

NAVY LODGE

The spirit of hospitality



J03 Ryan C. McGinley
Staff Writer

Building 78 on Ford Island was built in 1941 and used as a bachelor officer's quarters to house Sailors. During Dec. 7, 1941 it was used as an emergency medical treatment center for those injured during the attacks. Today more than 60 years later, the restored building is still assisting Sailors by providing clean, affordable and comfortable lodging to active duty Navy personnel, retirees, reservists and their families.

The Navy Lodge in Hawai'i is one of 43 lodges worldwide, assisting Sailors and their families with travel.

"The purpose of the Navy Lodge is to serve our [permanent change of station] and [temporary duty] families, saving the Sailors and the government money," said Karla Valandingham, Navy Lodge manager.

The lodge consists of two buildings, the first of which (building 78) was designed by C. W. Dickey. It features the deco style architecture, which is known for its broad lanais, interior courtyards and wide, projecting eaves. It is part of the Pearl Harbor National Historical Landmark. The second building was designed using the same style.

The groundbreaking for the new Navy Lodge took place Nov. 2, 2001 and it opened Jan. 28, 2004. It consists of 150 rooms featuring a wide array of amenities to make guests comfortable.

Amenities include free newspaper, handicap accessibility, free local telephone, vending, free satellite TV, hair dryer, iron/ironing board, free coffee in-room, DVD player, AM/FM clock radio, guest laundry, and fax/copy service, kitchenette, conference/banquet room, internet cafe (four computer stations with printer), free high speed internet in guestrooms, complimentary golf club use and Morale, Welfare and Recreation Tickets & Travel (Mondays and Fridays). The Navy Lodge in Hawai'i is also the only one

in the world to have a swimming pool.

"One thing unique about the Navy Lodge, as opposed to staying somewhere in the private sector, is all of our rooms in Hawai'i have kitchenettes," said Valandingham. "That means a lot to a family coming in. It saves them a lot of money when they're not eating out in town every night."

Valandingham said the Navy Lodge is also distinctive in that it provides guests with a peaceful environment as opposed to the hustle and bustle of Waikiki.

"The guests feel it has a resort appeal to it," she said. "What you get here that you don't get in Waikiki is the quiet. They did a good job when they did the planning and design of this Navy Lodge because they did give it that Polynesian 1940s kind of flare. It gives it a serene quiet atmosphere."

Despite all the amenities and extra benefits, Valandingham still concludes the hospitality given to Sailors and their family members is the Navy Lodge's most appealing asset.

"I know we have a great product and the guest will be satisfied with the rooms and amenities," she said. "But I think what we focus on the most is the whole aloha spirit and the spirit of hospitality. What I hope guests get out of their stay at the Navy Lodge is the personal experience. It's the personal contact they get here that they wouldn't get if they were staying somewhere else."

For more information on the Navy Lodge or to make reservations, call 808-440-2290.



(Above) Fire Controlman 2nd Class (SW) Scott Altis from USS Hopper (DDG 70) and his family check into the Navy Lodge Hawai'i on Ford Island. The \$22-million lodge is equipped with 150 rooms for Sailors who are arriving or departing Hawai'i. (U.S. Navy photo by J02 Devin Wright)

(Left) Guests enjoy the lobby area of the Navy Lodge Hawai'i located on Ford Island. The lodge is housed in a historic landmark building erected in 1941, and served as a bachelor officer's quarters until 1984. The building was also used as an emergency medical center during the attack on Pearl Harbor and was featured in the film "Tora! Tora! Tora!" (U.S. Navy photo by PH1 William R. Goodwin.)



(Right) The Navy Lodge in Hawai'i is the only one in the world to have a swimming pool as one of its amenities. Other amenities include a gift shop, pitch and putt golf course, kitchenettes in all rooms and an internet cafe for guests. (U.S. Navy photo by J03 Ryan C. McGinley)



The junior suites at the Navy Lodge in Hawai'i are equipped with a living room area, bedroom with two queen size beds and a kitchenette. The rooms for the lodge were designed around the historic structure of the building and a second building was built using the same architecture (U.S. Navy photo by J03 Ryan C. McGinley)



PSD blood drive helps fellow service members

Karen S. Spangler
Assistant Editor

Blood donors took an opportunity to help others in the military community by supporting a blood drive hosted by Personnel Support Detachment (PSD) Pearl Harbor on July 12.

Approximately 18 units of blood were collected at the drive, the second drive which PSD has hosted this quarter. According to Justin Metz, blood donor recruiter for the Armed Services Blood Program (ASBP) at Tripler Army Medical Center, "Each unit collected has the potential of saving up to three lives."

Disbursing Clerk 3rd Class Cristina Mattone, the newly-appointed blood drive coordinator for PSD, talked about the importance of giving blood.

"It's so amazing how doing such a little thing could be so fulfilling," she said. "With all that's going on in the world today, it's so good to know that by donating blood, we can help others without much effort."

"PSD's commitment to supporting the military blood program is a shining example of how our military community comes together to help each other," noted Metz.

Mattone explained that taking on the responsibilities of a blood drive coordinator can at times be difficult, but also very rewarding.

"Being a blood drive coordinator can be a challenging job. We often encounter obstacles that make gathering donors difficult," she remarked. "For example, there is that common fear of being stuck by a needle, the preconceived idea of accidentally getting infected with some incurable disease, and for some, hating the feeling of discomfort following the procedure," she continued.

"But despite all the possible barriers I could face as a coordinator, I still believe that the cause outweighs it all. I highly recommend this collateral duty for those that like to help others. Not only is it a rewarding job, it also means a lot to those in battle defending our country," said Mattone.

ASBP donor centers are the only centers that provide blood supplies for military service members, family members, veterans and other military-affiliated personnel such as retirees, reservists, and DoD civilians. The local center, located at Tripler Army Medical Center, and another in Okinawa are responsible for collecting blood for the entire Pacific region,



U.S. Navy photo by YN1 Bryan W. Withrow

DK2 Jeffrey Cohrs gives blood to support the Personnel Support Detachment (PSD) blood drive held July 12. This was the second blood drive that PSD has held this quarter to collect blood for the Armed Services Blood Program at Tripler Army Medical Center.

according to Metz.

"Tripler needs more unit blood coordinators on Pearl Harbor and more civilian donors to make up for the Sailors, Marines, Soldiers and Airmen who are deferred due to recent deployments," explained Metz. "The unit blood coordinator is a highly regarded volunteer position that is often recognized by commanders with everything from a commander's coin to a military service metal. DK3 Mattone is one of many military service members who has stepped up to the plate to help ensure our military family is never without this life saving gift [blood]," he said.

Donors can give blood every eight weeks and give platelets every 15 days. For more information about scheduling a blood drive or donating blood, call the Armed Services Blood Program center at 433-6148 or 433-6195.

(See the community calendar section on page B5 for more information about upcoming blood drives.)

Hickam clubs to host Country Showdown

Special to Hawai'i Navy News

Country-singin' competitors who aspire to "Idol" status will have the opportunity to compete for the local title at the Colgate Country Showdown which will be held July 30 at the Enlisted Club at Hickam Air Force Base and July 31 at the Hickam Officers' Club.

The American Idol type event invites amateur performers (solo or group) to submit their demos to KHCM Radio for consideration for the competition. Today is the deadline for submitting demos (tape, CD or video) to the station.

After demos are received, finalists will be selected and the groups/performers will perform live at Hickam on July 30-31. For those who wish to attend the event as spectators, doors will open at 6 p.m. July 30 and at 5 p.m. July 31. Refreshments will be available for purchase both evenings.

Winners from the competition at Hickam will advance to compete in California. The winner at the local level of competition is responsible for airfare, accommodations, etc. at the next level of competition in California.

Winners from there will move on to the next round. The finals will be a nationally-televised event.

Here are the rules for contestants who are interested in entering the Colgate Country Showdown:

- The act must be comprised of no more than seven individuals.
- The act must not have performed on a record listed in the national record charts of Billboard, Radio and Records or the Gavin Report within 18 months preceding local competition.
- Each act must pay the \$10 registration fee before performing at the local competition.
- No member of the act may be an owner, controlling stockholder or employee (or a family member of any of the above) of the radio station sponsoring the local Country Showdown contest, Colgate-Palmolive (or any national sponsor), or SPI.
- No member of the act may be related by birth, marriage, or have any on-going business relationship with any Country Showdown judge.
- Performers of any age may enter the local Colgate



Country Showdown contest. Any contestant under 18 years of age must submit an entry form signed by the contestant's parent or legal guardian.

• Act must not have been declared a local winner of a 2005 Colgate Country Showdown nor already be eligible for state competition. (Contestants may re-enter the contest at the local level in another state only after being eliminated at a state competition. They must complete a new entry form and pay another entry fee.)

• The act, either as an individual or as a part of a group, must not have been a national winner of the 2002, 2003 or 2004 Colgate Country Showdown.

For more information about the Colgate Country Showdown, contact Jarvalen Silva, KHCM Radio, at 441-2720.

Information is also available by visiting the Colgate Country Showdown Web site at www.colgatecountryshowdown.com.

"Bodog Salutes the Troops" on July 23

Special to Hawai'i Navy News

The "Bodog Salutes the Troops" charity event for military members and their families, with musical headliners Snoop Dogg and Bif Naked, will be presented at 7 p.m. July 23 at the Waikiki Shell. Gates open at 5 p.m. Admission to the show is free for military and family members.

The program will also star the comic relief of celebrity comedians Colin Quinn ("Tough Crown with Colin Quinn," "SNL"), Paul Rodriguez ("The Original Latin Kings of Comedy"); and Wanda Sykes ("Monster-in-Law," "Wanda Does It"), along with Carson Daly ("Last Call with Carson Daly," "TRL").

The two-day charity event will be staged to thank the men and women of the United States military services and to benefit the mil-

itary charity Fisher House Foundation.

Those who plan to attend are reminded of the following Waikiki Shell "house rules":

- No coolers.
- All packages are subject to inspection at check-in.
- No outside alcohol allowed.
- Under age patrons who consume alcohol are subject to ejection or arrest.
- Backrests only, no chairs allowed.
- No video or audio recording permitted.

A prize-filled poker tournament attended by celebrities and military will begin at 2 p.m. today at the Kahala Mandarin Oriental Hotel.

Free tickets are available for the Waikiki Shell event for military and their family members who show a valid military ID card. For more information on tickets, military personnel may call MWR at 254-7593.

Improving the quality of life for today's Sailors



U.S. Navy photo by PH3 Ian Anderson

A Navy family member helps untie the lei at the door of her new home. The newly-constructed, quality home offers state-of-the-art amenities and a spacious floor plan. It is representative of the Navy's efforts to replace its aging housing inventory and improve the quality of life for Sailors and their families.



U.S. Navy photo by PH3 Ian Anderson

Kahu Kaleo Patterson, Hawaiian priest, offers a blessing for a brand new Navy home which will be occupied by Lt. Cmdr. Nestor Nazario, a Navy chaplain at Marine Corps Base Hawai'i – Kaneohe, and his family. The kahu blesses the new home to remove the kapu, or taboo, and fill the space with hopes and desires that will equal a good and happy life. Homes like this are the future of Navy housing in Hawai'i and improved quality of life for its Sailors.



U.S. Navy photo by PH3 Ian Anderson

Spacious, modern homes such as this one are quickly replacing the Navy's aging inventory of homes, offering Sailors and their families an improved quality of life. New homes are being constructed with increased square footage, ranging from 1,700 square feet, three-bedroom to 2,585 square feet and five bedrooms.



U.S. Navy photo by PH3 Ian Anderson

Sailors and their families will enjoy improved quality of life in new homes such as this, featuring modern, spacious kitchens with center islands, abundant cabinet space and modern appliances. Lt. Cmdr. Nestor Nazario, a Navy chaplain at Marine Corps Base Hawai'i – Kaneohe, checks out the amenities in his new home. The Nazario family will be the first family to move into one of the newly-completed homes at McGrew Point.

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

FRIDAY

7:00 p.m. Mr. & Mrs. Smith (PG 13)

SATURDAY

2:30 p.m. Longest Yard (PG 13)

4:45 p.m. Cinderella Man (PG 13)

6:45 p.m. Honeyymooners (PG 13)

SUNDAY

2:30 p.m. Shark Boy and Lava Girl (PG 13)

4:30 p.m. Lords of Dogtown (PG 13)

6:45 p.m. Mr. & Mrs. Smith (PG 13)

TUESDAY

1:30 p.m. Madagascar (PG)

THURSDAY

1:30 p.m. Madagascar (PG)

7:00 p.m. Mr. & Mrs. Smith (PG 13)

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

Memorial Theater

Hickam Air Force Base
(449-2239)

FRIDAY

7:00 p.m. Mr. & Mrs. Smith (PG 13)

SATURDAY

2:00 p.m. Shark Boy and Lava Girl (PG 13)

7:00 p.m. Cinderella Man (PG 13)

SUNDAY AND WEDNESDAY

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

THURSDAY

7:00 p.m. Shark Boy and Lava Girl (PG 13)

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

Sgt. Smith Theater

Schofield Barracks
(624-2585)

FRIDAY

7:00 p.m. Cinderella Man (PG 13)

SATURDAY

2:00 p.m. Madagascar (PG)

7:00 p.m. Cinderella Man (PG 13)

SUNDAY AND WEDNESDAY

7:00 p.m. Sisterhood of the Traveling Pants (PG)

THURSDAY

7:00 p.m. Madagascar (PG)

\$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 31:** Surfing lessons, \$15. Register by **July 27**.

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

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

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 is one preliminary round remaining (**today**), 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.

HALO 2 FINAL TOURNAMENT

MWR will host a Halo 2 Tournament, pitting the top four winners from each branch tournament (Navy, Marines, Army, Air Force and Coast Guard) against each other, from 6-11 p.m. **today**

and **July 23** at Liberty in Paradise, Naval Station Pearl Harbor. The game will be played in Slayer mode. Points will be kept to determine highest opponents/service personnel killed. An Xbox will be awarded to each member of the winning team. For more information, call 473-4279.

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. For more information or to register, call 421-1556.

ALL MILITARY DODGEBALL TOURNAMENT AT LIP

Liberty in Paradise and MWR will host the All-Military Dodgeball Tournament on **July 23-24**. Register your team now. For more information, call 473-4279.

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:

• Music Camp, **July 25-29**

• Dance Camp, **Aug. 1-5**

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

VOLLEYBALL LEAGUE

The MWR Volleyball League begins **July 29**. The Women's Volleyball League begins **July 30**. Games will be played at Bloch Arena. Registration and participation are free. For more information,

call 473-2494 or 473-2437 or visit the web at www.greatlife-hawaii.com

MWR SUPER GARAGE SALE/CRAFT FAIR

The next MWR Super Garage Sale and Craft Fair is planned for 8 a.m.-noon **Aug. 13** at Richardson Field. Richardson Field is located on Kamehameha Highway across from Aloha Stadium. For free parking, turn at the Arizona Memorial or pay a minimal fee and park across the street in the Aloha Stadium parking lot. Common items available at the sale include fitness and outdoor recreation equipment, furniture, toys, books and clothing (especially for children). The cost for each 10-foot-by-10-foot spot ranges from \$8-\$10 for garage sellers and \$17-\$22 for crafters/businesses. Registration began July 11. The event is free and open to the public. The next garage sale is scheduled for **Nov. 5**. For more information, call 473-0606.

FREE GOLF CLINICS

Free golf clinic will be offered from 1-2 p.m. **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.

BOWLING TWO FOR TUESDAYS

Bowl two games for the price of one from 5-9 p.m. on Tuesdays at Naval Station Bowling Center. For more information, call 473-2574.

VEGAS BOWLING LEAGUE

The Vegas Bowling League takes to the alleys beginning at 6 p.m. on Thursdays at Barber's Point Bowling Center. Play will be a four-person mixed team with limited pots up for grabs. Beginner bowlers

are welcome. There are sign-ups for singles and teams. For more information, call 682-5146.

YOUTH SUMMER SAILING PROGRAM

The Youth Summer Sailing Program is now ongoing at Rainbow Bay Marina. The cost is \$10 per month per participant. Beginners meet from 11 a.m.-1 p.m. and 3-5 p.m. Monday and Wednesday. Intermediates meet from 3-5 p.m. Tuesday and Thursday (must have a Rainbow Bay Marina (RBM) blue card). The advanced class meets from 11 a.m.-1 p.m. Friday (must have a RBM blue card). For more information, call 473-0279.



- **July 22:** Poker Tournament (Club Pearl), 6 p.m., free.
- **July 23:** Sea Life Park, 10 a.m., \$13.
- **July 23:** Dodgeball Tournament, 10 a.m., free.
- **July 24:** Dodgeball Tournament, 10 a.m., free.
- **July 24:** Surfing lessons with Jodie, 10 a.m., \$7.
- **July 27:** Comedy Night (Beeman Center), 7 p.m., free.

Weekly events:

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

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 27:** 8 a.m.-noon, Navy Branch Annex Clinic Wahiawa.

• **July 28:** 9 a.m.-2 p.m., Hickam Community Center, Hickam Air Force Base.

For more information, call Hawaii's Military Blood Program at 433-6148 or 433-6195.

The **"Bodog Salutes the Troops"** charity event for military members and their families, with musical headliners Snoop Dogg and Bif Naked, will be presented at 7 p.m. **July 23** at the Waikiki Shell. Gates open at 5 p.m. Admission to the show is free for military and family members. The program will also star the comic relief of celebrity comedians Colin Quinn ("Tough Crown with Colin Quinn," "SNL"), Paul Rodriguez ("The Original Latin Kings of Comedy"); and Wanda Sykes ("Monster-in-Law," "Wanda Does It"), along with Carson Daly ("Last Call with Carson Daly," "TRL"). The two-day charity event will be staged to thank the men and women of the United States military services and to benefit the military charity Fisher House Foundation. A prize-filled poker tournament attended by celebrities and military will begin at 2 p.m. **today** at the Kahala Mandarin Oriental Hotel. Free tickets are available for the Waikiki Shell event for military and their family members who show a valid military ID card. For more information on tickets, military personnel may call MWR at 254-7593.

The Navy Enlisted Ball Committee will sponsor **Bowling Fun Day** on **July 29** at the Naval Station Bowling Center. The cost is \$10 per person if paid in advance or \$12 at the door. The event is open to all military I.D. cardholders and their families. Proceeds will be used to support the Navy Ball. Sign up with your command's Navy Ball representative or contact YN2 Kieona Allen at 257-2100, ext. 225, or at kieona.allen@navy.mil.

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, Artie 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.hawaiiitheatre.com. For more information about the festival activities, visit www.hawaiijazz.com.

The **Navy Enlisted Ball Softball Tournament** is scheduled for **Aug. 12-14** at Millican Field at Naval Station Pearl Harbor. The deadline for entry is **Aug. 10**. All entry fees must be paid by COB on **Aug. 10**. The entrance fee is \$200 per team. Individual trophies will be awarded to the top two teams. Checks should be made payable to: Navy Enlisted Ball. For more information, call Lloyd Shoemaker at 471-8541 or email at Lloyd.shoemaker@navy.mil or Shoemake1001@hawaii.rr.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.

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.

The **Navy Exchange at Pearl Harbor seeks donations of Navy uniforms or artifacts** which date between the 1920s and 1970s. Donations will be displayed in the NEX Uniform Center at its newly renovated location in building 1337 (formerly the NAVSTA Bowling Center next to Club Pearl) opening in mid-September. Displays will include a biographical history of the item and the donor's name. For more information, contact Kevin Chambers, NEX visual merchandising manager, at 728-2521.

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.

Welcome Baby support group: All expectant and new moms are invited to attend. The group meets twice a month. Children are welcome to attend. For more information or to reserve a spot, call Terri or Susan at 363-1897.



The Adventures of Shark Boy and Lava Girl: Ten-year-old Max is an outcast who has become lost in his own fantasy world. But when Max realizes the characters and adventures in his imagination might be more real than anyone else believes, his whole world changes.

Cinderella Man: See Review

The Honeymooners: Ralph and his wife Alice, struggle to make ends meet. They've managed to save some money for a down payment on a duplex. However, when Ralph decides to try making up what he's lost with another of his crazy schemes, he winds up losing all their money.

Lords of Dogtown: A fictionalized take on the group of young skateboarders raised in the mean streets of Dogtown in Santa Monica, Calif. The Z-Boys, as they come to be known, perfect their craft in empty swimming pools, pioneering a new sport.

The Longest Yard: Paul Crewe was a revered football superstar, but that time has since faded. But when a messy drunk driving incident lands him in jail, Paul finds he was specifically requested with the task of assembling a team of convicts, to square off in a football game against the guards.

Madagascar: Four residents of the zoo: Alex the lion, Marty the zebra, Melman the giraffe, and Gloria the hippo have spent their whole lives living happily. Then Marty falls in with a crowd of devious penguins, who bring him along in their escape attempt.

Mr. & Mrs. Smith: John and Jane are an ordinary couple with an ordinary marriage. But each of them has a secret - they are actually both assassins. When the truth comes out, John and Jane end up in each other's cross-hairs.

Sisterhood of the Traveling Pants: Four best friends spend their first summer apart from one another. They share a magical pair of jeans. Despite being of various shapes and sizes, each one of them fits perfectly into the pants.

JO3 Ryan C. McGinley Cinderella Man

"Cinderella Man" tells the story of Jim Braddock, a boxer during the depression era whose riches to rags to riches story gave hope to many Americans.

Directed by Ron Howard, Oscar winning director of "A Beautiful Mind," and starring Russell Crowe and Renee Zellweger, both Oscar winners themselves, gives hope to a potential audience member. But "Cinderella Man" tries to hard to transform itself into an epic, Oscar-caliber film instead of simply letting it grow to that.

The story goes like this. Jim Braddock was a great boxer who got close to the top once, but now he's lost his motivation. After a less than entertaining performance, he is told he won't box again. Then we see him and his family transformed into a poverty stricken mess, owing money to everyone. It's hard to get work on the docks and Jim tries everything to provide for his wife and three children. Then Jim gets offered a one-time deal to box again. He wins and a snowball effect ensues, bringing him to the top once again. As he says, "This time around, I know what I'm fighting for." He is of course fighting for his family and money.

By itself the film is quite good, working off a solid script and a talented director. However, Crowe and Zellweger try and transform the dialogue into poetry, so much so that after each sentence you expect the world to come crashing in. They're not acting, but over dramatizing.

This is not an epic film. It's not the greatest comeback story ever told as the previews suggest. It's a film about one man who fights back to save his family. Howard does well in limiting the scope of the depression to mostly Braddock's family, but the actors could have done better by not trying to win an Oscar and just acting.

OVERALL RATING: 4/5

'Double Dutch Girl' jumps rope for troops and veterans

Steven Donald Smith

American Forces Press Service

Elizabeth Verity, a.k.a. Double Dutch Girl, is jumping rope around America to raise money for charities that aid service members and veterans.

Verity said the unusual nature of her jump-roping activities make it a perfect way to raise public consciousness about the importance of supporting the military, she said.

"Without America's support for the troops, the country is in danger. We need our men and women in uniform and they need our support. We must all remember that the freedom we enjoy today isn't without a cost," Verity said.

The events of Sept. 11, 2001 crystallized Verity's view.

"Before 9/11, I did not give much thought to our safety. Today I realize how different the world is and how much we need our troops," she said.

Her goal is to raise \$1 million by collecting \$1 checks written out to various military and veterans' charities. She has dubbed this venture the "One Million One Dollar Check Challenge." However, donors are free to give as much as they like.

"I ask Americans to give to the charities I have listed on my Web site. I realize money can be tight, but if everyone just did a bit, it would make a huge difference," Verity said.

She said she collects the checks, tallies the totals and forwards them to the appropriate charity.

She will keep people apprised of the fund-raising progress by posting updates to her Web site, she said.

Verity has had several family members serve in the military, including her uncle, Franklin Torp, who was a prisoner for more than three years during World War II. The Japanese captured Torp on the island of Java while he was serving with the Army's 131st Field Artillery Regiment.

The 36-year-old Verity said that her rope jumping is nonpartisan. She has no political angle and just wants to support the troops and veterans, she said.

"When I started thinking about this, there was a lot in the news about people's feelings about the war, but not a lot on the troops. It made me feel bad," she said.

"I wanted to jump rope because it is something all Americans can relate to and perhaps it will bring back a patriotic feel-



Courtesy photo

Elizabeth Verity jumps rope in Chicago near the city's waterfront Navy Pier district as part of her project to let the public know how important it is to support the military. She plans to jump across America.

ing from when we were kids."

Double Dutch Girl has already jumped rope in St. Louis, Chicago, Washington and several small towns throughout the Midwest. She plans to make her way to more east coast cities this summer and then continue on to the south and west coast later this year. Her ultimate goal is to jump rope in all 50 states.

Verity finances her travels out of her own pocket and through sponsorship money.

Technically, the jump rope game of double dutch consists of two ropes, two rope twirlers and two jumpers, but because the moniker Double Dutch Girl is so catchy, it serves her purpose of bringing attention to the bravery and sacrifice of American servicemembers, she said.

"I am so thankful that we have men and women who dedicate their lives to making sure we are safe and free," Verity said. "We must not forget their sacrifice and hopefully my jump roping reminds people of this fact."

Two programs assist military children

Military Report

To address the challenges that military-connected students face every time their parents move to different assignments around the world, the Military Child Education Coalition (MCEC) has created an innovative program called "Student to Student," or S2S, to help solve the problem. Starting with six schools last year, the S2S program has grown to 51 schools across the country in just one year. Most are public schools on or near military installations. The program caters not only to issues students have at new assignments, but also to helping students getting ready to leave a place they know.

Because of the high num-

ber of National Guardsmen and Reservists fighting the global war on terrorism, the Military Child Education Coalition has also created a program to teach educators and others how to help "suddenly military" students of deployed citizen-soldiers.

The coalition established a workshop, called Supporting Children and Families of Guard and Reserve Institute. The institute is a professional development program to help schoolteachers, counselors, administrators and members of the Guard and Reserve and their families to reach out to the children of Guard and Reserve members.

The workshop helps participants understand what children's reactions to a parent's deployment might be.

The first such workshop was conducted in Texas in 2004 and several more workshops were piloted during the past school year, training 241 persons. The coalition plans to institute training sessions in eight more states the rest of this year. They include Georgia, Florida, South and North Carolina, Tennessee, Washington, Texas and Maryland.

The organization earmarked these states because of their large numbers of deployed guardsmen and reservists. MCEC hopes to bring the workshop to 25 states annually.

For more information on these and other programs, visit the Military Child Education Coalition website at <http://www.militarychild.org>.

Pottermania hits NEX



Photo by Laarni Gedo, NEX

Muggles by the hundreds attended the midnight release of "Harry Potter and the Half-Blood Prince" at the Navy Exchange at Pearl Harbor early July 16. NEX Hawai'i patrons and their families made sure to be among the first to pick up the newest J.K. Rowling magic and adventure book. Children showed up in true magical spirit, wearing costumes of their favorite characters - adults joined in on the fun, too.