

HALLOWEEN

Fun and Safety

JO2 Devin Wright
Staff Writer

Halloween, a holiday where children walk for miles with parents in tow in search of one treasure, candy. It's a time for children and children at heart to dress up as their favorite superhero, villain or ghoulish creature and go door to door in search of trick-or-treats.

"Our son enjoyed his Halloween experience last year," said Jennifer Cohrs, spouse of a Navy service member. "We dressed him up as a lion. He was really cute. We are not sure what he is going as this year."

While the frightening holiday is an opportunity for keiki and their parents to play the role of their favorite characters, there are safety issues that concern many parents while their kids are trick or treating.

"I try to stay away from neighborhoods I'm not familiar with," said Cohrs. "People enjoy Halloween in different ways. There may be people drinking and driving, so we try and stay away from busy streets," she said.

Here are some helpful hints to keeping everybody safe.

For keiki:

- Limit your trick-or-treating to your own neighborhood and only visit homes where the lights are lit.
- Be highly visible to motorists. Wear light-colored costumes and mark them with reflective tape or stickers. Carry a flashlight that is in good working order.
- If you wear a mask, make sure that you can see clearly through the eyeholes or, better yet, wear makeup. Trim your costume short enough to prevent tripping. Don't wear high heels or poorly fitting costume shoes.
- Be fire safe. Make sure your costume is flame resistant. Don't use lighted candles in your jack-o-lantern.
- Use crosswalks when crossing the street. Wait for the proper signal and look both ways before crossing. Watch out for cars turning at intersections and never walk into the road between parked cars. Stay on the sidewalk and walk on the left side facing traffic.

• Before you eat treats, ensure a parent or responsible adult inspects them.

For adults:

- Drive safely. Watch out for children, especially when backing out of driveways. Turn on your headlights early and drive well below the posted speed limit.
- Leave your porch light on if you want to participate in the festivities. Keep walkways clear.
- Insist that treats be brought home for inspection. Separate suspicious items such as candies with loose wrappings. Any dangerous items should be reported immediately to the police and kept for evidence.
- Give only commercially wrapped treats, coupons, gift certificates, coins, inedible treats such as pencils, etc.

Ghostly Guidelines

- Trick-or-treating will begin no earlier than dusk and end by 10 p.m.
- A parent or responsible adult should accompany children under the age of 10.

Trick or treaters can stop by Tripler Army Medical Center's department of radiology on Halloween and Nov. 1 to have their treats x-rayed. This service is available to eligible military beneficiaries.

The department of radiology is located on the third floor of the medical center and will be open from 8-10 p.m. Oct. 31 for "goblin, princess, and clown" family members to stop by and again from 1-5 p.m. on Nov. 1.

Those who wish to have their treats examined should report to the x-ray reception area. Patients have priority so there may be a wait. An adult must accompany children. Parents are reminded that x-rays will primarily show metallic objects within the candy or the treats. X-rays cannot detect whether other potential harmful substances, such as fine glass, liquids, powders or chemical contaminants have been added to the treats. Parents are urged to check treats their children receive to guard against tampering.



Halloween Happenings

- **Howling Hoopla Halloween Costume Contest:** Come dressed to impress at the Howling Hoopla Halloween Costume Contest on Saturday at Club Pearl. Judges are looking for the scariest and most creative. There is no cover charge for those dressed in costume. Participants should register at the lobby from 8:30-9 p.m. The event is for patrons 18 years of age or older (no minors, please.) Winners will be announced at 10 p.m. at the Country Bar. For more information, call 473-1743.
- **Cub Scout Pack 189 and Girl Scouts of Pearl Harbor** will host a haunted house from 6:30-10:30 p.m. today, 4-10:30 p.m. Saturday and 1-4 p.m. Sunday at the Catlin-Halsey-Radford-Miller Community Center. For more information, call 456-7588.
- **Forrest City Management** is hosting a pet parade and costume contest today at the Moanalua Terrace Field along Radford Drive. Prizes will be awarded to the most patriotic costume, best look-alike pet and owner, and best over all costume.
- **Forrest City Management** is hosting a Movie Under the Stars Event at Halsey Terrace Park on Arizona Road at 7 p.m. Saturday. Guests can enjoy free refreshments and are asked to bring lawn chairs or blankets. Alcohol and pets are prohibited. The feature film will be "Ghostbusters."
- A pumpkin carving contest will begin at 7 p.m. Monday at Liberty in Paradise. For more information, call 473-4279.

NAVSUP announces 2005 holiday season mailing dates

Naval Supply Systems Command

The Naval Supply Systems Command's (NAVSUP) Postal Policy Division, in cooperation with the U.S. Postal Service and military postal officials from all of the services, notes it is not too early to mail 2005 Christmas cards, letters and packages to and from military addresses overseas.

In fact, everyone is encouraged to beat the last-minute rush and bring holiday mail and packages to the nearest U.S. Post Office, Army/Air Force Post Office (APO), or Navy/Marine Corps Fleet Post Office (FPO) by the recommended dates listed below.

For military mail addressed to APO and FPO addresses, the last available mailing dates to ensure delivery are:

- Parcel post – Nov. 12
- Space available – Nov. 26
- Parcel airlift – Dec. 3

For priority mail, first class cards and letters, the mailing date is Dec. 10, to all locations, except for locations starting with ZIP 093. For all locations starting with ZIP 093, the mailing date is Dec. 5.

Express mail should be sent by Dec. 19 to locations where express mail service is available. Check with your local post office to determine which APO/FPO addresses can receive express mail. This service is not available to ships.

For military mail from APO and FPO addresses, the mailing dates are:

- Space available – Nov. 18
- Parcel airlift – Dec. 2
- Priority mail, first class cards and letters – Dec. 9
- Express mail should be mailed

by Dec. 21 from APO/FPO addresses where express mail can be accepted. Check with your local military post office to determine if they can accept express mail. Note: This service is not available from ships.

"Letters and packages from home are a vitally important morale booster and allow our Sailors to maintain a personal connection to family and friends," said PCC Frank Dionne, NAVSUP's postal advisor.

"To ensure timely delivery of letters and packages to their loved ones, by Christmas, we recommend that packages be mailed at the priority rate. We also encourage family members to contact their local post office for additional information, if they are unsure the items they are sending are appropriate for mailing," Dionne added.



U.S. Navy photo by PH3 Sara Coates
Chief Fire Control Technician (SS) Rolando Guyos, assigned to Naval Submarine Training Center Pacific, mails a package at the Naval Station Pearl Harbor Post Office.

Imagination through the joys of reading



Photo by Laarni Cedo

Author Jeff Langcaon personalizes a copy of his new children's book, "Grandpa's Magic Banyan Tree," a tale that celebrates the gift of imagination, for a child at the Navy Exchange.

'Trick' danger and 'treat' your child to a safe Halloween

American College of Emergency Physicians

While minor stomach aches from eating too much candy may be the most common hazard on Halloween, emergency physicians warn they treat many children for serious injuries on this day that could have been prevented. "The most common injuries on Halloween are eye injuries from sharp objects, burns from flammable costumes and injuries from collisions with motor vehicles," said Dr. Rick Blum, president of the American College of Emergency Physicians.

To ensure a safer Halloween, parents and caregivers should follow important safety measures.

- Make sure you see all the candy before your child consumes it.
- Avoid candy not wrapped in its original wrapper, as well as all fruit.

• Make sure your child stays on the sidewalks as much as possible (off streets) and obeys all traffic signals.

• Discuss the importance of staying together in a group. Require at least one adult to serve as chaperone during candy gathering and forbid children from accepting rides from strangers or visiting unfamiliar homes.

• Avoid costumes that could cause children to trip, such as baggy pants, long hems, high heels, and oversized shoes.

• Avoid costume contact lenses.

• Avoid masks, but if your child must wear one, make sure it is well-ventilated and does not impair his or her vision.

• Make sure that costume fabric, wigs and beards are made of flame-resistant materials, such as nylon or polyester.

• Make sure that cos-

tumes are visible at night; avoid dark colors. Add reflective tape to the costume to help make your child more visible to motor vehicles.

• Check that accessories such as swords, knives, wands and other pointed objects are made from flexible materials and have dulled edges.

"The American College of Emergency Physicians recommends that children "trick or treat" with adult supervision, at houses of worship, shopping malls, schools, or other types of community-sponsored events," said Dr. Blum. "This helps eliminate children's interaction with strangers and ensures that a responsible adult is present."

ACEP is the national medical specialty society representing emergency medicine with more than 23,000 members.

STORY IDEAS? Email: hnn@honoluluadvertiser.com *Hawaii* Navy News

Age gracefully - with tips from TOPS

Special to Hawai'i Navy News from TOPS

Some of us gaze quizzically into the mirror at this person with tiny lines around the eyes, sallowness and thinning hair. We feel young on the inside, yet age still arrives and marks its territory. Proper diet along with exercise, however, can help ward off and even ease the physical effects of aging.

"Our bodies need less calories, but more nutrients as we age," said Joan Pleuss, registered dietitian and consultant for TOPS (Take Off Pounds Sensibly) Club, Inc. Pleuss is also a bionutritionist at the General Clinical Research Center at the Medical College of Wisconsin.

"We lose muscle mass which increases our body's need for nutrients such as calcium," Pleuss explained. People age 50 and older need approximately 1,200 milligrams of calcium daily, but no more than 2,500, according to Pleuss. Three servings or more per

day of the following foods provide the required amounts:

- 8 ounces milk or yogurt
 - 8 ounces calcium-fortified orange juice
 - 1 and one-half ounces hard cheese
 - one-third cup fortified cereal
- "Almonds, ice cream, even low-cal pudding are good sources of calcium," Pleuss said.

Calories consumed must be burned, or we will wear them. In order to maintain our weight, or weigh less, physical activity and eating sensibly must be top priority, according to guidelines offered by TOPS (Take Off Pounds Sensibly).

Club members learn the ins and outs of moving more and eating sensibly at chapter meetings. Topics covered include:

- Support and accountability = success. Surrounding yourself with like-minded individuals at weekly meetings ensures long-term weight loss success.
- Move. Metabolism slows with

age and pounds add up. Incorporate walking (low-stress) into your repertoire. Consistent walking is a simple way to burn extra calories and keep your heart in shape.

• Having a plan. Losing weight requires awareness. Creating a strategy can help. Set goals and celebrate small victories. Be gentle with yourself (forgiving) as you learn to make the right choices.

• What to eat. Avoiding foods you crave or occasional treats can only lead to bingeing. Have what you want, just eat less. Have a seat to eat. Avoid on-the-run eating.

TOPS Club, Inc. is a nonprofit, noncommercial weight-loss support organization with thousands of associate chapters in the United States and Canada. The local TOPS chapter meets at the Armed Services YMCA in Alimanau in military housing. Weigh-in is from 5:30-6:15 p.m. The meeting starts at 6:15 p.m. and ends at 7 p.m.

For more information, call Delcie Akau at 623-1404.

Local band entertains at NEX



Photo by Laarni Cedo

Hawai'i-born musician, Mihana (right), entertains service members at the NEX rotunda on Oct. 22 with songs from her new album.



U.S. Navy photo by PH3 Sara Coates

The Fisher House Foundation and the Defense Commissary Agency have teamed up to offer educational scholarships.

Commissary, Fisher House offer scholarships

Special to Hawai'i Navy News

The Defense Commissary Agency and the Fisher House Foundation have teamed up again to offer educational scholarships to children of military families and retirees.

The Scholarships for Military Children Program is marking its sixth year, DeCA spokesman Kevin Robinson said. The goal, he said, is to provide at least one \$1,500 scholarship for each of DeCA's 268 commissaries worldwide.

"It's important for us to give back to the military community that we serve," Robinson said. "This is one of the ways we do that, in addition to providing a commissary benefit to our customers."

He added, "Helping the children of military families get an education is a very worthy cause."

"Authorized applicants include unmarried children under age 21 of active duty, Guard or Reserve, or military retiree families," Robinson said. Applicants may also range up to 23 years in age if they are enrolled in school.

The application period for this year's DeCA-Fisher House scholarship program starts Tuesday and closes Feb. 22, Robinson said.

Application forms for the program will become available in November for pick-up at commissaries worldwide and

for download via the Internet at www.commissaries.com or at www.militaryscholar.org.

Robinson said applicants are required to write and submit an essay on why they admire a great past or present military leader. More than one scholarship per commissary may be awarded, Robinson said. In 2004-05, he said, 500 scholarships were awarded.

The Fisher House Foundation administers the scholarship program, which is funded by manufacturers and suppliers of groceries and services in the commissary system, Robinson said.

Last year, the DeCA-Fisher House program awarded around \$750,000 in scholarships, said David Coker, the Fisher House Foundation's executive director. "More than \$3.2 million in scholarships have been awarded since the program began," Coker said. "An outside review panel selects scholarship recipients, he noted."

The annual DeCA-Fisher House scholarship program is conducted "to honor those that serve," Coker said.

Fisher House also builds and runs living quarters on the grounds of major military installations and Veterans Affairs medical centers so family members can be close to hospitalized loved ones.

For more Department of Defense news, visit www.defenselink.mil.

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

TODAY

7:00 p.m. Lord of War (R)
SATURDAY
2:30 p.m. The March of the Penguins (G)
4:45 p.m. The Cave (PG 13)
7:00 p.m. Just Like Heaven (PG 13)

SUNDAY

2:30 p.m. The Brothers Grimm (PG 13)
4:30 p.m. Transporter 2 (PG 13)
6:30 p.m. The Exorcism of Emily Rose (PG 13)
THURSDAY
7:00 p.m. The Constant Gardener (R)

Memorial Theater
Hickam Air Force Base
(449-2239)

TODAY AND SATURDAY

7:00 p.m. Just Like Heaven (PG 13)

SUNDAY

7:00 p.m. Roll Bounce (PG 13)

WEDNESDAY

7:00 p.m. Roll Bounce (PG 13)

THURSDAY

7:00 p.m. Cry Wolf (PG 13)

Sgt. Smith Theater
Schofield Barracks
(624-2585)

TODAY AND SUNDAY

7:00 p.m. Transporter 2 (PG 13)

SATURDAY

7:00 p.m. The Man (PG 13)

THURSDAY

7:00 p.m. The Man (PG 13)

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.

YOUTH INLINE HOCKEY

Youth inline hockey teams are forming **now** at Pearl Harbor. Practices are held at 6 p.m. on Wednesdays and at 5 p.m. on Fridays at Boards & Blades Skate Park. Teams compete in the Oahu Inline Hockey League. All inline hockey equipment is provided courtesy of Boys & Girls Clubs of Navy Hawai'i youth sports department. For more information, call 474-3501.

POKER TOURNAMENT

Put your poker skills to the test at the Texas Hold 'Em Poker Tournament at Pearl Harbor. Qualifying rounds will be held **today, Nov. 4, 18 and 25** at Club Pearl Paradise Lounge on Naval Station Pearl Harbor. The tournament is open to active duty personnel from all branches of the U.S. military. Free entry is limited to the first 320 registrants each night. Registration begins at 5 p.m. at the event with play beginning at 6 p.m. Qualifying round winners will receive various electronics prizes such as Apple iPods, DVD players, Sony Playstation portables (PSP), TVs and more. A minimum of 10 qualifiers each round will advance to the finals. The final round will be held at 6 p.m. **Dec. 2** at Beeman Center at Naval Station Pearl Harbor. The tournament winner will receive the JN Chevrolet jackpot valued at over \$1,500. For more information, call 473-2582 or 473-4279.

T.G.I.F. AT OCEANS CPO CLUB

It's T.G.I.F. **today** at Oceans CPO Club. Enjoy free pupus at 4 p.m. A DJ will spin the latest tunes from 5-8 p.m. The club offers free pool, shuffleboard, darts, Internet access and big screen TV with satellite programming. Free pupus are served every Friday starting at 4 p.m. For more information, call 473-1743.

HOWLING HOOPLA HALLOWEEN COSTUME CONTEST

Come dressed to impress at the Howling Hoopla Halloween Costume Contest on **Oct. 29** at Club Pearl. Judges are looking for the scariest and most creative. There is no cover charge for those dressed in costume. Participants should register at the lobby from 8:30-9 p.m. The event is for patrons 18 years of age or older (no minors, please.) Winners will be announced at 10 p.m. at the Country Bar. For more information, call 473-1743.

BASKETBALL AND CHEERLEADING REGISTRATION

Basketball and cheerleading registration for Boys & Girls Clubs of Navy Hawai'i leagues will be **Oct. 31-Nov. 23**. Registration is open to children born between 1990-2001. The \$60 fee includes uniform and trophy. To register, bring a current physical (dated no more than a year ago) and birth certificate to the youth sports office, building 3456. Leagues are open to family members of active duty, retirees, reservists and DoD civilians. For more information, call 474-3501.

PRO BOWL PRE-SALE TICKETS

The best players from the AFC will face their counterparts from the NFC in the Pro Bowl. Beginning **Nov. 2**, ITT offices will offer the pre-

sale of tickets while quantities last. For more information, call 473-1198.

INTRAMURAL BASKETBALL LEAGUE

The intramural basketball league opens its season on **Nov. 4** and continues through February 2006. The league is open to active duty only from Pearl Harbor, Barber's Point, NCTAMS, West Loch and NSGA Kunia. Games will be played at Bloch Arena. For more information, call the athletics department at 473-2494 or 473-2437.

MILITARY FAMILY APPRECIATION MONTH - NOVEMBER SPECIALS

The following November specials will be offered at MWR activities during Military Family Appreciation Month:

- ITT Offices: Regal/Signature Theater tickets are available for purchase. Buy three, get one free.
- Sharkey Theater: Free drink with purchase of a large popcorn every Friday.
- Sam Snead's Tavern: Month long dining specials.
- Outdoor Adventure Center: Free family hike to Makapu'u on **Nov. 19**, plus 10 percent off all equipment rentals.
- Rainbow Bay Marina: Free family sailing clinic **Nov. 5, 6, 19 and 20**.

Pick up the November/December issue of "Liberty Call" or visit www.greatlifehawaii.com for a complete list of specials and accompanying details.

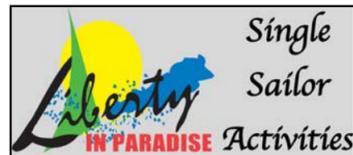
MWR SUPER GARAGE SALE AND CRAFT FAIR

More than 150 vendors will sell their products at the Navy Region Hawai'i MWR Super Garage Sale and Craft Fair which will be held

from 8 a.m.-noon **Nov. 5** at Richardson Field. Admission is free. The event is open to the public. For more information, call 473-0606.

WINNERS TO SUPER BOWL XL

Get your entry into the grand prize drawing to be held at the end of the year for a trip to Super Bowl XL. The winner and a guest will go to Detroit to see the Super Bowl XL. The prize includes airfare, hotel and tickets to the big game. The more you play, the more chances you have to qualify at Pool & Pizza at Pearl Harbor. Events begin at 6:30 p.m. every Monday. The drawing will be held **Dec. 26**. For more information, call 473-1743.



- **Oct. 28:** Dinner and a movie, 6 p.m., LIP, bring money.
- **Oct. 29:** Honolulu Zoo twilight tour, depart from LIP at 4:30 p.m., \$12.
- **Oct. 30:** Surf lessons with Jodi, depart from LIP at 10 a.m., \$7.
- **Oct. 31:** Monday Night Football, 7 p.m., LIP, free.
- **Oct. 31:** Pumpkin carving contest, 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 hnn@honoluluadvertiser.com or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

Cub Scout Pack 189 and Girl Scouts of Pearl Harbor will host a **haunted house** from 6:30-10:30 p.m. **today**, 4-10:30 p.m. **Oct. 29** and 1-4 p.m. **Oct. 30** at the Catlin-Halsey-Radford-Miller Community Center. For more information, call 456-7588.

Join the **Surface Navy Association (SNA) tailgate party** at the University of Hawai'i-Fresno State Bulldogs game on **Oct. 29**. The tailgate party will be held at the Rainbow Bay Marina cabanas from 10 a.m.-1 p.m., followed by the game at 1:05 p.m. at Aloha Stadium. The cost includes burgers, dogs, chicken, baked beans, dessert, beverages, and sideline tickets (face value of tickets is \$38). Tickets are \$25 for SNA members and guests/family, \$40 for SNA non-members. For those planning to attend the tailgate only, the cost is \$5 for SNA members, \$10 for non-SNA members. For more information or to reserve tickets, call Lt. Cmdr. (sel) Rey Corpuz at 473-1266 or e-mail rey.corpuz@navy.mil.

There will be a **Star Wars Character Appearance** at the NEX at Pearl Harbor not far away. Star Wars characters of the Pacific Outpost will entertain kids' imaginations. Visit the NEX for a chance to see these characters and get ready for the release of "Episode III: Revenge of the Sith" on DVD on **Nov. 1**. For more information, call 423-3330.

The **Naval Station Pearl Harbor Thanksgiving Golf Tournament** will begin at 11:30 a.m. **Nov. 10** at Barbers Point Golf Course. Those who plan to participate should sign up no later than **Nov. 3**. There will be 18 four-person team spots in a four-person scramble format. Prizes will be awarded for first, second and third place as well as two nearest to the pin and two longest drive prizes. Additional prizes will include free rounds of golf and turkeys. The entry fee is \$15. Players are responsible for their own green fees and carts. Walking is okay. Proceeds will go to NAVSTA Pearl Harbor's holiday celebration. For more information or to register, contact QM1 Raymond Diaz at 473-1168 or email at raymond.diaz@navy.mil or MMC Gaetano Critelli at 473-1574 or email at gaetano.critelli@navy.mil

Pouhala Marsh Work Days have been scheduled for cleanup and removal of pickle weeds at the north end of Pearl Harbor's West Loch. The project will cover a Hawaiian fish pond and coastal marsh of about 70 acres. Volunteers are needed for the following dates and times: 8:30-11:30 a.m. **Nov. 5** and **Dec. 3**. Anyone who is interested in participating should call 473-1203 or e-mail adelina.lopez@navy.mil.

Learn about a career as a special agent with the Federal Bureau of Investigation (FBI) at an **FBI career seminar** from 10-11 a.m. **Nov. 7** at Marine Corps Base Hawai'i - Kaneohe, building 267, room 2. A special agent from the FBI will be available to answer questions from attendees. To make reservations to attend the seminar, call the USM-CBH Personal Services Office at 257-7790/7795. For more information, call Special Agent Kal Wong at 566-4488.

Former prisoner of war (POW) and inspirational speaker, Capt. Gerald Coffee (U.S. Navy retired), will be honored as the 2005 American Patriot of the Year at the **American Patriot Award Benefit Dinner** on **Nov. 11** at the Coral Ballroom of the Hilton Hawaiian Village. The award will be presented by the Honolulu Council of the U.S. Navy

League. A 28-year Navy veteran, Coffee distinguished himself during the Cuban Missile Crisis in 1962 and during the Vietnam War. In February 1966 while flying combat missions over North Vietnam, his reconnaissance jet was downed by enemy fire and Coffee was captured. He was held a prisoner for seven years in the communist prisons of North Vietnam. Proceeds from the benefit dinner will support programs for men and women in the sea services - Navy, Marine Corps, Coast Guard and Merchant Marine. Tickets for the black tie gala event are \$150 per person. Sponsor tables of 10 are available at the admirals' level at \$5,000, the captains' level at \$3,500 and the commanders' level at \$1,500. Reservations may be made by calling the Honolulu Council office of the Navy League at 422-9404 or via email at navyleague@hawaii.rr.com. For more information, visit www.PacificRegionNavyLeague.org.

A committee consisting of members of the U.S. Navy, Marine Corps and Coast Guard is working on a one-day symposium to proactively educate, identify and address issues that face all women (junior and senior) in today's sea services. Survey takers are needed to help the committee plan for the **2006 Sea Services Women's Leadership Symposium** which will be held March 21, 2006 at Marine Corps Base Hawai'i - Kaneohe Bay. The symposium will focus on mentoring and professional development through inspirational and informative speakers, panelists and break-out sessions. The theme of the symposium is "Make A Difference." To take the survey, go to <http://tinyurl.com/araat>. The deadline to complete the survey is **Nov. 18**. The primary target audience for the symposium consists of female enlisted and officer active duty, reserve members, and retirees from the U.S. Coast Guard, Marine Corps and Navy. The secondary target audience consists of male enlisted and officer active duty or reserve interested in challenges/issues affecting women. There are also volunteer opportunities. If you are interested in helping with the conference or for more information, contact HMC Celeste at holly.celeste.hickam.af.mil or at 448-1616 or OSC Tortora at diane.tortora@navy.mil.

The Muscular Dystrophy Association (MDA) is seeking Navy **volunteers to help with the MDA dinner and auction** to be held **Nov. 19** at the Sheraton Waikiki Hotel in Waikiki. The evening's activities include a silent auction and a live auction. Volunteers are needed to assist with the auctions. MDA will provide a free dinner to each volunteer. For more information, call 593-4454.

Registrations are now being accepted for the **Armed Forces Communications Electronics Association (AFCEA) TechNet Asia-Pacific Golf Tournament 2005** will be held **Dec. 9** at the Kaneohe Clipper Course, Marine Corps Base Hawai'i - Kaneohe Bay. The tournament will be in a scramble format with four-player teams. Prizes will be awarded for closest to the pin, longest drive and hole-in-one. Registration on tournament day begins at 9:30 a.m. The tournament will begin with a shotgun start at 11 a.m. and an awards banquet will begin at 5 p.m. Entry fees are \$55 for active duty enlisted military, \$65 for active duty military officers and retired military, \$70 for DoD employees, and \$75 for civilians and contractors. For more information, call Danny Matsuura at 659-1416 or email at dannymatsuura@att.com.

The **Battleship Missouri Toastmasters Club** meets from 5:30-7:30 p.m. the **first and third Thursday** of each month at the Battleship Missouri Memorial. At a Toastmasters meeting, members learn how to communicate and how to work as a team. The club also teaches such speech techniques as how to vary the approach to suit the needs of different people, whether the speech is a presentation to an audience or a committee for a fundraiser. Better communication is one meeting away. For more information, contact Steve at 722-4178 or Annette at 383-0977.



The Brothers Grimm: Jake and Will Grimm travel from village to village pretending to protect townsfolk from enchanted creatures. They are put to the test, however, when they encounter a real curse.

The Cave: A rescue team is sent down into the world's largest cave system to try to find the spelunkers who first explored its depths.

The Constant Gardener: In Kenya, Tessa is found murdered. Members of the British High Commission assume that Tessa's widower, their mild-mannered colleague Justin, will leave the matter to them. They could not be more wrong.

Cry Wolf: The Liar's Club has spread an online rumor that a serial killer committed a recent murder and is planning to strike again.

The Exorcism of Emily Rose: Emily believed she became possessed. After medical care fails, she turned to her faith. In the care of her priest, she dies and he goes on trial for her death.

Just Like Heaven: A man falls in love with a female spirit he encounters in his home. The dilemma is that the woman has been in a coma for months, and, unless he does something, she'll be taken off life support.

Lord of War: An arms dealer confronts the morality of his work as he is being chased by an Interpol agent.

The Man: A case of mistaken identity forces federal agent and dental supply salesman to team up to pull off a sting operation and solve the murder of Vann's former partner.

March of the Penguins: Emperor penguins overcome daunting obstacles in order to return to their breeding grounds for mating season.

Roll Bounce: X and his friends, who rule their local rink, are shocked when their home base goes out of business, and head over to the Sweetwater Roller Rink.

Transporter 2: See Review

JO3 Ryan C. McGinley

Transporter 2

Part of the intrigue and exuberance of film is that worlds and sequences can be developed in a fictionalized, and often times impossible manner to shock and surprise the audience. Those movies that deal with a world unlike the one we live in should be allowed to break the boundaries, of say physics. Those films that represent the world we live in should not.

Let me explain. It is simply impossible for a man to, after learning that a bomb is attached to the bottom of his car, ramp the car into a circular spin and knock the device off while upside down. The bomb explodes above the car as he rotates and lands safely to speed away after the bad guys. Yeah right. This is just one of a hundred examples of why "Transporter 2" is simply one big far-fetched action sequence where the world of physics and possibility are thrown right out the window. You cannot jump a car a few hundred feet from the top of a building and land safely. You cannot jump a jet ski out of the water and onto a freeway, subsequently jumping off of it and onto a moving bus. These things are just not possible, and frankly, laugh out loud funny.

Director Louis Leterrier, who brought us the stunning "Unleashed" just a few months ago, makes "Transporter 2" one of the most preposterous movies to date. Action sequences are great, and downright amazing if the audience can believe it can actually happen.

I don't know who or why someone decided to do a sequel to the original (which isn't great either). But "Transporter 2" is nothing more than a succession of implausible sequences strung together to make a semi-intriguing story. In the world of fiction and moviemaking, sometimes the most effective story is not how far you can take it, but rather how believable and how connective it can be to the audience.

OVERALL RATING: ★★☆☆☆