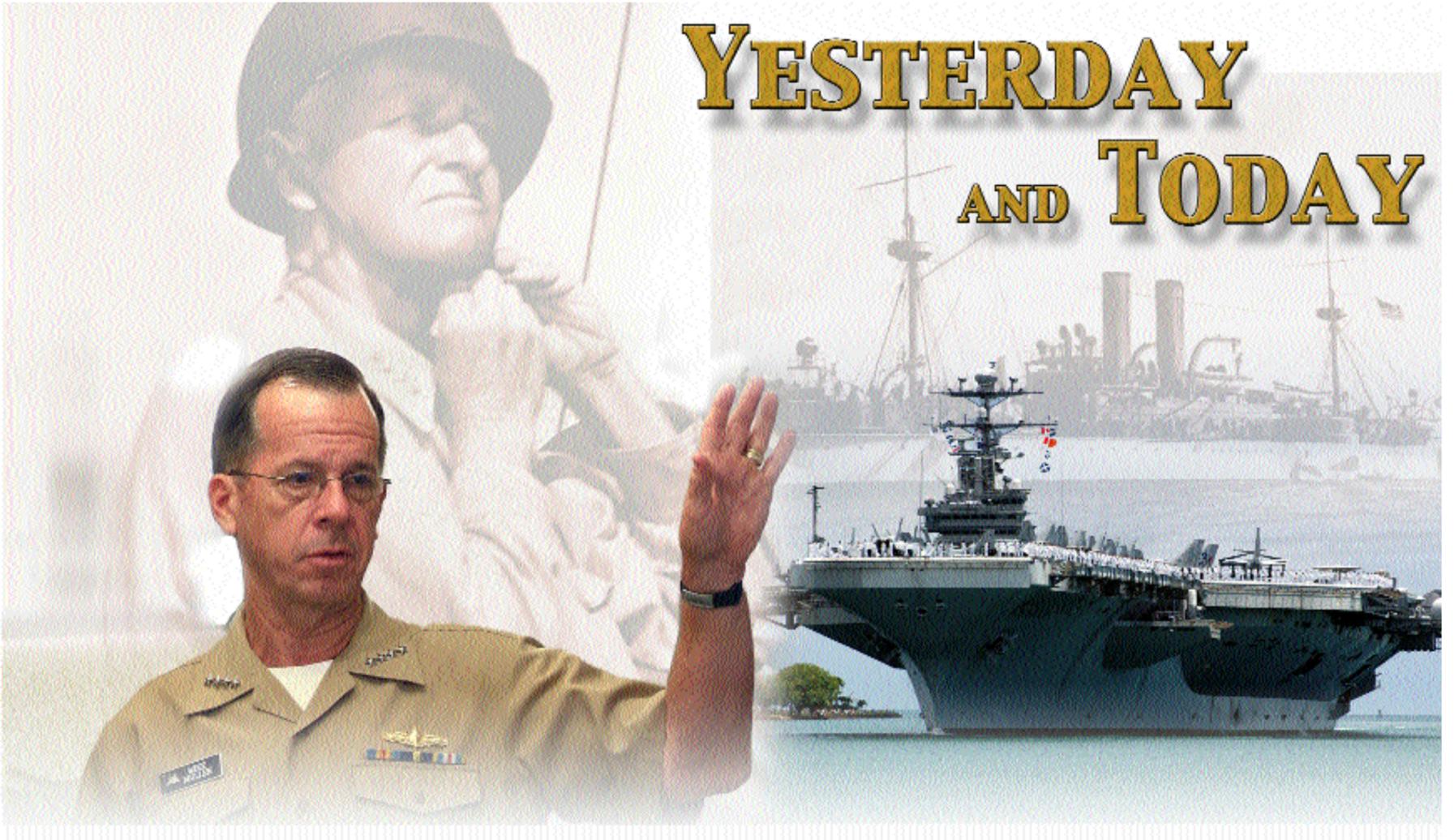


## YESTERDAY AND TODAY



# Navy to celebrate 230th birthday in October

**Karen S. Spangler**  
Assistant Editor

On Oct. 13, the U.S. Navy will celebrate its 230th birthday as birthday balls and other celebrations take place across the world.

In that time the Navy has come a long way - from the "swift sailing vessels" equipped with 10 carriage guns that were launched in the service's rudimentary beginnings to today's much swifter, modern ships boasting the latest in technology. But one thing hasn't changed - the Navy's role now, as it was then, is to protect America from any enemies and to serve as a strong and stalwart defense for American interests whenever and wherever needed.

The Navy's birth took place on Friday the 13th, Oct. 13, 1775 when the Continental Congress met in Philadelphia and voted to "fit out" two sailing vessels. The vessels would be "armed with 10 carriage guns, as well as swivel guns, and manned by crews of 80," and the Congress voted to "send them out on a cruise of three months to intercept transports carrying munitions and stores to the British army in America." The decision was momentous - at a



U.S. Navy photo by J03 Ryan C. McGinley  
The youngest and oldest Sailors help cut the cake at the 2004 Navy Enlisted Birthday Ball.

time that the British held superiority at sea and threatened to stop the colonies' trade.

Naval Historical Center (NHC) historical data explains that John Adams of Massachusetts, a member of the Congress, was one of the first and most active proponents for the establishment of an American fleet. Many of the Congressional delegates considered the idea of a Continental Navy a "foolish challenge to the mightiest fleet the world had seen."

When the bold resolution finally reached the floor of Congress in October 1775, Samuel Chase of Maryland attacked it and called it "the maddest idea in the world to think of building an American

fleet." Even pro-Navy members of the Congress thought that the proposal was too vague and were concerned that it "lacked specifics and no one could tell how much it would cost."

According to NHC, when the Congress received intelligence on Oct. 5, 1775 about two unarmed English brigs leaving England that were without convoy and laden with munitions, they decided to explore how to take advantage of the opportunity. A few days later, on Oct. 13, 1775, the Congress read a letter from General Washington reporting that he had already taken three schooners under his command at Continental expense. The schooners cruised off the coast of Massachusetts to intercept enemy supply ships. Now that there were armed vessels cruising the seas in the name of the Congress, they adopted the resolution.

The Continental Navy quickly grew into an important force and within days of the resolution's passing, Congress established a Naval Committee that was charged with equipping a fleet. During the War of Independence, the Continental Navy sent more than 50 armed vessels to sea.

The Navy Enlisted Birthday Ball for the local Navy community will begin at 6 p.m. Oct. 1 at Hilton Hawaiian Village. Navy personnel should contact their command representative or command master chief to purchase tickets or for more information.

The Navy Officer's Birthday Ball will be Oct. 8 at the Hilton Hawaiian Village. Navy personnel should contact their command representative to purchase tickets.

The squadrons and cruisers seized enemy supplies and took nearly 200 British vessels as prizes.

Since the beginning of the Navy's proud traditions, it has continued to play a crucial role in America's defense and has achieved significant milestones. Serving in wars that involved America around the globe, from the first War of Independence, through the Civil War, World War I and II, the Vietnam War and moving up to more modern times with the war against terrorism in the Middle East, the U.S. Navy has been a force to be reckoned with.

The Navy has also suffered and lost - ships, submarines and Sailors - at the hands of her enemies. One of the most devastating blows was the Dec. 7, 1941 attack by the Japanese on the Pacific Fleet at Pearl Harbor, which is commemorated every year.

Famous leaders are revered and remembered for the role they played in leading the Navy through its challenges, victories and defeats. One of those was Admiral George Dewey (1854-1917) who was the only person to ever be given the special rank of "Admiral of the Navy." He served as executive officer of seven different ships during the Civil War, but is perhaps best known for his accomplishments on May 1, 1898 during the Spanish-American War. He achieved total victory at Manila Bay, initiating the war's first action with the famous words, "You may fire when ready, Gridley."

Another of the Navy's most famous leaders was Admiral Chester W. Nimitz who served the Navy during one of its most critical eras, as commander-in-chief of the Pacific Fleet and Pacific Ocean areas during the attack on Pearl Harbor and throughout the war. On Sept. 2, 1945, then serving in the rank of fleet admiral, Nimitz was the United States signatory to the surrender terms aboard the battleship USS Missouri in Tokyo Bay.

Now, as the Navy looks back on 230 years of history and prepares to celebrate another birthday, she can be proud of the accomplishments that have carried her through the years and reflect upon the rich traditions of her heritage. (Some information provided by Naval Historical Center.)



Photo courtesy of the Naval Historical Center  
An "Old Salt," of bygone days, and a young Sailor pass a recruiting poster that was popular about 1920.



U.S. Navy photo by J03 Ryan C. McGinley  
Boatswain's Mate 2nd Class (SW) Michael J. Fisk gives a toast at the 2004 Navy Enlisted Birthday Ball, which celebrated 229 years defending freedom around the world.

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### Navy Enlisted Birthday Ball

Saturday, October 1st, 2005, 1800  
Hilton Hawaiian Village

Contact Your Command Representative  
or CMC For More Details

**Forging Ahead Through Teamwork**

\*\*\*\*\*

# Surf's up at NEX



Photo by Laarni Gedo, NEX Marketing

Kauai surfer and Billabong's Keala Kennely, a surfer of Teahupo'o, autographed posters at the Navy Exchange at Pearl Harbor on Aug. 27.

# Party at Adventure Alley

**Kathy Isobe**  
*MWR Quality of Life Marketing*

Did you hear about the littlest Sailors scaling Mount Mauna Kea while pelting monsters with cannonball bombs? The children's screams, not the monsters, were heard for miles around and remembered with blissful exhaustion when it was finally over. But this was all in good fun at the latest and greatest birthday party center, Adventure Alley, where kids, literally, can climb the walls.

Here's the perfect place to hold your next birthday celebration for kids, ages three to eight years old. It's complete with a wall-climbing adventure, an ocean of more than 1,500 colorful plastic balls waiting for your youngster to dive into, and a spacious floor of tumbling mats. There's also a "pop-a-shot" basketball game to challenge peewee skills.

Adventure Alley is located at the Naval Station Bowling Center at Pearl Harbor. The room is enclosed and safe for kids to run around in, with minimal supervision. Different party packages are available, including refreshments of pizza, soda and ice cream.

You can choose from a bowling package, which offers two games of bowling, an Adventure Alley package, or a deluxe package, which offers both. Prices range from \$10 to \$15 per child, minimum of eight children required.



Photo by Amiee Huepenbecker

A youngster plays in an "ocean" of more than 1,500 colorful plastic balls, one of the activities offered at Adventure Alley.

MWR's Adventure Alley can provide an exciting Adventure Alley party, where kids' creative imaginations expand their fun and play.

"The kids have a great time," said Millie Gomes, manager of the party and bowling center. "Parents are very pleased that they choose to have their party here. Our center is small and parents can relax. They don't have to be chasing after their younger kids all the time."

Party times begin at 11 a.m. on Saturdays and Sundays. To make reservations, call 473-2651. For more information, check the MWR Web site [www.greatlifeohawaii.com](http://www.greatlifeohawaii.com) and under "entertainment," visit "Party Time for Kids."

# Navy Exchange customers may feel effects of Hurricane Katrina at gas pumps

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

Navy Exchange Service Command (NEXCOM) officials announced Sept. 1 that Navy Exchange customers may encounter gas stations with no or limited supplies of gasoline, as well as price increases at the pump, due to the effects of Hurricane Katrina.

"The strain on the distribution of gasoline will be wide-

spread for some time to come," said Larry Boone, NEXCOM automotive program manager. "While we're in for a tough road, I want customers to know we're doing everything possible to ensure our stores have an ample supply of gasoline. We'll also try to pass along whatever savings we can so customers will continue to receive the best price possible from their Navy Exchange."

Customers can also expect to see gas prices varying

greatly in their geographic area. Supply and demand greatly influences how much customers pay at the pump.

"The Navy Exchange mission is to sell quality goods and services at a savings," said Boone. "But we must also preserve the contributions to quality of life programs. Therefore, we will not set prices for gasoline below cost. Customers should know that eventually all gas stations will encounter the same cost increases, leveling the field of retail sell prices."

## Ombudsmen will be honored tonight

**Christa Black Thomas**

*MWR Quality of Life*

*Marketing*

Nearly 80 Navy Region Hawai'i ombudsmen will be honored by their command teams tonight at the annual Ombudsmen Appreciation Dinner held at Hickam AFB Officers' Club.

The dinner serves to recognize the ombudsmen's service and marks the passage of the 35th anniversary of the Navy Family Ombudsmen program.

Established in 1970 by then - Chief of Naval Operations Adm. Elmo Zumwalt, the ombudsmen program was designed to establish a direct link of timely and accurate communication between families and command leaders.

The ombudsmen is selected by the commanding officer (CO) to perform his or her duties as a part of the CO's team.

Ombudsmen serve as the primary liaison between the command and families. Ombudsmen are trained and armed with knowledge to keep family members informed and provide support. As a key information and resource specialist, ombudsmen work with the Fleet and Family Support Center (FFSC), Morale, Welfare and Recreation, Personnel

Support Detachment, Navy League, chaplains and other departments to garner resources

that may be of help to families.

They also act as advocates when families have needs that are not being met, specifically when the service members are deployed. Much like the commands they serve, they are standing by to provide information and support 24 hours a day, every day. For Sherrie Ingram, being the ombudsmen for Commander Navy Region Hawai'i (CNRH) is an opportunity to have a positive effect on the Navy family.

"After serving in this capacity for five years under four commands, it is truly a chance to make a difference, she said. "I do this because I get to help other spouses. It's a pleasure to assist them as they learn about Navy life and the role of a spouse."

The role of the ombudsmen has grown and developed since its inception and recently Chief of Naval Operations (OPNAV) Instruction 1750.1E was issued and adopted to align policy, procedures and implementation of the Navy Family Ombudsmen program. It now requires that a review of the ombudsmen program be part of a command's inspection. The OPNAV instruction also delineates training requirements.

Teresa Espiritu, CNRH ombudsmen program coordinator, manages all required and on-going training.

Thirteen in-depth training modules include such topics as the role of the ombudsmen, deployment roles, ethics, command emergencies and confidentiality. Espiritu applauded the efforts of the ombudsmen and said she appreciates the work they do.

"These people volunteer their time for such a high level of responsibility and they do everything expected of them, all while balancing their own family life," she said. "I've had a number of families approach saying, 'I don't know what I would have done if I didn't have my ombudsmen.' Even parents of our single Sailors express gratitude for having an ombudsmen to touch base with."

The volunteer ombudsmen serves until a change of command takes place. At that time, they are required to submit a letter of resignation.

If they desire to continue in the role as ombudsmen after the CO transfers, they must submit a letter of continuance to the incoming CO.

For more information about the ombudsmen program in Hawai'i, contact the Naval Station Pearl Harbor FFSC at 473-4222, ext. 275.

## Raking in the benefits



Photo courtesy of Forest City Residential Management

The combined effort of family members achieved rewards when Storekeeper 1st Class Michael Larson and his family was named the Yard of the Month winner for the Moanalua Terrace neighborhood for July.

# STORY IDEAS

Contact the HNN editor for guidelines and story/photo submission requirements:  
Phone: (808) 473-2888  
Email: hnn@honoluluadvertiser.com

**Hawaii Navy News**

# Skylark Central

*Sailor's Life at Sea (And a Little Poetry)  
The Rookie's Prayer - One Month Service  
Sea Going Tony, Newport, Rhode Island, 1910*

Now I lay me down to sleep,  
I pray the Lord my gear to keep.  
Grant no other sailor'll take  
socks or shoes before I wake.

Lord please guard me in my  
slumber, And keep this ham-  
mock on its number, May no  
clews nor lashings break  
And let me down before I wake.

Keep me safely in thy sight,  
Grant no fire drills at night.  
And in the morning let me  
wake  
Breathing scents of sirloin  
steak.

God protect me in my dreams,  
And make this better than it

seems. Grant the time may  
swiftly fly, When myself shall  
rest on high.

In a snowy feather bed,  
Where I long to lay my head,  
Far away from all these scenes,  
From the smell of half-baked  
beans.

Take me back unto the land,  
Where they don't scrub down  
with sand  
Where no demon typhoon  
blows; Where women wash the  
clothes.

God thou knowest all my woes,  
Feed me in my dying throes;  
Take me back, I'll promise then,  
Never to leave home again.

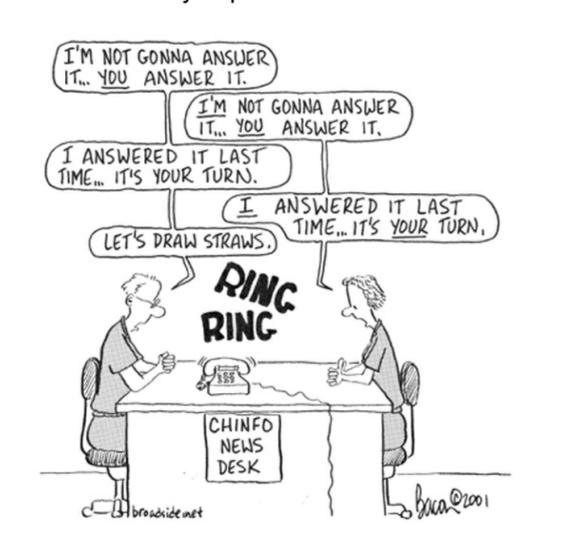
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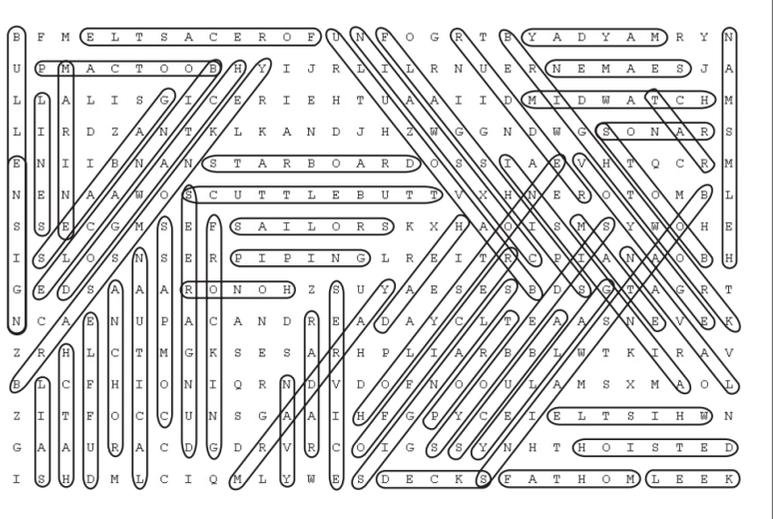
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"Your call is very important to us"



Last week's answers



**Are you a puzzle master?**

HNN is accepting answers to this week's puzzle and "Know your Navy" question. Email answers to [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com). The first correct answer will have his/her name printed in next week's edition.

## Know your Navy

A burning fuel oil tank would be classified as what class of fire?

Last week's question...  
What is the length of one fathom?  
Answer - 6 feet



# MWR

## Movie Call

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

### FRIDAY

7:00 p.m. Hustle and Flow (R)

### SATURDAY

2:30 p.m. Bad News Bears (PG 13)

4:45 p.m. The Island (PG 13)

7:00 p.m. Dark Water (PG 13)

### SUNDAY

2:30 p.m. Charlie and the Chocolate Factory (PG)

4:45 p.m. Fantastic Four (PG 13)

6:45 p.m. Wedding Crashers (R)

### THURSDAY

7:00 p.m. Hustle and Flow (R)

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

### FRIDAY, SATURDAY AND THURSDAY

7:00 p.m. Must Love Dogs (PG 13)

### SUNDAY

7:00 p.m. Deuce Bigalow: European Gigolo (R)

### WEDNESDAY

7:00 p.m. Deuce Bigalow: European Gigolo (R)

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

### FRIDAY AND WEDNESDAY

7:00 p.m. Wedding Crashers (R)

### SATURDAY AND THURSDAY

7:00 p.m. Hustle and Flow (R)

### SUNDAY

7:00 p.m. Sky High (PG)

*Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held.*

## OUTDOOR ADVENTURE EVENTS

- **Sept. 15:** Surfing at White Plains Beach, 9 a.m., \$20. Register by **Sept. 12.**
- **Sept. 17:** Ka'iwa Ridge full moon hike, 6 p.m., \$5. Register by **Sept. 14.**
- **Sept. 18:** Deep sea fishing, 5:45 a.m., \$100. Register by **Sept. 15.**

## WIN A TRIP TO SUPER BOWL XL

Win a complete travel package for two to the 2006 Super Bowl XL at Ford Field in Detroit, Mich. Every Monday night during the televised replay, win a chance to enter the contest at Club Pearl. The contest begins **Sept. 12.** For more information, call 473-1743.

## PEE WEE SOCCER SIGN-UP

Pee Wee Soccer registration will be held through **Sept. 23.** The season begins **Oct. 15.** The cost is \$35 and includes a T-shirt, medal and certificate. To register for youth sports activities, bring current physical (dated no more than a year ago) and birth certificate. Leagues are open to family members of active duty, retirees, reservists and DoD civilians. For more information, call 474-3501.

## BARBERS POINT ANNUAL AMATEUR GOLF TOURNAMENT

The Barbers Point annual amateur golf tournament will be held

at the Barbers Point Golf Course on **Sept. 23-25.** Participants should register by **Sept. 15** at the pro shop and clubhouse. The entry fees are \$90 for military and \$125 for civilians. Amateurs with computerized handicap no greater than 15 are eligible to play in the tournament. The field is limited to 192 golfers. The format is 54-hole stroke play; handicaps will be used to determine flight designations. All play will be scratch. There will be practice rounds for authorized patrons Sept. 17-22 (call 6 days prior). All others: Space available board only Sept. 19-22. Lunch will be provided on Saturday after each round. For more information, call 682-2098.

## INTRAMURAL FLAG FOOTBALL

The intramural flag football league season begins **Sept. 20** at Naval Station Pearl Harbor. The league is open to active duty only from Pearl Harbor, Barbers Point, NCTAMS, West Loch and NSGA Kunia. Games will be played at Ward Field. For more information, call the athletics office at 473-2494 or 473-2437.

## PAMPERED PLEASURES

Five lucky winners will be selected to receive "A Day of Pampering," valued at \$185, courtesy of MWR, NEX and O•P•I Products. Grand prize winners will receive a one-hour full body massage, a 45-minute facial, hair-styling (shampoo, cut and blow dry), a manicure and pedicure, and an O•P•I gift bag. In addition, 50 people will be selected to receive the "Pampered Nails" prize valued at \$60. Winners will receive a full manicure and pedicure service from an O•P•I pro-

fessional (scheduled between Oct. 16-18 at The Banyans) and an O•P•I gift bag. Entries should be submitted no later than **Sept. 25** by visiting [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com). Entries will also be accepted at the beauty salon in The Mall at Pearl Harbor. The drawing is open to all eligible MWR patrons. (The five grand prize winners must have NEX shopping privileges.) Winners will be selected by a random drawing. There is one prize per winner and one entry per person. For more information, call 423-3397.

## REGISTER FOR SUPER GARAGE SALE & CRAFT FAIR

The next MWR Super Garage Sale & Craft Fair is set for **Nov 5.** Those who wish to participate as vendors can register early at any Navy Information, Tickets & Travel Office. The information about the event and the application can be found online at [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com).

## LET THE GAMES BEGIN

It's all about fun, food, games and cash prizes during Monday Madness, starting at 6 p.m. every Monday at Club Pearl. Afternoon matinees are held from 11 a.m.-3 p.m. each Tuesday at Club Koa, Iroquois Point. Activities are open to patrons age 18 and up only. For more information, call 222-0071.

## TAILGATING TIME

University of Hawai'i football season and MWR brings party time to Richardson Field. Rent a stall for your tailgate party before each UH home football game and you'll receive free amenities provided by MWR - free ice to re-fill your coolers, prizes, games and

fun activities. Stall rentals are open to all military ID cardholders. Party stalls are \$5 each and are large enough to accommodate one vehicle. Stalls are limited. To reserve a space or for more information, call the Rainbow Bay Marina office at 473-0279.

## VOLUNTEER COACHES NEEDED

Boys & Girls Clubs of Navy Hawai'i is looking for volunteer coaches and officials in a variety of sports and cheerleading. If you have a few hours to spare for a good cause, call the youth sports office at 474-3501.



- **Sept. 9:** Dinner cruise, depart from LIP at 4:30 p.m., \$35.
- **Sept. 10:** Skydiving, depart from LIP at 9:30 a.m., \$125.
- **Sept. 11:** Surf lessons with Jodi, 10 a.m., \$7.
- **Sept. 12:** Monday Night Football, 7 p.m., LIP, free.
- **Sept. 13:** Birthday Bash, 6:30 p.m., LIP, free.
- **Sept. 14:** Game Show Night, 6:30 p.m., Beeman Center, free.
- **Sept. 15:** Pool Tournament, 7 p.m., LIP, 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 [hmn@honoroluaadvertiser.com](mailto: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 drives** will be held at the following locations. For more information or to schedule a blood drive, call 433-6148 or 433-6195.

- **Sept. 13:** 10 a.m.-3 p.m., U. S. Coast Guard, Club 14, Sand Island.
- **Sept. 14:** 9 a.m.-2 p.m., Helemano Community Center, Helemano Military Reservation.
- **Sept. 15:** 10:30 a.m.-1:30 p.m., 25th ID Replacement Det, building 691, Schofield Barracks.
- **Sept. 22:** 9 a.m.-1 p.m., Community Center, Hickam Air Force Base.
- **Sept. 28:** IPAC (Installation Personnel Administration Center), Marine Corps Base Hawai'i - Kaneohe, time to be announced.
- **Sept. 29:** 10:30 a.m.-1:30 p.m., 25th ID Replacement Det, building 691, Schofield Barracks.

Meet and learn cooking techniques from **Martin Yan**, the celebrated host of more than 1,800 cooking shows and author of 25 books about cooking, from 11 a.m.-2 p.m. **Sept. 11** at the NEX at Pearl Harbor rotunda.

**Cub Scout Pack 189** will hold a sign-up event from noon-4 p.m. **Sept. 11** at Catlin-Halsey-Radford-Miller Community Center (CHRMCC). Designed for boys ages 7 to 10, cub scouting combines outdoor activities, sports, academics and more in a fun and exciting program that helps families teach ideals such as honesty, good citizenship and respect. The Boy Scouts of America is composed of more than 1.27 million volunteers working together for the sole purpose of helping its more than three million youth succeed in life. Girl scout representatives for the troops that meet at CHRMCC will also be conducting registration and providing information at the event. For more information, call 421-1840.

Joint Employment Management System (JEMS) will hold its 18th annual **JEMS Job Fair** from 11 a.m.-3 p.m. **Sept. 13** at Club Pearl at Naval Station Pearl Harbor. The event is open to all military ID card holders including active duty personnel, military family members, retirees, reservists and Department of Defense and Coast Guard employees with base access. Because of the professional nature of this event, no children will be admitted. Representatives from Hawai'i businesses, mainland companies and government agencies will be recruiting for job openings. More than 100 companies participated in recent job fairs. Job Fair participants will have the opportunity to talk to recruiters about jobs, pick up applications and drop off resumes. For more information, call the JEMS office at 473-0190, Pearl Harbor Fleet and Family Support Center at 473-4222, ext. 1; MCCS Marine and Family Services at 257-7790, Hickam AFB Family Support Center at 449-0300, or Coast Guard Work-Life Center at 842-2085.

Tripler Army Medical Center's community health nursing staff will host a **free one-hour fitness** class from 10-11 a.m. **Sept. 15** in Tripler's 10th floor conference room. Susanne Dale, fitness expert, is the guest speaker for the event and will present "A Woman's Guide to Fitness, Dispelling the Myths." She will also be available to answer health and fitness questions. Space is limited, early registration is recommended. For more information or to register, call 433-6834 or 433-1462.

The COMPACFLT Officers' Spouses Club will host a **welcome coffee for Ellen Roughhead** from 10 a.m. to noon **Sept. 16** at the Nimitz House. Spouses of active duty, retired

and deceased officers are invited to attend. Aloha attire is requested. There will also be a donation box available for school supplies which will be donated to Makalapa Elementary. For more information and to RSVP, call Sharon at 421-0290 or email [compacfltspouses@yahoo.com](mailto:compacfltspouses@yahoo.com).

To learn more about having a mosquito-free environment, see the **Coleman Mosquito Deleto Demo** from 11 a.m.-1 p.m. **Sept. 17** at NEX Hawai'i outdoor living.

The "NAVSTA Open" **Golf Tournament** will tee off at 12:15 p.m. **Sept. 22** at the Kaneohe Bay Golf Course. There will be 12 four-person team spots in a scramble format. Prizes will be awarded to first, second and third place as well as two nearest the pin prizes and two longest drive prizes. The \$15 entry fee includes entry in the raffle. Green and cart fees are player's responsibility. Walking is okay. Those who plan to participate should register by **Sept. 20.** To register or for more information, call SK1 Dunklin or SK2 Hollowell at 473-4161 or email at [caprecedunklin@navy.mil](mailto:caprecedunklin@navy.mil).

**VP-4 Enlisted Family Support Group (EFSG) 1st Annual Golf Scramble** will be **Nov. 2** at the Klipper Golf Course at Marine Corps Base Hawai'i - Kaneohe. Registration begins at 11 a.m. with shotgun start at noon. The deadline to register is **Sept. 30.** After Sept. 30, contact the golf committee for availability. Prizes will awarded for the longest drive, closest to the pin and the overall team score. Ticket prices are as follows: E-5 and below \$50, E6-O3 \$57, O4 and above \$59, DoD/federal/civilian, \$65. The entrance fee for retired military applies to prior rate. Family members pay the same rate as military spouses. The fee includes: greens fee, cart fee (two per team), awards dinner, one raffle ticket, snacks and beverages. There will be an awards dinner for family and friends at a cost of \$27 for adults, \$13.50 for children ages five-10 and no charge for children under four years old. For more information, log onto: <http://efsg.tripod.com/> For more information, call 677-2059 or email VP-4 EFSG president, Jhyllia Eagle, at [alohaegle1@aol.com](mailto:alohaegle1@aol.com) or VP-4 vice-president, Prairie Burt, at [PBAdpi@aol.com](mailto:PBAdpi@aol.com).

Registration is now ongoing for the 11th annual **Joint Spouses Conference (JSC)**, a forum for military spouses from the Army, Navy, Air Force, Marine Corps and Coast Guard, which will be held **Sept. 30** and **Oct. 1** at the Nehelani Banquet and Conference Center at Schofield Barracks. Registrants may choose from over 65 workshops with an array of interests, including cultural arts, cooking, health and fitness, parenting, career enhancement, military benefits and more. The 2005 JSC keynote speakers will be Brig. Gen. Coral Pietsch and Dr. Kent Keith, author of "Anyway - the Paradoxical Commandments." The cost is \$25 for both days or \$15 for Friday or Saturday only. The fee includes workshops, two continental breakfasts, two lunches and a conference tote bag. Seating is limited to 400 attendees.

All forms must be postmarked by **Sept. 16.** Children are not permitted to attend. Childcare is not available and must be prearranged. Registration forms may be picked up at military exchanges, commissaries, support centers, thrift shops and chapels. Register online or download the registration form at [www.jointspousesconference.com](http://www.jointspousesconference.com). For more information and to preview some of the workshops, visit [www.jointspousesconference.com](http://www.jointspousesconference.com) or call the Navy liaison for the JSC, Cory Sievers, at 455-2921.

The Hickam Hurricanes **swimming team is looking for a head coach.** Previous coaching experience is desirable. The team also has an immediate opening for an assistant coach. No previous coaching experience is required for the assistant coach position. For more information, contact Peggy Glasgow at 389-5063 or email at [information@HickamHurricanes.com](mailto:information@HickamHurricanes.com) with a current resume.



**Bad News Bears:** Morris, a former pro baseball player, was ejected from the game for attacking an umpire. He is lured back into the game to coach little league.

**Charlie and the Chocolate Factory:** Charlie, a boy from a poor family, wins a candy bar contest and is given a tour, along with four other children, of the chocolate factory run by Willy Wonka.

**Dark Water:** Dahlia is starting a new life. Her new apartment - dilapidated and worn - seems to take on a life of its own. Mysterious noises and leaks of dark water cause her imagination to run wild.

**Deuce Bigalow: European Gigolo:** Deuce Bigalow is seduced back to his unlikely pleasure-for-pay profession, when his former pimp is implicated in the murders of Europe's greatest gigolos.

**Fantastic Four:** When an experimental space voyage goes awry, four people are changed by cosmic rays. They use their unique powers to foil the evil plans of Doctor Doom.

**Hustle & Flow:** Though DJay, a streetwise pimp, has always had a way with words, that gift has long been misused. A chance encounter with an old friend spurs DJay: if he's ever going to make his mark, it has to happen now.

**The Island:** See Review

**Must Love Dogs:** Sarah, who has sworn off dating after her breakup, finds her family pushing her back into the dating world. Her sister places a personal ad for her, declaring that anyone answering it "must love dogs," despite the fact she doesn't own a dog.

**Sky High:** When you're the son of the world's most legendary superheroes, there is only one school for you - Sky High, an elite high school that is entrusted with the responsibility of molding today's power-gifted students.

**Wedding Crashers:** Vince Vaughn and Owen Wilson star as a pair of divorce mediators who spend their weekends crashing weddings in a search for Ms Right...for a night.

## JO3 Ryan C. McGinley

### The Island

The idea of cloning is a remarkable topic, which if in the proper hands can be explored and hypothesized effectively in film. Why anyone would give director Michael Bay this opportunity is beyond comprehension. Furthermore, why two respectable indie-actors would join the cast is downright mind-boggling.

"The Island" is nothing more than a cheap dim-witted action film comprised of stale characters, weak plot lines and an absurd amount of implausible computer generated sequences. In the beginning of the film, we learn Lincoln Six Echo (Ewan McGregor) and Jordan Two Delta (Scarlett Johansson) are two human replicas, living in a man-made utopian world with many other clones. Problem is, they don't know they are clones. They are told that the Earth has been infected with a virus, and they are the only survivors. But McGregor's character finds out things aren't as they seem, and decides to escape with his friend (Johansson).

The first half of the film starts to explore the possibility of cloning and what effect it may have on everyone. But in Bay's true form, he simply disregards what story he has set up and succumbs to an hour chase scene in which Lincoln and Jordan run away from the bad guys, and then run some more.

The last half of the movie is nothing more than explosions and chase sequences where audience members learn nothing except that it's possible to fall off a very tall building and still live. There are so many angles and scenarios Bay sets up, but simply never explores to the fullest potential. When the clones meet their human counterparts, it opens up a flurry of possibilities and ethical questions, which might have been interesting and unique. But alas, not more than five minutes after the aforementioned meeting do the clones find themselves on the run again, and we find ourselves wanting to run somewhere else, too.

**OVERALL RATING:** ★★☆☆☆

# Shipyarder wins All Forces National Bodybuilding Competition

**Kristin Ching**  
*Pearl Harbor Naval Shipyard Public Affairs*

Chief (select) Engineman Leo Ingram, a supervisor at Pearl Harbor Naval Shipyard, won the 2005 All Forces National Bodybuilding and Figure Championship. He also claimed first place in the heavyweight division.

"It's just a great feeling to win and also to be able to [compete] well," said Ingram, who is the leading petty officer in the shipyard's tool room and machine shop.

As the overall winner, Ingram, from Atlanta, Ga., beat out other top contestants from five different categories featured at the Aug. 20 competition in Anaheim, Calif.

Bodybuilders are judged according to their body proportions in addition to sheer muscle mass, said Ingram, so it is important to train each muscle group evenly.

It took him about three months to whittle his body fat down to about four percent, in preparation for the competition. Winning depends on, "months and months of training, dieting, and conditioning," he said.

"It's a lot of discipline . . . especially if you like to eat like me."

Before his last competition, and after his selection for chief petty officer, Ingram slightly altered his conditioning routine to incorporate the mandatory physical training schedule for transitioning chiefs. He appreciates the promotion and the ability to pursue his

bodybuilding goals along with his military career.

"I'm just grateful that my command climate supports a physical readiness program," said Ingram. "Through my military command, I've been able to go on [temporary assigned duty] to represent the Navy in bodybuilding contests."

Ingram's interest in bodybuilding started in 1993, about four years after he joined the Navy. At first, weightlifting was just something to do in his spare time, but then he attended a competition and said he thought, "I could beat those guys."

So he did. Ingram said he tries to pass on his knowledge by helping other Sailors get into bodybuilding. "I know it can be difficult for people," he said. "A

lot of it is trial and error. I try different things to see if I get different results."

He encourages beginners to keep a log of their diet and workout to discover what works for their body type.

"Because everybody's different," he said. "It's not going to be the same for everybody."

For more information on Armed Forces sports, visit [www.dod.mil/armedforces-sports](http://www.dod.mil/armedforces-sports).

For physical fitness training materials and more, visit the Navy Environmental Health Care Physical Fitness homepage at [www.nehc.med.navy.mil/hp/fitness/](http://www.nehc.med.navy.mil/hp/fitness/).

For more information on Pearl Harbor Naval Shipyard, visit [www.phnsy.navy.mil](http://www.phnsy.navy.mil).



Photo courtesy of Bill Comstock  
Chief (select) Engineman Leo Ingram poses for the judges as the overall championship winner of the 2005 All Forces National Bodybuilding Competition.