The art of preparing food

Rene Marquis, a panel judge at the Kapio'lani Community College Culinary Institute of the Pacific, instructs CS3 (SS) Jared Ranford assigned to USS La Jolla (SSN 701) on presentation techniques during a culinary competition at the Kapio'lani Community College Culinary Institute on April 30.

Culinary Specialists learn food preparation from seasoned professionals

Story and photos by JO2 Devin Wright
Editor

For many people, the art of cooking is little more than adding the right amount of ketchup to a fast food burger or correctly measuring a cup and a half of milk to put into a serving of macaroni and cheese. But for culinary specialists (CS) competing at Kapio'lani Community College Culinary Institute of the Pacific competition, an empty plate is a canvas.

Five culinary specialists from various commands throughout the Navy and three from USS La Jolla (SSN 701) competed at the college April 30 for a chance to earn medals that will put them one step closer to becoming a chef.

The five culinary specialists are temporarily assigned for a five-week private mess course to learn skills in mess management and sanitation.

"These Sailors are not competing against each other," said CS1 (SS) Robert Irish, assigned to USS Bremerton (SSN 698) and private mess course instructor. "They are competing against the industry's standards of managing a kitchen and sanitation. If they do well, they will earn medals, which go towards points you need to become a chef. These are all skills that are highly useful in the civilian sector. Not only do they earn medals if they are successful, they also get four college credits," he said.

While the course and competition helps the culinary specialist achieve success in their job field, it is also beneficial to the Navy.

"This is not only good for the students it is good for the Navy," said Irish. "When they go back to their ships, they can instill these fundamentals in their shipmates that didn't have the opportunity to come to this course. They are going to produce a better product for their commands and that will help not only their morale, but the [Sailors] as well," he added.

For competitors, the competition was a way to measure where they stand as culinary specialists.

"This competition really lets me know how I am doing in the industry," said CS3 (SS) Jared Ranford, assigned to USS La Jolla. " "This is the career I have chosen. So it's nice to know how I am doing compared to others in the business," he said.

Competitors have one hour to make a meal for four. They are judged on their ability to manage time, food preparation technique, presentation and cleanliness.

"I made a herb crusted rack of lamb, mushroom risotto and a vegetable medley with zucchini, squash and carrots, topped off with a dried cherry and peppercorn sauce. It went well. I was relaxed and focused. I stayed calm and positive and it worked for me," he said.

The American Culinary Federation (ACF), Inc. is a professional, not-for-profit organization for chefs and cooks.

It was founded in 1929. ACF is the largest culinary organization dedicated to professional advancement of chefs in the United States.

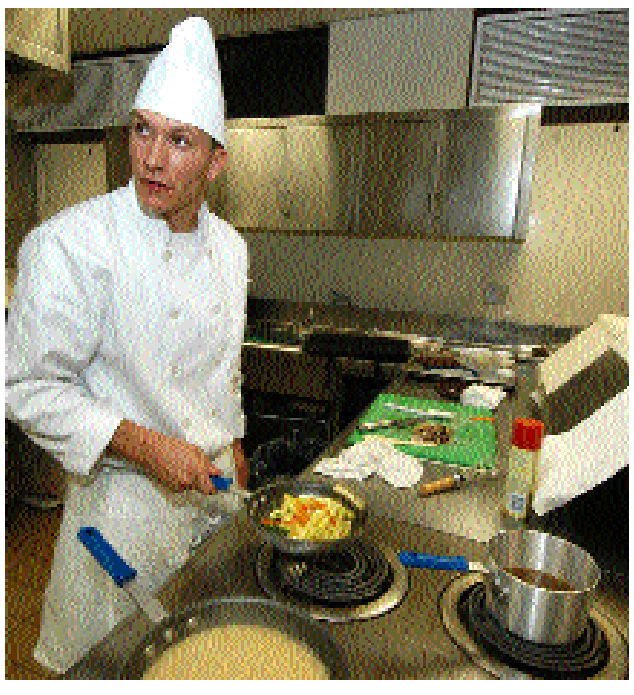
Left: Rene Marquis judges a dish made by CS3 Ranford. Ranford made a herb crusted rack of lamb, mushroom risotto and a vegetable medley with zucchini, squash and carrots, topped off with a dried cherry and peppercorn sauce.

Bottom: CS3 Ranford puts the finishing touches on his dish. Participants are competing against the industry's standards of managing a kitchen and sanitation

Competitors are judged on their ability to manage time, food preparation technique, presentation and cleanliness.

If they do well, they are awarded a medal and points to help them in becoming certified with the American Culinary Federation (ACF) as a chef. ACF Inc. is a professional, not-for-profit organization for chefs and cooks. It was founded in 1929. ACF is the largest culinary organization dedicated to professional advancement of chefs in the United States.

CS1 (SS) Robert Irish, assigned to USS Bremerton (SSN 698) and private mess course instructor, judges a dish prepared by CS3 Ranford.



CS3 Ranford checks the clock to make sure he is still on schedule. Competitors have one hour to make a meal for four.

Commentary

Window on Pearl Harbor

Karen S. Spangler, Assistant Editor
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Mothers are special every day

(Every year, as Mother's Day draws near, I devote my Window on Pearl Harbor column to a message about mothers and how special they are. The reminder is always timely and ever important – treasure your mom while you still have her and let her know you love her and appreciate her, now – while you still can.)

The memories are still poignant and clear – as though it were only yesterday or last month instead of 15 years ago. On a spring day in Pennsylvania, the air was balmy, but still carried a bit of a chill. Trees whose branches had been bare through the winter months were now beginning to bud with the rebirth of spring. The sky was overcast - with intermittent patches of blue - and a light drizzle fell from the gray clouds above. There in a small, rural cemetery, I stood quietly with my children and other members of our family – saying my last goodbyes to my mother. My tears flowed down my face as the minister delivered a brief eulogy. Sprays of roses covered the top of the coffin which sat beside the open grave - dug into the muddy ground which was soon to be my mother's final earthly resting place. It was all so unreal to me – that my beloved mother was gone from my life. Part of me refused to believe it, though another part of me knew that it was true - and I had no idea how I would ever deal with such a great loss.

On a day that other families were planning Mother's Day celebrations with their mothers, I was burying my mom. While newspaper ads and radio and television announcements offered reminders to do something nice for moms on their special day, I cried for my loss.

As weeks and months passed, I envied those who still had their mothers. I longed to be able to send a sentimental card, drop by with an arrangement of flowers or enjoy a nice dinner with mom at one of her favorite restaurants. I desperately wanted to be able to pick up the telephone and hear the sound of her voice – to share my latest triumphs and disappointments. And my heart ached for my children who would never again see their grandmother or be able to share in baking cookies and all of the wonderful moments that grandmas and grandchildren enjoy. Most of all, I wanted to be able to wrap my arms around the wonderful lady who had not only been my mom, but my dearest friend, and squeeze her as tightly as I could. But she was gone – and I could never do that again.

As a child growing up in a poor family, I had very little – and yet, I had an abundance. There were many happy memories of past Christmases. Presents under the tree were scarce and most were hand-me-down clothes which Mom had cleaned and pressed until they looked new. Then she lovingly wrapped them and placed them under the tree.

There were the countless times when she held me and rocked me when I was sick, read me bedtime stories, and told me funny stories about growing up with her siblings. To me, she seemed like an angel. She never got angry, never complained, always understood and supported us, and had the biggest, most generous heart of anyone I knew. She could also be funny and at times, mischievous. She always had a smile and a hug for us – and despite the difficult struggles, displayed a lot of courage. The sacrifices that she made for us were many – although I wasn't aware of it at the time.

As with most mothers and daughters, there was a special bond between us – a closeness that could never be disputed or discounted and one which, despite the distances that frequently separated us after I grew up and had my own family, never lessened.

I treasure all of my memories – and even though many years have passed since my loss, I still miss her very much – but especially on Mother's Day.

If you are still lucky enough to have your mom, I encourage you – no, I implore you – to appreciate her and show her how much you love her…while you can. Even if you are a distance away…as many of our Sailors at Pearl Harbor are…send your mom a card or a bouquet of flowers, something to show your love and appreciation. Or just pick up the phone and give your mom a call to let her know that you care.

Moms truly appreciate all of those little gestures – just to know that you love them and are thinking of them is worth more than all of the riches in the world.

But you don't have to wait until Mothers' Day to make your mom feel special – mothers are special every single day of the year.

Happy Mothers' Day – to moms everywhere! And have a fine Navy day!

Boutiki helps military, community

JO1 Daniel J. Calderón
Staff Writer

For more than three decades, the Boutiki on Naval Station Pearl Harbor has served military members, their families and members of the local community. The store is once again preparing to donate money to local charities that serve Sailors and their families.

"Our profits go to military charities of local Hawai'i charities that benefit military active duty [members] and their dependents," said Felicia Horton, chairperson of the Boutiki board. "We particularly look at charities that benefit dependent children."

On May 13 at 8:30 a.m., Horton and other members of the board will donate a total of $9,000 to 17 local charities. Horton said she would like to increase that amount next year.

"To do that, we'll need to increase the number of buyers," she began. "We'll also be partnering with military dependents who would like to be vendors and with local businesses who have connections with the military here. Then, we will broaden the type of merchandise we carry."

Horton cited one merchant, Anna Meng, as an example of broadening the appeal and connection with the community without incurring additional costs to Boutiki. Meng, the wife of a retired military member, regularly has a display at the store. However, Horton also allows Meng to bring in her custom-designed jewelry for display during "trunk shows." Meng brings in the merchandise for the show and Boutiki receives a portion of the sale for each item. In this way, Boutiki does not have to purchase the merchandise before displaying it.

Boutiki regularly carries Hawaiiana, Americana, collectibles and gifts that Horton said, "can't be found anywhere else." Although the store is frequented by female enlisted and officer family members, Horton said Boutiki will soon be courting another customer base.

"Soon, there will be more masculine merchandise in the store," Horton explained. "We're bringing in more for the gentlemen."

U.S. Navy photo by JO1 Daniel J. Calderon
Anna Meng sets up her wares at Boutiki for a trunk show.

In another change, the Boutiki has avoided the Christmas season display from September to December in favor of carrying local Christmas merchandise year round.

"We have so many families coming in to visit Sailors during the year and we have people who get ready to PCS [permanent change of station] throughout the year looking for one certain ornament to remember Hawai'i by, that we thought we should carry the traditional Hawaiiana and Americana ornaments year round," Horton said. "We have cloisonné ornaments and we have exclusive Boutiki cloisonné for Mother's Day and for Christmas."

Volunteers make up Boutiki's workforce and board of directors. Right now, the board is looking for several positions including secretary, head buyer, general merchandise buyer, antique and trunk show buyer, general merchandise assistant buyer, head receiver and assistant receiver.

"I spend a lot of time here and I love every minute of it," said Cam Cunningham, a volunteer at Boutiki. She assists with publicity for Boutiki and works the cashier. "I really believe what we do here is for a great cause."

The volunteers, including Horton, are all appreciative for the customers and for the consideration given to them and the store by the military leadership here.

"We are deeply grateful to Adm. Vitale [Commander Navy Region Hawai'i and Commander Naval Surface Force Middle Pacific] and to Capt. Cox [chief of staff for Navy Region Hawai'i and commanding officer of Naval Station Pearl Harbor] for their tremendous support of Boutiki," said Horton. "They give us this building to operate in and, in this time of war and compressed resources, we would not exist here without the Navy."

Anyone interested in volunteering either for a store position or for a board spot can contact Horton at 422-6662. She said volunteers go through a full training program before receiving any sort of assignment.

"You don't have to be afraid of being a buyer for Boutiki," Horton said. "You will not fail. We want people who can help maintain the uniqueness of Boutiki."

Boutiki is open throughout the week. Mondays, Fridays, and Saturdays, the store is open from 9 a.m. to 1 p.m. On Wednesdays, the store is open from 3 to 7 p.m.

Mother's Day – a time to honor mothers

Compiled by Karen S. Spangler
Assistant Editor

May 8, this Sunday, is Mother's Day. On this special day dedicated to all mothers, America will pay tribute to the foundation of the American family.

The origins of Mother's Day go back to ancient times in Europe. The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the mother of the gods. During the 1600s, England celebrated a day called "Mothering Sunday." The event was celebrated on the fourth Sunday of Lent (the 40-day period leading up to Easter) and honored the mothers of England.

Julia Ward Howe, who wrote the words to the "Battle Hymn of the Republic," first suggested the observance of Mother's Day in the United States in 1872 as a day dedicated to honoring peace, motherhood and womanhood. She held organized Mother's Day meetings in Boston, Mass. every year.

But it wasn't until 1907 that a campaign was launched to establish a national Mother's Day.

Ana Jarvis from Philadelphia, considered to be the driving force behind the official establishment of Mother's Day, persuaded her mother's church in Grafton, W. Va. to celebrate Mother's Day on the second anniversary of her mother's death, the second Sunday of May.

As the story goes, Jarvis swore at her mother's gravesite in 1905 to dedicate her life to her mother's project and establish a Mother's Day to honor mothers, living and dead. There was also a rumor that Anna's grief was intensified because she and her mother had quarreled and her mother died before they could reconcile.

In 1907, Jarvis passed out 500 white carnations at her mother's church, St. Andrew's Methodist Episcopal Church in Grafton, W. Va. - one for each mother in the congregation.

On May 10, 1908, St. Andrew's responded to her request for a Sunday service honoring mothers.

By the next year, Mother's Day was also celebrated in Philadelphia.

Jarvis and her supporters wrote to ministers, businessman and politicians in their quest to establish a national Mother's Day. Their efforts were successful and by 1911, Mother's Day was celebrated in almost every state.

In 1914, President Woodrow Wilson made an official announcement, proclaiming Mother's Day as a national holiday that should be held each year on the second Sunday of May.

Many countries throughout the world celebrate their own Mother's Day at different times throughout the year, but some countries - such as Denmark, Finland, Italy, Turkey, Australia and Belgium - also celebrate Mother's Day on the second Sunday of May.

Mother's Day observances take many forms and venues as celebrations have honored moms throughout the United States and the world.

Mother's Day statistics

- In the United States, there are about 82.5 million mothers. (source: U.S. Census Bureau)
- About 96 percent of American consumers take part in some way in Mother's Day. (source: Hallmark)
- Retailers report that Mother's Day is the second highest gift-giving holiday in the United States. (Christmas is the highest).
- Mother's Day is widely reported as the peak day of the year for long distance telephone calls.
- Mother's Day is the busiest day of the year for many restaurants.
- The most popular month for having babies in the U.S. is August and the most popular weekday is Tuesday. (source: U.S. Census Bureau)
- In the U.S., 82 percent of women ages 40-44 are mothers. This compares to 90 percent in 1976. (source: U.S. Census Bureau)

Photo courtesy of MWR

A Navy family member slides on a "slip-n-slide," one of the activities scheduled for Camp Aloha.

MWR to host Camp Aloha

Karen S. Spangler
Assistant Editor

Camp Aloha, a residential free summer camp for active duty military children ages six-18 years of age, will be offered June 13-July 22. The Morale, Welfare and Recreation Department, Navy Region Hawai'i, has received a grant from the Military Family Association (NMFA) to fully fund the operation of the camp.

The goal of NMFA 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.

The Operation Purple program provides summer camps around the world for military children, giving youth some support in dealing with the difficulties of deployment in a fun, summer camp program.

Camp Aloha in Hawai'i will be at two locations: Ford Island gym for youth ages six-12 and Barber's Point Campground for youth ages 13-17. Registration is ongoing until all spaces are filled.

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.

A staff of trained camp counselors from the youth services division of the University of Northern Iowa will be assisting with the program. The Camp Aloha staff members are trained to bring the skill and knowledge of camp leadership with a close supervisory ratio of one counselor for every five campers.

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

For more information, visit the NMFA Web site at www.nmfa.org .

To register your child for Camp Aloha, complete an application form at Catlin Clubhouse. For questions or more information, call the Boys & Girls Clubs of Navy Hawai'i at 421-1556.

SNA's Memorials Relay set to start, end at Battleship Missouri Memorial

USS Missouri Memorial Association

The Surface Navy Association will present the inaugural Pearl Harbor Memorials Relay, to commence and end near the Battleship Missouri Memorial on Ford Island on Memorial Day, May 30. The event is being sponsored by the Pearl Harbor Visitors Center and proceeds from the event will benefit the USS Oklahoma Memorial Foundation, for the creation of the USS Oklahoma Memorial.

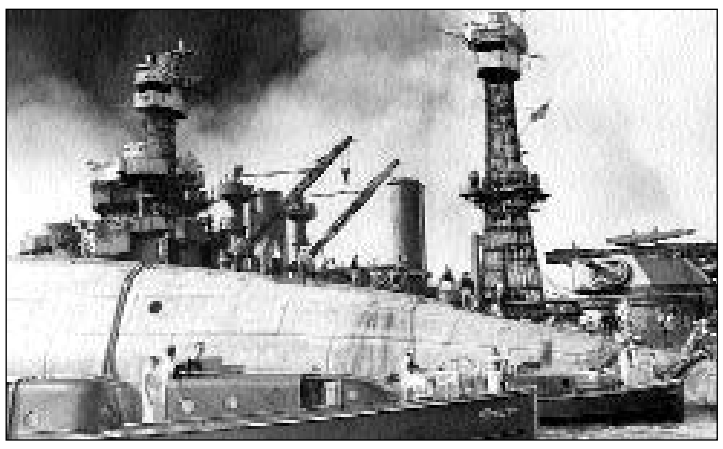
Military and civilian teams ("crews") can consist of as few or as many members desired to run or walk the relay in order to complete the five-hour event. All team participants ("crew members") are required to submit a signed entry form (none will be accepted on the day of the relay) and crews should submit their forms at the same time. Each participant will receive a T-shirt and a commemorative "plank owner" certificate for this inaugural event. Registration forms are available online at www.ussmissouri.org/relay or www.RunnersHI.com.

The relay will begin at 7 a.m. and conclude at noon. The course is approximately 3.2 miles around historic Ford Island and, in addition to the Missouri, passes within the view of the nearby USS Arizona Memorial and USS Utah Memorial. The route will be mostly paved, with a few grassy field and sea plane ramp areas. Baby strollers that are suited for running are welcome. Water and sports drinks will be provided to the participants. For a course map, visit www.ussmissouri.org/relay.

Crews must pick up their registration packets between 10 a.m. and 4 p.m. on May 28 or May 29 at Runner's Hi in Aiea (98-390A Kamehameha Highway). Packets will not be available on the day of the event. Civilian vehicles with a valid race number and photo ID for all adults in the vehicle will be permitted onto Ford Island, within Pearl Harbor Naval Base, on the day of the event, beginning at 5 a.m. Carpooling is strongly recommended. Due to security measures, any vehicle that leaves Ford Island will not be allowed to re-enter.

Following the conclusion of the relay, an awards ceremony will be held at the Battleship Missouri Memorial. Crew "manned and ready" entries turned in before May 14 will receive "plank owner" certificates at the awards ceremony; late entries will receive certificates later. Several category awards will be presented, including most laps completed in each crew size category, as well as top military crew.

Those wishing to tailgate during the relay may set up barbecue grills and picnic in designated areas next to the course. Food and non-alcoholic beverages will be available to purchase. No alcohol is permitted at the event.



Official U.S. Navy photograph

Rescue teams are at work on the capsized hull of USS Oklahoma (BB-37) after the Dec. 7, 1941 attack on Pearl Harbor. Proceeds from the Pearl Harbor Memorials Relay on May 30 will benefit the USS Oklahoma Memorial Foundation, for the creation of the USS Oklahoma Memorial.

For more information on the Pearl Harbor Memorials Relay, contact Neil Voje at (808) 488-1391 or e-mail Nvoje@lucasgroup.com.

The USS Oklahoma Memorial Foundation is a 501(c)(3) not-for-profit entity whose sole purpose is to build and maintain the proposed USS Oklahoma Memorial at Pearl Harbor, as a tribute to the 429 lives that were lost on the morning of Dec. 7, 1941. The USS Oklahoma Memorial Committee is striving to raise $500,000 for the memorial, $13,000 of which they have already secured. The targeted date for dedication of the memorial is Dec. 7, 2005. The USS Oklahoma, a 27,500-ton Nevada class battleship, was one of the nine battleships (Arizona, California, Maryland, Nevada, Pennsylvania, Tennessee, Utah and West Virginia) at Pearl Harbor on Dec. 7, 1941. A number of Japanese type 91 aerial torpedoes hit Oklahoma and her port side was torn open, causing her to rapidly sink to the harbor's bottom. In 1943, massive salvage took place and she was dry docked to be stripped and made watertight. Oklahoma was formally decommissioned in 1944 and sold for scrapping in 1946, but sunk in 1947 while under tow from Hawai'i to California.

Navy Exchange holds May Day celebration

Photo courtesy of Laarni Gedo

Roberta Wong, author of "Fancy Hawaiian Lei in Crochet" and "Hawaiian Lei in Crochet," signs at the celebration.

Photo courtesy of Laarni Gedo

Reginald Reuben Sr., first place winner at the Navy Exchange Idol, sings to a crowd at the NEX. Fifteen amateur singers performed at the Navy Exchange Rotunda on April 30 to raise funds for the Navy-Marine Corps Relief Society.

Photo courtesy of Laarni Gedo

Theresa Garrett, second place winner, sings in the Navy Exchange Idol competition. Performers sang a wide range of music from country to rap, to rock and roll to raise funds for NMCRS. NEX managers judged the contestants after each performance.

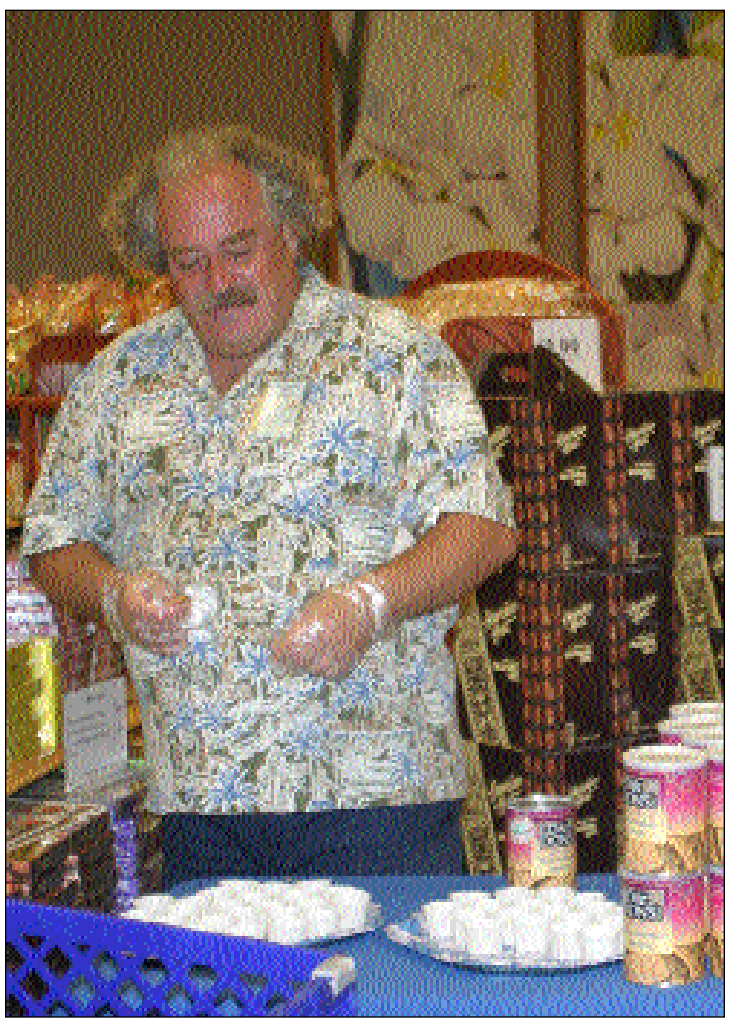


Photo courtesy of Laarni Gedo

Martin Blumstein, sales director for Ed and Don's of Hawai'i, hands out chocolate samples to Navy Exchange patrons.

Photo courtesy of Laarni Gedo

Angela, Lehua and Nalani, collectively known as Na Leo Pilimehana, treated NEX patrons to an afternoon of music during the May Day weekend to raise funds for NMCRS.

Photo courtesy of Laarni Gedo

Olivia Sachet of Hawai'i Pillow and Baby Collection was among several local May Day celebration participants.

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

FRIDAY
7:00 p.m. Miss Congeniality 2: Armed & Fabulous (PG 13)
SATURDAY
2:30 p.m. The Pacifier (PG)
4:30 p.m. Ice Princess (G)
6:45 p.m. Be Cool (PG 13)
SUNDAY
2:30 p.m. Robots (PG)
4:30 p.m. Miss Congeniality 2: Armed & Fabulous (PG 13)
7:00 p.m. The Ring 2 (PG 13)
THURSDAY
7:00 p.m. Hostage (R)
$3 adults; $1.50 children (6-11)

Memorial Theater
Hickam Air Force Base
(449-2239)

FRIDAY
7:00 p.m. Guess Who (PG 13)
SATURDAY
7:00 p.m. Guess Who (PG 13)
SUNDAY
7:00 p.m. Miss Congeniality 2: Armed & Fabulous (PG 13)
WEDNESDAY
7:00 p.m. Guess Who (PG 13)
THURSDAY
7:00 p.m. Miss Congeniality 2: Armed & Fabulous (PG 13)
$3 adults; $1.50 children (6-11)

Sgt. Smith Theater
Schofield Barracks
(624-2585)

FRIDAY, SUNDAY AND THURSDAY
7:00 p.m. Robots (PG)
SATURDAY AND WEDNESDAY
7:00 p.m. Hostage (R)
$3 adults; $1.50 children (6-11)

MWR

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

- **May 14**: Kuliouou Ridge hike, 8:30 a.m., $5. Register by **May 11**.
- **May 14**: Hanauma Bay night snorkeling, 7 p.m., $12. Register by **May 11**.
- **May 15**: Learn to Surf workshop, 9:30 a.m., $15. Register by **May 11**.
- **May 21**: Kuaokala hike, 8:30 a.m., $5. Register by **May 11**.
- **May 21**: North Shore tandem skydiving, 8 a.m., $135. Register by **May 11**.
- **May 22**: Shore fishing workshop, 6:30 a.m., $12. Register by **May 11**.
- **May 25**: Hiker safety workshop, 6:30 p.m., free. Register by **May 23**.
- **May 28**: Kahana Valley hike, 8:30 a.m., $5. Register by **May 25**.
- **May 28**: Learn to Surf workshop, 9:30 a.m., $15. Register by **May 25**.
- **May 29**: Basic kayaking workshop, 7:30 a.m., $15. Register by **May 25**.

T.G.I.F. - OCEAN'S CPO CLUB

Get together to enjoy pupus and entertainment at T.G.I.F. **today** at Ocean's CPO Club. There will be free pupus starting at 4 p.m. and a DJ will spin from 5-8 p.m. The club is open to enlisted personnel E-7 –E-9. For more information, call 473-1743.

SWIMMING LESSONS

Swimming lessons for youth ages three and older will soon begin at MWR pools at Pearl Harbor, NCTAMS and Barbers Point. The sessions will be offered through **May 26** from 3:30-4:30 p.m. on Tuesdays and Thursdays. Saturday sessions will be offered throughout the month of May at 9 a.m. on Saturdays. The cost for the weekday sessions is $32; the fee for the Saturday sessions is $16. For more information, call 473-0394.

CINCO DE MAYO CELEBRATIONS

- **May 6** - After Cinco party

The After Cinco party continues at Club Pearl's Country Bar. The doors open at 8:30 p.m. and the evening will offer fun and prizes.

SUMMER BASKETBALL LEAGUE

The summer basketball league begins **May 7**. The league is open to active duty, family members 18 years and older, and DoD personnel assigned to Pearl Harbor, Barbers Point, NCTAMS, West Loch and Kunia. The cost is $250 per team. Games will be held at Bloch Arena. To register or for more information, call 473-2437 or 473-2494.

YOUTH FITNESS ORIENTATION

Youth Fitness orientation classes will be offered **May 7** at Bloch Arena and **May 14** at Power Point Fitness Center. The classes are open to youth ages 10-15 years old. Orientation includes a facility tour, safety guidelines, an equipment usage demo and a review of the rules and regulations. An adult must accompany program participants. Participants should call either fitness center by the Thursday prior to each class to reserve a space. For Bloch Arena, call 473-0793. For Power Point, call 682-5243.

OCEAN SAFARI

- **May 9**: Kayak trip to Chinaman's Hat
- **May 12**: Sailing at Rainbow Bay Marina
- **May 16**: Kayak surfing on White Plains Beach
- **May 19**: Spear fishing at Shark's Cove
- **May 22**: Kayak trip to Chinaman's Hat (family trip)
- **May 26:** Snorkeling trip to Hanauma Bay

All trips must have five or more participants. All trips depart at 9 a.m. from the outdoor adventure center. The cost for all trips is $20 per person. Reservations must be made four days prior to the scheduled trip date. Transportation and equipment will be provided. A valid I.D. is required. For more information, call 306-8848 or 473-1198.

W.O.W. - WOMEN ON WEIGHTS

Learn proper technique and form on how to correctly incorporate resistance training into your fitness program. This four-week Women on Weights (W.O.W.) program was designed by women for women. The cost is $40 per person. The class meets from 8:30-9:30 a.m. Wednesdays and Fridays at Bloch Arena. Space is limited and pre-registration is required. For more information, call 473-0793.

SALSA DANCE CLASSES

Salsa dance classes are offered on Thursdays and Fridays at Bloch Arena Fitness Center. Samir Hana, instructor, teaches the latest dance styles, including merengue, cha-cha and cumbia. There is no partner and no experience necessary. Level I and II classes are available:

Salsa (Level I): Thursday, 7:30 – 8:45 p.m.; Saturday, 5 – 6:15 p.m.

Salsa (Level II): Friday, 7:30 – 8:45 p.m.; Saturday, 6:30 – 7:45 p.m.

Merengue/cha-cha/cumbia: Friday, 6 – 7:15 p.m.

For more information, call 473-0793.

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.

Liberty in Paradise — Single Sailor Activities

- **May 6**: Ice cream night at Cold Stone Creamery, 7 p.m., bring money.
- **May 7**: Manoa Valley hike to the falls, 10 a.m., free.
- **May 8**: Beach bum Sunday, 10 a.m., bring money.
- **May 10**: Cosmic bowling, bring money.
- **May 11**: Game Show, Beeman Center, 7 p.m., free.

Weekly events:

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

At the movies & Movie Takes

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

Guess Who: Percy is taking no chances with his daughter Theresa's future. Even before he meets Simon, her latest boyfriend, Percy has him checked out. On paper, he passes with flying colors -- great job, good investments and a promising future. But there's one thing the credit report didn't tell him: Simon is white.

Hostage: *See Review*

Ice Princess: Casey has never quite fit in. Caught between her fantasy of becoming a championship figure skater and her strong-willed mother, Casey takes on the challenge of her life when she finds herself competing against the best to make it into the championship circuit and become a real "ice princess."

Miss Congeniality 2: Armed and Fabulous: Having become a celebrity following her heroic pageant exploits, Gracie has been spending time working the talk show circuit and promoting her book. When her friends are kidnapped, Gracie jumps back into action to save 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.

The Ring 2: Sequel to the horror flick The Ring, Naomi Watts reprises her role as Rachel Keller, who moves to Astoria, Ore., with her son, Aidan, to escape their memories of what happened. When a few locals start dying, however, and a strange videotape reappears, Rachel becomes aware that the creepy Samara is back and after Aidan.

Robots: Rodney Copperbottom is an idealistic robot who wants to convince his electronic brethren to come together and work toward making the world a better place. As the story unfolds, he falls for a female executive robot and faces opposition from an evil corporation.

JO3 Ryan C. McGinley

Hostage

"Hostage" is a psychological thriller/action film with no discernable difference between other movies of its kind. Half those other movies star Bruce Willis, who also hosts this one as well. It has a different plot, which is intriguing somewhat, but lacks true originality or depth.

It's the story of Jeff Talley, a Los Angeles hostage negotiator who falls off the wagon of sanity after losing a couple hostages. He then moves to a small town to become the chief of police. His marriage and family are on the rocks, and he holds everything in as if waiting and waiting for that one moment to let go and feel the emotions he should have felt long ago.

A wealthy family gets taken hostage by a group of reckless teenagers in this small town, and suddenly things become hairy for Talley. The plot gets complicated. The rich father is actually a bad guy of sorts, doing accounting for some other bad guys. Those bad guys kidnap Talley's family, because inside the house that was taken hostage by the clueless teenagers, is a DVD of important information that they want.

What sets "Hostage" apart from other films, though minimally, is the acting work of Ben Foster. Foster plays Mars, a demented mystery to the audience. He is one of the three teens that takes the family hostage, and plays the role with such convincing and manic stares that it just freaks everyone out. His motives are self-absorbed, his eyes piercing and his body language and actions scare the hell out of everyone. Foster plays the role perfectly, and quite possibly steals the show.

But altogether, "Hostage" is another one of those movies that entertains its audience, is probably worth the money, but simply doesn't jump out and grab you. There is nothing special or extraordinary, and will disappear once it leaves the theater.

OVERALL RATING:

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.

Blood pressure screenings will be held from 11 a.m.-2 p.m. every Friday in May at the following locations:
May 6 - Fort Shafter PX
May 13 - Tripler Army Medical Center Dining Facility
May 20 - Navy Exchange Rotunda
May 27 - Schofield Barracks Commissary

Cub Scout Pack 197, serving military youth from all services, invites all boys currently attending first grade through fifth grade to join its cub scout troop. Pack 197 is hosting a special recruitment night meetings at 6:30 p.m. **May 12** at Nimitz Elementary School cafeteria. The meeting will offer an opportunity to learn about the cub scout values-based program, meet scout leadership and learn about upcoming events, including Cub Scout Day Camp, Pack Field Day and Pack Overnighter. Cub Scout Pack 197 now serves more than 54 boys from military families located on and around Hickam AFB. Pack meetings are held monthly at Mokulele Elementary School on Hickam Air Force Base. Den meetings are held weekly. For more information, call Doug Persons at 423-7325 or email at dspersons@earthlink.net

The **Naval Station Pearl Harbor Golf Tournament** will be held beginning at noon **May 20** at the K-Bay Klipper. There will be prizes for first and second place, two near pins and two long drives. Those who wish to participate must sign up by **May 13**. In addition to entry fees, golfers are responsible for their own greens fees and cart fees. Proceeds from the tournament will benefit the NAVSTA holiday celebration. For more information, call 473-1163 or email stephen.devaux@navy.mil or raymond.diaz@navy.mil .

The annual **MCBH** (Marine Corps Base Hawai'i – Kaneohe) **Job Fair** will be held from 9 a.m.-noon **May 20** at Kahuna's - the Enlisted Club, Marine Corps Base Hawai'i - Kaneohe. The job fair is open to all military and DoD/Coast Guard identification card holders with base access; this includes spouses and family members, active duty personnel, retirees, reservists and DoD/Coast Guard employees. The job fair provides an opportunity for job seekers to network with local and government agencies and apply for job vacancies. Attendees should bring resumes and dress appropriately. Due to the professional nature of this event, children will not be admitted. This event is jointly sponsored by the Marine Corps Base Hawai'i's Marine and Family Services and the Joint Employment Management System (JEMS). For more information, visit www.JEMSHawaii.com and click on job fair/events from the side menu or contact Roberto Katekaru, at 257-7790.

The **Surface Navy Association (SNA) Pearl Harbor Memorials Relay** will begin at 7 a.m. **May 30**. The five-hour relay will benefit the many local memorials honoring our fallen heroes. This year's proceeds will go to the USS Oklahoma Memorial. The course is approximately 3.2 miles around historic Ford Island, passing memorials to the USS Arizona, USS Utah, USS Missouri and others. Water and sports drinks will be provided. All participants will receive a T-shirt and a commemorative "plank owner" certificate. A map of the course is available at www.ussmissouri.org/relay . Only advance entries are permitted, no race day entries. There is a $25 fee per team member or participant. For more information, call 488-1391.

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/cavatx/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

How to contact **TriWest/TRICARE services** - Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their web site at www.triwest.com, or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic. 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.

Pre-hypertension: Are you in the zone?

Norma Suarez
Tripler Army Medical Center
Community Health Nursing

It's been almost two years and I can still remember distinctly how happy a patient of mine was after being told his blood pressure was normal. After all, his mother, father, grandmother and grandfather all had high blood pressure.

Two months later, I received a frantic phone call from this patient, asking me what he had done wrong. A nurse at a health fair he attended earlier that day checked his blood pressure twice and informed him his blood pressure was in a danger zone. It seemed unlikely that he could have possibly developed high blood pressure in such a short period of time. So what did happen?

Over the past several years we have learned more about the nature of blood pressure and its effects. Because of this new understanding, government officials revised the blood pressure guidelines that included a new category: pre-hypertension.

What is pre-hypertension? A systolic (top number) reading of 120 -139, or a diastolic (bottom) reading of 80 - 89. Twenty-three percent of American adults were diagnosed with pre-hypertension with the blood pressure guideline revisions. Patients with this diagnosis are at increased risk of heart disease and stroke. Add to this percentage, the one in four Americans who have full-blown hypertension and we've got nearly half of all American adults age 18 and older in a blood pressure danger zone.

Why did the blood pressure guidelines change? Simply put, blood pressure in the pre-hypertension range is not considered normal anymore. Many of those with pre-hypertension continue on to hypertension unless there is serious intervention. Consider these statistics:

- Starting as low as 115/75, the risk of heart attack and stroke doubles for every 20-point jump in systolic blood pressure or every 10-point rise in diastolic blood pressure.
- People with blood pressure levels between 120/80 and 140/90 - levels once considered normal - have twice the risk of heart disease as those with low blood pressure.
- People with blood pressure above 140/90 - the definition of high blood pressure -have four times the risk of heart disease as people with low blood pressure.

Blood pressure screenings will take place from 11 a.m.-2 p.m. on Fridays in May at the following locations:

- **Today**: Fort Shafter PX
- **May 13**: Tripler Army Medical Center Dining Facility
- **May 20**: Navy Exchange Rotunda
- **May 27**: Schofield Barracks Commissary

The good news for people with pre-hypertension (without diabetes or kidney disease) is that there is no need to take any medications. Unfortunately, for those with pre-hypertension to avoid hypertension means more work than just taking a pill. The work involves moving into a healthier lifestyle which will be very good news in the long run. Healthy lifestyles help people live longer with more energy and vigor.

Healthy lifestyle changes to prevent (and control) high blood pressure include maintaining a healthy weight, being physically active, following a healthy-eating plan, reducing sodium in your diet, drinking alcohol only in moderation, stopping smoking and, if needed for control of high blood pressure, taking prescribed blood pressure medicine as directed by your health care provider.

So quick: What is your blood pressure? If you don't know, you should! In observance of National Blood Pressure Education Month, May 2005, Tripler Army Medical Center's community health nursing/health education and promotion will host a high blood pressure education display and activities from 10:30 a.m.-2 p.m. May 13 at the Tripler dining facility.

Activities include blood pressure screening, body fat analysis, heart healthy diet recipe exchange and a television demonstration of low-salt cooking. A drawing will be held to win one of three American Heart Association cookbooks, all with over 200 healthy-cooking recipes.

In addition, Naval Health Clinic Hawai'i health promotion department will provide blood pressure screenings to everyone enrolled in their tobacco cessation, healthy heart, weight management, ShipShape, and diabetes self-management classes. Blood pressure screenings will also be provided from 8:30 a.m.-5 p.m. May 7 at the Ewa Community Day at Geiger Park and from 10 a.m.-2 p.m. May 26 at the Bloch Arena Health and Fitness Fair.

FCRM Yard of the Month winners for March

Photo courtesy of Forest City Residential Management

Chief Electronics Technician Mark Dresser and wife Suzanne were the Yard of the Month winners for March for the Moanalua Terrace community. Forest City Residential Management launched the Yard of the Month program in March. Yards will be judged and winners from each of the five Public Private Venture neighborhoods will be selected each month.

NEX program helps students pay for college

Kristine M. Sturkie
Navy Exchange Service Command
Public Affairs

The Navy Exchange's A-OK Student Reward Program will hold a drawing to help four students pay for a college education.

Winners will receive a $5,000, $3,000, $2,000 or $1,000 U.S. savings bond (denominations at maturity). The deadline to register for the next drawing is the end of May 2005.

"The A-OK Program was created in 1997 to reward students for getting good grades in school," said Mike Mongin, operations specialist at the Navy Exchange Service Command. "We are proud to be able to help students fulfill their dreams of a higher education. It's just one more way the Navy Exchange supports the Navy family."

Any eligible full-time student who has a B grade point average equivalent or better, as determined by their school system, may enter the drawing.

Eligible students include dependent children of active-duty military members, Reservists and military retirees enrolled in first through 12th grade.

Dependent children without an individual dependent identification card must be accompanied by their sponsor to submit their entry.

Each student may enter only once each grading period and must re-enter with each qualifying report card.

Students may bring a current report card to their local Navy Exchange to enter the drawings. After a Navy Exchange associate verifies the minimum grade average, students may fill out an entry card and obtain an A-OK ID, which entitles the holder to discount coupons for Navy Exchange products and services.