

The need to read



Cryptological Technician - Communications 3rd Class Patricia Lyons, assigned to the Hawai'i Regional Security Operations Center, and her daughter enjoy time together reading "The Lion, The Witch and the Wardrobe" by C.S. Lewis.

How to cure the summer time reading blues

Story and photos by
CTM2 Selena J. Current
Contributing Writer

While the "summer slide" may sound like the hottest new attraction at the water park, it's actually a term that describes the effect summer vacation has on your child's reading skills. Reading is a skill that requires practice, and practice is important for maintaining your child's reading ability. Although it is important to let kids be kids and enjoy their summer in a carefree manner, it is also important to keep your children from backsliding during their summer months. Two months of free time may not seem like a big deal, but if your children are a new reader or struggles with reading they can fall up to a year behind if they do not read during the summer.

Numerous studies show that reading is the most important activity a child can do over the summer. The number of books read during the summer months is consistently related to academic gain the following year. Kids who read during

the summer not only maintain their skills, but often move forward and have a head start on the next school year.

Reading can be stressful and frustrating for some children. If your children do not like reading, it may be that reading is difficult or boring to them. Knowing the frustration and arguments that come with trying to get children to read, parents begin to dread reading time, too. The key is to learn how to make reading fun for you and your family.

Work with your children and get to know their reading skills. If they seem to have difficulty, be there to assist them when they need it. The easier reading becomes, the less arguments there will be about having to do it. Provided below are some ideas for making reading fun for your children this summer:

- Read with your child. Children love spending quality time with their parents. As a bonus, by reading with your children you will be able to provide them help with pronunciation if they need it.

- Let your child see you reading for fun. Whether it's reading at home on a weekend or taking a novel to the beach, if your children see you reading for enjoyment they will see that reading can be fun for them, too.

- Make your own book together. Kids love using their imagination. Have your children write the words to the story below their drawings and then read it together. You may have so much fun you end up making a series.

- Share books with your teenagers. Discuss the stories with them and ask them what their thoughts are about the book. By sharing books, not only do you know what they are reading, but you are creating a bond with your children.

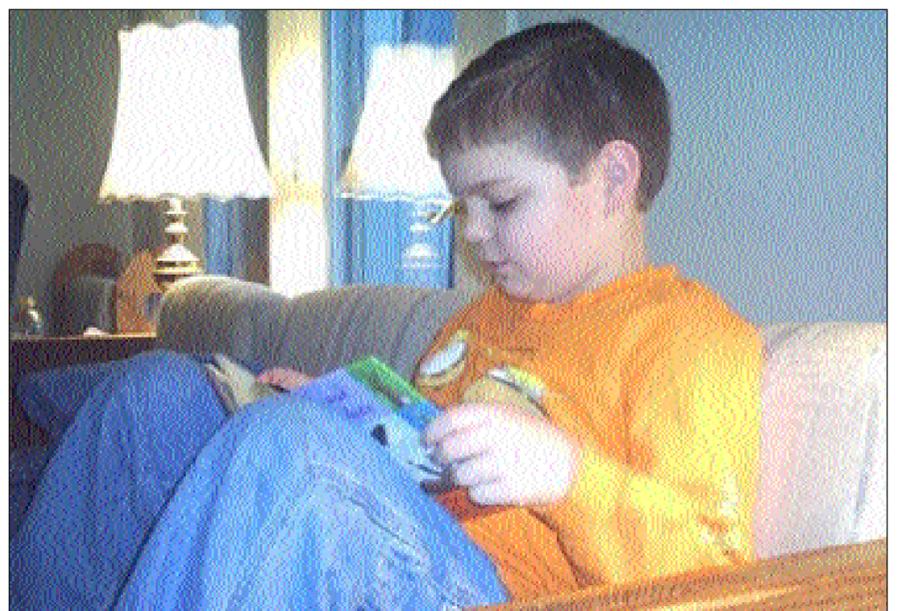
- Supplement your child's interest with books. If your child doesn't care for reading that much but has a passion for dinosaurs, get him or her a few books about dinosaurs. Having interesting reading material makes it more fun for a child to read.

- Take your child to the library. It's free and your child has instant access to thousands of titles. Ask your librarian if he or she has a summer reading list available.

- Get a subscription to a magazine in your child's name. Children love getting mail, and having a magazine addressed to them will increase the likelihood of their reading it. For more ideas, go to www.magazines.com and type "children" in the search box.

- Cook together. Have your child read through the recipe and assist you with the cooking. Make cookies together and share them over a book.

- Share your own favorite childhood books with your child. We all have stories from our childhood that make us smile and feel good inside. Look them up at the library and share that same feeling with your child.



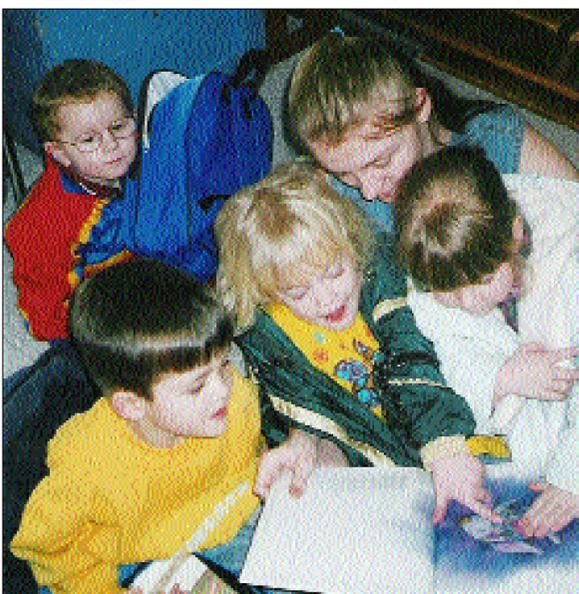
A child reads by himself at his home. Most children want to be able to read on their own.

- Combine activities with books your child reads. If your child reads a book about zoo animals, take a trip to the zoo. You may end up with your own personal tour guide courtesy of your

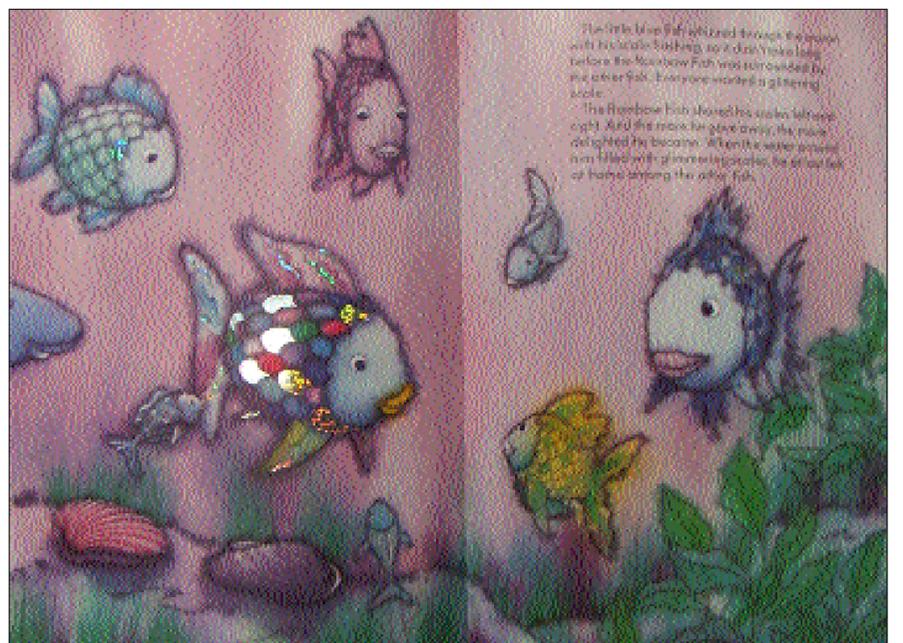
child. Enjoy your summer full of fun and reading, and take pride in preparing your child for the next school year.

One of the greatest gifts

you can give your child is a passion for reading. As Dr. Seuss once said, "The more you read, the more things you will know. The more you learn, the more places you'll go."



A military family member reads to children. Group reading helps children stay interested and involved in the story.



Colorful and exciting illustrations grab a child's attention throughout the entire story and encourage them to get involved with the storytelling.

Commissary buyers bring Hawai'i products to military community

Karen S. Spangler
Assistant Editor

More than 120 new products from Hawai'i will soon be available on commissary shelves for military patrons. Key military commissary buyers from the mainland met with more than 50 Hawai'i business owners at the Eighth Annual American Logistics Association Food Show held June 24 at the J.W. Marriott Ihilani Resort and Spa at Ko Olina.

The products were selected from a parade of more than 800 new items that were featured at the event. Although many of the products selected were presented by companies that are currently doing business with the Defense Commissary Agency (DeCA), headquartered at Fort Lee, Va., seven new companies were added to the lineup.

Some of the new items which will now be featured in Hawai'i military commissaries will include organic coffee and teas, natural snack items, club and gift packs, 100 percent Kona coffee pods, glazes, marinades and salad dressings, kim chee, Hispanic and Thai products, ice cream and yogurt, and meat and soy products.

According to Patrick Nixon, deputy director for DeCA who is responsible for 270 commissary stores in 14 different countries, the products could subsequently be marketed to regional or worldwide commissaries, depending on demand.

Nixon explained that the food show gets "bigger and better every year." "The excitement and level of interest has gotten bigger every year," he said. When the show began in 1998, there were about 12 companies represented at the show. At this year's event, there were more than 50 companies and an additional 20 had to be turned away due to space constraints.

"It's a great event - a great opportunity to partnership and to solidify business between businesses here and the military community," he continued.

With \$5.3 billion in annual sales, military commissaries are one of the 10 largest supermarket chains in the world, noted Nixon.

Nixon said that DECA is a very important business to Hawai'i's economy, employing over 2,000 workers and infusing a payroll of \$24 million per year into the local economy. The purchase of local products totals more than \$80 million per year.

DeCA purchases approxi-

mately eight million pounds of fruits and vegetables each year from local growers. "It's a great opportunity for local growers and provides fresh quality produce for our military buyers," said Nixon.

A major advantage of the food show is to educate Hawai'i businesses on how to break into the commissary market. "Doing business with the government can be a daunting task. We have tried to simplify the procurement process. Every company will get feedback on how they did and how to improve their chances next year," Nixon said.

The new products that were selected at Friday's food show will be tested in local commissaries for acceptance and subsequently, the decision will be made whether or not to market them on the mainland. Many of the products that were picked up will be available on commissary shelves within 30-45 days.

Products from companies that are brand new to the DeCA system will take a little longer to find their way onto store shelves since they must first go through inspections and go through a contractual process. Kaiulani Spices is one of the new commissary vendors, adding a line of five rubs and spices in hot and medium-hot curry, Chinese five-spice, a blend for seafood and poultry and a Hawaiian Kona coffee mixture. A gift set packaged in a spice rack is another addition from Kaiulani Cowell, the "spice lady."

Four fruit butter spreads produced by Hilo-based Liko Kehua Products were picked up from the company's distributor, A Bit of Aloha for You. "It's real creamy which makes it different. It is FDA-approved; its shelf life is a year where most other butters is five to nine months," remarked Kimo Olds, president of A Bit of Aloha for You.

The spreads can be put on ice cream, fish, vegetables and on fruit trays, according to Olds.

"The military is a very mobile community. While stationed here in Hawai'i, they develop an affinity for local products," explained Nixon and said that because many local products are offered through the commissary market, military buyers can find many of their favorites on the shelves of mainland commissaries. "Hawai'i has some of the best sauces in the world," said Nixon, adding that some of the favorites from the Hawai'i market are sauces and coffees.



U.S. Navy photo by PH2 (AW) David Difuntorum

More than 120 new products from Hawai'i will soon be available on commissary shelves for military patrons.

Emphasizing the benefits of commissary shopping for military families, Nixon noted, "It's taking that extra step that makes the benefit even more valuable and it makes a big difference to a family." In Hawai'i, that adds up to about a 50 percent savings compared to products purchased on the local economy. "The commissary benefit is one of the longest standing benefits in the military community," continued Nixon.

Rick Page, director of the Western Pacific Region Commissaries representing 112 stores from Texas to Korea, described Hawai'i products as "incredible, world class products." "These companies pour their hearts and souls into these products. We're happy to give these companies the opportunity [to do business with DeCA]," he said.

"We have very high volume commissaries here [in Hawai'i] and expect these companies to have their marketing and business plans ready and convince us they're ready to support the commissaries here," Page noted. "The opportunities here are tremendous," he continued.

He said that once the products are selected, they will be on the shelves within two weeks to a month and product deliveries to the commissaries are expected on an almost daily basis.

Another part of the marketing plan are samplings and tastings and vendors have to commit to doing a number of tastings and samplings in the commissaries as the new products are introduced.

According to Page, 46

percent of all produce is purchased from growers here in the islands. "It's a lot fresher and competitive with anything we can get from the mainland. It goes right from the farm to the store," he explained.

When selecting new products, consideration is given to the products that are already part of the product inventory. Such products, totaling more than 4,500 that are made or distributed locally that are already on commissary shelves, include local juices, sauces, macadamia nut products and coffees.

The DeCA buyers use rigid criteria when selecting new products to stock commissary shelves. One important factor is quality. The buyers also consider whether it will be price competitive with currently stocked items. Customer input is also a criteria - derived from requests from customers and determining if the product is one that commissary shoppers would readily accept.

"Coffees and sauces are hugely popular," remarked Page. "There are some excellent companies here that produce quality products."

Page emphasized the importance of the benefits of commissary shopping to service members and their families. "This a benefit that military families, Guard, Reserve and retirees have earned. Those who have put their lives on the line for their country deserve it," remarked Page.

"This is a huge benefit for our service people. They are pretty low paid. They have the opportunity to get wonderful products at a great price. It's a wonderful benefit," he added.

Celebrate Fourth of July holiday at Pearl Harbor Block Party, fireworks

Karen S. Spangler
Assistant Editor

MWR at Naval Station Pearl Harbor will again present its July 4 Block Party and Fireworks Spectacular in celebration of the Fourth of July holiday.

Event admission is free and open to military-affiliated and DoD personnel, family members and their sponsored guests.

The streets fronting Bravo pier will be open only to foot traffic for the celebration. Giveaways, including three complete travel packages for two to Las Vegas, will be presented to lucky winners.

The day-long event will feature a variety of family entertainment and will include kiddie activities such as a petting zoo, free pony rides, free Xtreme Fun Xpress Train rides and inflatables.

There will also be a trampoline exhibition, a static military vehicle display and a crafters' village. The event will also feature adult rides, food booths and carnival games.

Throughout the afternoon and evening, there will be a variety of live entertainment. Tino and the Rhythm Klub and eight0eight, both well-known local bands, will headline the entertainment. Other features of the day's entertainment will include amateur wrestling, a Chinese lion dance, Hurrah Players family theater group from Virginia, championship poker and a belly dancing demonstration.

The playing of the National Anthem will begin at 8:30 p.m. followed by a fireworks display presented by the world-famous Grucci family.

A schedule with activity times and locations will be available at the event and on the MWR Web site www.greatlife-hawaii.com. All activities are subject to change without notice.

Presented by Navy Region Hawai'i MWR, the July 4 Block Party event is part of MWR's continuing effort to

provide enhanced quality of life programs to Sailors and their family members.

A listing of the July 4 Block Party events follows:

2-4:30 p.m.

• Monster Games

3 p.m.:

• Hurrah Players - Virginia's leading family theater company will present a musical revue.

• Championship Poker - This free tournament, which features adult and teen divisions, offers a chance to win prizes. Register at The Banyans by 3 p.m.

3:30 p.m.:

• Belly dancing demonstration

4 p.m.:

• H2O - Hard To Oppose - This is a "show" band with an eclectic blend of hits and a horn section.

4 p.m. and 6 p.m.:

• Amateur Wrestling featuring National Wrestling Alliance (NWA) Hawai'i and Hawai'i Championship Wrestling (HCW).

5 p.m.:

• Au's Shaolin Arts Society Chinese Lion Dance.

5:30 p.m.:

• eight0eight - This band needs no introduction. It's R&B, jazz, contemporary dance and show style has diversity and depth that generates spirit-raising energy.

7 p.m.:

• Tino and the Rhythm Klub - Their popular performances of sultry island sound with hip-hop and R&B create a unique and local jam flavor.

8:30 p.m.:

• The National Anthem followed by an aerial fireworks display by the world-famous Grucci family.

For more information on the July 4 Block Party, visit the MWR Web site or call 473-0606.

(See more information about the July 4 Block Party and fireworks show and a listing of events in the June 24 edition of Hawai'i Navy News, page B1, or on the Navy Region Hawai'i Web site at www.hawaii.navy.mil.)



Photo courtesy of Portraits of Hawai'i

A crowd is entertained by a musical performance at last year's BayFest. Featured entertainment for BayFest 2005 is: July 1: Papa Roach, July 2: Montgomery Gentry, July 3: Brad Paisley and July 4: Lynyrd Skynyrd.

BayFest Hawai'i 2005

Karen S. Spangler
Assistant Editor

Headline bands, a variety of contests and exhibits, nightly fireworks displays, carnival rides and midway games will highlight the 16th annual BayFest Hawai'i 2005 at Marine Corps Base Hawai'i - Kaneohe Bay. Hours for BayFest 2005 are July 1: 5 p.m.-2 a.m., July 2: Noon-2 a.m., July 3: Noon-2 a.m. and July 4: Noon-12 a.m.

Papa Roach, Montgomery Gentry, Brad Paisley and Lynyrd Skynyrd, offering a range of musical entertainment venues from rap to rock and country, will be featured at the Fest. Concerts begin at 9:15 p.m. each night.

During the Bathtub Regatta, a fun competition for military, family member, civilian and corporate groups, teams who have cre-

ated a homemade boat will put their marine craftsmanship to the test.

Slim, trim and muscle-brimmed men and women will show off their muscles and moves as they vie for the title of the BodySearch Fitness Challenge king or queen.

More than 35 vehicles, ranging from Corvettes, Camaros and old roadsters along with funny cars and dragsters, will be on display at the AAA Hawai'i Custom Car Show.

The island lifestyle expo will showcase products and services of more than 30 corporate and non-profit organizations. Exhibits will feature everything from resort and entertainment businesses to beauty and fitness products.

Marine and Navy military displays, performances by the Marine Forces Pacific Band, pizza eating contests, and

Coconut Island boat rides will also be packed into the four-day event. A myriad of E.K. Fernandez carnival rides, games and midway activities will round out the activities.

A nightly fireworks show, presented by Grucci Brothers, will follow each evening's entertainment.

Tickets are \$10 per day for adults and \$7.50 per day for children ages 4-10.

Tickets are available by visiting the BayFest Hawai'i 2005 Web site at www.bayfesthawaii.com, online at Ticketmaster.com and at all Ticketmaster outlets (including Times Supermarkets), Blaisdell Box Office and BYU. To charge tickets by phone, call (877) 750-4400.

For more information about BayFest Hawai'i 2005, visit their Web site at www.bayfesthawaii.com.

Fourth of July...steeped in history and tradition

Karen S. Spangler
Assistant Editor

As we prepare to celebrate the Fourth of July holiday, with family picnics and events, patriotic parades and spectacular fireworks displays, we would be remiss if we didn't take a few minutes to remember the history and traditions of why we celebrate this glorious holiday.

More than 200 years ago, on July 4, 1776, members of the Second Continental Congress met in Philadelphia and adopted the final draft of the Declaration of Independence. This was the formal document that announced the colonies' separation from Great Britain.

Although there were celebrations of the Fourth of July with speeches, parades, military observances and fireworks displays beginning in 1777, it wasn't until 1941 that Congress declared the Fourth of July, also known as Independence Day, a federal holiday.

The Declaration of Independence was written by Thomas Jefferson. The Declaration affirms that since all people are creatures of God, or nature, they have certain natural rights, or liberties, that cannot be violated.

The wisdom of our founding fathers has been handed down through generations. The words of Jefferson are well-known and frequently quoted. "We hold these truths to be self evident, that all

men are created equal, that they are endowed by their creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness."

"They that can give up essential liberty to obtain a little temporary safety deserve neither liberty nor safety," admonished Benjamin Franklin.

John Adams, the second president of the United States, advocated recognition of the Fourth of July, and wrote to his wife Abigail, "I believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be celebrated by pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations from one end of this continent to the other..."

Adams' words hold true as much today as they did more than 200 years ago. "I am well aware of the toil and blood and treasure it will cost us to maintain this declaration, and support and defend these states. Yet through all the gloom I see the rays of ravishing light and glory. I can see that the end is worth all the means. This is our day of deliverance," he remarked.

Fireworks have played a primary role in the celebration of the July 4 holiday, but fireworks have actually been manufactured since the 1400s. Initially enjoyed more for the "big bang," the multi-colored fireworks displays began in the 1830s when traces of various metals were added to create a variety of colors.

Picnics, barbecues and get-togethers are also part of the Fourth of July celebration. The July 4 weekend is the biggest hot dog holiday of the year; it is estimated that Americans will eat more than 155 million hot dogs over that weekend. According to research, mustard is the condiment of choice by hot dog-eating adults, but ketchup is the condiment preferred by children.

The Fourth of July is all about what our flag represents - our patriotism, our belief in our country, our appreciation for the freedoms that we enjoy and that so many have fought for. It's an expression of unity between the military and the government and the people in the community.

It's a hurrah for the red, white and blue shouted and expressed everywhere we go. It's a way to give our thanks to the men and women in uniform who serve every day - here and in far away places - to protect and defend not only our freedoms and our way of life, but our very lives. And it is a message that we send to all who would even consider doing harm to our people, that we are all Americans - our patriotism and love of country uniting our hearts, our souls and our ideals.

Have a safe and happy Fourth of July! But as you observe the holiday, please take a few minutes to think about what it all represents and shout your own hurrahs. Hurrah for the red, white and blue!

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

FRIDAY

1:30 p.m. Star Wars: Episode III (PG 13)

7:00 p.m. Mindhunters (R)

SATURDAY

2:30 p.m. Monster in Law (PG 13)

4:30 p.m. Kicking and Screaming (PG)

6:30 p.m. Unleashed (R)

SUNDAY

2:30 p.m. Mindhunters (R)

5:00 p.m. Star Wars (PG 13)

THURSDAY

7:00 p.m. Monster in Law (PG 13)

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

Memorial Theater
Hickam Air Force Base
(449-2239)

FRIDAY AND TUESDAY

7:00 p.m. Star Wars: Episode III (PG 13)

SATURDAY AND SUNDAY

2:00 p.m. Star Wars (PG 13)

7:00 p.m. Star Wars (PG 13)

MONDAY

2:00 p.m. Star Wars (PG 13)

WEDNESDAY AND THURSDAY

7:00 p.m. Mindhunters (R)

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

Sgt. Smith Theater
Schofield Barracks
(624-2585)

FRIDAY AND THURSDAY

7:00 p.m. Kingdom of Heaven (R)

SATURDAY AND WEDNESDAY

7:00 p.m. Monster In-Law (PG 13)

SUNDAY

7:00 p.m. Unleashed (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

- **July 9:** Surfing lessons, \$15. Register by **July 6**.
- **July 10:** Jackass Ginger pools, \$5. Register by **July 6**.
- **July 16:** ATV riding, \$75. Register by **July 13**.

ADVENTURE PLUS SCHEDULE

MWR will host Adventure Plus through **July 29**. All activities except for the camping weeks will be held at Rainbow Bay Marina. The program is open to youth ages 10-12 and is held from 6 a.m.-6 p.m. Monday through Friday. Fees are based on total family income. Transportation is provided from Iroquois Point and NCTAMS. Camping week activities are held **July 18-22** at Barbers Point, but campers will meet at Rainbow Bay Marina. For more information or to register, call 421-1556.

YOUTH FITNESS ORIENTATION

Youth Fitness Orientation sessions will be offered **July 2** at Bloch Arena and **July 9** at Power Point Fitness Center at Bloch Arena. The program is open to youth who are 10-15 years old. Youth must be accompanied by an adult. The orientation includes a facility tour, safety guidelines, equipment usage demo and a review of center rules and regulations. Registration is required by the Thursday prior to each class. For more information or to reserve a space, call Bloch Arena at 473-0793 or Power Point at 682-5243.

JULY 4 COSMIC SPECIAL

Naval Station Bowling Center at Pearl Harbor will host cosmic bowling from noon-6 p.m. **July 4**. The cost is \$1.75 per game. The center also hosts a two for Tuesday event from 5-9 p.m. every Tuesday. Bowlers can play two games for the price of one every Tuesday night. For more information, call the bowling center at 473-2574.

CELEBRATE JULY 4th AT MWR POOLS

MWR will serve free cake and punch at all open pools on **July 4th**.

JULY 4 BALL TOURNAMENTS

Sign-ups are now being held for MWR's annual **July 4th** 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.

WEIGHT MANAGEMENT

The next MWR weight management class will be held **July 5-Aug. 11** at Bloch Arena. Classes are held from 6-7:30 p.m. on Tuesdays and Thursdays. The six-week program includes a full physical assessment, nutritional education, a fitness specialist to guide you through cardiovascular and weight training exercises, flexibility and strength conditioning. The sessions also incorporate heart rate monitor training and behavior modification skills for a longer, healthier lifestyle. The cost is \$75 per person. Space is limited and early registration is recommended. For more information, call 473-0793/3488.

MWR YOUTH CAMPS

MWR will host youth camps for children ages 5-12 from 10 a.m.-3 p.m. Monday-Friday at the Oasis on Ford Island. The cost is \$50 per child per session.

The specialty camps will offer the following themes:

- Fitness Camp, **July 5-8**
- Drama Camp, **July 11-15**
- Music Camp, **July 25-29**
- Dance Camp, **Aug. 1-5**

For more information, call 421-1556, 499-2572 or 454-0758.

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 two preliminary rounds remaining (**July 8 and 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.greatlife-hawaii.com.

SUMMER SOCCER LEAGUE

The summer soccer league begins **July 9**. The cost is \$250 per team. The league is open to CNRH active duty, adult family members and DoD employees. Games will be played at Ward Field. For more information or to register, call 473-2494 or visit the MWR Web site.

FIT KIDS

The next Fit Kids sessions begin **July 15** at Barbers Point and will meet from 9:30-11:30 a.m. Tuesdays and Thursdays. The program is led by certified fitness specialists. The four-week session

incorporates resistance circuit training and sports-specific conditioning, including cycling, racquetball, softball drills, swimming and rope climbing. Participation is open to Navy family members ages 10-13. The cost is \$50 per session. Advance registration is required. For more information, call Power Point Fitness Center at 682-5243.

FREE GOLF CLINICS

Free golf clinics will be offered from 1-2 p.m. **July 16 and Aug. 20** at Navy Marine Golf Course. Learn the basics or refine your game. The free clinics are open to the first 16 active duty Navy or their eligible family members. For more information or to register, call 471-0142 or visit the pro shop.



- July 1:** Waikiki Pub Crawl, 9 p.m., bring money.
- July 2:** Kuliouou Ridge hike, 8:30 a.m., \$5.
- July 2:** Sunset dinner cruise, 4:30 p.m., \$35.
- July 3:** Surfing lessons with Jodie, 10 a.m., \$7.
- July 6:** Game Show Night (Beeman Center), 6:30 p.m., free.
- July 7:** Speed Scrabble Tournament, 7 p.m., free.

Weekly events:

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

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 drives will be held at the following times/locations:

- **July 7:** 10 a.m.-1 p.m., Schofield Barracks, 25th Replacement.
 - **July 12:** 10 a.m.-1 p.m., Pearl Harbor, Personnel Support Detachment.
 - **July 13:** 9 a.m.-2 p.m., Marine Corps Base Hawai'i - Kaneohe Bay, IPAC (Installation Personnel Admin Center).
 - **July 14:** 10 a.m.-1 p.m., Schofield Barracks, 25th Replacement.
- For more information, call Hawai'i's Military Blood Program at 433-6148 or 433-6195.

Oldies 107.9 is hosting a **Help the Homeless benefit** concert **July 2** at the Waikiki Shell starting at 5:30 p.m. The concert features Jasmine Trias, "Beatle Mania," a Beatles tribute band and "Still Surfing." Five dollars of each ticket sold will go to the Salvation Army. Discounted tickets are available to military members. To order tickets or for more information call 277-2024.

Annette Lanham, local resident and an 18-year-veteran of the U.S. Navy, will hold a **book signing** from 10 a.m. to 2 p.m. **July 2** at the Battleship Missouri Memorial. Lanham's book, "Messages from the Sea," depicts the daily life of a Sailor. A limited supply of books will be available for purchase and regular memorial admission rates will apply. The book will be available in bookstores soon and also will be available for purchase at the Battleship Missouri's Victory Store.

The **USS Hopper Ohana** will hold its monthly meeting at 6:30 p.m. **July 5** in the fellowship hall of the Pearl Harbor Main Chapel. Ohana board elections will be held. Board member nominations are sought at hopperohana70@yahoo.com. Include contact information for the nominee. Child care will be available for a donation of \$2 per child with advance reservations. Those who plan to attend should RSVP with the number and age of their children to hopperohana70@yahoo.com. For more information, call 454-0193.

American Youth Soccer Organization (AYSO) Hickam/Pearl Harbor Region 188 will sponsor a **summer soccer camp** from **July 18-22** at Hickam AFB. Boys and girls ages four-18 are invited to participate. No experience is necessary. For more information and on-line registration, visit the AYSO web site @ www.aysoregion188.org, call 834-6629 or email Camps@aysoregion188.org.

Military service members will be offered a \$5 discount on tickets to the **12th Annual Hawai'i International Jazz Festival** which will be held at 7 p.m. **July 29-30** at Hawai'i Theatre in Honolulu. Piano Titans and Hawaiian Strings will be featured on July 29. Tributes to late greats Ray Charles, Arte Shaw and Martin Denny with a full big band will highlight the July 30 performance. A Latin soul segment will also be featured on Saturday evening. For tickets and information, call the Hawai'i Theatre box office at 528-0506 or visit www.hawaiitheatre.com. For more information about the festival activities, visit www.hawaiijazz.com.

The **Navy Region Hawai'i First Class Petty Officer Association** invites all first class petty officers island-wide to attend its association meetings. For more

information, call YN1 LaHaunn Moore at 471-8769 or email at lahaunn.moore@navy.mil, or CTA1 Kiffanie Walker at kiffanie.walker@navy.mil or NC1 Johnathon Young at johnathon.young@navy.mil.

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. 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.

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.

For information about upcoming meetings for the **USS Lake Erie Family Support Group**, call Liz at 454-2440 or 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 **USS Paul Hamilton Ohana** meets at 6:30 p.m. the second Thursday of the month at the Pearl Harbor Main Chapel. Child care is provided at a cost of \$1 per child. For more information, call 683-1086 or e-mail at Paulhamiltonfsg@yahoo.com.

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

The TRICARE Service Center located at the Pearl Harbor Makalapa Clinic is open from 7:30-11:30 a.m. and 12:30 to 4:30 p.m. Monday-Friday. The TRICARE Service Center located at the Kaneohe Clinic is open from 7-11:30 a.m. and 12:30-4 p.m.



Kicking and Screaming: Family man Phil Weston, a life-long victim of his father's competitive nature, takes on the coaching duties of a kids' soccer team, and soon finds that he's also taking on his father's dysfunctional way of relating.

Kingdom of Heaven: Balian is mourning the deaths of his wife and baby when his father arrives and asks him to join the Crusades in Jerusalem. Balian agrees, and embarks on the perilous journey. Along the way, he reveals his gifts of inherent goodness and fair treatment of all human beings. Upon reaching Jerusalem, a city where his meager beginnings no longer matter, Balian earns respect.

Mindhunters: On a remote island, the FBI has a training program for their psychological profiling division, called "Mindhunters", used to track down serial killers. The training goes horribly wrong, however, when a group of seven young agents discover that one of them is a serial killer, and is setting about slaying the others. Can the few that are left figure out who the killer is in time?

Monster-in-Law: Unlucky in love, beautiful 'Charlie' has finally met the man of her dreams. There's just one problem - his mother Viola. Overbearing and controlling, she has recently been canned from her job as a star news anchor. Fearing she will lose her son's affections as she has her career, Viola decides to break up the happy couple by becoming the world's worst mother-in-law. The gloves come off when Charlie finally decides to fight back and it looks like Viola has finally met her match.

Star Wars Episode III: Revenge of the Sith: See Review

Unleashed: Danny has been kept as a near prisoner by his "Uncle" Bart and trained to attack and, if necessary, kill. When Danny has a chance encounter with a soft-spoken blind piano tuner Sam, he senses true kindness and compassion for the first time.

JO3 Ryan C. McGinley
Star Wars Episode III: Revenge of the Sith

When machines put Darth Vader's mask on Anakin Skywalker, there is what seems to be a long, drawn-out pause, before we hear that villainous mechanical breathing made famous more than 25 years ago. You can't help but smile as the little hairs on the back of your neck stand up and cheer. It has finally come together. Star Wars Episode III: Revenge of the Sith is the (supposedly) last and completing chapter in one of the greatest sagas ever told. It's the point where all the waiting and build-up comes full circle in a whirlwind of glee, and surprising darkness. Darth Vader is created. Fans could not have asked for much more, as Sith reaches high above Episodes I and II to the level of greatness not even seen in Episodes IV, V and VI.

If you don't know the story, then you shouldn't be watching the movie. But if you need a refresher, in Revenge of the Sith Anakin begins to turn to the dark side, as his level of trust with the Jedi is tested and his need to protect Padme grows.

Hayden Christensen does a fantastic job of showing the transformation from good to evil, but the standout performance in this film belongs to Ewan McGregor as Obi-Wan Kenobi.

His passion and acting in a final climactic scene just blows Christensen out of the water. Ian McDiarmid also stands out as Supreme Chancellor Palpatine who has a surprisingly enormous role.

Director and writer George Lucas does a fantastic job of closing out the series. Sure, Revenge of the Sith (like the others) is filled with an overabundance of computer generated images, sometimes childish dialogue and scenes which have no discernable purpose, but that's Star Wars.

Despite what critics say, Episodes I, II and III are no different than Episodes IV, V and VI. Lucas did an outstanding job of creating a prequel series that continues the unlikely greatness of its predecessors.

OVERALL RATING: ★★★★★

USS La Jolla wins Commodore's Cup

JO2 Corwin Colbert
COMSUBPAC Public Affairs

USS La Jolla (SSN 701) won the 1st Submarine Squadron One Commodore's Cup at Nimitz Beach on June 24.

Crewmembers from the six submarines from the squadron participated in the all-day event.

"The participation level of this event is greater than I

expected," said Senior Chief Electronics Technician Andy Grudi, who planned the competition.

The event consisted of seven events and lasted more than seven hours. The events included tug-of-war, relay races, battle stations, volleyball, a line toss and naval trivia questions.

Family members and friends who attended cheered for their significant others as

they competed for the brand new trophy.

"It was a great turnout overall, around 500 people," said Grudi.

The events were not only for fun. Throughout the course of the competition, Naval Heritage trivia questions tested the knowledge of each contestant.

"We wanted to add in some heritage and knowledge to spice things up," said

Squadron One's Command Master Chief Greg Shaw.

The competition was stiff as each boat had their strong events. However, the tug-of-war was the determining event with La Jolla taking first.

"It was a great day for our boat," said Johnson. "The tug of war was definitely the defining point of our victory. It's all about 'La Jolla Power,'" said Johnson.

"That event was the most competitive and intense," said Machinist Mate 3rd Class Brian Johnson. "Everyone came to cheer their team."

With plenty of food, soft drinks and games for the children, the event was like a carnival. While the mystery relay was the last event for the Sailors, chief of the boats, two department heads, executive officers and commanding officers were put to the test in a

Navy heritage trival battle. This was the final determining factor of the afternoon.

"We had five questions for each group of the command leadership," said Shaw.

"It is great to have camaraderie among the squadron one submariners," said Electronics Technician 1st Class Jeffrey Brown. "We would have won, but we had some coordination issues in the mystery relay."

The decision to ride: Accepting the risk – Part three

Naval Safety Center

(This is part three of a three-part series on motorcycle safety.)

Managing risk: knowing the limits of the motorcycle

Riders on new or unfamiliar motorcycles are over-represented in accidents. Through design and purpose, motorcycles have different handling characteristics, size and control operation. Cornering clearance is not the same - a sport bike has different handling characteristics than a cruiser. Because of limited engine displacement, some motorcycles may not be legal on interstates or freeways.

In addition to being careful when riding a new or unfamiliar motorcycle, it is probably best not to loan your motorcycle to a friend. Because of the frequency and severity of accidents, some military installations specifically prohibit anyone, other than the registered owner, from operating a motorcycle.

Managing risk: riding strategies

Riding a motorcycle is mostly mental. Strategies define the way our minds deal with the hazards in the riding environment. One of the most important strategies is to see and be seen.

Equally important is the ability to react to what we see. Strategies can help you anticipate and avoid problems before they occur. Riding strategies are the most effective way of recognizing and lowering risk.

Managing risk: in summary

Motorcycling is an activity with a high level of risk. Once recognized, the first step in lowering risk is to prepare our minds, our body and our motorcycle.

The second step in risk management is knowing limits of the rider, motorcycle, environment and law. We come to understand the changing nature of these limits and their impact on the risk we accept.

Finally, our attitude provides the basis for using this knowledge effectively. We understand the risk, know the limits and ride within these limits, using our mental strategies. Sometimes this means deciding not to ride.

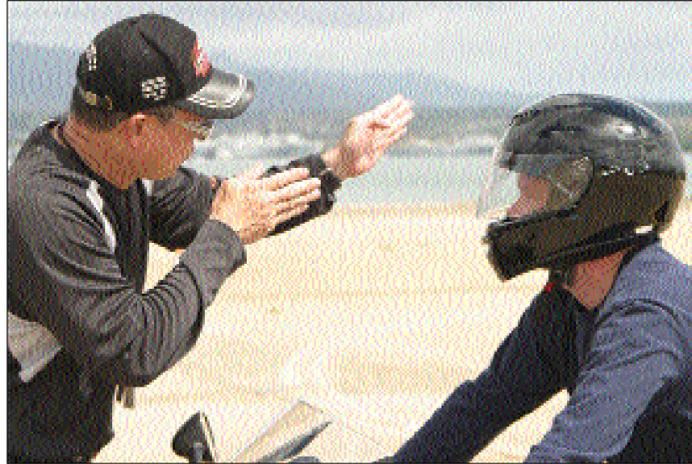
Rider responsibility: who is responsible?

A typical traffic scenario: A rider is on a two-lane roadway. A car turns left in front of the rider. The rider overbrakes on the rear brake, uses no front brake and collides with the car. Who is responsible?

Regardless of who was responsible, who had the most to lose?

Making the decision: Evaluate yourself based on how you would answer each of these questions.

- Riding a motorcycle requires a higher level of acquired physical and mental skills. Research tells us, "more than half of all motorcycle accidents involve riders with less than five months experience. More than 90 percent of the riders involved in accidents are self-taught." Am I willing to accept the responsibility to



U.S. Navy photo by PH3 Sara Coates

Wayne Siu, rider coach for the Naval Safety Center, instructs a student on proper motorcycle riding techniques at a motorcycle safety course held on Ford Island.

develop the skills?

- "Studies indicate that in crashes, motorcycle riders and passengers are more likely to be seriously injured or killed than automobile operators or passengers. Injury can often be avoided by wearing protective gear."

- "What are the consequences in increased vulnerability to my work, family, others?"

- "Many motorcycle crashes are single-vehicle accidents. Crashes with other vehicles also occur because either or both drivers make errors in judgment. Injury can often

be avoided by knowing when and how to swerve and brake." Why is a motorcyclist's judgment potentially more critical than a car driver's?

- What are the "perfect" times to ride?

- When might motorcycling not be my best choice of transportation (especially if there is not an alternate mode of transportation)?

Summary

There are many reasons for wanting to ride a motorcycle - and there are motorcycles and riding styles for almost everyone. But the prime con-

sideration in deciding to ride is a decision to accept the risk inherent to motorcycling. This risk can be lowered. But motorcycling is still a high-risk activity. In an accident, we have a high chance of personal injury.

We can also apply the basic principles of risk management to other high risk activities. By definition, high risk activities represent increased chance of personal injury or property loss. We can sometimes lower the risk to acceptable levels and participate in the activity.

However, there are activities, or even times within activities, where the risk is simply too high - you can't afford the loss. Then, the best decision is not to participate. It's a personal decision. But the better you understand the risk and how it can be lowered, the better chance of making a responsible decision.

(Editor's note: Active duty and DOD civil service motorcyclists, etc., are required by OPNAVINST 5100.12G to complete the Navy Safety Center-approved Motorcycle Safety Foundation Basic Rider Course or the Experienced Rider Course. A course completion card is required from the Pearl Harbor Pass and Identification office to obtain a permanent base decal for a motorcycle, motor scooter or a moped. The motorcycle safety courses are offered through the Navy Region Hawaii Safety Office. For more information, call 474-3953, ext.364 or visit http://www.hawaii.navy.mil/BaseSupport/BaseSupport_Index.htm.)