

August offers duffers and other golfers the chance to hit the links for a ...

# Hole in one



U.S. Navy photo by JOSH Ryan C. McGinley  
A Japanese Sailor hits his tee shot at the sixth hole of the Navy Marine Golf Course.

**JO1 Daniel J. Calderón**  
Editor

There is a familiar sound, a sort of -thwack—that is known, even by those who don't play the game. The sound of a club hitting a golf ball is a pretty well recognized one almost everywhere anyone goes. In August, military golfers can hit the links at any one or all eight of the military golf courses around the island.

"Golf is an extremely relaxing sport," said CMDCM (SW) David Lajoie, Naval Station Pearl Harbor's command master chief. "The challenge is making the ball go where you want it."

The Navy runs the Navy Marine Golf Course near Naval Station Pearl Harbor and the Barbers Point Golf Course. Both courses are 18-hole and par 72. Each course has lighted driving ranges, putting greens and short game areas in addition to full service clubhouses. Navy Marine Golf Course also boasts Sam Snead's Tavern, which

is "home of the famous oak-grilled Certified Angus Beef."

There are two golf courses on Hickam Air Force Base. The Mamala Bay Golf Course is the larger of the two, with a driving range and full-service clubhouse. Hickam's Par 3 Course is geared for golfers who want to hone their skills.

"It's good to practice your short game," said Lorna Yee, who works at the Par 3 Course. "We have nine holes here and each is a par 3."

The holes there range from 110 to 225 yards. In addition, the shorter course is the only military course on the island that is lighted seven days a week for golfers who want to get in a night game.

The Kaneohe Bay Klipper Golf Course on Marine Corps Air Station Kaneohe Bay is billed as the third best military golf course in the world. Currently, the course is renovating its "back nine" holes. Currently, the back nine are only open on Saturdays and Sundays since the course is performing



U.S. Navy photo  
A player strokes his putt at Hickam's Mamala Bay Golf Course. The course has an 18-hole par 72 course, driving range and full service clubhouse as well as a Par 3 course geared for golfers who want to hone their skills.

maintenance. After six weeks, the front nine will be under maintenance and will be open only on Saturdays and Sundays. After another six weeks to two months, the renovations will be complete and the course will be back to full operation.

The Army has three golf courses on Oahu. They have the Leilehua Golf Course, Kalakaua Golf Course and the Walter Nagorski Golf Course. They are holding an Army Invitational tournament Aug. 6 through 8. Mike Iyoki, director of golf for the Army golf courses, said each course offers something a little different.

"Leilehua is probably the most unique golf course on the island," Iyoki said. "It's a championship golf course equipped with eucalyptus and Norfolk Pine trees instead of coconut and other native Hawaiian trees."

He said Kalakaua is probably better for older golfers since it is "tighter" and has narrower fairways. Walter Nagorski, on Fort Shafter, is a nine-hole course Iyoki said is "ideal for beginning golfers."

"All three have new facilities," he said. "The clubhouses are less than 10 years old. They all have full-service facilities like food and beverages and driving ranges."

Iyoki said the Leilehua driving range is lit up at night for golfers who want to practice driving in the evenings, Monday through Friday. In addition to eligible MWR patrons, Army courses are open to local civilians on a standby basis if



U.S. Navy photo  
A golfer eyes his putt at Mamala.

they contact the golf course. "We offer a 'Friends of MWR' program," explained Iyoki. "Local civilians can get a Friends of MWR pass and get base access to use the golf course."

"Navy Marine Corps Golf Course is probably the best golf course for the amount of golfers that are out on that course every day," said Lajoie. "The number two course is probably Hickam's Mamala."

Lajoie said everyone should take the time to get out to one of the courses on the island. "Where else can you go on a walk in the park and play a game like this," he asked. "That little white ball is just sitting there saying 'Hit me.'"



U.S. Navy photo by JOSH Ryan C. McGinley  
A Japanese Sailor practices his stroke on the putting green at Navy Marine Golf Course. The course has an 18-hole par 72 course, a lighted driving range, putting greens and short game areas in addition to a full service clubhouse. The course also boasts Sam Snead's Tavern, which is the "home of the famous oak-grilled Certified Angus Beef."



**Hours of operation**

	1	2	3	4	5	6	7	8	9	Out	10	11	12	13	14
<b>Navy Marine</b>	<b>Mamala Bay</b>	<b>Hickam's Par 3</b>	<b>Leilehua</b>	<b>Klipper</b>	<b>Kalakaua</b>	<b>Walter Nagorski</b>	<b>Barber's Point</b>								
Pro Shop open Daily from 6:30 a.m. - 6:30 p.m.	Pro Shop open daily from 6:30 a.m. - 6:30 p.m. April 1 - Sept. 30	Pro Shop open daily from 6:30 a.m. - 10 p.m. Tuesdays 1 - 9 p.m. Course is lit up at night	Pro Shop open daily from 6:30 a.m. - 6 p.m.	Pro Shop open daily from 6 a.m. - 6:30 p.m.	Pro Shop open daily from 7 a.m. - 6 p.m.	Pro Shop open daily from 7 a.m. - 6 p.m.	Pro Shop open daily from 6:30 a.m. - 5:30 p.m.	Pro Shop open daily from 6 a.m. - 6:30 p.m.	Pro Shop open daily from 7 a.m. - 5:30 p.m. No woods allowed	Pro Shop open daily from 7 a.m. - 6 p.m.	Pro Shop open daily from 7 a.m. - 6 p.m.	Pro Shop open daily from 6:30 a.m. - 5:30 p.m.	Pro Shop open daily from 6:30 a.m. - 9 p.m. Mon - Sat. Sunday & holidays 6:30 a.m. - sunset	Pro Shop open daily from 6:30 a.m. - 5:30 p.m.	Pro Shop open daily from 6:30 a.m. - 5:30 p.m.
Driving range open daily from 6:30 a.m. - 9 p.m. Thursdays: 10:30 a.m. - 9 p.m. Phone: 471-0142	Driving range open daily from 6:30 a.m. - dark Closed Monday a.m. Phone: 449-6490	Phone: 449-2093	Driving range open daily from 6:30 a.m.-6:30 p.m. Mon-Fri Weekends: 6 a.m. to dark Phone: 655-4653	Driving range open daily from 6:30 a.m. - 6:30 p.m. Ph: 254-3220	Driving range open daily from 7 a.m. - 5:30 p.m. No woods allowed Phone: 655-9833	Phone: 438-9587	Driving range open daily from 6:30 a.m. - 9 p.m. Mon - Sat. Sunday & holidays 6:30 a.m. - sunset Phone: 682-1911								

<b>Front Tees</b>	<b>364</b>	<b>435</b>	<b>399</b>	<b>377</b>	<b>151</b>	<b>358</b>	<b>300</b>	<b>112</b>	<b>413</b>	<b>2909</b>	<b>430</b>	<b>283</b>	<b>125</b>	<b>320</b>	<b>40</b>
-------------------	------------	------------	------------	------------	------------	------------	------------	------------	------------	-------------	------------	------------	------------	------------	-----------

Commentary

# Focus on Fun

JO1 Daniel J. Calderón, Editor

daniel.j.calderon@navy.mil



## Mini golf on Oahu part of National Golf Month

Not everything is a grand adventure. There are times when I just want to go out and try to enjoy the simple pleasures life on Oahu has to offer.

If you got here, you probably noticed the story on the front of the Life and Leisure section. August is National Golf Month. However, since I'm not really a golfer, I figured I should try something I might really enjoy and have a chance of getting a decent score at — mini golf.

One of the military's mini golf courses is at Naval Computer and Telecommunications Area Master Station Pacific. It's a free course and it's located right next to the bowling center there.

I think it's great for younger folks because it's not terribly difficult, but it's enough so that older folks can go out and have fun playing through the 18-hole course.

My kids had fun hitting the ball, although they had trouble with the concept of putting. Having watched "Happy Gilmore," they decided the proper way to hit a golf ball was to haul off and try to whack it into the middle of next week. Ah youth.

The other mini golf course is at Bellows Air Force Station. They not only have a fantastic beach — in my opinion, one of the best on the island — they also have cottages and a really cool mini golf course.

Chris Skully, the outdoor recreation manager for Bellows, said mini golfers can come out and try his "championship course."

The course is 18-holes and has had some improvements lately. There are new electric

obstacles with moving parts at some of the holes that golfers have to try and get around. Skully said the best way to get around the challenges is to time your putt. I wouldn't recommend the "grab the obstacle" strategy. That will most likely get you thrown off the course and out of Bellows.

The hardest hole, according to Skully, is number 15. That's sort of an anthill-type hole. You have to try and putt up into the hole.

It's kind of frustrating because your ball keeps going up and then off the side of the hole. Skully said the average is four or five strokes. I guess I'm an above-average player because I got all the way up to 10 before my ball went in. More strokes means a more better score, right?

Unlike the NCTAMS course, there are fees to go out and putt around the Bellows Course. Prices are \$4 for adults and \$2 for children under 3 years old.

The hours at the Bellows course change with the seasons. Currently, they're open from 8 a.m. to 9 p.m. That will change on Labor Day. If you want more information, you can call 259-8080.

So, if you're not a big-time golfer, you can still get out and enjoy National Golf Month. I'm sure mini golf will still count in the grand scheme of things. If any golfers give you grief and say that mini golf is not a real game, tell them to give me a call. I got your back.

Next time, I'll tell you about the time I took up a new hobby for National Mini-Chainsaw Juggling month, but that's another story...



U.S. Navy photo by JOSH Ryan C. McKinley

IT1 (SW) James Wade, NCTAMS Pacific, fills out a deposit slip at Navy Federal Credit Union. A budget is the most effective financial management tool available to anyone.

## What a budget can do for you

### Accredited Financial Counselors

Pearl Harbor Fleet and Family Support Center

A budget is the most effective financial management tool available to anyone. It does not matter if you earn thousands of dollars a year, or hundreds of thousands of dollars.

It is important that you know how much money you have to spend and where you are spending it. A budget is a plan and planning is needed to produce a desired result.

A budget is a money plan. With it, you can control your financial resources, set and realize goals, and decide in advance how your money will work for you.

The idea behind budgeting is to save money up front for known and unknown expenses. A good budget will allow you to know exactly how much money you have, even down to the penny, if you want.

• **Communication:** A budget is a communication tool to discuss priorities for where your money should be spent. Creating it together is key to resolving dif-

ferences about money handling. Discuss what constitutes a major purchase.

For some people, an unplanned \$10 expense is a big deal. Other people think nothing of putting a couple of hundred dollars on their charge card if the timing seems right. At what level is it appropriate to consult the other before making a purchase?

• **Control:** A budget will allow you to take charge of your finances. You can be in control of your money instead of having your money limit what you do.

• **Hidden money:** A budget will produce extra money for you to do with as you wish.

Hidden fees and lost interest paid to outsiders can be eliminated forever. Savings, even small ones, can be accumulated and made to work for you.

If you would like some assistance preparing a budget, the financial counselors at the Pearl Harbor Fleet and Family Support Center are available for free, confidential appointments. To schedule an appointment, call 473-4222, extension 1.

## Reimbursement for R&R leave participants approved

### U.S. Army Headquarters Public Affairs

The U.S. Army announced in June that U.S. Armed Forces members who traveled on rest and recuperation (R&R) leave while deployed in support of Operations Enduring Freedom or Iraqi Freedom during the period from Sept. 25 to Dec. 18, 2003, may be eligible for reimbursement of airline costs.

Payment of onward travel airline costs for R&R Leave Program participants was approved Dec. 19, 2003.

Authorization was granted June 21, 2004, to implement retroactive reimbursement for those individuals who paid out-of-pocket for onward commercial airline travel during the period Sept. 25 - Dec. 18, 2003.

Eligible personnel are military R&R par-

ticipants who paid for their onward travel airline tickets from the aerial port of debarkation they flew into from overseas, such as Baltimore-Washington International Airport, to their final leave destination.

According to Army records, approximately 40,000 U.S. service members traveled during the period of eligibility, and thus should file a claim with DFAS [Defense Finance and Accounting Service].

Every attempt is being made to ensure those eligible for reimbursement are informed of their eligibility and given instructions on claiming any monies owed them.

More information for those who believe they qualify is available on the U.S. Central Command R&R Leave Program Web site at [www.armyg1.army.mil/WellBeing/RRLeave/index.HTM](http://www.armyg1.army.mil/WellBeing/RRLeave/index.HTM).



U.S. Army photo

Paratroopers of the 173rd Airborne Brigade walk away from a U.S. Air force C-17 aircraft that brought them back from nearly a year of combat duty in Iraq.

# Making a child's wish come true

**JOSN Ryan C. McGinley**  
Staff Writer

Make a Wish Foundation, a non-profit organization, granted a child's wish Tuesday by bringing him and his family to Pearl Harbor to tour the USS Arizona



U.S. Navy photo by JOSN Ryan C. McGinley Pearl Harbor survivor Herb Weatherwax shows Gregory Rollings and his family the Arizona Memorial and the history of Pearl Harbor.

Memorial, Ford Island and Naval Station Pearl Harbor.

Gregory Rollings, a 13-year-old from Nebraska, accompanied his mother Carmen, father Gary and two siblings to the area after his wish was granted by the foundation.

He said his father told him a little about what happened at Pearl Harbor before they came to the island so he would have an understanding of its significance.

"My dad told me about the history of Pearl Harbor. It's pretty [interesting]," said Rollings.

Gregory and his family toured the memorial with a Pearl Harbor survivor, Herb Weatherwax, who gave them insight on his perspective of what occurred during the attack.

Gregory then received a special gift from Boatswain's Mate 2nd Class (SW) Dave Pitzer who allowed him to drive the ferry back to the mainland after touring the memorial.

"My favorite part was driving the boat," he said. "I wanted to come to Pearl Harbor because it seemed like a fun thing to see. I am really glad I came."

He also received a tour of Ford Island and ate lunch at the Silver Dolphin Bistro with Sailors. The family also toured the island of Oahu, surfing and snorkeling for the first time.

Rollings was diagnosed with acute myelogenous leukemia (AML), which develops



U.S. Navy photo by JOSN Ryan C. McGinley Boatswain's Mate 2nd Class (SW) Dave Pitzer teaches Gregory Rollings how to drive the ferry that takes passengers to the Arizona Memorial. Make a Wish Foundation, a non-profit organization, sponsored Rollings' trip to Pearl Harbor along with his mother, father, sister and younger brother.

when there is a defect in the immature cells in the bone marrow.

"Make a Wish gave this trip to him, and after all those days in the hospital, it's really great," said Carmen Rollings, Gregory's mother.

According to its web site, the Make a

Wish foundation has enhanced the lives of children with life-threatening medical conditions since 1980.

"We grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy," according to the web site.

# Au Pair agency seeks Navy host families

**Lacy Lynn**

Staff Writer

The average wait for a child to enter one of the Navy Child Development Centers in Hawai'i is about six months, according to Bobbie Asato, child development program administrator for Navy Region Hawai'i.

So, where else can Navy families on Oahu turn to find childcare options?

One alternative is to hire an au pair, a live-in sitter who can help children with homework, drive them to school and practices, change diapers, and prepare their meals.

Au Pair in America (APIA) is looking for Navy families to host young women ages 18 to 26 from more than 45 different countries. APIA au pairs currently in Hawai'i are from Germany, Romania, Brazil, Bulgaria, South Africa and Costa Rica.

"Children become exposed to other cultures, other languages," said Barbara Bancel, who has served as the community coordina-

tor for APIA Hawai'i since its initiation here 16 years ago.

In addition to cultural enrichment, the consistency of in-home childcare is another advantage.

"They [parents] are never rushing around madly at the last minute to find someone to take care of their children," according to Bancel. The au pair becomes very quickly a trusted family member."

Bancel said she chose to work with the APIA program because it gives host families the most input into picking their au pair. Hosts are free to telephone interview applicants and the family completes a preference form to find au pairs with skills best-suited to their needs.

Bancel personally conducts interviews with host families before they are able to select an au pair, and works with the au pairs when they are selected and scheduled to arrive.

"I work with the new family in helping them to know what questions to ask when they interview an au pair on the phone and making suggestions," said Bancel.

Several Navy families have host-

ed au pairs on Oahu, but they have already left Hawai'i.

In one evaluation, a Navy parent wrote, "As a single parent, having an au pair is much more than just a babysitter. My children get to stay in their own home. I don't have to worry if one is sick, as the au pair is available to help out in emergency situations."

According to Bancel, military hosts tend to participate for one-two years here in Hawai'i and many take au pairs with them when they leave.

APIA host families can extend their au pairs up to two years and, according to their web site, the program provides medical and liability insurance, a J-1 Visa, flight arrangement from the in-house travel agent, a four-day orientation including Red Cross child safety training and one year of 24/7 support.

Another couple, both in the Navy, wrote in their evaluation of the program, "Our au pair was always there to provide a loving, caring and stable home life even when we were delayed coming home or one of us was TDY."

## FEES AND EXPENSES

	Standard Au Pair	Au Pair Extraordinaire
Application Fee	\$300	\$300
Program Fee	\$6,110	\$6,995
Au Pair Stipend	\$7,092	\$10,200

Host families are also responsible for variable tuition fees up to \$500, and the cost and arrangement of one-way transportation from orientation in New York to Honolulu.

Applicants who submit by July 31 will receive a waiver of the \$300 application fee.

Not only was it convenient for their military household, but a good experience for them, as they added, "Our kids love their au pair and we feel secure leaving our children with a young woman we have come to know well and consider a real member of the family."

Many hosts repeat year after year selecting new au pairs to fit the needs of their children as the kids grow up. While all APIA au pairs have some sort of practical, hands-on childcare experience, their skills vary.

For instance, between the standard au pair and the au pair extraordinaire, there is a difference in background and training. Au pairs extraordinaire often have degrees in childcare.

Families who live in Navy housing must pick up a Housing Advisory Board (HAB) exception to policy packet and follow the instructions to house an au pair.

For more information, call Barbara Bancel at (808) 521-3554 or complete applications online at [www.aupairinamerica.com](http://www.aupairinamerica.com).

# Saving water saves Navy money

## Residents asked to comply with water conservation guidelines

**Karen S. Spangler**  
Assistant Editor

Although there are not currently any water usage restrictions imposed on Oahu, island residents are asked to be aware of their water usage and make every effort to conserve the precious commodity. For those who live in Navy housing areas, not only is it essential for each one to conserve and protect this commodity because it is a precious resource, but conserving water also saves Navy dollars.

"Use all the water you need, but don't waste it. Be thoughtful about its use," advised Wanda Yamane, information officer for the Honolulu Board of Water Supply. "The best way to conserve water is to turn off the tap when not using water. You have to make yourself aware of how you're using water and when you're using water," she added.

Last summer, the Board of Water Supply asked residents to comply with a water conservation schedule when water usage continued to climb on Oahu as rainfall amounts decreased, taking a toll on the island's groundwater aquifers. According to Yamane, those restrictions have not been necessary yet this summer since rainfall amounts have exceeded last year's and the average water consumption has been lower this year than for the same timeframe last year. However, she cautioned that the groundwater aquifers are still not where they should be. With temperatures in recent weeks soaring into the high 80s, coupled with the fact that August and September are the hottest months of the year and usually the months with the highest water usage, the island's water aquifers could be impacted.

But she emphasized the effort of every resident is key in the conservation effort. "It all begins with a single effort. It starts with a single leaky pipe," said Yamane. "There is substantial savings in every effort – even the smallest effort every day multiplied by about a million people who live here on Oahu is a substantial effort," she noted.

"If every person saved a gallon of water a day, that would be a substantial savings," she explained.

One way that island residents can help to

conserve water is to adhere to Board of Water Supply guidelines when watering their lawns.

Watering should be done before 10 a.m. or after 6 p.m. Plants and lawns should not be watered between 10 a.m. and 6 p.m. – during the hottest hours of the day – as much of the water is lost to evaporation and wind and doesn't reach the plants.

Here are some other "tips" that will help to conserve water while maintaining your lawn:

- Use mulch or grass clippings around the bases of plants to help retain moisture.

- First, use the "spring test" to see if your lawn needs watered. Step on your grass. If it springs back, the lawn is fine. If it does not, it's time to water. Sprinkling your lawn too frequently can weaken your lawn. Wet grass burns in the sun and is vulnerable to disease. It is best to limit watering to once per week to a depth of 2.5 centimeters or one inch.

- Use the "touch test" to see if your plants need watering. Poke your finger into the soil about one-half inch down. It's time to water if the soil feels relatively dry.

- Deep penetration through soaking is more effective for your lawn. But avoid over-watering and make certain that you don't water until runoff occurs. Adjust automatic sprinklers and/or select the proper nozzles to minimize runoff.

- You can collect water on a rainy day and use it to water lawns and plants.

There are other ways that water is wasted outdoors. According to the Board of Water Supply, islanders can help conserve by following these guidelines:

- Use a broom or rake for cleaning instead of hosing down your sidewalk, patio or driveway. That can waste up to 10 gallons of water per minute.

- Using a running hose to wash your car can waste up to 10 gallons of water per minute. Use a pail and sponge instead. Or use a hose nozzle that shuts off water when you are not wetting or rinsing the car.

- Outside the home, there are additional ways to practice water conservation. Make sure that outside water taps are turned off when not in use. Check for leaks in faucets and plumbing fixtures at least once each



U.S. Navy photo by JOSN Ryan C. McKinley

SN Jay Adams demonstrates what not to do in washing his car at Gabrunas Hall. Using a running hose to wash your car can waste up to 10 gallons of water per minute. Residents are asked to use a pail and sponge or a hose nozzle that shuts off water not being used.

month. Hidden leaks can waste thousands of gallons per month.

The board advises that even in public and recreational areas, we can each do our part to help reduce water consumption and water waste.

- Take short showers when using public facilities at the park or beach. Be sure to turn off the tap securely when you are done. Beach showers which are left running unattended can waste thousands of gallons of water in a relatively short period of time.

- After using public washroom facilities, be sure to turn off the faucet.

- If you see leaks in fire hydrants, plumbing or other public facilities, be sure to report them so that they can be repaired.

In addition to the restricted watering times, there are other ways "common sense" ways to conserve water. The Honolulu Board of Water Supply offers the following tips:

- Take shorter showers and turn off the water while shampooing or washing.

- Turn off faucets when not using water. Don't let them run constantly.

- Check for leaks in faucet and plumbing equipment at least once a month and repair.

- Make sure dishwashers are fully loaded before operating.

- If you see leaks in fire hydrants, plumb-

ing or other public facilities, be sure to report them so that they can be repaired.

Practicing good water conservation habits should be a daily way of life for each of us. Water conservation should be consistently practiced both indoors and outdoors, at home as well as at beaches and other public recreation areas. By becoming waste conscious, we can easily reduce our water consumption by one-third.

Practicing water conservation is vital for future generations as well as for current residents. "When you're able to conserve water, you protect the ground water supply – not just saving for yourselves, but saving for the future. What you do now may have a significant impact on your children and grandchildren," Yamane pointed out.

"There is another important reason to conserve water," Yamane offered. "You'll save money on your water bill."

Residents who see excessive watering of yards in housing neighborhoods that are not under PPV, can contact their housing inspector or CFHR. To report water waste in common areas, either call a housing inspector, who will report it to DZB, or call DZB directly at 486-4200.

Residents who live in PPV communities should call 423-7713 or 839-4357.

# Movie Call

Sharkey Theater, Pearl Harbor (473-0726)

**FRIDAY**  
7:00 p.m. Day After Tomorrow (PG 13)  
**SATURDAY**  
2:30 p.m. Shrek 2 (PG)  
4:45 p.m. RaisingHelen(PG13)  
7:15 p.m. Troy (R)  
**SUNDAY**  
2:30 p.m. Harry Potter (PG)  
7:15 p.m. Day After Tomorrow (PG 13)  
**MONDAY**  
7:00 p.m. The Terminal (PG 13)  
**THURSDAY**  
7:00 p.m. Chronicles of Riddick (PG 13)

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

Memorial Theater, Hickam AFB (449-2239)

**FRIDAY**  
7:00 p.m. Garfield (PG)  
**SATURDAY**  
7:00 p.m. The Terminal (PG 13)  
**SUNDAY**  
2:00 p.m. Garfield (PG)  
7:00 p.m. The Terminal (PG 13)  
**WEDNESDAY AND THURSDAY**  
7:00 p.m. Around the World in 80 Days (PG)

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

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

**FRIDAY**  
7:00 p.m. Harry Potter (PG)  
**SATURDAY**  
2:00 p.m. Harry Potter (PG)  
7:00 p.m. The Chronicles of Riddick (PG 13)  
**SUNDAY**  
2:00 p.m. Harry Potter (PG)  
7:00 p.m. The Stepford Wives (PG 13)

\$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.*

## OUTDOOR ADVENTURE EVENTS

- **July 23:** Waikiki Beach, 10 a.m., \$3. Call for information.
- **July 25:** Bubba Gump Shrimp Co., 5 p.m., \$3. Call for information.
- **July 27:** Honolulu Zoo, 10 a.m., \$10. Call for information.
- **July 28:** Poor Boy Barbeque, 6:30 p.m., \$3. Register by July 28.
- **July 29:** Go kart racing, 4 p.m., \$30. Call for information.

## SUMMER MOVIES ON THE LAWN

Join Community Central and Boys & Girls Clubs of Navy Hawai'i for summer movies on the lawn at 8 p.m. **today** at the Catlin Clubhouse field area. "Daddy Day Care," starring Eddie Murphy, will be shown. Bring lawn chairs and blankets to enjoy a movie under the stars. The movie is free and popcorn and juice will be provided. For more information, call 421-1556.

## SUNSET IN THE PARK AT PEARL HARBOR

Honolulu's popular weekend entertainment-movie-food fest, Sunset on the Beach, comes to Pearl Harbor **July 24-25** at Richardson Field, across Kamehameha Highway from Aloha Stadium. The event lasts from noon to 10 p.m. each day. This affair will showcase

popular restaurants offering tasty selections throughout the evening; games, inflatables and rides; a bazaar of more than 21 local artists and crafters featuring Hawaiiana and other locally-produced items, top entertainment and a different blockbuster motion picture each evening, shown on the 30-foot screen after sunset. Sunset in the Park is free and open to the public. Free parking is available at Aloha Stadium. The NEX shuttle will pick up and drop off at Richardson Field until 10 p.m. each day. For more information, visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com) or call 473-0606.

## VOLUNTEERS NEEDED TO HELP WITH SUNSET IN THE PARK

Sunset in the Park comes to Pearl Harbor on **July 24-25**. Volunteers will be a most vital resource in helping make this event a success. In addition to the intangible benefits of volunteering, each volunteer will receive an event T-shirt, designated parking and a complimentary meal. No group is too small to participate. If you, any members of your command, group, team, neighborhood, etc. are interested in implementing, planning and facilitating this event, call Lara Askerooth at 473-0606 or visit [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com). All commands are invited to sign up for the memorabilia tent. Bring your command's paraphernalia, souvenirs and novelty items to sell at this event. There is no charge to participate.

## RIMPAC 2004 - ACTIVE DUTY VERSA CLIMB CHALLENGE

The RIMPAC 2004 - Active Duty Versa Climb Challenge will be held **through July 27** at Bloch Arena Fitness Center. MWR Fitness chal-

lenges your cardio stamina and endurance. Participants can try one, two or all three of these events. There is no set contest time, so you decide when you're up to the challenge. Check in with the front desk staff so they can time your event. No pre-registration is required. Events are as follows:

- **Sprint Challenge:** One-minute sprint on the versa climber.
  - **Interval Challenge:** Five minutes on the versa climber. Participants can sprint, rest, etc.; anything goes.
  - **Hawaiian Endurance Challenge:** Koko Crater Climb Simulation, 1,200 feet.
- There will be awards for top two winners in each event, male/female. The challenge is free. All participants will receive a RIMPAC T-shirt. For more information, call 473-1740 or email [Judy.Kosaka@navy.mil](mailto:Judy.Kosaka@navy.mil).

## FREE TENNIS CLINIC

A free tennis clinic will be held from 5:30-7 p.m. **July 30** at Wentworth tennis courts. Participants can pick up a few helpful tennis tips and win prizes. Events include a fast serve contest, challenge the pro and tennis drills. All skill levels and ages are welcome. Register by **July 26**. For more information, call 473-0610.

## ADULT RACQUETBALL CLINIC

A free adult racquetball clinic will be held from 5:30-7 p.m. **July 30** at Bloch Arena racquetball courts. Register by **July 26**. For more information, call 473-0610.

## CHILDREN'S SWIM LESSONS

Children's swim lessons will be offered through **July 31**. Lessons

will be held on Saturdays at Towers Pool for ages three to five. Lessons will be held on Saturdays at Scott Pool for ages six and up. Call Scott Pool at 473-0394 to register.

## FFSC

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

## Adults Molested as Children (AMAC) Meeting

Individual and group counseling can be very effective in helping survivors of childhood abuse validate what happened to them, work through the feelings and move on. Adults Molested as Children Group at Pearl Harbor FFSC offers a weekly afternoon group for survivors of sexual abuse and periodic educational class for partners. To register for the group or for more information, call Pearl Harbor FFSC at 473-4222, ext. 248.



- **July 24:** Makapu'u Ridge hike, 8:30 a.m., \$5.
- **July 25:** Ha'a'ala family hike, 10 a.m., \$5/\$3.
- **July 31:** North Shore tandem skydiving, 8:30 a.m., \$135.

## 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.



**Around the World in 80 Days:** Passepartout steals a valuable jade Buddha and then seeks refuge in the traveling companionship of an eccentric inventor who has taken on a bet that he can make it around the world in 80 days.

**The Chronicles of Riddick:** Riddick, on the run from mercenaries eager to claim the price on his head, seeks refuge on the planet of Helion, only to discover he's walked into a world in chaos.

**The Day After Tomorrow:** See review.

**Garfield:** Garfield's owner takes in sweet but dimwitted pooch Odie, turning Garfield's world upside down. But when the pup is kidnapped, Garfield feels responsible and springs into action to return the pup.

**Harry Potter and the Prisoner of Azkaban:** A dangerous mass murderer has escaped the Azkaban Fortress and there's only one thing he wants: Harry. Harry learns the disturbing story of Sirius Black and yet more of his own history.

**Raising Helen:** Helen is living the life she always dreamed of. But her lifestyle comes to a screeching halt when her sister and brother-in-law are killed in a car crash, leaving her to care for their three kids.

**Shrek 2:** Shrek and Fiona return from their honeymoon to find Fiona's parents inviting them for dinner. They anticipate the homecoming of their daughter, but no one could have prepared them for the sight of their new son-in-law.

**The Stepford Wives:** Joanna and her husband move into the suburban community of Stepford, where she soon notices that the housewives seem too perfect. After some investigation, she uncovers the town's secret.

**The Terminal:** An immigrant is forced to live at Kennedy Airport when his former war-torn country's borders are erased, voiding his passport and leaving him with no political home.

**Troy:** Paris the Prince of Troy, begins an affair with Helen. King Menelaus takes this as a terrible insult, both to him and his brother. They unite the populations of Greece to bring Helen back from Troy.

JOSN Ryan C. McGinley

## The Day After Tomorrow

Roland Emmerich has destroyed most of the planet with previous films "Independence Day," "Godzilla" and now "The Day After Tomorrow." Morbidly enough, its downright fun to watch tornadoes level Los Angeles, flooding and ice destroy New York and pretty much the entire northern hemisphere get wiped out by the hand of Mother Nature. Millions of people die and it's amazing. The level to which Hollywood has risen special effects is remarkable, but it doesn't excuse the fact that there are simply no real characters or plausible story.

We begin the preposterous film with Jack Hall (Dennis Quaid), a paleoclimatologist who predicts a second ice age at a conference in New Delhi. It's dismissed of course, and then miraculously happens within the span of a few days. Then lots of special effects take over the film and overshadow a pretty decent cast, with Jake Gyllenhaal playing Jack's son Sam, who gets stuck in New York. There are subplot moments of young love, but the story is boring and the audience is just waiting for something else to save them.

Plausibility goes right out the window when a giant tanker ship makes it way through the streets of New York, or Quaid's character treks from Washington, D.C. to New York on foot through an ice age storm. Then wolves show up out of nowhere to impede our characters further, as if the director had nothing left to use.

It's amusing toward the end of the film when the United States forgives all of Mexico's debt so they can cross the border and escape the storm, but that's about the only humor in this film. Disaster movies work when supplemented by a good story (ie "Titanic") or humor (ie "Armageddon" or "Independence Day").

The special effects are magnificent in this movie, but it simply doesn't change the fact that we don't care about the characters.

**OVERALL RATING:**

# Community Calendar

To have your activity or event featured in the Community Calendar, e-mail your requests to [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

**USS Salvor Ohana** The ohana will host a Hawai'i-themed scrapbook class **today** at 6:30 p.m. For more information, call Jennifer at 487-7685 or e-mail [viggiani223@msn.com](mailto:viggiani223@msn.com).

**RIMPAC store hours at NEX:** To accommodate visiting RIMPAC sailors while in port, the Mall at Pearl Harbor will extend business hours from 8 a.m. to 10 p.m. **today** through **July 26**. Normal hours (9 a.m. to 9 p.m.) will resume **July 27**.

**Special guest appearance at NEX:** Meet famed local photographer Jon Mozo from 6-7 p.m. **today** at the NEX.

**Native American performance at NEX:** Red Mountain Intertribal Singers and Red Thunder Singers of Hawai'i will perform traditional native American music at 1 p.m. **July 24** at The Mall rotunda.

**Storytelling and book signing for kids at NEX:** Keiki can learn all about Hanauma Bay's colorful marine inhabitants at 2 p.m. **July 24**. Author, Mike Markrich, will discuss the cultural, historical and scientific story of the island's most famous snorkeling area.

**Hula performance at NEX:** Halau Hula Ka Malama Kukui O Na'auao (caretaker of the light of knowledge) traditional Hawaiian dance group will present a hula show from noon to 1 p.m. **July 24** at the NEX.

**Cooking demo with Elmer Guzman at NEX:** Need new ideas for dinner? Learn from chef and cookbook author Elmer Guzman as he prepares recipes from his cookbook "The Shoreline Chef: Creative Cuisine for Hawaiian Reef Fish" from 11 a.m.-2 p.m. **July 24** at the Navy Exchange housewares department.

**American Youth Soccer Organization (AYSO) Hickam/Pearl Harbor Region 188** will hold the final registration for fall youth soccer from 2-6 p.m. **July 31** at the Hickam AFB BXtra. Registration is open to boys and girls ages 4-18. The season runs from August through early November. The registration fee is \$55. Proof of age is required for first time registrants. Pre-register online at [www.aysoregion188.org](http://www.aysoregion188.org). For more information, call 834-5979 or email [registrar@aysoregion188.org](mailto:registrar@aysoregion188.org).

**USS Hopper Ohana** will hold its monthly meeting at 6:30 p.m. **Aug. 3** at the fellowship hall of the Pearl Harbor Base Chapel. A guest speaker from FFSC will discuss stress management. The ohana will also discuss the ship's lei,

deployment events and committees. Childcare will be provided free of charge. The ohana will host its monthly breakfast club at 9 a.m. **Aug. 21** at the Eagle Cafe on Nimitz. Breakfast is Dutch treat. For more information, email [hopperohana70@yahoo.com](mailto:hopperohana70@yahoo.com) or call Sabrina at 625-5438.

**USS O'Kane Ohana** will host an end of summer picnic from 1-4 p.m. **Aug. 15** at HoneyMoon Beach on Hickam Air Force Base. There will be door prizes, games and fun for the entire family. The event is potluck; those whose last name starts with A-M should bring an appetizer or side dish. Those with last names starting with N-Z should bring a dessert. Families who plan to attend are asked to e-mail Kim at [okaneohana@yahoo.com](mailto:okaneohana@yahoo.com) to RSVP and let her know what dish you will be bringing. The ohana is also hosting a food drive and asks attendees to bring non-perishable food to donate to the Food Bank. Volunteers are still needed to help with the picnic. Anyone who is interested in volunteering should contact Kim at the above e-mail address.

**A Blood drive** will be held **Aug. 26** from 9 a.m.-noon at U.S. Air Force, Hickam Community Center. For more information, call 433-6148.

**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](http://www.triwest.com), or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic. The TRICARE Service Center located at the Pearl Harbor Makalapa Clinic is open from 7:30-11:30 a.m. and 12:30 to 4:30 p.m. Monday-Friday. The TRICARE Service Center located at the Kaneohe Clinic is open from 7-11:30 a.m. and 12:30-4 p.m.

**The 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. For more information, contact OU at 449-6364 or [aphickam@ou.edu](mailto:aphickam@ou.edu) or visit [www.gouou.edu](http://www.gouou.edu).

**T.O.P.S. (Take Off Pounds Sensibly)**, a nonprofit, non-commercial weight-loss support group, meets every Wednesday at the Armed Services YMCA, Aliamanu location. Weigh-in begins at 5:30 p.m. and the meeting starts at 6:15 p.m. Membership fees are low and includes the T.O.P.S. magazine. There are also incentive programs offered. The first meeting is free.

T.O.P.S. in Hawai'i is a support group for helping members Take Off Pounds Sensibly. The group recently held its state convention and crowned the state queen. She had lost all her weight by the end of December 2003 and lost 163 pounds. The first meeting of T.O.P.S. is free. If you need support in your weight loss efforts, the group offers low monthly fees and a low joining fee. Call Delcie at 623-1403 for information on the several chapters and meeting places on the island. For more information, call Delcie at 623-1403.

## STORY IDEAS?

Phone: (808) 473-2888  
Email: [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

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

Hawai'i  
**Navy News**

# Stennis enjoys extended stay in paradise

**JO2 Gabriel Owens**

*USS John C. Stennis Public Affairs*

While on deployment to the Western Pacific and in support of Summer Pulse 2004, the crew, embarked staff, and air wing of USS John C. Stennis (CVN 74) stopped for an extended visit in Pearl Harbor, Hawai'i, in July.

"This was a really great chance to see a state that most Americans don't get a chance to," said Photographer's Mate Airman Ryan Restvedt from Stennis' photo lab.

"I went snorkeling, spent a lot of time at the beach, and generally walked around taking in the island," said Restvedt.

Shopping for gifts was a big part of many Sailors' agenda. "I got a tribal mask for my girlfriend," said Restvedt. "It's something she can hang on her wall."

There were so many activities to partake in on the island that many crew members didn't have time to do it all, even in eight days.

"I can't wait to go back," said Ship's Serviceman 2nd Class Wayne Roper of supply's S3 Division. "I barely got to see half of what I wanted to."

Besides the normal activities someone might associate with Hawai'i, such as snorkeling, surfing and lying on the beach, there was also a very important Navy-related one



U.S. Navy photo by PH3 Kevin Eichelberger

The Nimitz-class aircraft carrier USS John C. Stennis (CVN 74) departs Pearl Harbor, Hawai'i.

that many shipmates took the time to see.

"I took a tour of the Arizona Memorial," said Roper. "It was a very moving experience."

The memorial sits over the spot where USS Arizona (BB 39) sank during the bombing of Pearl Harbor in 1941.

The battleship went down with 1,177 shipmates, and there they remain entombed to this day.

"It's an important event in naval and American history," said Roper. "The tour was excellent, and I think everyone on the ship should see it next time we pull in to Hawai'i (if they didn't see it already)."

The crew of Stennis returned to Pearl Harbor Thursday following exercises off the Hawaiian coast.

Stennis is homeported in San Diego and is presently deployed to the Western Pacific in support of the war against terrorism, and is participating in RIMPAC and Summer Pulse '04.

RIMPAC is a biannual exercise in the Pacific. This year's exercise is the 19th in a series since 1971.

Seven nations, forty ships, seven submarines, 90 aircraft and more than 18,000 Sailors, Airmen, Marines, Soldiers and Coastguardsmen are participating.

Summer Pulse '04 is the simultaneous deployment of seven aircraft carrier strike groups, demonstrating the ability of the Navy to provide credible combat power across the globe, in five theaters, with other U.S., allied, and coalition military forces. Summer Pulse is the Navy's first deployment under its new Fleet Response Plan (FRP).

# How to help your Navy spouse study for a rating exam

**Jennifer Hochlan**

*Center for Personal Development and Navy Personnel Development Command*

It is an exciting time to be part of the U.S. Navy. Over the past few years, the Navy has reorganized itself to meet the needs of its Sailors.

From Project SAIL to expanded career opportunities in a variety of ratings (naval jobs), the Navy strives to make the military experience a positive one. But before Sailors can reap the rewards of these new prospects, they need to put in the time – study time, that is.

Your Navy spouse can find background and planning information for a chosen ratings path at the Navy Personnel Command's Ratings Research Aid (RRA).

With the help of a career planner, your spouse will find job descriptions for each rating, information on the work environment, requirements, and the suggested

career path to follow, which includes a breakdown of possible sea time.

The benefits of the ratings system far outweigh the occasional stressful moment. Your family will now be in control of your naval career and promotions.

Job satisfaction and knowing when possible sea time looms in your future alleviate the unknowns of a naval career. Through motivation, support and keeping things around the house manageable, you can help your spouse along the career path.

### Create a study space

The first step to success on the ratings exam is a good study space. Organize a room (if possible) or an out-of-the-way space in your house just for study time. The room should have ample lighting, comfortable seating and an ergonomic desk set-up, with all the necessary supplies (computer, reference materials, pens, paper, etc.). For help in setting up a work-

space, visit Healthy Computing. Remind all members of your family that this workspace is off-limits while your spouse is studying.

### Search for study tips

Once the workspace is arranged, you can help to motivate your spouse toward his/her goal and keeping on the correct path. There are a variety of resources on the Internet to assist you and your spouse. How-to-Study.com and the University of St. Thomas have excellent study guides, as well as tips on staying motivated and working through projects with others. Virginia Tech also has wonderful resources on keeping motivation up.

### Give your spouse study time

Life isn't put on hold during study time. To ensure exam success, you may have to pick up the slack for a few weeks. Sit down with your spouse and figure out what duties he/she does that will need to be

done by you during this time. Keep in mind that passing the ratings exam is a benefit for your entire family, and your contribution may be taking out the trash every day.

If your children are old enough, have them complete certain chores during study time. This will not only get some housework done, but it will also keep little Jack and Jane out of your master student's way.

If you have young children, plan an outing to the zoo or museum during a designated study time. You could also join other spouses in similar situations and form play days at a local park.

### Maintain an even keel

The Navy lifestyle can be very stressful during exam time. To cope with stress, visit LIFELines' Health and Wellness section for tips. Keep the lines of communication open during study time, and success will be yours.