

## Hooking the big fish...

**Karen S. Spangler**  
Assistant Editor

Some Navy Sailors at Pearl Harbor can now tell their own "fish stories" – about the big fish they caught and, in some cases, perhaps the fish that managed to get away.

Naval Station (NAVSTA) Pearl Harbor Recreation Committee sponsored its first fishing tournament from April 24-29, giving avid fishermen the opportunity to sink their lines into the briny blue for some deep sea fishing.

Chief Machinist's Mate (SW/AW) Gaetano Critelli, coordinator for the tournament, described it as a great success and noted, "This was the first of, hopefully, many more to come like it. Everyone had a great time and had an experience of a lifetime. The best part of the week was seeing everybody with smiles at the end of the trip."

According to Critelli, those who participated in the tournament landed 33 mahi mahi, weighing from 15 pounds to 31.5 pounds, and two small ahi. "Captain Sonny and his crew worked really hard finding us fish so no one went home empty-handed," he said.

"The final day of the tournament was the best day - 10 mahi and an ahi. Ironically, the last fish caught in the tournament was the grand prize winner," he explained.

Mark Christman landed the prize-winning fish, a 31.5 pounder. Christman won a free six-hour trip for himself and five of his buddies with Aikane Charters.

The NAVSTA Pearl Harbor Recreation Committee is already planning future fishing expeditions. "It was such a great success, we are going to make this an annual event," said



Critelli. "We are also looking into possibly doing a bill fish tournament later this summer."



Mark Christman proudly displays the 31.5 mahi mahi which won the grand prize for the biggest fish in the Naval Station Pearl Harbor Recreation Committee Fishing Tournament held April 24-29.



These are some of the fish that were reeled in by fishermen at the fishing tournament. Thirty-three mahi mahi, ranging from 15 to 31.5 pounds, and some ahi were caught.



Crew members from one of the fishing trips make the "shaka" sign and prepare to relax after a day spent at sea.



Sporting big smiles and big fish, some of the fishermen who participated in the tournament show off their catches.

# MWR Fitness Fest slated for May 24

Karen S. Spangler

Assistant Editor

Try and taste the latest in health and fitness trends as Navy Region Hawai'i Morale, Welfare and Recreation (MWR) hosts its annual Fitness Fest Hawai'i and MWR Expo. The event, in observance of Health and Fitness Month, will be held from 10:30 a.m.-1 p.m. at Bloch Arena at Naval Station Pearl Harbor.

Attendees will have an opportunity to learn all about fitness, try healthy food samples and obtain free health screenings at the free health fair.

"This year will be bigger and better than ever. We have some exciting new vendors, like meditation drumming, soothing acoustic guitar music, yoga demonstrations, Mars and Venus counseling for couples and singles, massages, psychic readings, food samples, Gilad from the popular TV show "Bodies in Motion" - anything and everything related to wellness and health," said Judy Kosaka, regional fitness director.

"We'll also be promoting some of our hot new aerobic classes such as hip hop, ballroom dancing and Latin cardio dance as well as our new bodybuilding program for the more serious lifters," she continued.

The fest will feature displays of health and fitness products and services. Local running, swimming and health food vendors will be available to provide information and answer questions.

Kosaka emphasized the importance of incorporating regular exercise into daily lifestyles to improve quality of life. "Hopefully, people can sneak away during their lunch hour and stop by. We have plenty of free parking and valuable information that will improve their quality of life," she said.

"The sooner they incorporate fitness into their daily activities, the better quality of living they'll enjoy. By taking control now, they will stay in control longer by staying fit and independent. Fitness also lowers your health cost putting more money in your pockets today for a better tomorrow," said Kosaka.

According to Kosaka, "Fitness isn't just exercise, it's a lifestyle."

For more information, call 473-0793.





Photos by Gene Allen

Joe Hardy, played by Keoki Kerr, stands in the dugout during a baseball game in ACT's current musical, "Damn Yankees."

## "Damn Yankees" showing at Army Community Theatre

**Karen S. Spangler**

*Assistant Editor*

"Damn Yankees," the story about baseball player Joe Hardy who sells his soul to the devil in exchange for a winning series, is now presented by Army Community Theatre (ACT) at Richardson Theatre at Fort Shafter.

Performances are at 7:30 p.m. today, May 20, 26 and 27.

Keoki Kerr of KITV News, a veteran performer with extensive musical theatre and Hawai'i Opera Theatre credits, stars in the lead role. Kerr played the role of John in "Miss

Saigon," one of ACT's last season presentations.

Elizabeth Harrison, currently starring as Bombalurina in "Cats" at ACT, is the dance captain Lola in the production.

The show features music by Richard Adler and Jerry Ross based on a book by Douglass Wallop and George Abbott. It is directed by Jim Hutchison with choreography by Deanna Luster.

Tickets are on sale now at the ACT Box Office, priced from \$15-20 for adults and \$12-15 for children. They also may be purchased by calling 438-4480 or online at [www.squareone.org/ACT](http://www.squareone.org/ACT).

## C-o-m-m-i-s-s-a-r-y spells healthy food at healthy savings

**Bonnie Powell**

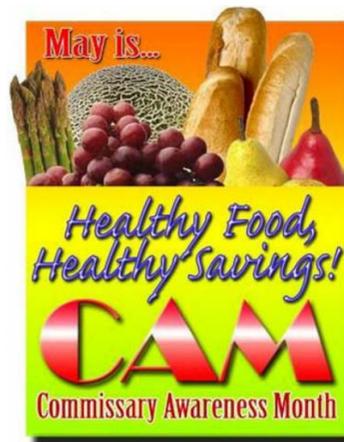
*Defense Commissary Agency*

Can you spell commissary? A student in Annapolis, Md. won a regional spelling bee recently by getting it right. Military recruits and new or single service members can spell it too, but how many really know what one of their most valuable military benefits can do for them?

"Commissaries are an essential part of the military community and that's just one of the messages we want to deliver to service members during Commissary Awareness Month in May," said Patrick Nixon, chief executive officer and acting director of the Defense Commissary Agency (DeCA). "With extensive health and wellness sections, lean meats, fresh produce, organics and more, we offer 'healthy food at healthy savings' to all our customers - whether they are married or single."

Single service members can find all their toiletries, snacks, beverages, vitamins and personal care items at cost in their commissary. "The problem is too many service members wait until they get married or have children to start using the commissary regularly. They don't discover it as soon as they get into the service," said Nixon.

Once the savings of 30 percent or more over commercial grocery stores are "discovered" - why shop anywhere else? "The commissary benefit can save single military members over \$900 annually if they shop regularly at the commissary," said Nixon. "A



family of four can save about \$2,700."

"You're ready to serve your country. Your commissary is ready to serve you. That's our most important mission," said Nixon. And 2006 Commissary Awareness Month activities include single service member tours to showcase commissary readiness to serve.

Programs, such as Better Opportunity for Single Soldiers, Single Marine Program and Navy Liberty as well as the Air Force First Term Airmen centers, get personal tours of commissaries, win commissary gift certificates funded by industry and earn Bonus Bucks for their programs through competition for the best tours and events during the month-long event.

Another customer favorite, the

annual May worldwide case lot sale, also takes place at nearly all commissaries. Customers can find savings of up to 50 percent over regular prices at case lot sales. It's an experience difficult to describe - and impossible to duplicate. Case lot sale dates and locations are available at <http://www.commissaries.com>.

In conjunction with the "healthy" theme, "Kellogg's Healthy Beginnings" health screenings will make a repeat appearance at many commissaries in the United States. The first screenings at 100 commissaries in March were a success as customers had a chance to get blood pressure and cholesterol readings, and a health assessment kit for body mass index measurement and fiber needs. A list of stores and dates will appear on the front page of <http://www.commissaries.com> in May.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a five-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. A core military family support element and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

# STORY IDEAS?

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

**Phone: (808) 473-2888**

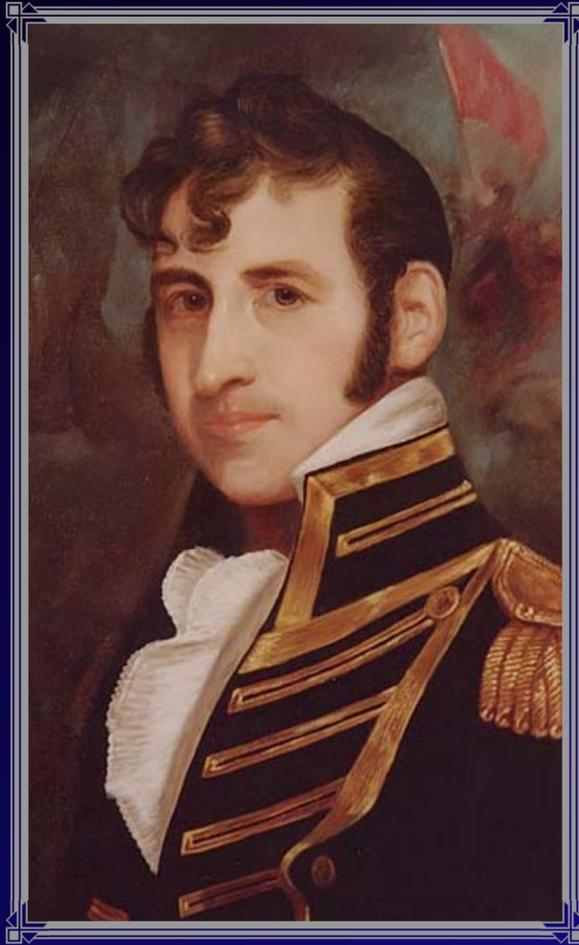
Email: [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

## Hawaii Navy News

# Skylark Central

## Who am I?

- Born in Sinepuxent, Md., on January 5, 1779.
- Joined the Navy in 1798, as a midshipman.
- Given command of the brig Argus in 1803.
- Commanded the schooner Enterprise against Tripoli.
- Commanded a squadron to the Mediterranean Sea in May 1815.
- Originated the quote, "Our Country! In her intercourse with foreign nations may she always be in the right; but our country, right or wrong."
- Died as a result of wounds sustained in a duel in 1820.
- Has had five ships named after him including DDG 73.



## Know your Navy

On May 17, 1987, USS Stark was struck by two Exocet anti-ship missiles killing 37 Sailors. The missiles were fired by an aircraft from what country's armed forces?

Last week's question...

This week in 1908, Pearl Harbor Navy Yard, later called Pearl Harbor Naval Shipyard, was officially established in the Territory of Hawai'i as a coaling station for U.S. Navy ships transiting the Pacific Ocean. Who was the first commanding officer of the coaling station?

Answer...  
Commander John F. Merry



## Last Week's Answer

### What naval officer said:

"It seems to be a law of nature, inflexible and inexorable, that those who will not risk cannot win." - John Paul Jones



Here's what's going on at Navy Region Hawai'i!

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. For more information (FMI): visit www.greatlifehawaii.com



May

- 27: Hauula family hike, 9 a.m., free. Register by May 24.
- 28: Surf kayaking, 9 a.m., \$15. Register by May 24.



**YOUTH, TEEN SUMMER CAMPS**  
Registration is now ongoing for youth and teen summer camps, sponsored by Morale, Welfare and Recreation (MWR) at Pearl Harbor. Children can learn how to bowl, play tennis, sail or surf at a sports camp or be a part of the Outdoor Rangers where they create their own experiences. In Teen Sail Training and Leadership Adventure, the ocean becomes the setting as teens embark on a three-day sail to the island of Kauai. At Operation Purple camp, teens will fly to the Kilauea Volcano on the Big Island to explore lava tubes and volcanic terrain. FMI or to register: 421-1556 (Catlin Clubhouse) or 499-2572 (Iroquois Point Clubhouse).

**OFFICIAL SOUVENIR RIMPAC 2006 COIN NOW ON SALE AT ITT**  
Visit any Information, Tickets and Travel office to pick up your official Rim of the Pacific (RIMPAC) coin for \$5. The heavy brass coin displays the official RIMPAC logo and the Hawai'i State Seal.

**FAMILY FUN AND MOVIE NIGHT**  
Free family fun and movie nights, courtesy of Pearl Harbor MWR, are planned throughout the summer at

Naval Computer and Telecommunications Area Master Station Pacific, Pearl City and Ford Island. "Dreamer" (rated PG) is tonight's feature at NCTAMS at the field adjacent to the bowling alley. MWR departments will be on hand from 4-7 p.m. for the "everything you need to know" information expo. The free event will feature games, prizes and demonstrations along with a climbing wall, bounce house and free hot dog bar. FMI: 471-8658.



**FAMILY FITNESS FRIDAY**  
Family Fitness Friday Happy Hour will be offered from 5-6 p.m. on Fridays at Bloch Arena. The activity is free and provides an opportunity for families to work together on fitness goals. Participants learn how to stay fit with their children, under the guidance of a certified specialist. Workouts include a variety of equipment, appropriate skill level and partner exercises. The family fitness hour is open to parents and their children ages 10 and up (no more than two children per adult). Reservations recommended. FMI: 473-0793.

**HEALTH AND FITNESS FEST**  
Learn how to live a good and healthy life. Join MWR in observance of fitness month for a health and fitness fair from 10:30 a.m.-1 p.m. May 24 at Bloch Arena, Naval Station Pearl Harbor. The event will feature food samples, drawings and giveaways as well as a variety of health and fitness information. Admission is free. FMI: 473-0793.

**NAVY MARINE GOLF COURSE OPENS FRONT NINE**  
Although the golf course is still under renovation, the front nine at the Navy Marine Golf Course is now open for play. The back nine and range will continue to be closed for a few more months. FMI: 471-0142.

**SUMMER SWIM LESSONS**  
Registration for children's summer swimming lessons is now ongoing at MWR pools. Classes are available for



children of all ages. Pick up a brochure at any Navy MWR swimming pool or visit www.greatlife-hawaii.com to see a detailed listing of all class schedules. FMI: 473-0394.

**DEEP-SEA FISHING**  
Go deep-sea fishing and catch the big one aboard the "Coreene C," a 47-foot sport fishing boat that holds the I.G.F.A. World Record for Unlimited Class: 1805-pound blue marlin. Full and half charters are offered. The cost includes bait, tackle and equipment. FMI: call the Rainbow Bay Marina at 473-0279 or Capt. Joe Irvin at 386-9024.

**WHALE WATCHING SPECIALS**  
Enjoy whale watching on a Pacific



- May 19: Hawaiian Railway Society, noon, \$10.
- May 20: Shark cage at North Shore, 8:30 a.m., \$80.
- May 21: Surfing lessons and lunch, 10 a.m., \$7.
- May 22: WWE wrestling and free food, 5 p.m. at LIP.
- May 23: Horseback or all terrain vehicle (ATV), one hour, leave LIP at noon, \$49.
- May 24: Wacky Wednesdays at Beeman, 6:30 p.m., free.
- May 25: Hawaiian Railway Society, noon, \$10.

**Weekly events:**  
**Sunday:** Chess tournament, 6:30 p.m.  
**Monday:** 8-Ball tournament (Beeman Center)- 7 p.m.  
**Tuesday:** 8-Ball tournament - 7 p.m.  
**Wednesday:** Game show - 6:30 p.m.  
**Thursday:** 9-Ball Pool tournament - 7 p.m.

Communit

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 and must be resubmitted every four weeks.

May

**19, 20, 26, 27 - "Damn Yankees"** - Army Community Theatre (ACT) at Fort Shafter is currently presenting "Damn Yankees," starring Keoki Kerr of KITV News as baseball player Joe Hardy who sells his soul to the devil in exchange for a winning series. Performances are at 7:30 p.m. at Richardson Theatre. Tickets are on sale at the ACT Box Office, priced from \$15-20 for adults and \$12-15 for children. Tickets may also be purchased by calling 438-4480 or online at www.squareone.org/ACT.

**20 - Pineapple Run** - The Chief Petty Officers' Association is sponsoring the Pineapple Run, beginning at 7 a.m. at Kaala Elementary School, 130 California Ave., Wahiawa. The 6.75-mile course will begin at the school and go through Wahiawa and the adjacent pineapple fields. Runners should sign in by 6:30 a.m. to receive a timing chip. FMI: 653-0192 or 653-0823.

**20 - Hawaiian Souvenirs relocated** - The Hawaiian Souvenirs department at the NEX will relocate to the second floor, adjacent to the giftware department.

**20-21 - Tennis anyone?** - Learn what the "racquet" is all about and meet a Prince Tennis representative in the sporting goods department of the NEX from 11a.m.-2 p.m. Customers will also receive a 10 percent discount on all Prince Tennis racquets during the clinic.

At a Glance

**CLEP testing centers** - Hawai'i Pacific University, in partnership with military education centers on Oahu, has established three National Test Centers (NTC) which are located at Pearl Harbor Naval Station (PHNS), Hickam Air Force Base (HAFB) and Marine Corps Base Hawai'i (MCBH) at Kaneohe. Testing is free to all military personnel (active and reserve). There is a \$75 fee for active and reserve military adult family members (17 years of age), retired military personnel and DOD civilians. Examinations are conducted daily at 9 a.m., 11 a.m. and 2 p.m. on the following schedule: HAFB (Mondays and Wednesdays); PHNS (Tuesdays and Thursdays); MCBH (Fridays). FMI or reservations for testing: HAFB - 422-1032; PHNS - 422-0079; MCBH - 254-4133.

**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-TRIWEST (1-888-874-9378), visiting their Web site at www.triwest.com, or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic.

**Looking for a few good dads** - The Fleet and Family Support Center (FFSC) at Naval Station Pearl Harbor is looking for volunteers to help with Boot Camp for New Dads. FMI: Chet Adessa at 473-4222, ext. 272 or email chester.adessa@navy.mil.

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

**The American Red Cross needs volunteer instructors** -for cardio-pulmonary resuscitation (CPR) and first aid classes. Free training is provided. Volunteers must make a commitment to teach eight classes a year and have at least one year left in the area. FMI: 449-0166.

**Shop and win** - The 2006 Shop NEX bumper stickers are available at any Navy Exchange location. Place a bumper sticker on your car for your chance to win a \$25 gift certificate from your Navy Exchange; winners are selected weekly. Winners are then entered in a grand prize drawing for a \$2,000 shopping spree.

**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. FMI: 623-1403.

**University of Oklahoma offers** a master of arts in managerial economics and a master of public administration. The non-thesis programs can be completed in about 18 months. The school offers one-week classes that are TDY/TAD friendly. FMI: 449-6364 or aphickam@ou.edu or visit www.gouou.edu.

AT THE MOVIES

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

**TODAY**  
7:00 p.m. Inside Man (R)  
**SATURDAY**  
2:30 p.m. Ice Age 2: The Meltdown (PG)  
4:30 p.m. She's The Man (PG 13)  
6:45 p.m. Take the Lead (PG 13)  
**SUNDAY**  
2:30 p.m. Ice Age 2: The Meltdown (PG)  
4:30 p.m. Larry the Cable Guy (PG)  
6:30 p.m. Basic Instinct 2 (R)  
**THURSDAY**  
7:00 p.m. Slither (R)

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

**TODAY**  
7:00 p.m. Ice Age 2: The Meltdown (PG)  
**SATURDAY**  
2:00 p.m. Ice Age 2: The Meltdown (PG)  
7:00 p.m. Take the Lead (PG 13)  
**SUNDAY & WEDNESDAY**  
7:00 p.m. Lucky Number Slevin (R)  
**THURSDAY**  
7:00 p.m. Take the Lead (PG 13)

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

**TODAY**  
7:00 p.m. ATL (PG 13)  
**SATURDAY**  
7:00 p.m. Slither (R)  
**SUNDAY**  
7:00 p.m. Basic Instinct 2 (R)  
**WEDNESDAY**  
7:00 p.m. ATL (PG 13)  
**THURSDAY**  
7:00 p.m. Slither (R)



**ATL**  
ATL tells the story of four teens coming of age in a working class Atlanta neighborhood where hip-hop music and roller skating rule. As the group prepares for life after high school, challenges on and off the rink bring about turning points in each of their lives.

**Basic Instinct 2**  
After relocating from San Francisco to London, best-selling crime novelist Catherine Trammell once again finds herself on the wrong side of the law. Dr. Michael Glass, a respected London criminal psychiatrist, is brought in by Scotland Yard detective Roy Washburn to perform a psychiatrist profile and evaluation of Trammell following the mysterious death of a top sports star.



**Ice Age 2: The Meltdown**  
The Ice Age is coming to an end, and the animals are delighting in the melting paradise that is their new world. Manny, Sid and Diego quickly learn that the warming climate has one major drawback: a huge glacial dam is about to break, threatening the entire val-

ley. The only chance of survival lies at the other end of the valley.



**Inside Man**  
Tough cop, Detective Frazier matches wits with clever bank robber Dalton as a dangerous cat-and-mouse game unfolds. Unexpectedly, Madaline, a power broker with a hidden agenda, emerges to inject even more instability into an already volatile situation.

**Larry the Cable Guy**  
Larry is a big city health inspector who is happy with his usual beat of greasy spoon diners and low-rent ethnic restaurants. But his easygoing life is turned upside-down when he's saddled with a straight-arrow rookie partner and assigned the biggest case of his career: investigating an outbreak of mysterious food poisonings at the city's swankiest restaurants.



**Lucky Number Slevin**  
Set in New York City, a case of mistaken identity lands Slevin in the middle of a war being plotted by two of the city's most rival crime bosses: The Rabbi and The Boss. Slevin is under constant surveillance by relentless Detective Brikowski as well

as the infamous assassin Goodkat and finds himself having to hatch his own ingenious plot to get them...before they get him.

**She's the Man**  
Viola Johnson had her own good reasons for disguising herself as her twin brother Sebastian and enrolling in his place at his new boarding school. She was counting on Sebastian being AWOL from school as he tried to break into the music scene in London. What she didn't count on was falling in love with her hot roommate, Duke, who in turn only has eyes for the beautiful Olivia.

**Slither**  
A small town in America--somewhat quaint and gentle, peopled with friendly folks who mind their own business. But just beneath the surface charm, something unnamed and evil has arrived and is growing. No one seems to notice as telephone poles become clogged with missing pet flyers, or when one of the town's richest citizens, Grant Grant, begins to act strangely.



**Take the Lead**  
A former professional ballroom dancer volunteers at a New York public school to teach dance. The hip-hop instincts of his students soon clash with his ballroom methods, so he teams up with them to create a new style of dance.

## Communing with nature



Photo by Forest City Residential Management

A Navy family takes a few minutes to relax and enjoy the flowers and plants in their yard. Lt. Cmdr. Douglas Monette and his family took top honors in the Yard of the Month competition for April in the McGrew Point housing community.

## TRICARE beneficiaries dial in for diabetes support

Michelle Norton

TriWest Healthcare Alliance

TRICARE beneficiaries with diabetes have a new, convenient support tool at their fingertips.

TriWest Healthcare Alliance has launched a new phone-in support group forum in response to suggestions from TRICARE beneficiaries who spotted the need for diabetes support.

"People who have had diabetes for a long time have expressed a need for a forum where they can discuss their feelings about having diabetes," said Kathi Sobera, director of TriWest's Population Health Improvement department. "This program is free to eligible beneficiaries under the age of 65, regardless of their benefit plan or other services they may be receiving."

The diabetes support group is open to beneficiaries and family members. Up to 15 people can participate per session. To enroll, call toll-free to 1-888-259-9378 and ask for the Diabetes Forum. The forums are held at 10 a.m. on the first Thursday of the month and at 4 p.m. on the third Thursday (times are Mountain Time).

The program encourages participants to speak openly and honestly about their experiences with diabetes and is facilitated by its developer, Jackie Magyar, a dietitian and a certified diabetes educator.

"This program provides a safe environment for beneficiaries with diabetes to share how their disease affects their lives and share experiences with

others going through the same thing," Magyar said.

Future plans for this program include adding guest speakers to address specific questions and providing more sessions throughout the month.

### Diabetes warning signs

The symptoms of type one diabetes may include:

- Increased thirst.
- Increased hunger (especially after eating).
- Dry mouth.
- Frequent urination.
- Unexplained weight loss (even though you are eating and feel hungry).
- Fatigue (weak, tired feeling).
- Blurred vision.
- Headaches.
- Loss of consciousness (rare).

Type two diabetes is usually not diagnosed until complications have occurred. Most often, there are no symptoms or a very gradual development of the above symptoms. In fact, about a third of all people who have type two diabetes don't know they have it. When hyperglycemia (high blood sugar) occurs, the symptoms can be the same as those listed above.

Other symptoms of type two diabetes may include:

- Slow-healing sores or cuts.
- Itching of the skin (usually around the vaginal or groin area).
- Frequent yeast infections.
- Recent weight gain.
- Velvety dark skin changes of the neck, armpit and groin, called acanthosis nigricans.
- Numbness and tingling of the hands and feet.
- Decreased vision.
- Impotency.

Visit [www.triwest.com](http://www.triwest.com) for more information.

**Free classified advertising for military in Hawaii Navy News**

Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows:

Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to [lkaneshi@honolulu.gannett.com](mailto:lkaneshi@honolulu.gannett.com)), by phone at 521-9111 or by visiting [www.honoluluadvertiser.com](http://www.honoluluadvertiser.com) and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.