



The son of Pearl Harbor's head tennis pro Editha Ruiz hits a forehand during private lessons at the Pearl Harbor tennis courts. The Pearl Harbor Racquet Club offers private and group lessons for all ages.

**Story and photos by  
JO2 Devin Wright**

Tennis has been called a game for everybody. It's a low impact sport that can be enjoyed by all ages, according to the Pearl Harbor Racquet Club head tennis pro, Editha Ruiz.

"It's a sport that you can enjoy for a lifetime," she said. "In other sports, as you get older you need to stop playing because of injury."

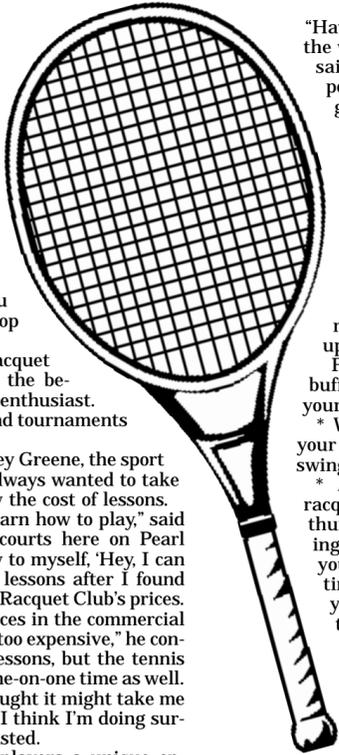
MWR's Pearl Harbor Racquet Club offers something for the beginner and the tennis enthusiast. They hold tennis lessons and tournaments year round for all ages.

For tennis beginner Jeffrey Greene, the sport is something that he has always wanted to take up, but was discouraged by the cost of lessons.

"I've always wanted to learn how to play," said Greene. "Walking by the courts here on Pearl Harbor, I would always say to myself, 'Hey, I can do that.' I decided to take lessons after I found out about the Pearl Harbor Racquet Club's prices.

"I had inquired about prices in the commercial market, but they were just too expensive," he continued. "I took the group lessons, but the tennis pro gave everyone a lot of one-on-one time as well. I'm surprised because I thought it might take me a lot longer to pick up, but I think I'm doing surprisingly well," Greene boasted.

Being in Hawai'i offers players a unique opportunity when playing tennis, said Ruiz.



"Hawai'i is ideal for tennis because the weather is great year round," she said. "With that you have an opportunity to get really good at the game and even if you don't reach the level you desire, it is still fun to get out and chase that little fuzzy ball."

Ruiz added that parents enjoy the fact their kids burn energy while taking lessons.

"It's a great workout for everyone, but the younger students burn off a lot of their energy hitting the balls as well as running around and picking them up," said Ruiz.

For both the novice or the tennis buff, MWR offers this advice to keep your game in tune.

\* When playing tennis, make sure your racquet feels comfortable when swinging.

\* Also make sure to re-string your racquet occasionally. A good rule of thumb to remember when re-stringing is however many times per week you play is relative to how many times per year you should re-string your racquet. If you play three times a week, you should re-string your racquet three times a year.

The Wentworth Pro Shop offers cheaper prices than a lot of the shops in town.

For information on group or private lessons or on upcoming tournaments, contact the Pearl Harbor Racquet Club.



Above: Jeffrey Greene practices his serve at the Pearl Harbor tennis courts. Greene decided to take lessons after learning the cost of lessons at Pearl Harbor is less expensive than commercial lessons.



Left: Ryan Campos re-strings a racquet at the Wentworth Pro Shop at Pearl Harbor. MWR suggests re-stringing your racquet in order to keep your game in tune.

Commentary

# Focus on Fun

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## Paradise by the ultralight ...

I got word by way of the grapevine that some of you folks out there thought I had lost my edge, that I had gone soft. After all, swimming with sharks, jumping out of planes and pig hunting really aren't the same as visiting the Big Island or playing the Game Show at L.I.P. True enough. All fun, but each in a different way.

So, this time, I went on another adventure. I took the advice of a friend and contacted Paradise Air.

They're located at Dillingham Airfield. It's like going toward the North Shore, but instead of heading for Haleiwa town, head towards Kaena. You'll go past the first two entrances to Dillingham and into the third. Go around the end of the field and then turn into the first entrance on your left.

I strongly recommend calling Denise at 497-6033 for reservations. Otherwise, you may make the trip for nothing. Her office is her van.

When I arrived at 7:30 a.m. one fine morning, I met Denise there. Her smiling face was warm and welcome. She gave me a tour of our aircraft. I was expecting something very fragile. Instead, there was this sturdy little three-wheeled vehicle under a hang glider wing. The controls, instead of being a pull handle and a stick, were fairly sophisticated.

However, they were easy enough to understand once Denise explained to me what they were for. There was the air speed indicator, the altimeter, the GPS and the air-to-ground missile launcher system. Okay, maybe the missiles aren't there. Maybe.

We went through all the safety requirements and checks. She showed me how the instruments operate and explained how safe the aircraft was for us. The ultralight she uses is one of the top-of-the-line machines. The next step up would be a real airplane and then the whole fun factor would be altered dramatically.

I suited up in a flight suit. She has them on hand for anyone who comes out. So, I'd recommend coming out in something comfy, like shorts, a t-shirt and tennis shoes. I was out in jeans so the suit was a wee bit warm and snug – on the ground anyway. She also fitted me with a helmet. The helmet's got a face shield and a special shape so I could fit headphones with a microphone.

We taxied out onto the runway. Denise activated one of her nifty controls and we were off and rolling. For a short time, I thought gravity wouldn't give up its hold on us. There was a moment of stomach-churning uncertainty as gravity and mechanical power vied for control. Then, we did it. We shook free of the ground and we were gaining altitude at a breathtaking pace.

I'm sure the noise of the rushing wind and the engine sitting just behind me would have been maddening. However, the earphones deadened the majority of the noise. I could hear Denise in my ear over her microphone asking if I was all right. I had to stifle a great whooping laugh.

It was like a dream. I turned my head slightly to my left and the fragile shoreline gave way to the Pacific Ocean. The horizon was dominated by the sea as we climbed higher and higher into the morning sky. To my right, I could see fields of just stuff. I'm no botanist, no gardener, no farmer. I have no idea what folks are

growing up there. But the greenery was awesome when viewed from a thousand feet above it all.

It was just high enough to be remarkable, but not so high that I couldn't make things out. I could still see the cars and some of the people on the beaches as they craned their necks to see this great buzzing bug zooming over them at what felt like hundreds of miles an hour. Actually, we were probably moving about 70 miles an hour, but the rush was tremendous.

Denise showed me how the bar on the glider worked. If I wanted to bank left, I had to push the bar to the right and vice versa if I wanted to make a right turn. I took hold of the bars close at my hands and she told me to bank over to my left.

She let go and the directional controls were mine. I could feel the push of the wind on the glider. I could feel it trying to force me in its direction. Here I was, one person in a little ultralight glider pitting my will against natural law. Holding back a barbaric yawp, I began to slowly push the control bar to the right, taking care not to pull it toward me. If I did that, we would begin descending again. I wanted to make a regular turn, not a turn that would take us closer to the ground. As we neared the heading she instructed me to take, I began to push the bar back over to the left. Otherwise, we would have continued in a continuous loop. Pushing the bar in the opposite direction of the turn allowed me to keep us on track.

She had me make a few turns and change headings to get the feel for the aircraft. Denise said she was impressed by my natural ability. Normally, she said, the only folks who take to the ultralight so quickly are people who fly airplanes or who ride motorcycles. Since I do neither, she was surprised that I did so well.

We soared for about half an hour over the North Shore. It was a powerful thing being up in the air like that. It gave me a sense of accomplishment that people had engineered the machine keeping Denise and me up in the air. People had wanted to fly and feel the wind in their faces and had taken the leap from concept to design to actuality and I was sitting in the fruits of their labors.

We finally touched down back at Dillingham Airfield and I stepped off the aircraft after she brought us to a stop. It was a let-down. I felt as if I'd given up some power I had not even known I had. I felt heavier than ever as I made those first few steps. I looked up and wanted to be back in the air – maybe another time.

If any of you want to go on your own aerial adventure, I'd suggest you contact Denise at Paradise Air. Her number is 497-6033. If you want to see what the aircraft looks like before you go or want to know more, you can look them up online at [www.paradiseairhawaii.com](http://www.paradiseairhawaii.com). Military folks get a pretty good discount on the flights. Or, if military personnel pay regular price for the half-hour flight, they can get the photos or video free. Or, if anyone in the military takes the hour or longer flight and pays regular price, that person will get both the photos and the video for free.

Next time, I'll tell you about how I stole the jetpack from The Rocketeer and took a solo jaunt over to the Marquesas Islands, but that's another story...

## Free movie at Sharkey

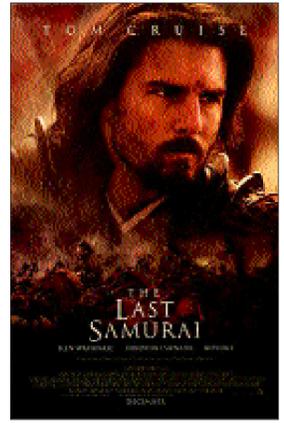
The Naval Station Pearl Harbor Multicultural Committee, with the cooperation and assistance of Morale, Welfare and Recreation, will host a free screening of "The Last Samurai" at Sharkey Theater at 6 p.m. May 26.

The screening is limited to available seating. Free popcorn will also be provided.

Before the feature, there will be a guest speaker and a hula dancing demonstration by a member of Ho'ohui Kaikua'ana.

The event is presented to commemorate Asian-Pacific American Heritage Month on Naval Station Pearl Harbor.

All eligible patrons are invited to attend.



## Great Life Hawai'i photo of the week



Photo of FCC(SW) Roger Mosley kitesurfing at Kailua Beach

Morale, Welfare and Recreation is offering the "Great Life Hawai'i Photo Contest," so dust off the photo albums and pick the photo that best represents what makes being stationed in Hawai'i so memorable. Submit unpublished photographs (no smaller than five by seven inches at 200 DPI) to [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com). All photographs submitted will become the property of HNN and MWR, which reserves the right to edit, copyright and publish submissions. There is no entry fee, but there is a limit of one entry per family. Weekly photo winners will be showcased both in Hawai'i Navy News and on the MWR website "[www.greatlife-hawaii.com](http://www.greatlife-hawaii.com)." Every quarter, a winner will be selected from the weekly winners to receive a special gift package from MWR. This contest is open to amateur photographers only, who must be at least 18 years of age.

# Navy Exchange tough on shoplifters

Tricia Conaty  
Navy Exchange Marketing

Shoplifting from the Navy Exchange is no small offense. Shoplifters not only commit a crime, but also put their military careers or their sponsors' careers in serious jeopardy.

"Depending on the severity of the crime, active duty military members arrested for shoplifting can expect anything from a reduction in pay or rank to dismissal from naval service and a sentence in a military correctional facility," said Rodd Wilson, Navy Exchange loss prevention/safety manager. "If a military dependent steals from the Navy Exchange, the sponsor is held accountable, but the punishment is not as severe as if the active duty committed the crime."

Military dependents are prosecuted through the Special Assistant to the United States Attorney and must appear before the magistrate. Adults may pay restitution for their crime, receive probation or a jail sentence, depending on the charge. Juveniles convicted of shoplifting can expect probation, a term of community service, or if they are repeat offenders, they could be sent to juvenile hall.

According to 2003 NEXCOM loss prevention case statistics, 48 percent of shoplifters apprehended from Navy Exchange service command stores worldwide were civilian dependents and retirees and 32 percent were ac-

tive duty military. Of the active duty arrests, 77 percent were Navy.

Anyone convicted of shoplifting, whether they are active duty, civilian, dependent or juvenile, is also subject to a civil fine of up to \$200 through the Civil Demand program, a third party agency. Funds collected through Civil Demand are used to offset the costs of loss prevention efforts at the Navy Exchange.

In an effort to support military families, the Navy Exchange offers an optional home-study program to juvenile dependents arrested for shoplifting, YES, or Youth Educational Shoplifting program, teaches juveniles about the serious consequences shoplifting has on their families, friends and their own futures, and helps them make better choices. Successful completion of YES reduces the amount the juvenile must pay in Civil Demand fees.

Last year the Navy Exchange lost close to \$2 million, a loss that affects all members of the military community. "Obviously, when retailers lose money, they have to raise prices to offset that loss," Wilson said. "Like any other store, the less loss we incur, the lower the prices we can offer to our military customers."

Since 70 percent of Navy Exchange profits go to the Morale, Welfare and Recreation fund, a loss in profit is money that could have gone to MWR programs for military families. "Stealing from the Navy Exchange is like steal-

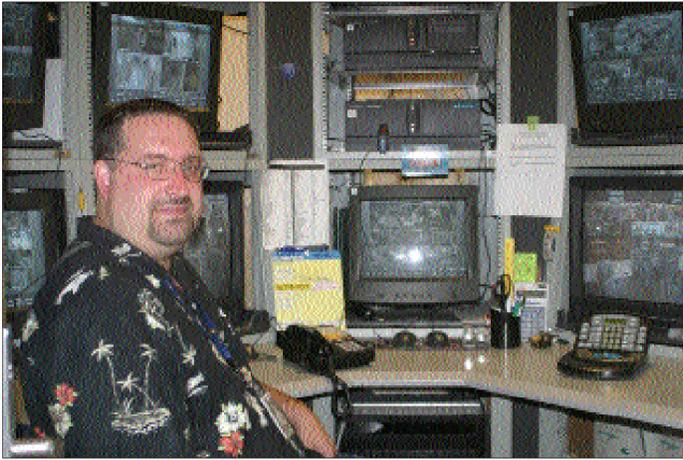


Photo by Tricia Conaty, Navy Exchange  
Rodd Wilson, Navy Exchange loss prevention/safety manager, monitors customer activity from the exchange camera room. More than 120 cameras mounted throughout the store help Navy Exchange associates catch shoplifters red-handed.

ing from your shipmate," said Mike Cottrell, district manager/general manager, Hawai'i District Navy Exchange. "All of our merchandise belongs to the military community and it's our responsibility to protect it."

Navy Exchange associates are working hard to prevent theft from occurring in the first place. Besides the undercover detectives on the sales floor, more than 120 cameras keep an eye on

things from above. Moveable track cameras allow camera-room personnel to see over high displays and down each aisle. Other cameras can rotate 360 degrees and zoom in and out on a target.

"These cameras are very effective. If we have reason, we can pretty much follow a person from the time they come into the store until they leave," said Wilson.

While there's no such thing as a "typical" shoplifter, loss prevention personnel keep an eye out for certain actions that may alert them to a possible theft. For example, if a customer is looking at people instead of merchandise, or if a customer has a large bag or is wearing oversized clothing with large pockets, loss prevention will take a second look.

"We're really looking at activity instead of a person or a type of person," said Wilson.

Other ways the Navy Exchange deters theft is through sensor tags placed on merchandise such as clothing, electronics and smaller items that are often stolen, such as printer ink cartridges.

Greeters stationed at each entrance are also deterrents. "We have a limited group of customers that we do business with and that helps keep out the undesirables who frequent other retailers," said Wilson. "Our greeters ensure that our patrons are authorized patrons."

Customers can help prevent theft by staying alert and reporting any suspicious activity they may see or hear to Navy Exchange associates.

But according to Wilson, the most effective way to deter theft is through good customer service. "What's so great about Navy Exchange Hawaii is that our associates place such a high value on providing customer service," he said. "Shoplifters don't want attention. If we're constantly giving them attention, we're going to deter theft."

## Tips to keep children active and healthy

Special to HNN

Here's news that many parents may find moving:

Clearly, movement is very important for helping children grow healthy and strong. However, as children explore and interact with the world through movement, they are also developing thinking and communications skills and self-confidence.

Children feel competent, both physically and emotionally, when they use their bodies to communicate and solve problems. Children learn problem-solving skills as they try different actions-climbing up, over, in or through. Movement is also one of the earliest ways children express their thoughts and feelings.

There are many fun ways you can encourage your youngsters to get moving.

- Follow their movements. Babies and toddlers love when you imitate them. It makes them feel important.

- Put your baby on his belly to help him develop coordination between upper and lower body and support muscle and motor development.

- Put on different types of music and move to the beat with your young child in your arms. Encourage your toddler to move to music on her own. Children this age often do not change their movements to match the music; they respond to their own internal rhythm.

- Describe your child's actions as she dances to the music. "Look how you bounce to the beat." This not only helps her learn new words, but also instills a sense of pride that her actions are noticed.

- Songs like "The Itsy Bitsy Spider" can help develop the use of fingers and hands.

- In the sandbox, offer your child different size pails and shovels to help her practice using her fingers and hands.

- Play with balls of all sizes. Figure out together which ones are best to kick, throw, play catch with and roll on.

- Act out stories using movement and dance. Good themes include animal stories, marching bands and fantasy images such as fairies and superheroes.

You can learn more online at: [www.zerotothree.org](http://www.zerotothree.org).

# Navy MWR hosts 'Camp Aloha'



Photo courtesy of MWR

A Navy family member slides on a "slip-n-slide," one of the activities scheduled for at the Morale, Welfare and Recreation resident summer camp, "Camp Aloha," for active duty military children 6-18 years of age for six weeks this summer.

## MWR Marketing

The Morale, Welfare and Recreation Department, Navy Region Hawai'i has received a grant from the National Military Family Association (NMFA) to fully fund the operation of a resident summer camp for active duty military children 6-18 years of age for six weeks this summer. NMFA's goal is to bring together military youth whose parents are deployed. Camp Aloha is designed as a joint, 'purple' program and encompasses all military service branches.

Camp Aloha begins June 14 and continues for six weeks through July 23. The weekly sessions (Monday through Friday - five days and four nights) will be offered for 50 in two separate age groups (6-12 and 13-18). The 6-12 year old camp site will be located in the Ford Island gym. The 13-18 year old camp site will be located at White Plains Beach. We have a staff of trained camp counselors arriving from the University of Northern Iowa, Youth Services Division.

These Camp Aloha staff members are being trained to bring the skill and knowledge of camp leadership with a close supervisory ratio of one counselor for every five campers.

"We're excited about hosting Camp Aloha here in Hawai'i for the NMFA, and to have the opportunity to have children from all military services participate in a summer of fun activities," said Cheryl Camp, MWR director. "The plan of activities for camp will focus on each service (Navy, Army, Air Force and Marine Corps) for one day each week and one day will focus on the Hawaiian culture and environment."

The camp will give children from each military service the opportunity to interact together and explore the similarities and differences they experience as military family members. The program of activities is designed to support fun and friendship as well as provide some activities that offer coping skills and tools for facing the difficulty of deployment. "We know how important it is to our military

families to have an opportunity to participate in a fully-funded program that is designed to meet the needs of our military youth and that recognizes the children's special contribution to the military community," said Camp.

To participate in the program, a child must be an active duty military family member, 6 to 18 years of age (18 years old must be attending school). To allow for maximum participation by each military service, the number of available spaces has been divided between each military service.

Camp registration began May 3. To fill the six weeks of Camp Aloha, a registered child's name will be selected at random for a weekly slot (type of lottery draw) beginning May 21. Parents will be notified the following day of the selected session dates for their child. To register your child for Camp Aloha, complete an application form at Catlin or Iroquois Point Clubhouse. For questions or more information on Camp Aloha, contact the Boys & Girls Club Navy Hawaii at 421-1556.

## 10 tips for better sleep

### Mayo Clinic Public Affairs

Feeling bad lately? It could be you aren't getting enough sleep. Although the average adult needs seven to nine hours of sleep a night, that number could be hard to come by if you factor in work, taking care of children and managing a household.

Then there are the unexpected challenges that can keep you up at night — financial worries, layoffs, illness or relationship issues.

Compounding the problem is the fact that if you don't get the rest you need, you'll find it even harder to deal with the stresses causing your sleep problems to begin with.

Grumpiness isn't the only result of sleep deprivation. Getting too little sleep impairs memory, reaction time and alertness. Tired people are less productive at work, less patient with others and less interactive in relationships.

Sleep deprivation can also be dangerous. According to the National Highway Traffic Safety Administration, more than 100,000 crashes each year are due to drivers falling asleep at the wheel.

John Shepard Jr., M.D., of the Sleep Disorders Center at Mayo Clinic, Rochester, Minn., offers these tips to help you achieve restful sleep. You don't have to use every tip on the list.

"What works for one person doesn't always work for another," Dr. Shepard said.

Try one or two of the following tips or a combination until you have enough quality sleep to feel alert and well rested. If these tips don't work, see your doctor. You could have a sleep disorder, such as obstructive sleep apnea, that requires medical attention.

1. Stick to a schedule, and don't sleep late on weekends. If you sleep late on Saturday and Sunday morning, you'll get Sunday night insomnia. Instead, go to bed and get up at about the same time every day.

"You don't need to rely on an alarm clock to wake up when you get enough sleep," said Dr. Shepard.

2. Don't eat or drink a lot before bedtime. Eat a light dinner about two hours before sleeping. If you drink too much liquid before sleeping, you'll wake up repeatedly in the night for trips to the bathroom.

If you get the bedtime munchies, eat something that triggers serotonin, which makes you sleepy. Carbohydrates (bread or cereal) or foods containing the amino acid L-tryptophan (milk, tuna or turkey) will do the trick.

Don't drink alcohol near bedtime. It may cause you to wake up repeatedly, to snore, and it may exacerbate sleep apnea.

3. Avoid caffeine and nicotine. They're addictive stimulants and keep you awake. Smokers often experience withdrawal symptoms at night, and smoking in bed can be dangerous. Caffeine should be avoided for eight hours before your desired bedtime.

4. Exercise. If you're trying to sleep better, the best time to exercise is in the afternoon. A program of regular physical activity enhances the quality of nocturnal sleep.

5. A slightly cool room is ideal for sleeping. This mimics your internal temperature drop during sleep, so turn off the heat and save on fuel bills.

6. Sleep primarily at night. Daytime naps steal hours from nighttime slumber. Limit daytime sleep to less than one hour, no later than 3 p.m.

If you work nights, keep your window coverings closed so that sunlight, which interferes with the body's internal clock, doesn't interrupt your sleep.

7. Keep it quiet. Silence is more conducive to sleep. Turn off the radio and TV. Use earplugs or a fan or some other source of constant, soothing, background noise to mask sounds you can't control, such as a busy street, trains, airplanes or even a snoring partner. Double-pane windows and heavy curtains also muffle outside noise.

8. Make your bed. "A good bed is subjective and different for each person. Make sure you have a bed that is comfortable and offers orthopedic comfort," said Dr. Shepard.

If you share your bed, make sure there's enough room for two. Children and pets are often disruptive, so you may need to set limits on how often they sleep in your bed with you.

Go to bed when you're tired and turn out the lights. If you don't fall asleep in 30 minutes, get up and do something else. Go back to bed when you're tired.

Don't agonize over falling asleep. The stress will only prevent sleep.

9. Soak and sack out. Taking a hot shower or bath before bed helps bring on sleep because they can relax tense muscles.

10. Don't rely on sleeping pills. Check with your doctor before using sleeping pills. Doctors generally recommend using sleeping pills for up to four weeks. Make sure the pills won't interact with other medications or with an existing medical condition. If you do take a sleep medication, reduce the dosage gradually when you want to quit.

Use the lowest dosage and never mix alcohol and sleeping pills.

If you feel sleepy or dizzy during the day, talk to your doctor about changing the dosage or discontinuing the pills.

## Veterans Affairs' plan to modernize health care

### Department of Veterans Affairs

Secretary of Veterans Affairs Anthony J. Principi announced earlier this month the details of a comprehensive plan to modernize the Department of Veterans Affairs (VA) health care system. The plan includes new hospitals in Orlando and Las Vegas, 156 new community clinics, four new spinal cord injury centers, two blind rehabilitation centers and expanded mental health outpatient services nationwide.

The investment of nearly \$1 billion annually for several years is the result of a major three-year review of the medical system serving America's 25 million veterans.

"Thanks to the contributions of more than 200,000 people who shared their thoughts with us, plus the hard work of VA staff and a special independent commission, VA now stands ready to bring greater access to quality care closer to where most veterans live," Principi said.

The three-year review called CARES stands for "Capital Asset Realignment for Enhanced Service." It was a landmark study of the nation's largest health care system, which is operated by VA. CARES assessed veterans' current health care needs and developed recom-

"We will be able to expand outpatient services and provide more of the care veterans want ..."

Anthony J. Principi  
Secretary of Veterans Affairs

mendations for meeting those needs in the future.

By opening health care access to more veterans, VA expects to increase the percentage of enrolled veterans from 28 percent of the veterans' population today to 30 percent in 2012 and 33 percent in 2022.

The decisions announced by Principi included:

- Construction of new medical centers in Orlando, Fla. and Las Vegas, Nev.

- Creation of more than 150 new community-based outpatient clinics.

- Rehabilitation and modernization of medical centers;
- Potential creation of four new - and expansion of five existing - spinal cord injury centers.

- Opening two new blind rehabilitation centers.

In some cases, the plan also calls for transferring care from antiquated facilities to more modern or better located

VA facilities or contracting for care in local communities.

"No veteran will lose health care as a result of CARES, nor will there be any gaps in health care services," Principi added. "In fact, we will be able to expand outpatient services and provide more of the care veterans want and use."

Full details about the secretary's decision are available on the Internet at [www.va.gov](http://www.va.gov).

"CARES allowed us to identify the infrastructure that VA needs to care for veterans in the 21st century," said Dr. Jonathan Perlin, VA's acting under secretary for health. "We'll be able to spend more of our resources on doctors, nurses and medical care, instead of building maintenance."

Perlin noted the realignment will also enable VA to avoid imbalances in its services in the future, by making sure the size and location of its health care facilities match the needs of veterans.

Last year, VA health care workers treated about 4.8 million patients, up from 2.9 million in 1998. The president's budget requests \$29.5 billion for VA's medical care for next year.

# MWR

## Movie Call

Sharkey Theater, Pearl Harbor  
(473-0726)

**FRIDAY**  
7:00 p.m. Jersey Girl (PG 13)  
**SATURDAY**  
2:30 p.m. Scooby Doo 2: Monsters Unleashed (PG)  
6:00 Free Screening Shrek 2 (PG)  
**SUNDAY**  
2:30 p.m. Home on The Range (PG)  
4:30 p.m. The Whole Ten Yards (PG 13)  
6:45 p.m. Hellboy (R)  
**THURSDAY**  
7:00 p.m. Walking Tall (PG-13)

\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6 -11)

Memorial Theater, Hickam AFB  
(449-2239)

**FRIDAY AND SATURDAY**  
7:00 p.m. The Alamo (PG-13)  
**SUNDAY**  
7:00 p.m. Home on the Range (PG)  
**WEDNESDAY**  
7:00 p.m. The Whole Ten Yards (PG-13)  
**THURSDAY**  
7:00 p.m. Home on the Range (PG)

\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6 -11)

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

**FRIDAY AND SATURDAY**  
7:00 p.m. Ladykillers (R)  
**SUNDAY**  
2:00 p.m. Jersey Girl (PG-13)  
**WEDNESDAY AND THURSDAY**  
7:00 p.m. The Prince and Me (PG)

\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6 -11)

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

### SAILING FOR TEENS

Teens can learn to sail at Rainbow Bay Marina. A free sailing clinic will be offered from 8 a.m. -5 p.m. May 22 at the marina. A mandatory clinic will be held from 6-8 p.m. May 19 at Catlin Teen Center to prepare teens for Saturday's day of instruction and sailing. Sign up early, only 12 teens will be able to participate. For more information, call 471-8914.

### AFTER SCHOOL SWIM LESSONS

Registration will be held May 21-22 for after school swim lessons. This round of lessons will be offered at Kona Breeze and NCTAMS pools. Classes start May 25. For more information, call 473-0394.

### TENNIS TOURNAMENT

Pearl Harbor will host a tennis tournament May 28-30. Divisions will include men's and women's singles and doubles, open, A, B, C, 40 and older, and 50 and older. The tournament is open to all MWR patrons. The cost is \$5 per player. Register at Wentworth Pro Shop by May 24. For more information, call 473-0610.

### MEMORIAL DAY TOURNAMENTS

Basketball and softball Memorial Day holiday tournaments will be held May 28-30 at Pearl Harbor. The tournaments are open to active duty teams from Pearl Harbor, NCTAMS, Barber's Point, West Loch and Kunia. The entry fee is \$175 per team. To sign up or for more information, call the MWR athletics office at 473-2437 or 473-2494.

### OCEAN SAFARI

Ocean Safari offers a variety of programs, including surfing, boogie boarding, snorkeling, kayaking, underwater photography, spear fishing, canoeing and more. Escorted tours of some of the popular spots on the island offer a safe and exciting adventure. Transportation is provided from designated spots. The cost is \$20 per person per day. Get your group, command, family or friends together and plan an ocean safari today. For more information, call 684-5133 or visit the MWR Website at [www.greatlifehawaii.com](http://www.greatlifehawaii.com).

### CALL THE CRUISER

"The Cruiser" shuttle will provide Sailors another alternative to drinking and driving. The Cruiser will pick up from several on-base pick up points to Hale Koa/Fort DeRussy and two other locations near the nightclub district in Waikiki. One-way tickets are \$10 or a book of 10 is \$85. For more information, call ITT at 473-0792.

### MASSAGES BY "THE LOTUS TOUCH"

Want to improve circulation, increase flexibility, release muscle tension and receive a greater sense of well-being? "The Lotus Touch" will offer massage specials throughout the month of May. Patrons can enjoy a hot and cold stone massage which includes face, neck and shoulders. Reconnect with Mother Earth by becoming balanced, centered and cradled by nature's elements. A 75-minute treatment costs \$90. Other treatments are available for as low as \$15. Appointments are available at Bloch Arena and Power Point Fitness Centers. For more information, call Ruby at 386-4812.

### LEISURE TRAVEL / TLA TRAVEL

Planning a trip? Travel Connections, the new travel office located in Bloch Arena, can assist with worldwide airline ticketing, hotel

accommodations, vacation packages and on-island TLA. For TLA, the travel office will arrange accommodations in one of a host of on-island hotels that offer lodging to fit many needs - all priced within TLA allowances. Those who book TLA through Travel Connections travel office will have the use of a free rental car during their TLA stay. Stop by throughout the month of March and enter the raffle for a DVD player. There is no cost to enter and you need not be present to win. The winning ticket will be drawn March 31. For more information, call 422-0139.

## FFSC

For more on activities at the Fleet and Family Support Center, call 473-4222.

### NAVY ONE SOURCE BRIEFINGS

Navy One Source, a new resource for helping Navy active duty, retired and reservists deal with life's issues, will hold briefings at 10 a.m. May 24 and 1 p.m. May 26 at Sharkey Theater, Naval Station Pearl Harbor. The briefings will introduce the Navy One Source Program and its benefits. Navy One Source has consultants available, by phone 24 hours a day, 365 days a year. Call in and speak to a master's level consultant or go online to access information or email a consultant. Access information for educational materials, resource locators, interactive tools and more. For more information on the briefings, call 473-4024. For information on Navy One Source, call 800-540-4123.

### NEW PARENT WORKSHOP

A New Parent Workshop will be offered from 9-11 a.m. May 24. New and soon-to-be parents will learn about roles, responsibilities, demands and joys of being parents. The session will include early childhood development information.

### WELCOME TO HAWAII!

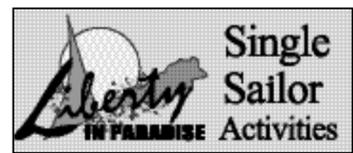
A Welcome to Hawai'i workshop will be given from 9:30-11:30 a.m. May 26. You are living in a truly unique location that is unlike any other and this workshop will help you understand and appreciate the cultures, traditions and all that is unique and special about Hawai'i and its people.

### ALOHA TOUR

Take an Aloha Tour of Oahu from 8 a.m.-3:30 p.m. May 27; board a van for an orientation and whirlwind tour of the island. The tour includes historical tidbits about the sites on and off base. Learn about the culture and the people as you tour the island. The tour is an absolute must for newly arriving personnel and their families. Limited seating is available and children must be at least eight years of age.

### FASTTRAC-VET PROGRAM

Want to start your own business or expand your present business to become more profitable? Attend an informational workshop from 11 a.m.-noon May 28 to learn about the Fast-Trac-VET Program and its venture and planning curriculum, business support programs, participation eligibility requirements, and incentives and tuition costs.



### 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

Here's a look at off-duty events happening on Oahu's military bases for service members and their families.

To get your activity or event featured in the Community Calendar, e-mail your requests to the editor at [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) or fax submissions to Hawai'i Navy News at 473-2876.

Deadline for submissions is Thursday for the following week's issue. Items will run for four consecutive weeks on a space available basis.

## MISCELLANEOUS

### CALLING FIRST CLASS PETTY OFFICERS

The Pearl Harbor First Class Petty Officer Association invites all new and seasoned first class petty officers to a barbecue beginning at 11 a.m. today at the Makalapa compound. For more information, contact YN1 Danette Mills at 474-6963 or 542-9103.

### Tsunami SWIM TEAM

The Pearl Harbor Aquatics Tsunami is a competitive swim team that practices daily at Richardson Pool. It is open to both military and civilian swimmers ages 6 years and up. The team is a USA swimming affiliate. For more information, visit the team's Website at [www.tsunamis.homestead.com](http://www.tsunamis.homestead.com) or contact at 471-9181 or email: [phsc@inix.com](mailto:phsc@inix.com).

### CALLING KAYAK PADDLERS

Kayak paddlers are invited to join paddler Donna Kahakui of Kai Makana (ocean education through action) on a 200-mile World Ocean Day Awareness Paddle as she transits from Haleiwa, Oahu to Kauai and finishes at Kaula Rock on Niihau. She will start her trip on June 2 and plans to arrive at Kaula on June 5. June 8 will be cele-

brated as Ocean Awareness Day. For more information, call Donna at 282-8012 or email at [kaimakana1@hawaii.rr.com](mailto:kaimakana1@hawaii.rr.com) or visit the Website at [www.kaimakana.org](http://www.kaimakana.org).

### VOLUNTEERS NEEDED FOR VGAL PROGRAM

Volunteers are needed to serve as volunteer guardian ad litem (VGALs) for Hawai'i's First Judicial family court. VGALs serve as advocates for abused and neglected children who are in the family court system. Free training is provided. Volunteers must enjoy working with children and be able to confront difficult issues. For more information, call the VGAL program office at 538-5930.

### SHIP/SUBMARINE OHANA

**USS LAKE ERIE OHANA**  
The USS Lake Erie Ohana will hold a bake sale beginning at 9 a.m. May 22 outside the Pearl Harbor commissary. The sale will last until all goods are sold. Donations are welcome; the ohana also appreciates support of those who stop by to purchase their favorite treats. For more information, call 422-1330 or email [gregoryr002@hawaii.rr.com](mailto:gregoryr002@hawaii.rr.com).

### NEX

### TENNIS ANYONE?

Tennis players can receive 20 percent off their first private lesson at Wentworth Pro Shop and \$5 off their first tennis racquet restringing when they purchase a tennis racquet from the Navy Exchange. For more information, stop by the Navy Exchange sporting goods department or call Wentworth Pro Shop at 473-0610.

### SHOP AT FORD ISLAND

Ford Island Mini Mart offers

residents of Navy housing on the island convenient shopping without leaving Ford Island.

### GOOD GRADES

Parents can bring their child's most recent report card to the Navy Exchange to register for the A-OK Program. Entrants could win up to \$5,000 in U.S. Savings Bonds. For more information, see a customer service representative at The Mall rotunda.

### NAVY LODGE

Navy Lodge Ford Island offers 150 affordable, comfortable, air-conditioned suites and rooms. Amenities include a swimming pool, a large meeting room, mini mart and a landscaped courtyard. Each room features satellite TV, DVD/CD player, direct-dial telephone service and a kitchenette, complete with microwave and utensils. To make reservations or for more information, call 440-2290.

### MAY IS MILITARY APPRECIATION MONTH

The Navy Exchange will offer special thank-yous to members of the military community throughout the month of May. Receive a free gift with any Sunny Hawai'i purchase of \$40 or more, while supplies last. Pamper yourself with tropical island scents. Receive 15 percent off all Forever Florals fragrances and enter to win a gift basket from the Forever Florals fragrance collection.

### ARMED SERVICES YMCA

**ALIAMANU LOCATION:**  
The Aliamanu (AMR) branch of the Armed Services YMCA is located at 1875 Aliamanu Drive, Honolulu, Hawai'i 96818. The phone number is 833-1185, fax 834-3631, email is [ASYMCAAMR@aol.com](mailto:ASYMCAAMR@aol.com). Hours

are 8 a.m.-1:30 p.m. Monday through Thursday.

### T.O.P.S.

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. For more information, call Delcie at 623-1403.

### KEIKI CARE CLASS

Keiki Care classes provide childcare training, first aid and CPR certification for teenagers who would like to be babysitters. Upon successful completion of the course, the student will be placed on the Super Sitters' List. To sign up or for more information, call 833-1185.

### WELCOME BABY

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

### CHILDREN'S WAITING ROOM

The Children's Waiting Room is a place where parents can drop off their children if they have a doctor's appointment. The Armed Services YMCA is in need of volunteers to keep this program running at Tripler Army Medical Center. The hours of the waiting room are from 8 a.m.-noon Monday, Tuesday and Thursday. Those who are interested in volunteering or who wish to place an appointment should call 833-1185.



**The Alamo:** In the spring of 1836, 200 Texans- men of all races who believed in the future of Texas- held the fort for 13 days under siege by General Antonio Lopez de Santa Anna, ruler of Mexico and commander of its forces.

**Hellboy:** In the final days of World War II, the Nazis attempt to use black magic to aid their dying cause. The Allies raid the camp where the ceremony is taking place, but not before a demon - Hellboy - has already been conjured.

**Home on the Range:** A young widow is in danger of her farm being foreclosed unless she can come up with \$1,000 for the mortgage. The farm animals come up with a plan to get the money.

**Jersey Girl:** See review

**The Ladykillers:** A gentleman organizes a gang of thieves to rob a riverboat casino. They set up shop by renting a room in the house of an unsuspecting, church-going old lady.

**The Prince & Me:** Paige is on the fast track toward her lifelong goal of becoming a doctor. Edward, the Crown Prince of Denmark, trying to escape from his royal life, poses as a college student. Paige has to choose between two dreams -- becoming a princess or a doctor.

**Scooby Doo 2: Monsters Unleashed:** A masked villain wreaks mayhem on the city of Coolsville with a monster machine that re-creates classic Mystery Inc. foes.

**Shrek 2:** Picking up exactly where the first movie left off, this movie takes us to the kingdom of Far, Far Away as Shrek and Fiona return to her homeland to tell her parents the good news. Not everyone is happy to find her married to an ogre, with the most irate in this group being Prince Charming, who was supposed to be the one who lifted Fiona's curse. We're also introduced to the mysterious Fairy Godmother, and a bar called the Poison Apple, where the villains of the fairy tale world hang out, including the great ogre-slayer, Puss-in-Boots.

**Walking Tall:** After returning from serving his country overseas, Chris finds his high school rival, Jay, has infested his hometown with drugs and crime. Chris gets elected sheriff and shuts down Jay's operations.

**The Whole Ten Yards:** The movie follows the wacky misadventures of a hitman who lives next door to a mild-mannered dentist following the events of 'The Whole Nine Yards.'

JOSN Ryan C. McGinley

### Jersey Girl

Kevin Smith is a director devoid of any artistic cinematography or acute mise-en-scene, yet undeniably has a gift for writing comedic derision. His most recent film leaves behind the iconic and raunchy Jay and Silent Bob characters for a charming and heartwarming attempt at mainstream cinema.

"Jersey Girl" is the story of Ollie Trinke (Ben Affleck) an overzealous entertainment executive who finds his world in disarray after his wife (Jennifer Lopez) dies giving birth to their baby girl. Ollie moves back to New Jersey to live with his father (George Carlin) and raise the baby after being jet-tisoned from his job and way of life in a moment of truth and frustration.

The establishing scenes of the film are mediocre at best, however the fade to passing time metaphorically transforms the film into a funny and charming love story between Ollie and his now seven-year-old daughter Gertie (Raquel Castro). Smith examines little and otherwise insignificant elements of their lives juxtaposing scenes of parenting through two generations.

Ollie and Gertie's frequent trips to the video store brings Maya (Liv Tyler) into the picture as a quirky love interest who undeniably brings great acting to some of the greatest scenes in the movie. Maya questions Ollie's porn rental frequency in a supposedly academic way that leads to a truthful and charming diner scene, exposing Ollie's love for his daughter and Maya's multi-layered offer of a "mercy jump."

The film, with its simple and stationary camera, develops Kevin Smith as a true screenwriter, able to leave behind his characters which made him famous (except for some notable cameos) in search of truth and love. Smith recently became a dad himself, and through his experiences and growth the audience can laugh at a more sophisticated story.

**OVERALL RATING:** ↓↓↓↓

# Promoting safety belt use every time



## North American Precis Syndicate

Building on the success of previous efforts, Click It or Ticket/Operation ABC (America Buckles Up Children) Mobilization will once again play a critical role in the effort to keep people safe on our nation's roads and highways.

The mobilization efforts, led by the U.S. Department of Transportation's National Highway Traffic Safety Administration, include an intensive buckle-up promotion program with heightened safety belt and child seat enforcement.

Twice each year, law enforcement agencies nationwide conduct intensive, high-visibility Click It or Ticket campaigns with zero-tolerance enforcement of safety belt law. These efforts, coupled with paid advertising and the support of government agencies, local coalitions and school officials, work to create dramatic increases in safety belt use and help defend against one of the greatest threats of all-traffic crashes.

The new mobilization will have a special focus on getting teens and young adults to buckle up. Vehicle crashes are the leading cause of death for Americans age 15 to 34, according to the Centers for Disease Control and Prevention. In 2002, approximately two-thirds of all 15 to 34-year-olds killed or seriously injured in crashes weren't wearing a safety belt.

The Click It or Ticket efforts work. Research shows the mobilization campaign to be a key factor in raising safety belt use rates. In 2003, more states ran campaigns than ever before and use rates indicate that the increased effort to get the public to buckle up was a success, there was an unprecedented four-point jump in safety belt use nationwide, from 75 percent in 2002 to 79 percent in 2003.

Safety belt use saves lives and prevents injuries. Each percentage point increase in use saves about 270 additional lives nationwide. It is estimated that safety belts save the lives of more than 14,000 motorists each year and save

about \$50 billion in medical care, lost productivity and other injury related costs nationwide.

State and local efforts are critical to the success of the Click It or Ticket/Operation ABC Mobilization. To help support the campaign in your community, you can:

- Write letters to area newspapers about your community's/state's efforts and about your support for law enforcement.
- Spread the word in your workplace, neighborhood or house of worship.
- Ask your local law enforcement agency how you can support their safety belt and child safety seat education efforts.

Additional information about the Click It or Ticket/Operation ABC Mobilization, as well as tools to support the campaign in your community, can be found online at [www.buckleupamerica.org](http://www.buckleupamerica.org).

Zero-tolerance safety belt laws have been shown to help encourage people to buckle up.

Photo courtesy of North American Precis Syndicate  
The U.S. Department of Transportation's National Highway Traffic Safety Administration encourages drivers to participate in the Click It or Ticket campaigns with zero-tolerance enforcement of safety belt law.

## Medicare creates prescription drug card

### TRICARE Public Affairs

The Medicare legislation of 2003 created a voluntary prescription drug discount card that will be in effect from next month through Dec. 31, 2005. The card will expire in January 2006, when the new Medicare Part D drug benefit takes effect.

Medicare recipients, except those with full drug coverage under Medi-Cal, can purchase a Medicare-approved discount drug card during May, which happens to be Older Americans Month. While the new card should help seniors carry out the month's theme, "Aging Well, Living Well," most seniors who know about the card are having a hard time getting beyond the confusion it has created.

People with low incomes (below about \$12,500 for individuals and \$16,800 for couples) can acquire a card with \$600 pre-loaded (like a phone or debit card) into it for 2004 and another \$600 for 2005, plus a discount on purchases above those annual subsidies. Except for a small co-payment, the cost of medications will be deducted from the \$600. However, Medicare beneficiaries who are covered by Medi-Cal with full drug coverage, or have drug benefits through employment, retiree

coverage, the Veteran's Administration or TRICARE, are not eligible for the low-income benefit.

Those who are enrolled in Medicare HMOs will be limited to the card offered by their insurer. For most other higher-income Medicare recipients, the new card option seems either too confusing or hard to compare with other options available to them.

First, there are dozens of approved cards to choose from. Second, California already offers a free drug discount benefit of 10 percent to 25 percent to Medicare beneficiaries. Third, many seniors are enjoying discounts from online pharmacies or retailers such as Costco that in some cases are deeper than the 10 to 15 percent expected from the new cards.

Another factor that makes the choice difficult is that once recipients choose a Medicare drug card, they cannot switch to another card until the end of the year. However, companies issuing the cards can change their prices or which drugs are available at any time. Many seniors are asking themselves, "Why should I risk seeing my ongoing medications become unavailable or more expensive than the deals I can count on from other options?"

What can consumers do? First, you can wait and see how things develop. Second, research options on your own with help from such resources as Medicare's Web site ([www.medicare.gov](http://www.medicare.gov) or toll-free number: (800) MEDICARE (1-800-633-4227)). However, beware that the accuracy of drug price comparisons on that Web site is being questioned and the toll-free number requires getting through several layers before reaching a live person.

Third, you can take advantage of local programs that explain options and help with research and decision-making. One such program is the Health Insurance Counseling and Advocacy Program (HICAP) ([www.calmedicare.org](http://www.calmedicare.org) or 1-800-434-0222). You can meet with a trained HICAP volunteer to review your prescription drug needs and a variety of discount options that are available to you, including the new Medicare discount cards. If you do not have access to the Internet for research and cost comparisons, HICAP may provide that kind of assistance. They also are available to make presentations to community groups.

For more information, contact contact HICAP for assistance or visit [www.ElderCareManagers.com](http://www.ElderCareManagers.com).

## Early detection key to skin cancer/melanoma

### Centers for Disease Control and Prevention

May is National Melanoma/Skin Cancer Detection and Prevention Month. The month is dedicated to increasing public awareness of the importance of skin cancer prevention, early detection and treatment, including basal cell, squamous cell and melanoma. The American Cancer Society estimates that during 2004, about one million new cases of basal cell or squamous cell carcinoma

is also expected that skin cancer will claim the lives of approximately 9,800 Americans.

Although death rates from basal cell and squamous cell carcinomas are low, these cancers can cause considerable damage and disfigurement if they are untreated. However, when detected early, approximately 95 percent of these carcinomas can be cured.

Exposure to the sun's ultraviolet (UV) rays appears to be the most important environmental factor involved in the development of skin cancer. When used consistently, sun-protective practices can prevent skin cancer. UV rays from artificial sources of light, such as tanning beds and sunlamps, are as dangerous as those from the sun and should also be avoided. A survey sponsored by the Centers for Disease Control and Prevention (CDC) found that approximately 43 percent of white children under age 12 had at least one sunburn during the past year.





