

PROJECT HOMECOMING



A warm welcome for returning Sailors

Karen S. Spangler
Assistant Editor

Giving a warm welcoming homecoming complete with lots of aloha is the objective of Project Homecoming, a program sponsored by Morale, Welfare and Recreation (MWR) at Navy Region Hawai'i.

The staff at MWR coordinates and plans a myriad of elements that all come together on homecoming day. The day before homecoming day, electronic marquees and banners across Naval Station Pearl Harbor proclaim "welcome home" to the Sailors who will soon pull into their homeport of Pearl Harbor.

At pierside, canopies, tables and chairs are set up for the comfort of those who attend the homecoming event. The area also serves as MWR's command center, where the "morale" staff distributes family member bags, U.S. flags and ice-cold bottled water.

At last the big moment arrives. The ship cruises into the harbor, its bow adorned with a gigantic lei, as Sailors in whites man the rails. Family members on the pier watch - impatiently, expectantly, excitedly - for the moment when the ship will tie up to the pier and their loved ones will walk down the brow into their waiting arms.

MWR is ready for the arrival - providing entertainment venues to make the welcome home truly memorable and, of course, representative of Hawai'i's aloha spirit. Hula dancers from Polynesian Cultural Center perform the hula - with swaying hips and story-telling hand motions - in a welcome to the returning Navy crew. The stirring patriotic music of the Navy Band fills the air.

As the excitement grows, the MWR staff keeps the waiting children busy with fun activities. Youngsters are able to spend the time making leis, flags and signs - to welcome home their moms, dads and loved ones - or just have fun playing with building blocks, bubbles, noisemakers and a variety of toys and games.

MWR ensures that the duty section on board is not forgotten, treating them to a meal which is delivered right to the ship's door.

As each Sailor debarks from the ship, he/she is given a "goody bag" filled with such items as a pocket map of Pearl Harbor, key chain, pen, small dry erase board and marker, a copy of Liberty Call and a copy of the Military Guide.

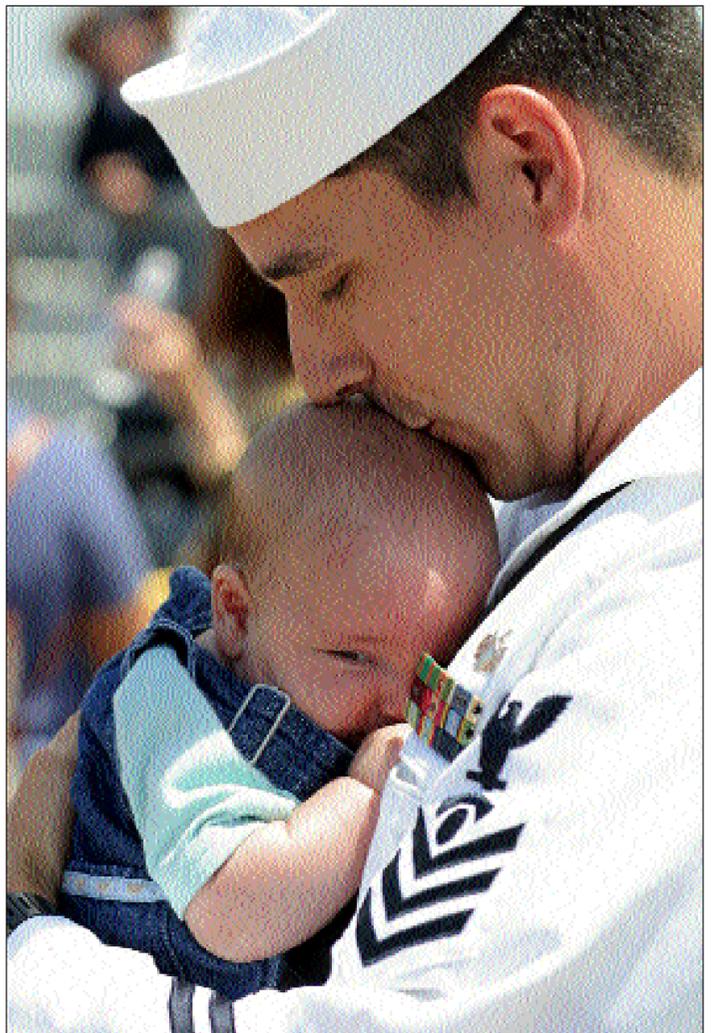
Returning Sailors greet their loved ones and families - at last united with hugs and kisses and leis - then leave the pier as they head home. It's the end of another joyous homecoming - made just a little more warm and welcome with some added aloha spirit - with the help of the MWR staff.

MWR coordinates with ombudsmen as they plan the Project Homecoming events.

For more information about Project Homecoming, call the MWR staff at 471-8658.



U.S. Navy photo by PH1 William R. Goodwin
Sonar Technician 2nd Class Cesar Garcia proposes to his fiancée as his shipmates watch aboard the guided missile destroyer USS Russell (DDG 59), shortly after returning to Pearl Harbor from a four-month Western Pacific deployment.



U.S. Navy photo by PH1 William R. Goodwin
Interior Communications Technician 1st Class Joseph A. Lazzaretti meets his two month-old son for the first time after his ship, USS Crommelin (FFG 37), returned home from a six-month deployment in the Naval Forces Southern Command area of responsibility.



U.S. Navy photo by J03 Ryan C. McGinley
Above: A family member of a Sailor stationed aboard the Arleigh Burke-class guided-missile destroyer USS Hopper (DDG 70) holds a sign for her father as the ship returns from a six-month deployment in support of the global war on terrorism.



U.S. Navy photo by J03 Ryan C. McGinley
Right: Aviation Machinist's Mate 1st Class (AW/SW) Robert Ibarra, assigned to the "Easy Riders" of Helicopter Anti-Submarine Squadron Light Three Seven (HSL-37), hugs his daughter after returning from a six-month deployment embarked aboard the guided missile frigate USS Crommelin (FFG 37).

JEMS helps job seekers in military community

Karen S. Spangler
Assistant Editor

If you're an active duty service member who is leaving the military – due to retirement or separation from military service – the Joint Employment Management System (JEMS) can help. If you're in the Reserves and seek other employment options, JEMS is a ready resource.

If you are a military family member and want to explore employment opportunities, JEMS can provide some assistance.

If you're a civilian employee under one of the military branches who is subject to reduction in force, you might want to check out the job fairs and other employment information sponsored by JEMS.

JEMS is a military venture designed to link job seekers from the military community to employers who have job openings in Hawai'i.

JEMS in Hawai'i is also unique, the only resource of its kind offered by the military services. It provides job search support by serving as an advocate for job seekers from the military community, while at the same time serving as a central point of contact for businesses that want to reach those job seekers.

JEMS is funded by and operated under a memorandum of understanding (MOU) between the Navy, Air Force, Coast Guard and Marine Corps. A Joint Project Advisory Board (JPAB), composed of representatives from the participating services, meets quarterly to determine policy and direction of the program.

The JEMS Hawai'i Job Bank offers a number of advantages for job seekers.

The service is free and is exclusively for the military community. Jobs are added and updated daily. One of Hawai'i's largest job banks, JEMS continuously provides information through job fairs and events.

Rita May, JEMS director, said that with well over 1,600 job listings at any given time, JEMS is one of the largest job banks for Hawai'i jobs. "JEMS has jobs that you won't see anywhere else - jobs that companies want to fill with people from the military community. JEMS is a fantastic resource for relocating family members - it taps into Hawai'i's job market," said May. She noted, "Transitioning military members will find many government contractors use our site because they need and value the skills and training they have."

More than 100 companies attended last year's job fair, including government agencies, retailers, financial institutions, hotels and resorts, health care firms and universities - representing a variety of occupations and career fields. A small sampling of the companies that have participated in previous job fairs include the Department of Homeland Security, the Federal Bureau of Investigation (FBI), Hawaii Pacific Health, Navy Exchange Hawaii, Hawaii Pacific University, Hawaii Department of Education, Aloha Airlines, Hilton Hawaiian Village, Honolulu Police Department, Edward Jones and Frito Lay of Hawai'i.

JEMS also offers employers an opportunity to expand their recruiting efforts by reaching out to



Photo courtesy of JEMS Hawai'i

Job seekers at a JEMS Hawai'i Job Fair receive information about employment opportunities. JEMS is a military venture designed to link job seekers from the military community to employers who have job openings in Hawai'i.

job seekers in the military community. Through the JEMS Job Bank, employers can list their job vacancies, list their company profile, list their job lines and websites, and link job seekers to their email.

"In response to our survey, company representatives said they were very impressed with the quality of our job seekers," said May, commenting that at last year's job fair there were 114 companies represented and they followed up on almost 2,000 applicants from the job fair.

"There is so much energy at these fairs. There are so many great job seekers and so many great opportunities and it's all about matching them up," May added.

The JEMS Job Bank is one of the most comprehensive resources for Hawai'i jobs and information. In fiscal year '04,

JEMS provided services to 3,075 customers. The revenues generated from job placements from those services resulted in more than \$3,000,000 in income for military families. JEMS includes over 5,500 companies in its jobs database. You can access the JEMS Job Bank at www.JEMSHawaii.com.

JEMS is a valuable resource that supports many of the family readiness programs in addition to the employment assistance program. The JEMS Job Bank is also an excellent resource for Transition Assistance Program (TAP) clients.

JEMS was established in 1986 when representatives from all branches of the military services in Hawai'i came together in an effort to expand and enhance their employment assistance services. For the past 19 years, JEMS has

successfully met its goal of linking job seekers from the military community to businesses in Hawai'i.

In September 2004, JEMS received funding from the Office of Family Policy, Office of the Under Secretary of Defense for a pilot project to create a more flexible program that can be deployed to other installations/commands. Special consideration will be taken into account for regional differences and different levels of staffing available to maintain and administer the program. The new pilot project uses a Microsoft.NET program to enhance its current program.

It will allow job seekers to register on-line, access more jobs, post a skills checklist and/or a resume, query company websites by industry, and link to community resources and volunteer and entrepreneur-

ial opportunities.

"We are very excited about our new website. We are adding some terrific features like on-line registration, job matching and industry searches. We wanted to give our job seekers an edge so in addition to an employer being able to search for resumes, we are also adding a "skills profile" that enables the jobseekers without resumes to compete for jobs by simply checking off skills from a list," explained May.

Using the web site, the job seeker will be notified of new job matches, employers' interest, job fairs, events and seminars. The job bank will allow employers to manage their jobs and search for job seekers through the skills checklist and/or resume.

The enhanced program will continue to provide the employment counselors and consultants at the service branches with the ability to manage and track their clients. The counselors will provide increased marketing, automatic follow-up and blanket notification of services and events to their clients.

"The new website should be up and running sometime in August, but don't forget - we've got lots of good jobs coming into JEMSHawaii.com every day so if you are looking for a job, check us out," May advised.

JEMS will be co-hosting a job fair which will be held from 9 a.m.-noon May 20 at Kahuna's Community Ballroom at Marine Corps Base Hawai'i - Kaneohe. The annual JEMS job fair is slated for Sept. 15 at The Banyans at Naval Station Pearl Harbor.

For more information, call JEMS at 473-0190.

Military Appreciation Day planned at Honolulu Zoo

Karen S. Spangler

Assistant Editor

The local community will take the opportunity to show their appreciation to the military and their families at Military Appreciation Day at the Honolulu Zoo from 10 a.m.-4 p.m. June 4.

The zoo will offer free admission to all military ID card holders: active, Reserve, Guard, retired and dependents.

The "day at the zoo" will feature entertainment and activities for the entire family. The first 5,000 military ID card holders will also receive a free picnic lunch.

The day of entertainment and tribute will begin at 10 a.m. with a concert provided by a U.S. Marine Corps band, followed by a blessing and a hula halau performance. The colors will be presented at 11 a.m. Honolulu Mayor Mufi Hannemann and other dignitaries will give welcoming remarks and a series of entertainment groups will perform from 11:30 a.m. until 4 p.m.

There will also be day-long, keiki-oriented activities, including face-painting, animal mask coloring, a feed-the-animals game and a hands-on, skull/bio-fact table.

Honolulu Mayor Mufi Hannemann said, "The Honolulu Zoo is one of the city's treasures in Waikiki. Over the years, a day at the Honolulu Zoo has proved to be a great experience for both local residents and visitors. We hope Hawaii's military ohana takes advantage of the opportunity to enjoy the zoo and all it has to offer on this special day," Hannemann remarked.

According to Herman "Butch" Finley, president of the board of directors of USO Hawaii which is one of the sponsors of the event, the tribute will be a fitting conclusion to Honolulu's month-long military appreciation observance. "We want to honor our military personnel and their families for their tremendous commitment to service and especially for the sacrifices so many of them have made in the past two years," Finley said.

In addition to operating transit centers at Honolulu International Airport and Hickam AFB for military personnel and their dependents, USO-Hawaii has provided refreshments to thousands of service personnel as they deployed to, and returned from, overseas combat zones in the past two years. Finley said a broader USO Hawaii goal is to foster a sense of partnership between the military and



Photo courtesy of the Honolulu Zoo

A youngster gets an up close look at Kruger, a white rhino, at the Honolulu Zoo.

civilian communities. "Our work with the City and County of Honolulu is something we hope to continue on other occasions," Finley said, adding that the event would not have been possible without the city's significant participation.

There will be free parking and shuttle bus service to and from the zoo from Kapiolani Community College from 9:30 a.m.- 4:30 p.m. Personnel with military ID cards should enter the zoo at the Monsarrat Avenue gate across from the Waikiki Shell parking lot. The zoo's main gate on Kalakaua Avenue will be open for the general public's use.

In addition to USO-Hawaii, Military Appreciation Day at the Honolulu Zoo is co-sponsored by the City and County of Honolulu and the Chamber of Commerce of Hawaii.

Time to "Click It or Ticket"

Dan Steber

Naval Safety Center Traffic Safety Division
Public Affairs

The Naval Safety Center has partnered once again with the National Highway Traffic Safety Administration (NHTSA) on their national "Click It or Ticket" campaign.

Starting one week before and running one week after the Memorial Day holiday, from May 23 to June 5, thousands of law-enforcement agencies in communities and at selected military installations across the country will actively be enforcing DoD and state seatbelt laws.

"This program is an essential step to get our people to wear seatbelts," said Mary Brigham, senior traffic-safety specialist at the Naval Safety Center.

During last year's campaign, dramatic results occurred at every base involved with the program. At Little Creek Naval Amphibious Base (NAB), Va., for example, seatbelt use increased from 89 percent to 98 percent.

"The success stories at NAB Little Creek, Naval Station Norfolk, and 13 other bases in the mid-Atlantic region were a benefit to the Navy, Marine Corps and our communities," said Bonnie Revell, traffic-safety specialist at the Naval Safety Center. "Our numbers helped Virginia to reach the highest level of seatbelt use ever recorded in the state. We hope to expand the effort this year to improve on last year's efforts and to save lives."

The "Click It or Ticket" mobilization effort involves four stages: a media campaign, where people are told about the upcoming campaign and increased law-enforcement efforts; an observation period, where violators are counted but not ticketed; an enforcement period, where all violators are ticketed; and a final review period, where behavior is observed



U.S. Navy photo by J02 Devin Wright

MASN Anne Karcher of Navy Region Hawaii security department waves a motorist through Nimitz Gate after informing him of the Click It or Ticket campaign.

to make sure the effort has been successful.

These efforts, coupled with NHTSA's paid advertising and the support of government agencies, traffic safety organizations, local advocates and others, will again give the Navy the opportunity to increase seatbelt use and protect Sailors and families from private motor vehicle mishaps.

For information on a NHTSA planner that provides materials and resources that can be used to reinforce the "Click It or Ticket" message, visit the NHTSA Web site at <http://buckleupamerica.org/nmay05/nmay05.php>.

Got Questions?
Write to us at hnn@honoluluadvertiser.com

USS Chicago Wives Ohana Club presents 'Home Cookin' from the Heart'

Karen S. Spangler

Assistant Editor

The USS Chicago Wives Ohana Club has just completed their labor of love, "Home Cookin' from the Hearts of the 721," – a compilation of over 200 recipes submitted by friends and families of the crew of the USS Chicago.

Although they formulated the idea for the cookbook in November 2004, it wasn't until January of this year that the wives began work on the cookbook. Cari Silvey, wife of ETSC Greg Silvey, came up with the idea, the cover design and the book's title and the project was soon off and running.

Silvey admitted that part of the challenge in doing the cookbook project was getting people to submit recipes. But despite the obstacles that are inherent with such an undertaking, the wives persevered and soon the cookbook became a reality.

The wives said that working on the cookbook was a lot of work, but also fun. "It was a fundraiser that was fun to

do," said Yvonne Montoya, wife of FT2 James Stewart. She described the cookbook as a keepsake from her time when her husband was aboard the Chicago. "It's something that you can pack with all of your moves and keep as a memento from our 'Chicago days,'" she added.

The wives of the USS Chicago are a close-knit group and enjoyed working together on "Home Cookin' from the Heart." "We're a close-knit group. We're submariners' wives, we have to be," explained Silvey. "Being a submariner's wife, it's sink or swim."

Silvey also noted that, "We try to find ways to get laughter and smiles into almost anything that we do."

The cookbook features a variety of home-tested, tried-and-true recipes, many of them recipes that have been handed down through families for decades and generations. They represent many areas of the United States and also Canada as well as many cultures.

A sampling of some of the main dish recipes includes



U.S. Navy photo by Karen Spangler

Wives from the USS Chicago Ohana Wives Club discuss the club's cookbook fundraiser project, "Home Cookin' from the Hearts of the 721," – a compilation of over 200 recipes submitted by friends and families of the crew of the USS Chicago. Left to right: Yvonne Montoya, Cheryl Eisenman, Ashley Perry, Cari Silvey, Debbie Nielson and Laura Gardner.

Chicken Chili for Sissies, Mom's Meat Loaf, Old Fashioned Beef Stew, Paella from Spain and Spam Casserole. Some of the other

cooking fare includes: Corn Fritters, Granny's Taco Soup, Cheese Bread and Cherry Champagne Celebration.

One of the favorite entries in the cookbook, according to the Chicago wives, is Better Than Sex Cake. A rich, gooey, chocolaty delight, the wives joked that the cake is especially popular when the USS Chicago is away from its homeport of Pearl Harbor.

The cookbook is also rather unique – it includes a section of "goofy recipes."

"One person submitted a goofy recipe and then we were off and rolling," said Cheryl Eisenman, wife of FT1 Frank Eisenman, who co-chaired the cookbook project with Silvey.

In "Home Cookin' from the Heart," you will find such goofy recipes as Elephant Stew (included as a sidebar with this article), Homemade Flubber, Bubble Mixture and Fruit Loop Leis - mixed in with recipes for A Happy Child and Happy Home.

A supplementary section of the cookbook features a wealth of helpful information, such as cooking tips, herbs and spices, tips for baking breads, tips for baking desserts, buying and cooking fresh vegetables and fruits, several designs for napkin folding, measurements and substitutions, equivalency chart, food quantities for large servings, microwave hints, calorie counter and cooking terms.

The cookbook is dedicated to "submariner wives near and far" and a poem "The Submariner's Wife" (featured here as a sidebar) graces the dedication pages of the recipe compilation.

The proceeds from the sale of the cookbooks will be used to fund such activities as wives' club social events, keiki parties, baby gifts and leis for hail and farewells.

The cost of the cookbook is \$10 and can be purchased by calling Erica Courtney at 421-1566.

The Submariner's Wife

(Lois Keating, 1972)

The boat has left its berthing pier, to wander round the sea;

The boat has left again, once more, leaving with part of me.

I watched the tugboats working, to get that sub inline;

I watched the tugboats working; taking away something of mine.

I watched the tugboats leaving, untying from the sub, coming back without it, a lonely little tug.

I watched the waters parting, as the sub cut her way away,

I watched the submarine leaving, on a dreary dismal day.

The sun was shining brightly, the sky was nice and blue,

Inside me it was raining, was it raining for you too?

I went back to the house we share, no longer was it home, But a place to sit and wait, a time I spend alone.

I find myself awake at night, staring at the ceiling,

Oh, God! I hate this loneliness, this misery I'm feeling.

A day goes by; and then a week, followed by a month and more,

I cross days from the calendar till it's the day before.

Tomorrow I'll be at the pier, fighting happy tears;

Watching that little tug, ending all my fears.

The sub is cutting water, and it's moving mighty slow!

Can't that tug go faster, when it has my love in tow?

My house becomes a home, again, the loneliness is gone;

Now that you are home again, it didn't seem that long.

USS Chicago cookbook

Elephant Stew

by Yvonne Montoya

1 elephant (medium size)
brown gravy to cover
2 rabbits (optional)
salt to taste
pepper to taste

Cut elephant into bite size pieces; add gravy. Cook about four weeks at 465 degrees. This serves 3,846 people. If more people should arrive, add rabbits. Only do this if necessary, as some people do not like to find hare in their stew.

Gingerbread

by Cheryl Eisenman (ohana club president in memory of great-grandma Helen)

1/2 cup butter	1 tsp. ginger
1/2 cup sugar	1/2 tsp. ground cloves
1 well beaten egg	1/2 tsp. salt
2 1/2 cups flour	1 cup molasses
1/2 tsp. baking soda	1 cup hot water
1 tsp. cinnamon	

Cream together butter and sugar. Add eggs and set aside. Measure and sift together flour, baking soda, cinnamon, ginger, cloves, and salt. Set aside. Combine molasses and hot water. Combine the flour mixture and molasses mixture to the butter and sugar mixture, alternating a little bit at a time. beat after each addition until smooth. Bake in a wax paper lined pan for 45 minutes at 375 degrees.

MWR

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. Robots (PG)
4:30 p.m. Ice Princess (G)
6:45 p.m. The Ring 2 (PG 13)

SUNDAY

2:30 p.m. Ice Princess (G)
4:30 p.m. Robots (PG)
6:45 p.m. Hostage (R)

THURSDAY

7:00 p.m. Miss Congeniality 2: Armed & Fabulous (PG 13)

\$3 adults; \$1.50 children (6-11)

Memorial Theater
Hickam Air Force Base
(449-2239)

FRIDAY

7:00 p.m. The Beauty Shop (PG 13)

SATURDAY

7:00 p.m. The Beauty Shop (PG 13)

SUNDAY

7:00 p.m. Sin City (R)

WEDNESDAY

7:00 p.m. The Beauty Shop (PG 13)

THURSDAY

7:00 p.m. Sin City (R)

\$3 adults; \$1.50 children (6-11)

Sgt. Smith Theater
Schofield Barracks
(624-2585)

FRIDAY, SUNDAY AND THURSDAY

7:00 p.m. Guess Who (PG 13)

SATURDAY AND WEDNESDAY

7:00 p.m. Miss Congeniality 2 (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

- **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.**

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.

WOMEN'S BASKETBALL AND SOFTBALL LEAGUE

Registration is now open for women's basketball and softball league. The league starts **May 14**. Registration and participation are free for the ladies only leagues. For more information, call the athletics office at 473-2437 or 473-2494 to sign up.

LEARN TO DIVE

Learn to dive with instruction from Ocean Concepts Scuba and Water Sports Adventure Center. The center will offer a PADI open water

diver course (one-week group program starting every other Monday. The next classes are scheduled for **May 14 and May 21**. A PADI rescue diver course, emergency first responder (EFR)/DAN oxygen provider course will be offered **May 16 and June 20**. The one-week course will offer three certifications. Ocean Concepts offers daily boat dives, transportation from Pearl Harbor, air fills, equipment rentals and repairs. There is flexible scheduling for courses. The center is open daily, 8 a.m.-7 p.m. Monday-Friday and 8 a.m.-5 p.m. Saturday, Sunday and holidays. For more information, call 422-5990.

OCEAN SAFARI

- **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.

SUPER GARAGE SALE AND CRAFT FAIR

MWR will sponsor its Super Garage Sale and Craft Fair from 8 a.m.-noon **May 21** at Richardson Field. There will be bargains and unique items for sale. It's also a good way for vendors to turn clutter into cash. For those who wish to register to participate as a vendor, the cost for each 10-foot-by-10-foot spot ranges from \$8-\$10 for garage sellers and \$17-\$22 for crafters/ busi-

nesses. Visit any Navy ITT office or www.greatlifeflowai.com for information or a registration form. Future garage sale dates are **Aug 13** and **Nov 5**.

BABYSITTING CERTIFICATION CLASS

A babysitting certification class will be offered from 9 a.m.-3 p.m. **May 21** at Catlin Clubhouse. The cost for the class is \$10 per participant or points can be earned to help defray the cost. The class is open to military or DoD family members ages 12-18. For more information or to register, call 421-1547.

ANNUAL HEALTH AND FITNESS FAIR

May is Fitness Month. The annual Health and Fitness Fair will be held from 10:30 a.m.-1 p.m. **May 25** at Bloch Arena. Attendees can try and taste the latest health and fitness trends. Several vendors, including local running, swimming, health food shops, etc. will be available to show their products and services. For more information, visit the MWR website at www.greatlifeflowai.com or call 473-0793.

WATCH NBA PLAYOFFS AND FINALS

Watch the NBA Playoffs and Finals at Club Pearl's Pool & Pizza at Naval Station Pearl Harbor.

The regular season is over and the playoffs have started. Times of games vary and will be announced and posted. Then be on hand when the conference champs battle for the big win. For more information, call 473-1743.

TENNIS LESSONS

Spread the "love" by signing yourself and a friend up for tennis lessons. Tennis lessons are available year-round at Wentworth tennis courts. For more information, call

the Wentworth Pro Shop at 473-0610.

CATERED EXPERIENCE

The team of professionals at Catered Experience can lend their expertise in planning your next special occasion with menus, locations and ideas for your wedding, conferences, picnic, retirement celebrations and more. They offer many alternatives to meet all tastes and budgets. The summer special offers a 10 percent discount of certain party menus through August. Patrons can also receive 50 percent off when ordering a decorated sheet cake. The offer is good for all authorized patrons. For more information, visit www.greatlifeflowai.com or call 473-1706.



- **May 13:** Dave & Buster's, bring money.

- **May 14:** Atlantis submarine ride, \$22.

- **May 15:** Surfing lessons with Jodie, \$5, bring food money.

- **May 17:** Monopoly tournament at LIP, 4 p.m., free.

- **May 18:** Birthday bash at LIP, free cake and ice cream.

- **May 19:** Need fashion advice? The staff will shop with you, 5:30 p.m. at LIP.

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.

Blood pressure screenings will be held from 11 a.m.-2 p.m. every Friday in May at the following locations:

Today - Tripler Army Medical Center Dining Facility

May 20 - Navy Exchange Rotunda

May 27 - Schofield Barracks Commissary

An **FBI career seminar** will be held from 10:30-11:30 a.m. **today** at building 193, room 205 of the Pearl Harbor Fleet and Family Support Center. The seminar will provide information for those who are interested in learning more about a career with the FBI as a special agent. For reservations, call FFSC at 473-4222. For more information about the FBI and its monthly seminars, call Special Agent Kal Wong at 566-4488.

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 **today**. 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.devau@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 USS O'Kane Family Support Group (FSG) will hold its final FSG activity from 4-6 p.m. May 21 at the Pearl Harbor Chapel Annex.

For more information, call Audra at 630-4111 or e-mail Kim at okaneohana@yahoo.com.

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.usmissouri.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.

The Honolulu Zoo will host **Military Appreciation Day at the Zoo** from 10 a.m.-4 p.m. **June 4**. The special event for military personnel and their families will offer free admission to all military ID card holders - active, Reserve, Guard, retired and dependents. There will also be free lunches for the first 5000 military ID card holders. The event will feature entertainment and activities for the entire family. There will be a brief ceremony from 11-11:30 a.m. with the mayor of Honolulu and the Royal Hawaiian Band. Military Appreciation Day at the Zoo is sponsored by USO Hawaii, City and County of Honolulu and Chamber of Commerce of Hawai'i.

The NEX offers congratulations to first grader Drew Carpenter, the latest winner of a \$2,000 savings bond from the **A-OK program**. Customers can bring their child's most recent report card to the Navy Exchange to register for the Project A-OK program. Youth could win \$5,000, \$3,000, \$2,000 or \$1,000 in U.S. Savings Bonds. For more information, visit the NEX customer service department in The Mall rotunda.

For the protection of NEX shoppers, **security measures** mandate that bags, purses or personal bags larger than 12 inches by 12 inches will not be allowed in the Navy Exchange. The NEX thanks patrons in advance for their cooperation.

The 2005 Shop NEX **"shop and win"** bumper stickers are available at any Navy Exchange location. NEX patrons can place a bumper sticker on their car for a chance to win a \$25 gift certificate from the Navy Exchange; winners are selected weekly. Winners are then entered in a grand prize drawing for a \$2,000 shopping spree at the NEX.

The NEX Autoport offers **free brake inspections** from 8 a.m.-4:30 p.m. Monday through Saturday.

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/cavatz/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 chafeehana90@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-TRI-WEST (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.



Beauty Shop: Gina Norris has moved to Atlanta so her gifted daughter can attend a music school and make a name for herself at a posh salon. But when her boss takes credit for her work, she leaves the salon to open a shop of her own.

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: Jeff Talley, a former LAPD hostage negotiator, has moved himself away from his failed career. When a convenience store robbery goes wrong in his turf, the three perpetrators move in on an unsuspecting family.

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 Ring 2: Rachel Keller moves to Astoria, Ore., with her son, Aidan, to escape their memories of what happened. When a few locals start dying, however, and a 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.

Sin City: See Review

JO3 Ryan C. McGinley Sin City

Film noir has never been so gruesome, sexual or explicit as in Frank Miller, Robert Rodriguez and Quentin Tarantino's "Sin City." If you're out of breath reading the directors, try a shot at the actors. Bruce Willis, Mickey Rourke, Jessica Alba, Josh Harnett, Rosario Dawson, Benicio Del Toro, Clive Owen, Elijah Wood, Michael Madsen and Brittany Murphy tell three intertwined stories of "Sin City," based on the comics of Frank Miller.

The film is a marvel and a failure at the same time. Visually, "Sin City" is a masterpiece of the genre. Shot mostly in harsh black and white, with intermitted colors of red, yellow, blonde, and green, the film is a testament to noir with trench coats, never-ending rain, cigarettes, bad guys and voice-overs that sound almost comical given the genre has been in hiding since the late 1950s.

The directors take an almost satirical approach, telling three stories, almost simultaneously, yet not quite, in a city known for crime and corruption. Nothing is left to the imagination as body limbs are cut off, blood splatters everywhere and naked bodies walk effortlessly through the frame.

To say this film is good depends on the audience member. Those fans of Rodriguez and Tarantino will love it, fans of the comics will adore it, those with weak stomachs will loathe it and noir fans just might feel the genre coming back.

At it's simplest, it's a collection of revenge stories set in a fictional city, where good triumphs over evil, but not without a little violence in the process. "Sin City" is worth seeing, just because it's unique. Tarantino is a plagiaristic fool, but Rodriguez has a gift for not only directing, but also shooting and chopping (as he calls it). "Sin City" is different, original and smart, and that should be good enough for anyone who is tired of seeing garbage like "Guess Who."

OVERALL RATING: 5/5

Mighty Mo salutes Armed Forces with 2005 Military Appreciation Month special

USS Missouri Memorial Association

As part of military appreciation month in May, the USS Missouri Memorial Association has announced that it will offer 50 percent off admission at the Battleship Missouri Memorial to all active-duty, reserve and retired U.S. military personnel and their immediate family members. Military personnel and their immediate family will also receive 10 percent off retail purchases at the Victory Store. To take advantage of this offer, qualified visitors must present their military I.D. at the Battleship Missouri Memorial.

"We are very proud to be able to extend this special offer to the brave men and women serving our country and safeguarding our freedom," said Don Hess, president and chief operating officer of the association. "We are truly grateful for the many sacrifices the military and their families make on our behalf."

Regular admission to the Battleship Missouri Memorial is \$16 per adult and \$8 per child ages four-12. Regular military and kama'aina rates are \$10 per adult and \$5 per child. Guided tours of the Missouri are additional.

Affectionately referred to as the "Mighty Mo," the USS Missouri (BB-63) first captured worldwide attention on Sept. 2, 1945, as the site of the end of Japan's unconditional surrender, ending World War II. A plaque now marks the exact location of the surrender and copies of the original documents are displayed on the "Surrender Deck" for visitors from around the world to see

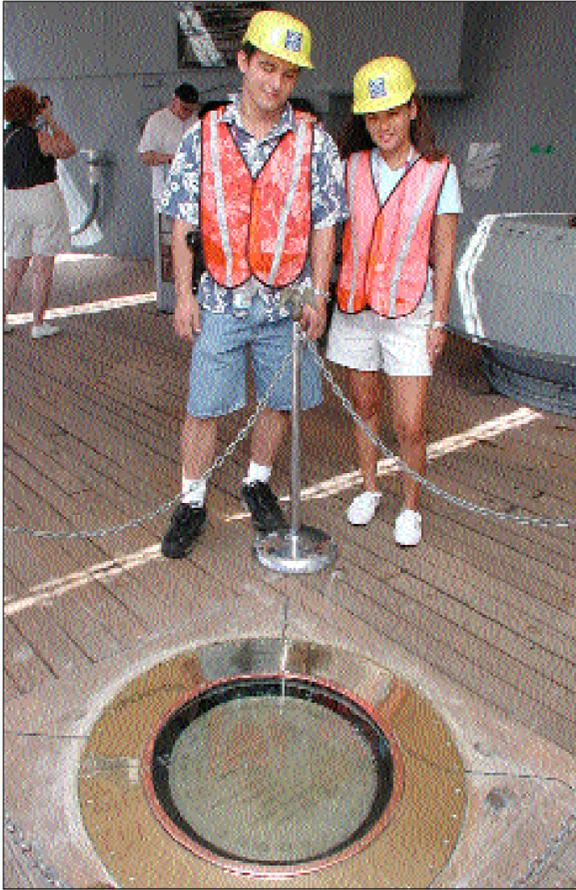


Photo courtesy of the USS Missouri Memorial Association

Visitors at the USS Missouri Memorial look at the surrender plaque aboard the memorial.

when they visit the Battleship Missouri Memorial, located in Pearl Harbor.

The USS Missouri Memorial Association, Inc. is a private Hawaii-based 501(c)(3) non-profit organization designated by the U.S. Navy as caretaker of the battleship Missouri. The association operates the Battleship Missouri Memorial. President George Herbert Walker

Bush is the memorial's honorary chairman of the board. The memorial is supported by admissions, retail and concession sales, donations, grants, and the work of volunteers. It is not supported with government funding. The association was formed in 1994 and includes a cross-section of leaders from Hawai'i's business, civic, political, and retired military communities.

Donating blood: Taking care of our own

Justin Metz
Tripler Army Medical
Center Blood Donor Center

One of the greatest strengths of our military is the way service members and their families take care of one another. The Armed Services Blood Program (ASBP) provides an excellent way for military members and their families to show their support for one another in a concrete, meaningful way. Giving blood to the ASBP allows you to be there for friends, neighbors and comrades-in-arms when they need you most.

The ASBP collects blood from the military community, for the military community - providing a connection between those who give and the sick and injured who need their help. Although there are civilian agencies that also collect and process blood, the ASBP is the only one operated by the military to meet military blood needs. Those who donate blood through the ASBP directly support their friends in need at military medical treatment facilities at home and troops deployed worldwide.

Blood is needed every day. For the littlest premature baby struggling in the neonatal intensive care unit, leukemia patients enduring ongoing treatment or those wounded in accidents or in action, the blood you give is priceless. Every year, patients in military medical treatment facilities receive more than 54,000 units of



Photo by Bruce Omura, Naval Health Clinic Hawaii
A Tripler staff member draws blood from a Naval Health Clinic Hawaii employee.

red blood cells, 20,000 units of plasma and 5,000 units of platelets.

Thousands of blood products have been transfused to injured personnel serving in Iraq and Afghanistan alone. By giving blood to the ASBP, you ensure life-saving blood products are available whenever and wherever there are military community members in need.

Capt. Harry McDonald, officer in charge of the Tripler Blood Donor Center said, "We really need the support of the military community to take care of the Soldiers, Sailors, Airmen, Marines and beneficiaries here and our troops in the field."

"We act as the middle-man by collecting, processing and delivering blood, but the donors are really the heart and soul of this program," he said. "It doesn't take a lot to give, but it means everything to those who need it."

Personnel Support Detachment at Pearl Harbor will host a blood drive from, 9 a.m.-2 p.m. May 17 at 650 Center Drive, Naval Station Pearl Harbor. For more information, contact Justin King at 471-2405, extension 252.

Donors from all services, government employees, retirees, and military family members are eligible to help others in the military community by donating blood through the ASBP.

Although travel to certain areas and some medical conditions and medications may temporarily or permanently restrict donation, most healthy adults are eligible to give blood.

For more information on eligibility, contact the Tripler Blood Donor Center at 808-433-6195 or visit the TAMC Web site at www.tamc.amedd.army.mil or the ASBP Web site at www.militaryblood.dod.mil.

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

Phone: (808) 473-2888
 Email: hnn@honoluluadvertiser.com
Hawaii Navy News

Test your electrical savvy

Leviton Institute

Most people know only as much about electricity as they need to get through their daily lives - in other words, not very much. But ignorance isn't always bliss. A little knowledge can help prevent a shock, make your home safer and save you money on your power bill.

Here are a handful of true/false questions from the Leviton Institute to test your electrical IQ:

- It's cheaper to leave fluorescent lights on when exiting a room than it is to turn them back on when you return.

- House wiring never needs replacing.

- A circuit breaker is not designed to protect against a ground fault.

- A two parter: Computer screen savers save energy and your computer will last longer if you leave it on all day, instead of shutting it off when you're not using it.

- You can damage a power tool by using the wrong size extension cord.

Answers

- (1) False. This is a commonly held belief, based on

the erroneous notion that fluorescent bulbs use a lot of power to get started. While it is true that a compact fluorescent bulb does require a brief surge when switched on, it works out to be around the same amount of energy as five seconds of normal usage, according to the Environmental Protection Agency (EPA). So turning the lights off for more than five seconds will save more energy than leaving them on.

- (2) False. Depending on the amount of use, insulation on house wires can become frayed or broken, creating a fire hazard. If you have any doubts about your wiring, have a qualified electrician perform a complete inspection. Houses built between 1965 and 1973, in particular, are at risk because many were built with aluminum wiring, which the U.S. Consumer Product Safety Commission says is 55 times more likely to reach "fire hazard conditions" than regular copper wire.

- (3) True. Circuit breakers are designed to protect against high levels of electrical current caused by a short

circuit. Ground fault circuit interrupters (GFCIs) protect against ground faults, when current leaking from an appliance goes to ground through a person touching the appliance. Even a small amount of current passing through a person this way can be lethal; a GFCI will trip if there's a ground fault, whereas a circuit breaker won't.

- (4) False and False. Screen savers only save screens, not energy. If you want to save energy, turn the monitor off. In fact, the EPA recommends you turn the computer off, too, if you aren't going to use it within a half hour. They claim the lifetime of the hard disc is limited by use, rather than start-ups.

- (5) True. If your electric lawn mower, hedge trimmer or leaf blower doesn't get enough power, either because the extension cord is too thin or too long to deliver it, it can damage and eventually destroy the motor. Also, overloading an extension cord can cause a fire or shock hazard. Be sure to use a cord rated to provide the proper amperage the tool requires, listed on the tool.

Free Father's Day messages to be hosted by Stripes.com

From Stars and Stripes

Stars and Stripes, the daily newspaper of the U.S. military, will host a free Father's Day Message online posting service at Stripes.com now ongoing and ending May 27 at 5 p.m. EDT.

A selection of messages sent to those stationed in the Middle East will appear in a special printed edition to be inserted in Stars and Stripes Middle East Sunday edition, June 19.

All messages received by the May 27 deadline will be published online at Stripes.com beginning on Father's Day, June 19, including those sent to recipients in the Middle East.

"Due to limitations on Internet access for our forward-deployed [service members], we decided to print some of the messages just for the Middle East," said Stars and Stripes chief operating officer, Max J. Lederer Jr.

Anticipating that many fathers in contingency areas will not have time to read messages

online, Stars and Stripes will add a box to the online message posting so people can check it if their recipients are in the Middle East. Those "checked" messages will be extracted and some will be printed in the special section on June 19.

"We believe it is very important that our down-range readers don't miss out on special occasions like this," Lederer added.

To send a free message, visitors may go to Stripes.com and click on the Father's Day Messages button, any time until May 27. Stars and Stripes will publish all messages online, as long as they are received via its online message board by the May 27 deadline. Only messages received online will be published.

Stars and Stripes will make every attempt to print all the messages received for Middle East recipients, but reserves the right to limit the number of messages actually published in the special Middle East Father's Day Messages insert.

Yard of the month winner



Photo courtesy of Forest City Residential Management

Dental Technician 1st Class Joselito Montojo and his wife Armi were selected as Yard of the Month winners for March in the Radford Terrace community. Forest City Residential Management (FCRM) chooses a Yard of the Month winner from each public-private venture (PPV) neighborhood each month. FCRM launched its new Yard of the Month program in March.



U.S. Navy photo by PH2 (AW) John Looney

Sailors exercise with their command at Ward Field.

Tips for exercise success

(Information provided by American Heart Association)

May is Fitness Month. Following are some tips from the American Heart Association that contribute to exercise success.

Swimming, cycling, jogging, skiing, aerobic dancing, walking or any of dozens of other activities can help your heart. They all cause you to feel warm, perspire and breathe heavily without being out of breath and without feeling any burning sensation in your muscles. Whether it is a structured exercise program or just part of your daily routine, all exercise adds up to a healthier heart.

Here are some tips for exercise success:

- If you've been sedentary for a long time, are overweight, have a high risk of coronary heart disease or some other chronic health problem, see your doctor for a medical evaluation before beginning a physical activity program.

- Choose activities that are fun, not exhausting. Add variety. Develop a repertoire of several activities that you can enjoy. That way, exercise will never seem boring or routine.

- Wear comfortable, properly fitted footwear and comfortable, loose-fitting clothing appropriate for the weather and the activity.

- Find a convenient time and place to do activities. Try to make it a habit, but be flexible. If you miss an exercise opportunity, work activity into your day another way.

- Use music to keep you entertained.

- Surround yourself with supportive people. Decide what kind of support you need. Do you want them to remind you to exercise? Ask about your progress? Participate with you regularly or occasionally? Be understanding when you get up early to exercise? Spend time with the children while you exercise?

- Be an active role model for your children.

- Don't overdo it. Do low-to moderate-level activities, especially at first. You can slowly increase the duration and intensity of your activities as you become more fit. Over time, work up to exercising on most days of the week for 30-60 minutes.

- Keep a record of your activities. Reward yourself at special milestones. Nothing motivates like success.

DoD warns about insurance, investment rip-offs

Rudi Williams
American Forces Press Service

Defense Department officials are working to thwart insurance and investment marketing practices that exploit military personnel.

Congress raised concerns last fall after press reports documented abusive insurance and investment sales practices at some military installations, including Camp Pendleton, Calif. and Fort Benning, Ga. This caused DoD to step up its efforts to improve oversight and enforcement of policies.

"You really have to be a little bit skeptical if somebody says if you invest a little bit of money with us today, you'll have a great deal of money tomorrow," warned Air Force Col. Michael A. Pachuta, DoD's director of Morale, Welfare and Recreation policy. "Also, you should shop [for investment opportunities] like you would for anything else. Don't buy the first thing that comes along. Make some comparisons."

Brand-new service members are sometimes enticed to go off base to what they think are investment seminars that end up being insurance sales pitches, the colonel said.

"Unfortunately, our policies don't apply off the installation," he continued. "So we have to rely on financial education, which we've tried to improve at the first basic-training opportunities with our new service members."

Pachuta recommended that troops ensure there are no combat-exclusion clauses in life insurance that they buy.

"We're going to be in

harm's way and it doesn't make any sense to have a policy that won't cover those kinds of events," Pachuta noted.

Service members should be on the lookout, according to Pachuta, for such things as something presented as a savings plan with an insurance component to it. That's a red flag, he said, adding that before buying insurance, service members should compare what the premium would be for a rate of coverage compared to the rate for the same amount of coverage through the Servicemen's Group Life Insurance (SGLI) program.

About 96 percent of service members have SGLI and 92 percent of them have opted for the full SGLI coverage of \$250,000. More than 160,000 service members have military pay allotments for supplemental commercial life insurance. The premiums they pay total more than \$190 million per year, according to DoD statistics.

"SGLI, to a large extent, especially for single service members who have no dependents, should fulfill most of their insurance needs," Pachuta noted. "But, a lot of times, our young service members are looking at putting away some money. And some of these insurance sales pitches are disguised as savings plans, although there's an insurance aspect to it that wasn't explained clearly when they signed up."

Pachuta suggests that service members who want to open a savings account should consider the Thrift

Savings Plan (TSP).

"It's a tax-deferred plan and there are not many investments, other than tax-free bonds, that have the same kind of advantages that TSP has," he said.

DoD officials are rewriting parts of the department's commercial-solicitation policy to enhance enforcement. This includes a requirement for installations that detect policy violations to report them to their service headquarters, and from there to DoD. The aim is to keep a record of violations and have it available for installations to check when a new insurance agent wants to do business on the installation.

Pachuta said there are 14 prohibited practices in DoD's commercial-solicitation directive, such as soliciting without an appointment, soliciting door-to-door and soliciting individuals during duty hours at their work places.

He said financial education is the key to stopping service members from being ripped off by unscrupulous insurance agents and companies.

"The department kicked off a financial-readiness campaign about a year and a half ago with 28 federal and nonprofit private organizations that specialize in financial education, such as the Securities and Exchange Commission, Department of Treasury and National Association of Securities Dealers," Pachuta said. "These are large, reputable organizations that have good information. They have great Web sites, great training tools and they provided

us information we can use in our financial-education programs.

Pachuta said DoD policies apply to any military or civilian employees as long as the transaction takes place on a military installation.

"That has been the problem," he noted. "Some people have been enticed to go off the installation to carry out these business agreements. So we're interested in working with the federal and state regulatory agencies to broaden our oversight."

He pointed out that DoD policies cover insurance and investment agents who operate overseas as well. The companies have to apply to DoD each year for permission to operate on U.S. military installations overseas.

Pachuta said he'd like to hear from individuals who have been taken advantage of by such unscrupulous practices. People can send comments to him at Michael.Pachuta@osd.mil no later than June 20.

He also recommended that anyone who has a problem with an insurance product contact the appropriate state regulatory agency.

"They're the ones that have a strong hammer if there has been a legal or ethical violation," he said.

The Securities and Exchange Commission or the National Association of Securities Dealers are oversight bodies for investment products.

"So if someone feels they've been taken advantage of in the financial-investment arena, those are the agencies they should contact," Pachuta said.