

# Pumping up Slimming down

## One chief's journey to better health

Story and Photos by  
**CTM2 Selena Current**  
Contributing Writer

There are a lot of people who are unhappy with their level of fitness, but they do not do anything to improve their health. One chief made the decision to get into shape and it changed her life forever. Now she's ready to help other people change their lives as well.

Chief Udenia Icenhour, a NSGA Kunia Hawai'i, believes top physical condition is one you can give yourself.

"Fitness should be a part of your life. You don't have to be a marathon runner or a body builder. You just have to put in your best effort," she said. Icenhour has always been in such great physical condition. In late 2003, she fell down from a well of a barge that was connected to her ship. She injured her shoulder and rotary cuff, preventing her from exercising. She found out that she was pregnant soon after, limiting her physical activity even more. Unhealthy eating contributed to her destructive state.

"I'm from the South. I was eating a lot of fat foods, fried foods, bread and gravy. We put gravy on everything. In the South, eating well means eating a lot. I've learned that eating well means eating healthy," she said.

Icenhour's lack of exercise and poor eating habits brought her to a dangerous 248 pounds. She knew she had to make a change.

"There was no turning back for me. I had a son and a mom to take care of and I was due to retire from the Navy in a few years. Time for me was running out. I made a decision and I did! I had to grab that bull by the horns and decided to grab that bull by the horns for the ride of its life," she said.

If you were to look through the progress, you would feel as though you were watching a caterpillar transform into a butterfly and show its true colors. Icenhour has since placed in the top 6 percent of 500,000 people during a Body for Life challenge.

vate people on a personal level.

"I've already won. Now I want to get my foot in the door. I want to get my name and my story out there. I want people who hear about my gym and want to make a change to know I have lived it. I know what they are going through," said Icenhour. "A lot of gyms like to hand out cookie cutter weight-lifting programs to people and never think about the needs of the individual. Some people who want to improve their fitness won't even go to the gym because they are embarrassed. I want the people who need encouragement to come to me. I want to be the ones you need to be explained. "I want to be there for the obese and severely obese people to take control of their life around. I'm going to focus on personal training and motivation for people when they need it or need it the most," she said.

Icenhour realizes the idea of getting into top physical condition seem like a hard task and not for everyone. She encourages everyone to take it "one repetitive meal and one day at a time."

Anyone can do it. Planning is key. People say they don't have time to work out, but they waste time procrastinating or watching TV. I get up at 3:15 a.m. every morning to make time for my workout. I'm tough at work, I have to be tough on myself at home," she said.

Icenhour credits her determination and new life to those who inspired her the most.

"I have to do is look at my son and I know in my eyes he is worth it. My mother is my backbone and my greatest inspiration. I don't want her to look at me," she said. "As for me, I want to set the example for my children. Some of my family members had bad eating habits that got passed down to us kids. How you eat sets the standard for your children. I'm setting the standard because I don't want him to suffer and struggle like I have," she added.



Icenhour performs a lunge with weights. She believes that getting into top physical condition is one of the best gifts you can give yourself.

"If you are in top physical condition, you are ready and able to do everything required of you," she said.

"Physical fitness is not only about being healthy, it is about being happy and loving yourself. Now I am a better mom, daughter and chief petty officer. I am a better woman and I am happy! I have a more positive approach to work now. I used to count the hours until the end of the day and wait for Friday to roll around. Now, I wake up and say, "Woohoo, Monday!!," she said.

You can follow Udenia Icenhour's progress by visiting [www.bodyforlife-tracker.com](http://www.bodyforlife-tracker.com). Click on "Profiles,"



Icenhour performs a bench press with weights. She plans to stay in Hawai'i after she retires and run her own fitness center where she can encourage and motivate people on a personal level.

Commentary

# Window on Pearl Harbor

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## Memorializing heroes...

For decades and through numerous wars and conflicts, Americans have paid homage to those who have fallen, to heroes who have made the ultimate sacrifice in the service of their country.

It is once again time – that special day set aside to memorialize those gone, but not forgotten.

Ceremonies to honor the war dead will be held here on Oahu and in every town and city in every state of the U.S.A. Flowers and miniature flags will be placed on graves, Taps will be played, and speeches will be made by military and government officials and veterans groups – paying tribute to the thousands of young men and women who, through many years and many wars, have proudly defended our country, who have died to preserve our freedoms.

Added to the honor rolls of fallen heroes are the most recent victims of the ravages of war and the high cost of freedom, the brave Sailors, Marines, Soldiers, Airmen, Coastguardsmen, Reservists and civilians who have lost their lives in the war in Iraq and in the fight against terrorism.

As part of the Memorial Day observances, Americans are encouraged to participate in the "National Moment of Remembrance" for one minute at 3 p.m. (local time) on Memorial Day. A resolution was passed by Congress in December 2000, establishing the "National Moment of Remembrance" to serve as a reminder of the true meaning of Memorial Day.

It offers an opportunity to thank veterans and members of the armed forces for their service to our country, to remember the sacrifices of America's fallen heroes from the Revolutionary War to the present.

The White House Commission on Remembrance, which promotes the spirit of unity and remembrance through observance of the "National Moment of Remembrance," explains its mission: "To sustain the American spirit through acts of remembrance, not only on Memorial Day, but throughout the year. The commission serves as a banner to encourage Americans of all ages to take a moment every day to reflect on the blessings of our land and to demonstrate our gratitude by giving back to our nation." A Memorial Day anthem, "On This Day,"

was written by award-winning composer Charles Strouse expressly for the "National Moment of Remembrance."

An excerpt of some of the lyrics from the song offers poignant reminders of the significance of Memorial Day:

"The bugle has sounded  
Its notes drift away,  
This time now belongs to you..."

"Think of those, who walked beside us;  
Now no longer there.

Then, don't cry, but hear their laughter  
For their spirit lives inside,

Make us humble,  
Make us knowing,  
And reflect on what is done...

On this day  
For now, forever  
Make this nation one!

On this day,  
For all the fallen,  
Make this nation one!"

On this Memorial Day, as we honor our American heroes, our hearts will fill with pride. Our strength and hope, our fierce patriotism, and our support of our heroic military personnel will continue to be strong.

We thank our military for their dedication to duty, unwavering support and all of the sacrifices that they make. We honor the memories of those who have made the ultimate sacrifice. In the words of the White House Commission on Remembrance, "Remember the sacrifices. Remember the gift."

May God bless America.

To learn more about Memorial Day observances planned on Oahu and to view a Memorial Day tribute, go to B3 in today's edition of Hawai'i Navy News. For more information about the National Moment of Remembrance and to hear the song, "On This Day," visit the White House Commission on Remembrance Web site at [www.remember.gov](http://www.remember.gov).

Have a fine Navy day!

# Hawai'i chief writes the book on podcasting

JO2 Devin Wright

Editor

By day, Aviation Technician Chief (SW/NAC) Todd Cochrane can be found at Commander, Patrol and Reconnaissance Wing-Two, but by night he is a talk show host broadcast worldwide.

Cochrane hosts a technical 'podcast' show where he talks about different technologies on the market from video games to the latest software, and technical news.

Podcasting is a new form of media. It allows people to listen to audio shows via an MP3 device called an Ipod. The shows are not in real time; they are often recorded the day before or even the week before. Unlike radio, podcasts are time shifted meaning that listeners have control over when they hear the recording. This has disadvantages, since podcasts cannot have live participation or reach large audiences as quickly as radio can.

However, podcasting has one significant advantage over traditional methods of broadcasting, it allows individuals to easily transmit content worldwide without the need for expensive equipment.

Cochrane has his own Web site, which is the reason he was inspired to start podcasting.

"The reason I started this was to connect to the readers on my Web site," Cochrane said.

"When you write something on a Web log, it can seem a little cold. When you can express your views verbally on those same topics, it becomes warmer."

Cochrane's show reaches thousands of people.

"When I started this thing, I thought I might talk to a



U.S. Navy photo by JO2 Devin Wright

ATC (SW/NAC) Todd Cochrane prepares to begin his podcasting show. Podcasting is a new form of media which allows listeners to choose when they want to listen to a favorite show by downloading it on an MP3 device called an Ipod.

hundred people," Cochrane said. "It turns out this show is reaching 8-9,000 people."

Some could argue Cochrane is an expert when it comes to podcasting. He did, after all, write the book.

Cochrane wrote the first book on podcasting titled "Podcasting, The Do It Yourself Guide."

"Podcasting is a new form of media," Cochrane said. "It's fun and anyone can do

it. I want people who are interested in podcasting to be able to learn how and do it."

Cochrane has been podcasting since October 2004. He records a show twice a week which reaches an audience of more than 8,000 people as far away as Asia.

For more information on podcasting, visit [www.geeknewscentral.com](http://www.geeknewscentral.com).

**STORY IDEAS?** Email: [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com) **Hawai'i Navy News**



**Karen S. Spangler**  
Assistant Editor

Rows of white tombstones on neatly manicured expanses of grass, miniature American flags fluttering in the breeze, the sharp report of 21-gun salutes, melancholy strains of Taps echoing through the air – these poignant visions of Memorial Day observances will be enacted this holiday at Memorial Day services throughout the nation as America honors her war dead.

The United States has lost thousands of her sons and daughters in wars and skirmishes that date back to the Revolutionary War, fought from 1775-1783. There were more than 25,000 casualties of that war, also known as the American War of Independence, as the 13 colonies struggled to win their independence from Great Britain.

Originally called Decoration Day, Memorial Day's official beginning was

three years after the Civil War ended on May 5, 1868. The Civil War, which raged from 1861-1865 and divided the north and south, took the lives of more than half a million soldiers. Maj. Gen. John A. Logan, commander-in-chief of an organization of Union veterans called the Grand Army of the Republic, established Decoration Day on May 30, 1868 as a time for the nation to decorate the graves of the war dead with flowers. It is believed that he chose that particular date because flowers across the nation would be in bloom.

Logan issued the order, naming the day as a day "for the purpose of strewing with flowers or otherwise decorating the graves of comrades who died in defense of their country" and "with the hope that it will be kept up from year to year."

In giving the order in 1868 for the graves to be decorated "with the choicest flowers of springtime," Logan urged, "Let no neglect, no ravages of

time, testify to the present or to the coming generations that we have forgotten as a people the cost of a free and undivided republic." Logan's words still ring true today.

According to information from the Department of Veterans Affairs, the first large observance of the holiday was held at Arlington National Cemetery.

But even before that, springtime tributes at cemeteries in many parts of the country were a common occurrence. Today, more than two dozen cities and towns in both the north and the south claim to be the birthplace of Memorial Day.

The small town of Boalsburg, Pa. in Centre County in the foothills of the Alleghenies lays claim to the honor and a marker by the side of the road boasts: "Boalsburg. An American Village – Birthplace of Memorial Day." As the story goes, it was in October 1864 on a pleasant Sunday afternoon, a teenage girl by the

name of Emma Hunter and her friend, Sophie Keller, gathered garden flowers and placed them on the grave of her father, Dr. Reuben Hunter. Dr. Hunter was a surgeon in the Union Army who had been killed. On the same day, Mrs. Elizabeth Meyer, was placing flowers on the grave of her son Amos, a private who had fallen on the last day of battle at Gettysburg. The two women, both mourning their recent losses, found a common bond in their shared grief and when they left each other that Sunday, they agreed to meet again on the same day the following year. They planned to honor, not only their loved ones, but others who had no one to meet at their graves. In subsequent years, the informal meeting of the two women turned into a community service and other neighboring communities began to hold similar observances.

Local springtime tributes to the Civil War dead were held in various places. It is

believed that one of the first happened April 25, 1877 in Columbus, Miss. as a group of women visited a cemetery to decorate the graves of Confederate soldiers who were killed in the battle of Shiloh. The nearby graves of the enemy Union soldiers were neglected. The women were disturbed at the sight of the bare graves and also placed flowers on the graves of the Union soldiers.

But in 1966, Congress and President Lyndon Johnson declared that Waterloo, N.Y. was the "birthplace" of Memorial Day. This was based on reports that local Civil War veterans were honored with a ceremony on May 5, 1866 as businesses closed and the town's residents flew flags at half-staff.

Information from the Department of Veterans Affairs notes that by the end of the 19th century, Memorial Day ceremonies were being held on May 30 throughout the nation. State legislatures passed proclamations designating the day and the Army and Navy adopted regulations for proper observance at their facilities.

It wasn't until after World

War I that the Memorial Day observance was expanded to include all of those who have died in all American wars. Memorial Day was declared a national holiday by an act of Congress enacted in 1971 and also placed on the last Monday in May.

A Memorial Day tradition that began in the late 1950s is still carried on. More than 1,200 soldiers of the 3rd U.S. Infantry place small American flags at each of the more than 260,000 grave-stones at Arlington National Cemetery.

They subsequently patrol 24 hours a day during the Memorial Day weekend to ensure that the flag on each grave remains standing.

As Americans gather on this Memorial Day to pay respects to all who have died in our nation's wars, it will be a time to offer tributes and to reflect upon the sacrifices of so many.

The immortal words of nineteenth century American poet Oliver Wendell Holmes embrace all American heroes who have made the supreme sacrifice: "One flag, one land, one heart, one hand, one nation evermore."

#### MEMORIAL DAY OBSERVANCES (May 29-31)

- **May 28**, 9-11 a.m.: Kapolei Memorial Day Tribute to the Military, Kapolei High School.
- **May 29**: Capt. Connelly is guest speaker and wreath-layer at Hanapepe Veterans Cemetery Memorial Day Ceremony sponsored by the Kauai Veterans Council.
- **May 29**, 10-11 a.m.: Pacific American Foundation Roll Call of Honor, Punchbowl.
- **May 29**, 1-2 p.m.: Boy Scout Good Turn Ceremony, Punchbowl.
- **May 29**, 6-7 p.m.: Vietnam Veterans Candlelight Ceremony, Punchbowl.
- **May 30**, 7:30-8:30 a.m.: National Park Service, USS Arizona Memorial Visitors Center.
- **May 30**, 8:30-9:30 a.m.: Mayor's Memorial Day Ceremony, Punchbowl.
- **May 30**, 11 a.m.-noon: U.S. Submarine Veterans of WWII Hawaii Chapter, Submarine Memorial Park.
- **May 30**, 1-2 p.m.: Governor's Memorial Day Ceremony, Hawai'i State Veterans Cemetery, Kaneohe. NAVSTA Ceremonial Guard is providing a flag bearer.

# WOPA seeks award nominees

## Navy Personnel Command Communications

The Women Officers Professional Association (WOPA), in conjunction with the Military Officers Association of America (MOAA), is seeking nominations for its "Capt. Joy Bright Hancock Award."

The award is given annually to one Navy or USMC officer, paygrade O-5 and below, and one senior enlisted, Navy paygrades E-7 through E-9 or USMC paygrades E-6 through E-9, who have demonstrated exceptional leadership over time and contributed to the professional advancement and personal development of women in the Navy and Marine Corps. Nominees should have also made significant, lasting decisions that resulted in improved working conditions and quality of life for their peers and subordinates, as well as the Navy and Marine Corps as a whole.

"Women are fully integrated into operations across the spectrum of the Navy in all areas, with the exception of

the submarine force. They are making significant contributions throughout the fleet at all levels of responsibility and rank," said Lt. j.g. Stephanie Miller, Navy's office of women's policy. "The Capt. Joy Bright Hancock Award is an opportunity to salute the accomplishments of key individuals who help to improve the quality of life for all women in the sea-going services."

The awardees should be available to travel to Washington, D.C. on July 12-13 for the WOPA/MOAA symposium, where the award winners will be announced.

Commands may provide funded orders (if available) to cover expenses incident to conference attendance, including transportation, per diem, and registration fees.

Award nominations are to be submitted via email, fax or regular mail to WOPA headquarters by June 15 and must have commanding officer's or officer-in-charge's signed endorsement letter.

Further award criteria and nomination instructions are available on the Women Officers Professional Association Web site at [www.wopa.org/jbh\\_sample.htm](http://www.wopa.org/jbh_sample.htm).

## Smelling sweet success



Photo courtesy of Forest City Residential Management

The child of a Navy family takes a moment to smell the flowers in her yard in the Hokulani neighborhood. The yard took Yard of the Month honors for April in the Hokulani community. Yard of the Month winners for April are: Halsey Terrace, Senior Chief Aerographers Mate Frank Sullivan; Hokulani, Master at Arms 1st Class Gregory Whitchurch and family; McGrew Point, Lt. Cmdr. Patrick Cross and family; Moanalua Terrace, Gas Turbine Engineer 1st Class Ronald Martinez and family; Radford Terrace, Chief Petty Officer Paul Swiderski and family.

# Naval Health Clinic Hawai'i earns fourth straight Gold Star Award

## Lt. Zoe A Peek NHCH Health Promotion Department

For the fourth consecutive year, Naval Health Clinic Hawai'i (NHCH), received the Gold Star Award for command excellence in health promotion from the Navy Environmental Health Center.

Established in 1995, the award recognizes Navy and Marine Corps

commands that have successful population-based health promotion programs and services.

Awards are presented on three achievement levels: Gold Star (the highest level), Silver Eagle (medium level) and Bronze Anchor (lowest level) awards are given to commands that have met at least the minimum requirements that should be in place for a command health promotion program at each

award level. All Navy health promotion or Marine Corps Semper Fit programs across the nation are eligible to submit award packages for consideration.

Strong command support and commitment from leadership, headed by the commanding officer, Capt. Charles Barker, was among the criteria cited for NHCH receiving the Gold Star Award. Through teamwork of the health promotion

department, the clinic staff, preventive medicine, the SMART Center, and many command personnel who assist with teaching health education in the classes and health fairs, the command was recognized for promoting healthy lifestyles by offering optimal health and wellness services.

Susan Schultz, a recent attendee at an NHCH health promotion health fair, said, "I was very

impressed with the static displays and the examples of how much fat and salt are in processed foods. The visual of what five pounds of fat and what five pounds of muscle looks like was an eye opener. Muscle is much better looking than fat!

"The health promotion staff members were very knowledgeable and helpful. They truly promote a healthy lifestyle," she added.

# MWR

## Movie Call

**Sharkey Theater**  
Naval Station Pearl Harbor  
(473-0726)

### FRIDAY

7:00 p.m. Sahara (PG 13)

### SATURDAY

2:30 p.m. Beauty Shop (PG 13)

4:45 p.m. Fever Pitch (PG 13)

6:45 p.m. Sin City (R)

### SUNDAY

2:30 p.m. Sahara (PG 13)

4:45 p.m. Guess Who (PG 13)

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

### THURSDAY

7:00 p.m. The Amityville Horror (R)

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

## Memorial Theater

Hickam Air Force Base  
(449-2239)

### FRIDAY

7:00 p.m. Sahara (PG 13)

### SATURDAY

7:00 p.m. Sahara (PG 13)

### SUNDAY

7:00 p.m. King's Ransom (PG-13)

### WEDNESDAY

7:00 p.m. King's Ransom (PG-13)

### THURSDAY

7:00 p.m. Sahara (PG 13)

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

## Sgt. Smith Theater

Schofield Barracks  
(624-2585)

### FRIDAY

7:00 p.m. Fever Pitch (PG 13)

### SATURDAY AND THURSDAY

7:00 p.m. Fever Pitch (PG 13)

### SUNDAY AND WEDNESDAY

7:00 p.m. The Upside of Anger (R)

\$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

- **June 4:** Olomana Ridge Hike, 8:30 a.m., \$5. Register by **June 1.**

- **June 4:** Waikiki outrigger canoe ride, \$12, call for more information. Register by **June 1.**

- **June 5:** North Shore glider ride, \$30, call for more information. Register by **June 1.**

- **June 11:** Kahuku Ridge hike, 8:30 a.m., \$5. Register by **June 8.**

- **June 11:** Makapuu Ridge hike, 5:30 p.m., \$5. Register by **June 8.**

### TEEN HIKE

Join the Boys & Girls Clubs of Navy Hawai'i on **May 28** for a teen hike to Makapu'u Lighthouse. All military or DoD family members ages 12-18 are welcome. For more information and departure time, call 421-1547.

### MEMORIAL DAY AT THE MARINA

Spend Memorial Day at the Rainbow Bay Marina. All boat rentals are free for active duty and retirees with a valid ID and an RBM blue card. For more information, call 473-0279.

### INTRAMURAL GOLF TOURNAMENT

MWR will host an intramural golf tournament on **June 1-3** at Barbers Point Golf Course. Tee times are available from 7 a.m. Registration is free. For information, call 473-2437.

### YOUTH AQUATICS PROGRAMS

Swimming lessons are available at base swimming pools for kids ages six months and up. There are several classes and schedules available beginning **June 2**. Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for the current schedule and more information or call 473-0394.

### POKER TOURNAMENT

The JN Chevrolet Navy All-Nighter Poker Tournament is in full swing and is open to all active duty Sailors. Participants can sit in on any round they choose; there is no fee to participate. There are four preliminary rounds remaining (**June 10, June 24, July 8, July 22**), lasting 6 p.m.-6 a.m. Every night, a prize package featuring a complete personal computer system will be given away. Other prizes, including gift certificates, T-shirts and promotional items, will be given away at random. For more information, call 473-0606 or visit [www.greatlifhawaii.com](http://www.greatlifhawaii.com).

### JULY 4 BALL TOURNAMENTS

Sign-ups are now being held for MWR's annual **July 4** softball and basketball tournaments. Softball games will be played on Millican Field and basketball games will be played at Bloch Arena. Tournaments are open to intramural teams (active duty, adult family members, DoD employees). The cost is \$175 per team per tournament. For more information, call 473-2494 or 473-2437.

### SUMMER CAMPS

Registration is now ongoing for Camp Adventure, summer camps sponsored by the Boys & Girls Clubs of Navy Hawai'i. The camps

provide children with the chance to develop character, learn valuable life skills, make new friends and discover new interests. There are different options from which to choose.

Programs are operated from Catlin Clubhouse and Iroquois Point Clubhouse. For more information and registration requirements, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or call 421-1556 (Catlin) or 499-2572 (Iroquois Point).

### 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.greatlifehawaii.com](http://www.greatlifehawaii.com) or call 473-1706.

### SALSA DANCE CLASSES

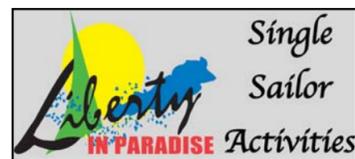
Salsa dance classes are offered on Thursdays and Fridays at Bloch Arena Fitness Center. Samir Hana, instructor, teaches the latest dance styles, including merengue, cha-cha and cumbia. There is no partner and no experience necessary. Level I and II classes are available:

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.



- **May 27:** Memorial Day weekend camping trip, time/cost to be announced.

- **May 28:** Paintball at Bellows, 10 a.m., \$25.

- **May 29:** Bodyboarding at Bellows, free.

- **May 31:** Movie at Ward Center, 6 p.m., bring money.

### 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](mailto:hnn@honoluluadvertiser.com) or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

**Blood pressure screenings** will be held from 11 a.m.-2 p.m. **today** at Schofield Barracks Commissary

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.usssmissouri.org/relay](http://www.usssmissouri.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 5,000 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 Hawai'i, 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. Kids 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 family members. 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 the month at Moanalua Community Center. Child care is provided at a cost of \$2 for the first child and \$1 for each additional child. For more information, call 422-5619 or email [usschafeefsg@yahoo.com](mailto:usschafeefsg@yahoo.com).

For information about upcoming meetings for the **USS Lake Erie Family Support Group**, call Liz at 454-2440 or [plumeria04@verizon.net](mailto:plumeria04@verizon.net).

As part of the **price matching policy** at the Navy Exchange, the NEX will match the price of any identical item sold in any local store. Customers should provide proof of the lower price and the NEX will match it. If the price difference is under \$5, the NEX will match it on the spot. Some restrictions apply to the policy. Patrons should see a sales associate for more information.

The Navy Exchange Autoport provides a **free safety inspection** to families of deployed Sailors. This service is available one week prior, one week after and during deployment periods. The Autoport is located on Naval Station Pearl Harbor, sub base side. For more information, call 423-3226.

How to contact **TriWest/TRICARE services** - Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their web site at [www.triwest.com](http://www.triwest.com), or visiting TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic. The TRICARE Service Center located at the Pearl Harbor Makalapa Clinic is open from 7:30-11:30 a.m. and 12:30 to 4:30 p.m. Monday-Friday. The TRICARE Service Center located at the Kaneohe Clinic is open from 7-11:30 a.m. and 12:30-4 p.m.

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

T.O.P.S. in Hawai'i is a support group for helping members Take Off Pounds Sensibly. The group recently held its state convention and crowned the state queen. She had lost all her weight by the end of December 2003 and lost 163 pounds. Call Delcie at 623-1403 for information on the several chapters and meeting places on the island.



**The Amityville Horror:** In 1974, police discovered the entire DeFeo family, all slaughtered with a .35 caliber as they slept. One year later, George and Kathy Lutz, along with their three children, moved into the house. The Lutz family only lasted 28 days in their home after they were terrorized by a demonic force.

**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.

**Fever Pitch:** When Lindsey, a big time executive, meets funny and charming high school teacher Ben they hit it off until Lindsey realizes Ben is a Red Sox fan.

**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, but there's one thing the credit report didn't tell him: Simon is white.

**King's Ransom:** Malcolm is a wealthy and arrogant businessman whose soon to be ex-wife has plans to take him for everything he's worth in their divorce settlement. Determined to avoid losing his fortune to her, Malcolm plans his own kidnapping with the help of his dim-witted mistress and her ex-con brother.

**Sahara:** See Review

**Sin City:** In Sin City, there's the street thug Marv whose desperate quest to find the killer of a prostitute will lead him to the foulest edges of town. Inhabiting many of those areas are the sordid ladies of Sin City, headed by Gail who opens up a mess of trouble after tangling with a corrupt cop. Finally, there's Hartigan, an ex-cop with a heart problem who's hell-bent on protecting a stripper.

**The Upside of Anger:** Terry is left to raise her four headstrong daughters when her husband unexpectedly disappears. Things get even more hectic when she falls for her neighbor Denny, a once-great baseball star turned radio D.J.

**JO3 Ryan C. McGinley**

## Sahara

Indiana Jones times 10. That's how you can describe "Sahara," the new movie based on the book by Clive Cussler. Sounds good, right? Wrong. Director Breck Eisner multiplies the wrong formula and ideas of the Indiana Jones series to make an over-the-top action film. He should go back to seventh grade math.

"Sahara" is the story of Dirk Pitt and Al Giordino, two ex-Navy SEALs turned explorers, who are searching for a lost Civil War ship nicknamed the "Ship of Death." Apparently, it's in the desert. Funny, that was the first place I would have looked. Along the way, they meet up with a doctor from the World Health Organization who is investigating the possibility of a plague with origins in Africa. Dirk finds a Confederate coin and decides to take a journey up the Niger River because there was a great storm back during the Civil War era, and the river could have supported the great ship at that time. The doctor hitches a ride on the boat because that is where she is going, too. How ironic.

"Sahara" takes a turn for the worse as lots of action and fighting ensue, without any real treasure hunting going on. In fact, when they do find the ship (that's not a spoiler, you knew it would happen), it's by accident when the audience almost forgot the original story.

Dirk and Al became so engrossed in the doctor's quest for the truth, and the evil warlord in Africa, that they forget what they were looking for. "Sahara" is an absurd mess of a story, throwing plausibility and intrigue right out the window. There's lots of action and one-liners, and that's about it.

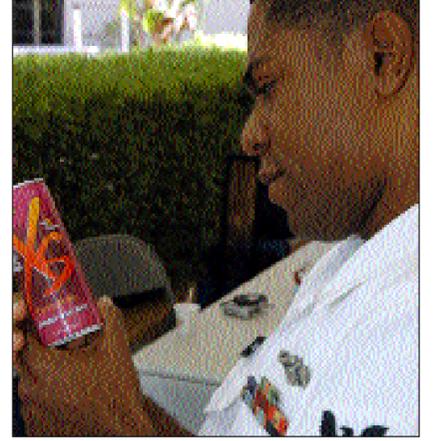
Eisner upped the action and special effects by 10, but subtracted the intrigue and story by 20, leaving the audience with nothing more than a popcorn movie about some guys who are looking for something, all of which no one really cares about.

**OVERALL RATING:** 2/5

# MWR holds health, fitness fair for Sailors



U.S. Navy photo by J03 Ryan C. McGinley (Right) Lt. Bao Nguyen, assigned to Naval Submarine Training Center, Pacific, learns about a body fat assessment machine from a hospital corpsman assigned to Naval Medical Clinic Hawai'i. The medical clinic had a booth set up at the Morale, Welfare and Recreation's Health and Fitness Fair, which aims to educate Sailors about healthy lifestyles, cholesterol, blood pressure and body mass. The free fair was held at Bloch Arena, and also included healthy food samples.



U.S. Navy photo by J03 Ryan C. McGinley Chief Storekeeper Ferdinand Kho, assigned to the Defense Distribution Depot, Pearl Harbor, examines lotion at one of the booths set up at the fitness fair. The fair featured health products and service displays.

U.S. Navy photo by J03 Ryan C. McGinley Morale, Welfare and Recreation employees show family members their display table at the 2005 Fitness Fair. The fair is held every year and includes local running, swimming and health food vendors.

U.S. Navy photo by J03 Ryan C. McGinley Electronic's Technician 2nd Class (SS) Rudolph Johnson, assigned to the Pearl Harbor Shipyard, looks at a new energy drink.

## Bill Cosby honors Reservist during performance

**JO1 Rob Kerns**

*Commander, Naval Reserve Force Public Affairs*

Former Hospital Corpsman 3rd Class-turned-actor/comedian Bill Cosby took time to honor a local Navy Reservist for her service during his stand-up performance May 15 in Raleigh, N.C.

Navy Counselor 1st Class Lauren R. Fyfe contacted Cosby's management when she found out he was going to be performing in her hometown while she was on leave. All Fyfe said she was hoping for was the opportunity to have Cosby pose in a picture with her holding an American flag she owned.

"The flag has been with me everywhere I go in the Navy," said Fyfe. "Once, I even got a picture with Secretary of Defense [Donald] Rumsfeld and me holding the flag."

According to Fyfe, Cosby was impressed with her knowledge of his career in the Navy and her knowledge of him being a hospital corpsman, as well as playing on the Navy's basketball and football team.

After meeting with Cosby backstage, Fyfe thought her meeting with Cosby was over. That, however, was not the case.

After changing for his performance, Cosby told Fyfe to follow him out onto the stage.

"I was shocked," said Fyfe. "I have spoken in front of large groups before, but this was completely scary. Cool, but scary."

Cosby then introduced Fyfe to the thousands in attendance and began to ask her about her Navy service and the Navy's role in the war on terrorism.

"When I kept answering his questions with 'sir,' he told me to go easy on the 'sir.' I tried to explain it was a 'respect your elders' thing and then he told me to be careful with that," she said.

After thanking her for her service and asking Fyfe's mother in attendance in the audience if she had gotten enough pictures, Cosby led the audience in a round of applause for Fyfe.

Later in the performance, Cosby asked the audience to join him in three moments of silence for those serving overseas and those who will not be returning and for the family members of those service members.

# Operation Thin Mint: Girl Scouts deliver taste of home to Safeguard Sailors

**JO2 (SW/AW) Kathryn Whittenberger**

*Logistics Group Western Pacific Public Affairs*

Girl Scouts and Brownies from two troops in Singapore dropped in on the crew of USS Safeguard (ARS 50) during a port visit to Singapore to pass out boxes of Girl Scout cookies May 9.

The cookie delivery was part of Operation Thin Mint, a program developed by Girl Scouts in the San Diego area, where they teamed up with their customers to send cookies and handwritten notes of support to service men and women serving overseas.

"We're extremely grateful to the Girl Scouts for bringing a piece of home out here to us while we're deployed," said Lt. Cmdr. Doyle Hodges, Safeguard commanding officer. "We're delighted at the chance to show them around and teach them a little bit about what

the Navy does."

While aboard, the girls formed an old fashioned Navy-style "working party" to "onload" the cookies and hand them out to eager crew members gathered on the fantail. Sailors were delighted to eat this famous piece of American culture.

"Every time I take a bite out of a Girl Scout cookie, it reminds me of home," said Seaman Corey Jones, who was holding onto a box of samoas.

After handing out cookies, the girls took a quick tour of the ship, learning about its salvage and rescue mission and daily life aboard ship.

"The ship was great! I even got to sit in the captain's chair!" said 8-year-old Cassandra Maillet, a member of Brownie Troop 30. She was one of more than 40 Scouts of various nationalities involved in scouting in Singapore who took part in the Operation Thin Mint event.

Since the project began in 2002,

more than 438,000 boxes of Girl Scout cookies have been sent to military personnel deployed overseas. The staff of Commander, Logistics Group Western Pacific (CLWP) in Singapore has been involved since the beginning. This year, CLWP will ship more than 40,000 boxes of Girl Scout cookies to more than a dozen ships operating in U.S. 7th Fleet.

"It's great sending cookies to all those ships," said Lt. Philip Lowrey, CLWP's combat logistics force and transportation officer. "We've had a great response from the Sailors and that makes it worth it."

The majority of the cookies in the 7th Fleet area of operations are being delivered by Combat Logistics Force ships of the Military Sealift Command during routine underway replenishments with operating forces.

Safeguard operates from Sasebo, Japan as part of the 7th Fleet's forward deployed naval forces.



U.S. Navy photo by JO2 Kathryn Whittenberger

Girl Scouts and Brownies from two troops in Singapore pass Girl Scout cookie boxes up the brow of the rescue and salvage ship USS Safeguard (ARS 50) as part of Operation Thin Mint. The Scouts delivered the cookies to bring a taste of home to the Sailors while deployed.

## Long missing Dewey Medal given to Navy Museum

**Jack A. Green**

*Naval Historical Center Public Affairs*

On the 107th anniversary of the Battle of Manila Bay, the Navy Museum received the "long lost" George Dewey Peace Jubilee Medal.

Dignitaries from the Philippine Embassy, the Naval Order of the United States, Rear Adm. Jan Gaudio, commander, Naval District Washington, and the Naval Historical Center met on the fantail aboard the museum ship former USS Olympia (Dewey's flagship during the battle) in Philadelphia for the formal presentation.

"The acquisition of this medal closes the chain of events celebrating Dewey's spectacular victory at Manila Bay," Dr. Edward Furgol, curator of the U.S. Navy Museum. "We already have his official medals, sword and uniform."

The medal, commissioned by President William McKinley in 1899, was supposed to have been awarded to Adm. George Dewey for his spectacular victory over the Spanish fleet in the Philippines during the Spanish-American War of 1898.

It was called the "Peace Jubilee Medal" because it was to have been awarded Oct. 25, 1899 at the massive public Peace Jubilee held in Philadelphia to celebrate the end of the war. For unknown reasons, the medal was not awarded at that time.

Many years later, retired Navy Chief Warrant Officer George Hubbard of Waterloo, Iowa found the medal being sold at a flea market. Hubbard, a collector of Dewey memorabilia, immediately added it to his collection and contacted the Naval Historical Center in November about donating the medal to the center's artifact collection.

Before dawn May 1, 1898, Commodore George Dewey's flagship Olympia led seven U.S. Navy cruisers and gunboats into Manila Bay, Philippine Islands. By 8 a.m. that morning, his Asiatic Squadron had located and destroyed virtually the entire Spanish naval force in the Philippines. Damage to the American ships was negligible, with their crews suffering no fatalities and few injuries.

### STORY IDEAS?

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

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

**Hawaii Navy News**

## Navy seeks volunteers for 2005 Boy Scout Jamboree

Commander, Navy Recruiting Command Public Affairs

Navy Recruiting Command (CNRC) is seeking volunteers to coordinate Navy exhibits and merit badge booths for the 2005 National Boy Scout Jamboree scheduled from July 23 to Aug. 5 at Fort A.P. Hill, Va. Volunteers will be needed from July 21 to Aug. 5.

The quadrennial National Jamboree is expected to play host to more than 40,000 scouts, 100,000 guests and numerous governmental and military dignitaries.

Volunteers are sought with expertise in oceanography, weather, emergency preparedness and computers to assist in training scouts for receipt of awards known in the scouting world as merit badges. Additionally, volunteers are needed to staff general Navy exhibits that tell the Navy story.

"We are sowing seeds to reap for the future benefit of the Navy," said Cmdr. Furniss Harkness, CNRC Boy Scout Jamboree coordinator.

There will be numerous opportunities for volunteers to enjoy the diverse festivities of the 10-day jamboree. Sailors with scouting experience are especially encouraged to participate. Jamboree volunteers may be male or female, active or Reserve Navy, or civilian employees.

OPNAVINST 5760.5B authorizes commands to issue volunteers no-cost permissive TAD orders to the jamboree. Sailors interested in volunteering need to submit special requests to their commands for such orders.

Approved requests should be faxed no later than May 16 to CNRC at (901) 874-9398, attention Cmdr. Furniss Harkness. CNRC will confirm approved requests. Berthing and messing will be provided at Fort A.P. Hill.

Questions should be addressed to Commander Furniss Harkness at comm.: (901) 874-9191; DSN 882-9191 or e-mail: furniss.b.harkness@navy.mil.

# New 'Families First' program to improve moving process

## American Forces Press Service

Full replacement value for lost or damaged items is among several changes taking effect in October as part of a new program called "Families First" that aims to improve the moving process for military families.

"We're going to have a lot of happier campers because they are not going to be losing any money out of their pockets like they did before," said Cullen Hutchinson of the passenger and personal property office at the Military Surface Deployment and Distribution Command in Alexandria, Va. According to Hutchinson, under the current claims process, servicemembers only receive a depreciated value for property that is lost or damaged.

For example, a \$200 television that is lost or damaged might only be valued at \$100 after depreciation, he said.

With Families First, he said, "The carrier will either replace the television with a similar one or reimburse the servicemember the full cost of a new one."

Another benefit of Families First is that servicemembers will now deal directly with the carrier to arrange direct delivery of household goods, thus alleviating the need for temporary storage, he said.

"What makes this even better for the servicemembers is that whenever you have temporary storage, the more handling of your household goods, the more susceptible it is for loss or damage," he said. Hutchinson added that direct delivery will also save the services money now spent for temporary storage.

In Families First, servicemembers will file settlement claims directly with the carrier, using a Web-based claim filing process.

"There will not be a middle man; the servicemember will be able to address the carrier directly on the issue they have," he explained. "And the carrier will have an incentive to take care of that servicemember in a positive way."

Servicemembers will be encouraged to complete a Web-based customer satisfaction survey that measures the performance of carriers, Hutchinson said, and that survey will become part of that carrier's record. "If the carrier's performance is poor, then the amount of business he's going to get from the government is going to fall off or stop completely," he explained. "So there is an incentive there. It's no longer a competition on cost, but it's a competition now with cost and performance."

He said the survey

gives servicemembers a chance to influence decisions on whether a carrier continues to do business with the Defense Department.

"And that decision is going to be based on the performance of that carrier," he said.

The result, he said, will be "more quality carriers, which will translate into quality service for our servicemembers. And higher quality carriers will ultimately mean higher quality moves."

Hutchinson said efforts like Families First should help improve the quality of service in the military moving industry that transports the household goods of more than 500,000 servicemembers and their families each year.

He said problems in the moving industry have plagued the services for years and that efforts to improve the moving process have been ongoing since 1994, starting with re-engineering of the household goods process. "The perceptions were that DoD was experiencing a very high loss and damage rate," he said. "When we looked at the numbers, it was significantly higher than some of the corporate accounts."

In addition, he said, claim rates also were higher for military moves. While average military claims ranged around \$500, he said



U.S. Navy photo by JO2 Devin Wright

A mover carts household goods for a Navy family.

many corporate claims were in the range of \$100.

In the end, he said, DoD expects to see a "considerable decrease in loss and damage claims."

"The reason for that is that the carrier is

assuming a higher liability for claims," he said. "So it's in their best interest to protect the goods better so they are not subject to this loss."

Hutchinson said Families First also should ease some of the

stress involved with moving.

"What we're trying to do is reduce that stress for our servicemembers so they can concentrate on more important things and not worry about 'my stuff.'"

## STORY IDEAS

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