

Learning to surf



Sailors enter the water with their surfboards on White Plains Beach at Barbers Point, after learning basic surfboarding techniques on the sand.

Story and photos by
JO3 Ryan C. McGinley
Staff Writer

Liberty in Paradise offers Sailors an opportunity, every weekend, to learn one of Hawaii's most popular water sports – surfing.

The surfing program, started by Jodie Kim, recreation assistant and surfing instructor for Liberty in Paradise, began six months ago with seven participants and has blossomed into a must-attend program with more than 20 participants per session. While geared toward single Sailors, the program is open to all Sailors and their families.

"This is a good way to get the Sailors off the base and experience activities in Hawaii," said Kim. "When they come out with me and catch their first wave, I see them all on their cell phones calling home. That brings smiles to their faces and mine."

Kim has been surfing since the age of 12, and has taught surfing on Maui as well. She said the purpose of the program was to introduce Sailors to surfing and good spots on the island to practice and learn.

"No matter where you're from, what size you are or what athletic abilities you have, you should try it," she said. "Anybody can do it and it's a lot of fun."

The program offers assistance to all levels from beginners to advanced, but primari-



Sailors pose for a photograph in front of their surfboards.

ly focuses on the beginners because of the surfing spots they choose. The primary spot for surfing is White Plains Beach at Barbers Point.

"Barbers Point has a really good facility for Navy guys," said Kim. "They offer equipment and it's not very expensive for them to come out here."

A day of surfing usually is priced around \$5 and not only affords Sailors an opportunity to have fun, but works as a form of exercise as well.

"It's good exercise and it gets you outside interacting with nature," said Kim. "It keeps you in shape while you're having fun."

Machinist's Mate 3rd Class Timothy Zimmerman, assigned to USS Los Angeles (SSN 688), who heard about the program through word of mouth, said he always wanted

to learn how to surf, and Liberty in Paradise gave him the opportunity to do so at a reasonable price.

"It's inexpensive, they do it every weekend so it's something we can do constantly and get a lot of practice at and it's a lot of fun," he said.

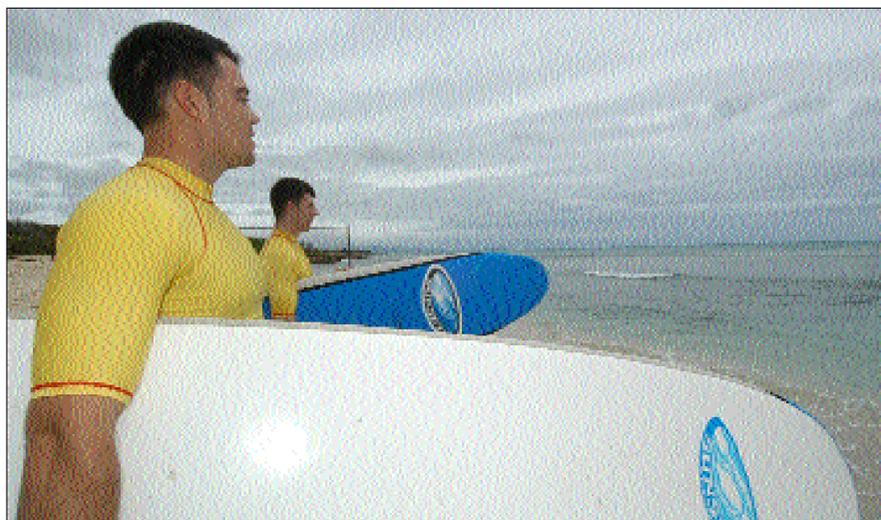
Kim said she hopes every Sailor that comes out for the program has fun and continues to enjoy the sport.

"My goal for this program is to make the Sailors happy because this program is all about the Sailors," said Kim. "I want them to come out here and have fun and have a good time. When I see them surfing five months from now on their own, it makes me happy. It's self-rewarding."

For more information on surfing, visit www.greatlife-hawaii.com or call 473-4279.



Sailors take instruction on how to properly stand up on their surf boards at White Plains Beach at Barbers Point. Liberty in Paradise offers a beginners surfing program every weekend for Sailors to learn to surf.



Sailors prepare to enter the water and attempt surfing for the first time.



Jodie Kim, recreation assistant and surfing instructor for Liberty in Paradise, instructs a Sailor on how to properly stand up on his surf board.

Month of the Military Child celebrates spirit, challenges

Christa Black Thomas

MWR Quality of Life

Marketing

It's tough being a kid these days. Being one raised in the military is even tougher.

When a parent serves, it isn't just a job, it is a military mission that dictates the life of the family. When duty calls, military kids have to pack up the Tonka trucks, Barbie dolls and video games and go where Uncle Sam sends them. All too often, for some kids, Uncle Sam is more familiar to them than a blood relative.

Compared to the average American child, military children have above average experiences. Not only do they get to see different areas of the United States, but also destinations around the world that many adults have only dreamed of visiting.

Military children are steeped in many different cultures, from Hot Springs, Ark. to the hot springs at the foot of Mt. Fuji; from Disneyworld Florida to Disneyland Tokyo.

Each April since 1983, American military bases worldwide have sponsored and coordinated events to celebrate the Month of the Military Child. Events are intended to celebrate our military children, to show them we appreciate what they endure and recognize how hard it is for them to adjust and succeed in the military lifestyle. This month not only celebrates their lifestyle, but also their spirit.

Being a child of a military service member offers many challenges and benefits. He or she must face the prospect of frequently saying goodbye to friends or family members, the countless separations from the

Did you know...

- In the U.S. military, 90,000 babies are born each year.
- Military families move an average of every three years.
- There are one million military children under the age of 11.
- The Department of Defense has the largest employer-sponsored child care program in the country, serving more than 200,000 children (12 and under) daily.
- Students at Department of Defense schools outscore their public school peers on standardized tests, according to Vanderbilt University.

(Sources: Department of Defense, National Military Family Association, Military Family Resource Center)

military parent, moving to a new school to become the new kid on the block – again – and making a completely new set of friends every two or three years. The military child is often far away from extended family members. It's very difficult on adults to live that kind of life and it's even harder on children because they have the normal childhood stressors that come with growing up.

Chet Adessa, family advocacy prevention and education specialist with Fleet and Family Support Center (FFSC), said, "The most difficult times for Navy adolescents and teens are when the active duty parent transitions from sea to shore duty or returns from deployments. They may get angry or mouthy and think, 'You're never around, why should I listen to you?' It's upsetting because that parent may feel left out. Added to that, deployments are getting longer – young ones may be afraid that a parent is in harm's way and through the media, they see Soldiers getting killed. They are afraid for them and may not know how to handle it."

FFSC offers several programs to help children and parents who have difficulty with discipline, communication or dealing with the pangs of deployment. Some of those programs include pre-deployment briefings, individual and family counseling and parenting classes.

Conversely, Adessa agreed that some of the same challenges are what makes the military child unique. The military child has the extraordinary opportunity to meet different people and learn about different cultures and understand diversity better than most. "Because of constant relocating, they are very resilient, make friends easier and learn to not isolate themselves," Adessa said.

According to Adessa, the military child often learns valuable "people" skills from years of meeting and making new friends at each duty station.

"There are a lot of success stories. Families that do well have adopted all the positive skills that will help them in adult life, communication, adapting to change, networking, new cultures, new environment – all of this is part of their unique education and they benefit from it," he said.

Brittney Jaeger, 14, has known nothing other than the military lifestyle. She has lived in Japan twice, Guam, California and Hawai'i.

She said the hardest part of her lifestyle is leaving her friends. "I keep in touch with email mostly. Sometimes I'll send or get something through the regular mail. I have friends all over the world. Not a lot of people can say that," Jaeger said.

She spends most of her time as a diligent student at Aliamanu Middle School, provides lawn care services and is a team member of the "Strikers," a Mililani soccer club. Brittney's mother, Vena, is pleased with how well she deals with transition.

"I personally look forward to moving every three years or so, but I know it's hard on her and her brother and sister, but she gets out and makes friends really easily," she said.

Kendall Roberts, 25, the daughter of a retired USMC master sergeant, is a self-proclaimed "military brat" who experienced a total of eight moves growing up, living overseas twice.

"As a child, I didn't always enjoy the inevitable moves, but my mom was always the positive one who taught me to see the advantages and how lucky we were to have these experiences," said Roberts. "Looking back, I realize moving was truly one of the highlights of being raised a brat."

"In college I had classmates who had never been outside their hometown and were amazed at all I'd had the opportunity to do and see. Growing up in the Marine Corps was an experience not to be missed," she added. "People may say military children grow up without roots, but it isn't true. My roots are the military itself and it's a heritage I claim with pride."

It's that pride that makes a military family all that it is. While it is true that our Sailors, Marines, Airmen and Soldiers are courageous heroes, we must recognize the contributions and personal sacrifices that even our littlest heroes make for the military.

(*Some information from "Voices of the Military Child" by Barbara A. Easton-Bates).



Photo by Amiee Huepenbecker, MWR Quality of Life Marketing

Toddlers enjoy a ride down the slide at the Bougainville Child Development Center. The center provides a safe, healthy learning environment where children from ages six weeks to five years can "discover, explore and learn about the world around them."

Trading anchors for bars



U.S. Navy photo by PH2 (AW/SW) Justin Nesbitt

The children of EMC(SS/DV) Daniel J. Robinson, previously assigned to Commander, Submarine Forces, Pacific, remove their father's chief's insignia during a commissioning ceremony Thursday at the USS Bowfin Memorial. Robinson was promoted to rank of ensign in the Chaplain Reserve Corps. He entered the Navy Sept. 6, 1990 in his hometown of Costa Mesa, Calif.

FFSP teaches Sailors to get smart on money matters

Fleet and Family Support Program Marketing

Commander Navy Installations Millington Det.

Sailors who want to increase their wealth or need some help in meeting financial challenges can attend classes and consult with financial experts at no cost through the personal financial management (PFM) program, available through their command financial specialist (CFS) or the Fleet and Family Support Program (FFSP).

The PFM program can assist Sailors with a variety of financial issues, including military pay matters, banking and financial services, develop-

ing a budget, car buying strategies, credit management, consumer awareness, insurance, retirement planning, financial planning for deployment or permanent change of station, and savings and investments.

"Most people learn about sound financial management by experience, but sometimes when it's too late," said Tony Burtley, military career readiness PFM specialist, Commander, Navy Installations (CNI), Millington Det. "If we can help a Sailor before they have problems, it makes the program all the more successful."

The PFM Web site, www.ffsp.navy.mil/pfm/pfm.htm, is another resource that Sailors can use to

learn about personal financial management. The interactive site especially appeals to young Sailors because much of the information is presented in a game format.

"I found the site very easy to navigate," said Yeoman Seaman Courtney Carter, Navy Personnel Command, Millington. "The car

buying course is set up like you're actually driving a car on a map. You 'drive' through the steps of purchasing to financing to legal rights. It's really awesome."

According to Burtley, recent statistics show that more than one-third of all revoked security clearances are due to Sailors' personal financial reasons and in 2003, Navy Exchange Service Command processed 26,000 returned or bad checks, totaling \$2.7 million.

"For many Sailors and their families, the lack of basic consumer skills and training in financial management positions them for financial difficulty," said Burtley. "An appointment with their CFS or taking a financial education class at the FFSP may just be the solution they need."

In addition to CFS, there are 52 Fleet and Family Support Centers and personal financial management program delivery sites worldwide. For more information on FFSC programs or to locate the nearest center, visit the FFSC at www.ffsp.navy.mil or call their 24-hour information and referral hotline at 800-FSC-LINE. Additional information is available from Navy One Source at www.navyonesource.com or by calling 1-800-540-4123.



STORY IDEAS?

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

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Hawaii Navy News

Welcome Center evaluates your health care needs

Capt. Peggy Anne Fisher McNulty, NC

*Naval Health Clinic Hawai'i,
Naval Station Pearl Harbor*

It is no secret that prevention is key for improved longevity of life, enhanced quality of life and enormous health cost savings. A minor stroke creates hundreds of thousands of dollars in health related costs coupled with a dramatic change in the quality of life.

In an effort to place prevention at the forefront at Naval Health Clinic Hawai'i, a new center for welcoming new arrivals to wellness and Hawai'i was established 18 months ago under the direction of Capt. Joseph Moore, former commanding officer, and currently under the direction of Capt. Charles Barker. This center boasts significant outcomes in the quantity and quality of preventive services generated and provided for not only active duty, but for their entire family unit.

Welcome Center
The "E Komo Mai Center," Hawaiian for "Welcoming Center," is much more than just a welcome center. When family and service members report to sign up for Tricare, they are immediately directed to this center. Daily check-ins average 30 each day. Once Tricare is established, records are made and readiness is evaluated for the active duty member, including Snap Automated Medical Tracking System data entry.

Immunizations, DNA and HIV status are verified. Family members and active duty are interviewed separately for health concerns, including their health history, family health history, immunization status and psycho-



Photo by Karen Kanakaole, Naval Health Clinic Hawai'i

Capt. Peggy Anne Fisher McNulty, head of the Welcome Center at Naval Health Clinic Hawai'i at Naval Station Pearl Harbor, interviews a new family member.

social assessment by the use of the SF 2766 form. Active duty members are assessed by an additional evaluation that includes the preventive health assessment and Physical Activity Risk Factor Questionnaire for readiness.

Forms are completed during a face-to-face interview with a nurse (RN, LVN) who reviews the record for completeness and conducts a full set of vital signs (blood pressure and weight for ages 12 and over), followed by an in-depth interview by a nurse practitioner, independent duty corpsman, nurse or expertly trained corp staff which lasts approximately 30 minutes. Each client is queried for tobacco, alcohol, drug history and health behaviors. Counseling is initiated and health classes are offered and scheduled. Parents are interviewed for young children; however, all others are interviewed separately for privacy.

Most clients reported

never having a comprehensive review of their health record in the past and are extremely happy with the new service rendered.

Clients choose their primary care manager. A picture book noting provider credentials and personal philosophy is provided for their review. The patient is given a "prescription for care" summary that is a checklist of health care maintenance recommended specifically for each patient. This is based on an assessment by age, current and previous health care history, and anticipatory guidance recommendations for children, teens and adults.

Clients are also enrolled on the spot for classes such as healthy heart, shipshape, nutrition and tobacco cessation. A room designed for wellness is also located at the Welcoming Center and family members can easily pick up brochures or borrow videos specific to their needs. This room also houses a play area for young

children so that parents can concentrate on filling out forms and health history while their child safely plays in the same room, filled with safe, washable items that easily capture a child's energy and attention.

Statistical analysis

Overall since opening, nearly 7,000 patients have been processed through the Welcoming Center, Naval Health Clinic Hawai'i. Active duty accounts for 46 percent, spouses 24.5 percent, children 29 percent and retirees 0.5 percent.

Classes can be arranged for healthy heart, tobacco cessation, nutrition management, diabetes self management and more by calling health promotion at 471-WELL (9355). If you would like to stop by and give the Welcoming Center a try, call for an appointment at 473-2444, ext. 501. The staff will screen your health record if you checked into Hawai'i prior to its opening in January 2004. The center is here for the health of it.

**OPERATION
HOMECOMING**

Stephen Lang
in the play
**Beyond
Glory**

**Medal of Honor recipients
in their own words**

In an extraordinary theatrical event, acclaimed film actor Stephen Lang brings to the stage the riveting stories of seven American heroes. Adapted from Larry Smith's book *Beyond Glory: Medal of Honor Heroes in Their Own Words*, Stephen Lang's stunning one-man performance portrays veterans from World War II, Korea, and Vietnam, including Admiral James Stockdale and Senator Daniel Inouye.

Friday, April 22 at the Hawai'i Theatre located at 1130 Bethel St. Performance of *Beyond Glory* begins at 7 p.m. with reception to follow. For information go to www.greatlifelhawaii.com

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

FRIDAY
7:00 p.m. Constantine (R)
SATURDAY
2:30 p.m. Because of Winn Dixie (PG)
4:45 p.m. Son of the Mask (PG)
6:45 p.m. Hitch (PG 13)
SUNDAY
2:30 p.m. Son of the Mask (PG)
4:30 p.m. Because of Winn Dixie (PG)
6:45 p.m. Hotel Rwanda (PG 13)
THURSDAY
7:00 p.m. Cursed (PG 13)
\$3 adults; \$1.50 children (6-11)

Memorial Theater
Hickam Air Force Base
(449-2239)

FRIDAY AND SATURDAY
7:00 p.m. Million Dollar Baby (PG 13)
SUNDAY
7:00 p.m. Be Cool (PG 13)
WEDNESDAY
7:00 p.m. Diary of a Mad Black Woman (PG 13)
THURSDAY
7:00 p.m. Be Cool (PG 13)
\$3 adults; \$1.50 children (6-11)

Sgt. Smith Theater
Schofield Barracks
(624-2585)

FRIDAY AND SUNDAY
7:00 p.m. Man of the House (PG 13)
SATURDAY AND WEDNESDAY
7:00 p.m. The Pacifier (PG)
THURSDAY
7:00 p.m. Cursed (PG 13)
\$3 adults; \$1.50 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

- **April 23:** Boogie boarding at Bellows, 9 a.m., \$10. Register by **April 20**.
- **April 24:** Learn to surf, 9:30 a.m., \$15. Register by **April 21**.

FAST LUNCH LEAGUE

Naval Station Pearl Harbor bowling center will offer a lunchtime bowling extravaganza every Tuesday. The Fast Lunch League will be held **through May 24**. No team is required, just come join the games. The cost is \$9 per day and includes two games, shoe rental, lunch and drink. For more information, call 473-2651.

SPRINGFEST

Springfest, in observance of the Month of the Military Child to honor military children, will be held **today** at Ward Field, Naval Station Pearl Harbor. Springfest will be held from 5-9 p.m. and will include live entertainment, games, bounce houses, food and a special big screen showing of "Spongebob Squarepants - The Movie," complete with free popcorn. The event is open to all authorized patrons and their family members. For more information, call 473-0606.

ROCK-PAPER-SCISSORS COMPETITION

A rock-paper-scissors competi-

tion, or Jan Ken Po, will be held every Saturday in April at the Country Bar at Club Pearl. The first ever Jan Ken Po champion will be crowned April 30. Doors will open at 8:30 p.m. For more information, call 473-1743.

FREE WALLYBALL NIGHT

Free wallyball night will be held **April 20** at Bloch Arena racquetball courts. Register no later than **April 18** by calling 473-0610 or visiting the Wentworth Pro Shop.

SPRING RACQUETBALL TOURNAMENT

MWR will host a spring racquetball tournament **April 22** at the Bloch Arena racquetball court. The time will be announced. Divisions will include men's and women's open, A, B and C. The format is doubles only. The cost is \$10 per team. Register no later than **April 20**. Visit www.greatlifeflowaii.com for more information or call 473-0610. Racquetball lessons for juniors and adults are available year round.

FREE SQUASH NIGHT

Come learn the fundamentals of squash or tune up your game at free squash night beginning at 5:30 p.m. **April 22** at the Makalapa squash courts. Register before **April 20** by calling 473-0610 or visiting the Wentworth Pro Shop.

21ST ANNUAL ARMED FORCES BODY BUILDING CHAMPIONSHIP

Navy Region Hawai'i MWR will host the 21st Annual Armed Forces Body Building Championship on **April 23** at Sharkey Theater. The event will feature active duty and military affiliated personnel and their family members from all branches of service. The event will

take place in two segments. Pre-judging is at 9 a.m. (spectator fee is \$5). The evening show is at 7 p.m. (spectator fee is \$10). The cost to compete is \$20. Entry forms are available at all military fitness centers and at www.greatlifeflowaii.com. For more information, call 473-0784 or stop by the MWR athletics office.

ADULT SAILING CLASSES

Free adult sailing classes are available to all active duty, retirees, DoD employees and family members at Rainbow Bay Marina. Classes are offered every week. The schedule is as follows: 8 a.m.-noon Monday through Thursday, 4:30-6:30 p.m. Monday through Thursday, 1-5 p.m. Saturday and Sunday. For more information, call 473-0279.

YOUTH STRENGTH PROGRAM

A youth strength program for ages 10-13 is held from 3-4 p.m. Tuesdays and Thursdays at Bloch Arena. The cost of the program is \$25 per month. The workout includes a cardiovascular warm-up, strength exercises, stretching techniques and nutritional tips. Registration requires a healthy history and Par-Q form. For more information, call 473-0793.

LUNCHTIME YOGA

Take a lunchtime yoga session at Bloch Arena on Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m. Improve your flexibility, strength and stamina while increasing your feelings of calm and well-being. The cost is one aerobic ticket. For more information, call 473-0793 or visit www.greatlifeflowaii.com.

MASSAGES BY "THE LOTUS TOUCH"

Want to improve circulation, increase flexibility, release muscle tension and receive a greater sense of well-being? Try "The Lotus Touch." Patrons can enjoy a hot and cold stone massage which includes face, neck and shoulders. 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.



- **April 15:** Magic of Polynesia (dinner, show and cocktail), \$47, 4 p.m.
- **April 16:** Kailua kite surfing lesson, \$100, 9:30 a.m.
- **April 17:** Brunch on the Beach (Waikiki), free, 9 a.m.
- **April 20:** April birthday bash, free, 6:30 p.m.
- **April 22:** Paradise Cove luau, \$38, 4 p.m.
- **April 23:** Surfing lesson, \$3, 10 a.m.
- **April 24:** X-Treme jet skiing, \$45, 10 a.m.
- **April 27:** Ping-pong tournament, free, 6:30 p.m., Beeman Center.

Weekly events:

- Sunday:** Chess tournament, 6:30 p.m.
- Monday:** WWE wrestling, 6:30 p.m.
- Tuesday:** 8-Ball tournament - 7 p.m.
- Wednesday:** Game show - 6:30 p.m.
- Thursday:** 9-Ball Pool tournament - 7 p.m.

Community Calendar

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

SNA invites all Sailors to a **buffet lunch with Force Master Chief (SW/AW) Karen O'Connor** at the Banyans **April 20** at 11:30 a.m. The cost of lunch is \$5 for non-members

The annual **Navy Marine Corps Relief Society (NMCRS) fund drive** held its annual kickoff March 14 and will continue **through April 22**. The mission of the NMCRS is to provide, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the naval service and their eligible family members and survivors. NMCRS provides assistance with basic living expenses, emergency transportation, funerals, medical bills, essential car repairs, pay problems and other emergency needs. For more information on the fund drive, contact the Pearl Harbor NMCRS office, located in building 1514, at 423-1314 or the Marine Corps Base Hawai'i - Kaneohe Bay NMCRS office, located in building 4016, at 254-1327.

Navy Region Hawai'i will host its second annual **Earth Day Fair** from 10 a.m.-2 p.m. **April 23** in the main rotunda of the NEX at the Mall at Pearl Harbor. Learn about Hawai'i's environmental treasures and how everyone can help protect and preserve them through various interactive exhibits. There will be games, activities and prizes for the children. For more information, call Terri Kojima at the CNRH Public Affairs Office at 473-2926 or 473-2888.

The **2005 Aloha Jewish Chapel Passover Seder** will be held **April 23** at the Hale Koa Hotel. Doors will open at 6 p.m. and the Seder will begin shortly after 6:30 p.m. This year's Seder is sponsored by the Aloha Jewish Chapel Trust Fund. Donations are greatly appreciated for future good works related to the Hawaiian military community. Applications for the 2005 Jewish Passover Seder can be obtained from the Naval Station Pearl Harbor chaplains' office. Reservations are accepted on a first-come basis. Space is limited to 140 people. Priority will be given to active duty and retired military service members and their immediate family members. However, civilians will not be "bumped" to accommodate late requests by service members. Please send your registration form and payment (checks only, no cash) to Robert Landis, 98-857D Iho Place, Aiea, HI 96701. The cost for this event is as follows: Active duty military and their dependents E5 and below are guests. All other active duty military and their dependents will be charged \$29 per person. Any other participants will be charged \$45 per person. For more information, call 473-3971.

Navy Hale Keiki School will host a silent and verbal auction from 5-9 p.m. **April 23** at the Hickam Officer's Club. This year's theme is "All That Jazz." Entertainment and heavy hors d'oeuvres will be provided. For tickets or for more information, call 423-1727.

A special invitation has been extended to military service members and their guests to an exclusive presentation of an award-winning **ballroom dance showcase** presented by the Brigham Young University (BYU) Ballroom Dance Company on **April 26** at the BYU-Hawai'i Cannon Activities Center in Laie. Showtime is at 7:30 p.m. The event will feature a variety of dances, including foxtrots and waltzes reminiscent of a royal ball, playful 1950s sock hop-style swing dances, and dances of Latin persuasion. In August 2004, the dancers competed in the Embassy Ball, an annual ballroom dance competition in Irvine, Calif., winning

the title of United States National Formation Champions - a title they have held consecutively since 1982. The Ballroom Dance Company has traveled to England to compete in the British Open Ballroom Competition in Blackpool, England and has captured 18 first place trophies. Debuting at this competition in 1971, the BYU team became the first United States team to win a first place trophy. The group has performed in 22 cities throughout the United States as well as throughout Europe, Asia, Australia, the South Pacific, Canada, the Far East, Russia, China, Mongolia, South Korea and South Africa. Tickets are \$5. For more information or to obtain tickets, call 293-3545.

A **Health Promotions Basic Course** has been scheduled for 8 a.m.-4 p.m. **April 26-27** at The Banyans. The course is intended to prepare Sailors (E-5 to O-3) at individual fleet surface, submarine and shore commands to coordinate, deliver and evaluate a comprehensive health promotion program. The HP basics course fulfills the training requirement for the "green h" award force commander annual health promotion unit award. Individuals who are assigned as health promotion program coordinators or collateral duty officers should attend. For more information or to register, call 471-WELL.

Host families are currently being sought in the state of Hawai'i to provide homestays during the academic year 2005-2006 for high school aged students (male and female) under the auspices of the **International Hospitality Center**. Hosts may be located on Oahu or any neighbor island. Students will, in general, attend the local public school in the district in which the hosts reside. Several private independent schools also offer scholarships for IHC exchange students. Hosts may choose sex, nationality, and age (15-17) and work closely with the International Hospitality Center in the selection process. Students in 2005-2006 include participants from Spain, Germany, Hungary, Poland, Vietnam, Brazil, Japan, several South American countries and other European nations. In addition, 20 Freedom Support Act/Future Leaders Exchange students from Russia and the Independent States will be placed in Hawai'i.

On full scholarships funded by the U.S. Congress, these FLEX students are rigorously tested and are the most highly qualified exchange students. The International Hospitality Center is Hawai'i's community-based, volunteer organization providing programming and hospitality services to government and foundation grantees and sponsored international exchange students. Host families are also sought for short-term hospitality and homestays from two days to four weeks in duration. Summer 2005 will bring short-term participants from Japan, Korea, Tahiti and other nations. For more information, Barbara Bancel, executive director of the International Hospitality Center, at (808) 521-3554.

The **American Red Cross**, Hickam Service Center is seeking volunteers to fill the following positions: chairman of volunteers, records chairman and publicity chairman. For more information, call the Red Cross office at 449-0166. The office is located at 655 Vickers Ave., building 1105 and is open from 8 a.m.-3 p.m. Monday-Friday.

Sea World San Diego is offering free admission throughout 2005 for all active duty military and up to three dependents. For more information, visit their Web site at <http://www.herosalute.com/cavats/index.html>.

The **USS Chafee Ohana** meets at 7 p.m. the first Tuesday of each month at the community center in Pearl City housing. Child care is provided at a cost of \$2 for the first child and \$1 for each additional child. For more information, call 780-4132 or contact chafeeohana90@yahoo.com



Be Cool: Chili Palmer sees a friend killed, and when he visits the wife of the deceased, he pitches himself as her new business partner, hoping to enter the music industry.

Because of Winn-Dixie: A 10-year-old girl moves to a small town in Florida and adopts a stray dog whom she names after the local supermarket where she finds him.

Constantine: See Review

Cursed: Ellie and her brother Jimmy are on their way home when they get into a car accident. While trying to help the other driver, he is attacked by what Jimmy swears was a "huge man-like wolf."

Diary of a Mad Black Woman: Devoted housewife Helen and Charles have a perfect marriage. Just as Helen begins preparations to celebrate their 20th anniversary, Charles wants to divorce Helen for her best friend.

Hitch: Alex is a "date doctor" who claims to be able to find customers their perfect romantic match. Sara, meanwhile, is a gossip reporter who decides to write an expose on Hitch's condescending methods.

Hotel Rwanda: Ten years ago, in only three months, one million people were brutally murdered. An ordinary man saves the lives of over a thousand refugees, by granting them shelter.

Man of the House: Texas Ranger Sharp is assigned to protect the only witnesses in the prosecution of a drug kingpin -- a group of cheerleaders.

Million Dollar Baby: Frankie is a boxing trainer who has devoted his life to the ring and has little to show for it. Then, Maggie enters his life and an emotional bond develops between them.

The Pacifier: An undercover agent fails to protect an important government scientist and then agrees to look after the man's five kids when they are suddenly in danger.

Son of the Mask: Tim Avery is feeling reluctant to become a father when he finds that he has to take care of a baby with amazing abilities.

JO3 Ryan C. McGinley Constantine

Constantine is a depressed, chain-smoking demon hunter who is forced to spend what little days he has left (he is dying from lung cancer) trying to buy, bargain and barter his way into heaven. See, he committed a mortal sin - attempted suicide. Those who attempt or commit suicide are damned to spend eternity in hell.

He does this by performing exorcisms, and sending what are called half-demons back to hell. As the tag line goes, "Hell wants him, heaven won't take him and Earth needs him." All this is well and good, but actually watching the film makes one less and less interested.

Based on characters from the "Hellblazer" graphic novels, "Constantine" is a no-brainer. What audiences expect to happen, does happen, even though they wish it didn't happen. "Constantine" is a joke. It's a film so inadequate that it fits perfectly with its main actor, Keanu Reeves.

The film has a barrage of supporting characters in an L.A. cop, Constantine's cab driver and apprentice and lets not forget his supplier who resembles Q in the James Bond pictures. But all the characters and all the special effects in the world can't save this script.

Director Francis Lawrence makes the leap from music videos to film in this his first feature film. In doing so he tries to create Constantine as the anti-hero. The character is someone audience members shouldn't want to like, but do. What he fails to do is create a film that audiences will like. Sure Constantine is a grumpy, often funny character, but all is for naught if what the character is doing lacks any real interest.

Like so many other films, "Constantine" is an average movie aimed at appealing to the eye and not the mind. It does little to stimulate imagination or intrigue, settling more for aesthetics and one-liners.

OVERALL RATING: ★★☆☆☆