

Pearl Harbor commands make a difference



JO2 Corwin Colbert
 Staff Writer

Navy commands in Hawai'i are spreading the "flu," in-FLU-encing other Sailors and commands to join them and the millions of people in America taking part in this year's, Make a Difference Day.

Make a Difference Day is an annual event, a national day of helping others created by USA Weekend Magazine. It takes place on the fourth Saturday of every October.

Personnel Specialist 2nd Class (SW) Ronald Williams, customer service clerk at Pearl Harbor Personnel Support Detachment, thought helping the community is a change of pace from rigorous military work hours. His command painted and preserved their adopted school's park at Pearl Harbor Elementary School, on Oct. 10.

"We repainted the basketball court and parking lot," said Williams. "We are their sponsors. It was the first time we had a chance to do something for them in a while."

"The basketball court was the hardest part because the lines were worn so we had to make our own," he said. "It saves them money for things that can't be done for free."

Williams said it took the 14-person crew four hours to complete the project, but it was worth it.

Like many other commands, Naval Magazine Pearl Harbor also jumped at the opportunity to volunteer. They began the Pearl City High School band room beautification project.

About 15 to 20 people donated their time to restore the building. They painted the outside of the building and five people painted the inside.

"We stain-cleaned the rugs and replaced the ceiling tiles," said Torpedo's Mate 2nd Class Gregory Tindle.

Tindle said Mother Nature was the biggest obstacle to overcome.

"Dealing with the rain during preparation was a challenge. Before we could paint the building, we had to power wash it to remove the dirt and grime," he said. "It was great. The paint was donated by various companies."

Tindle and Williams both agreed that whether it was for Make a Difference Day or any other day, the project was a good idea.

"We did this for the kids," said Tindle. "In order for the children to perform well, we need to provide them with a positive environment."

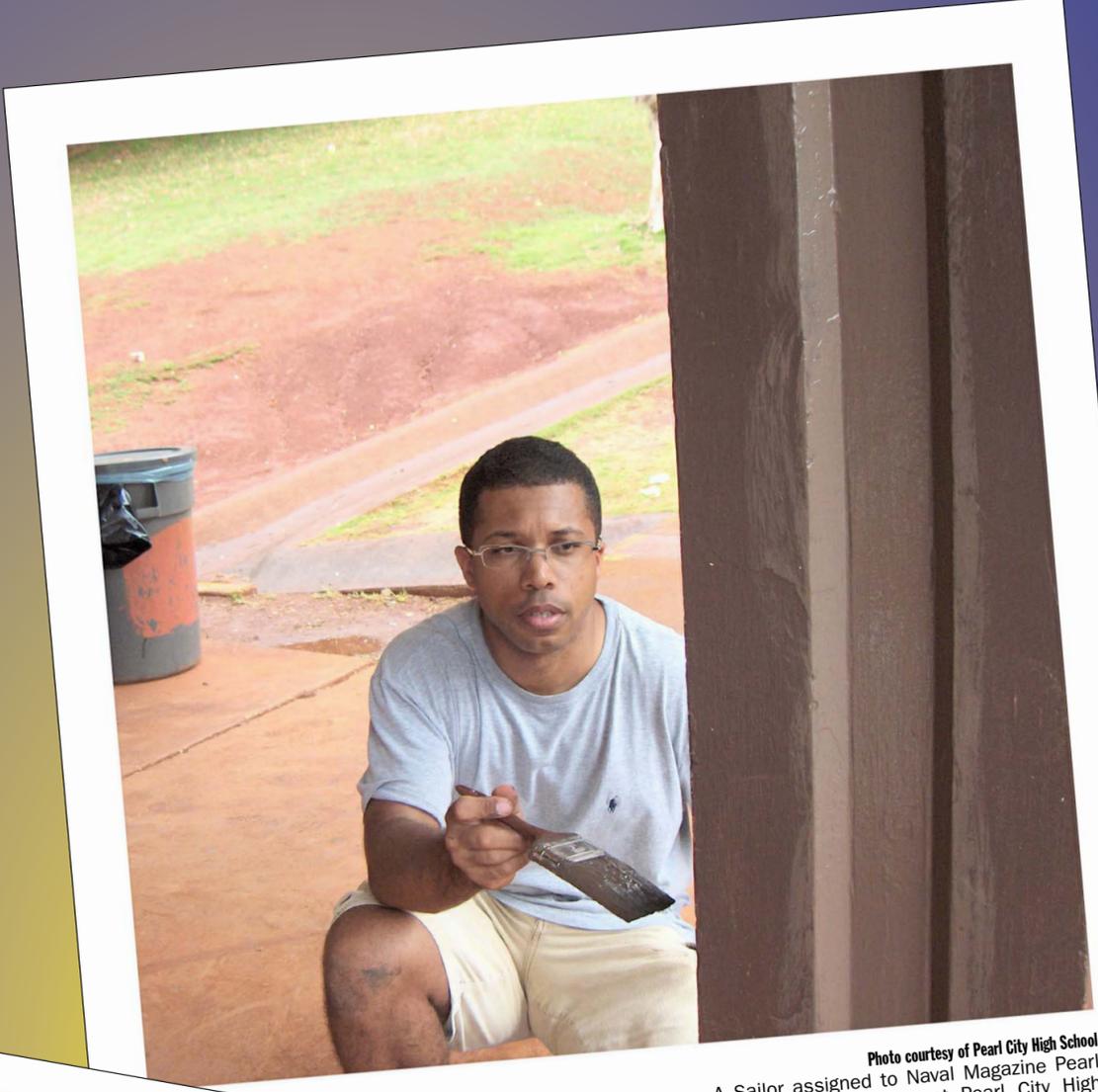
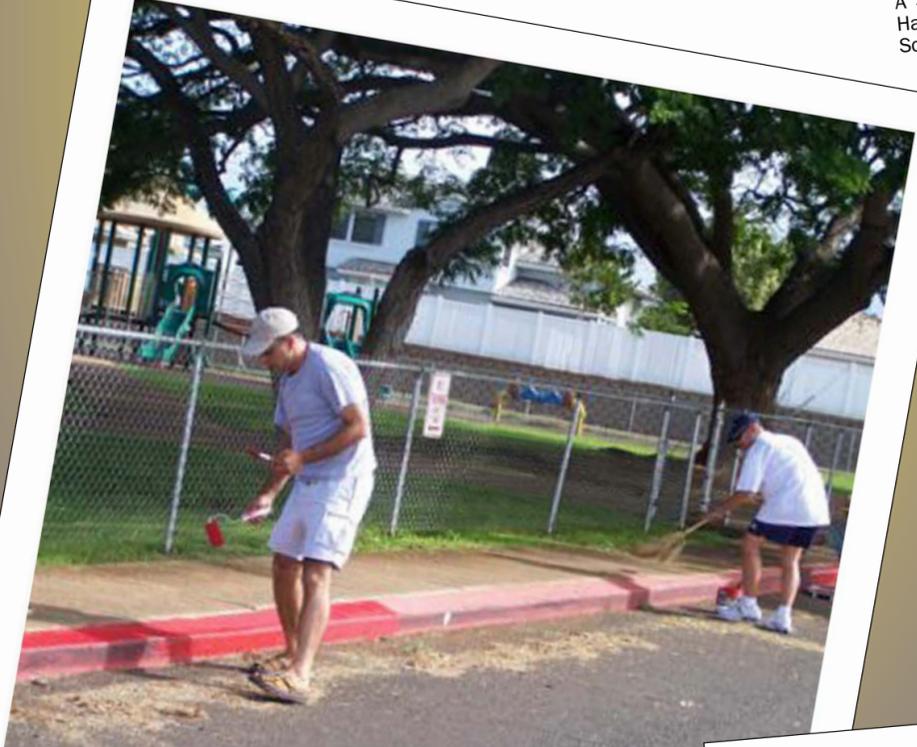


Photo courtesy of Pearl City High School
 A Sailor assigned to Naval Magazine Pearl Harbor paints a pillar at Pearl City High School.



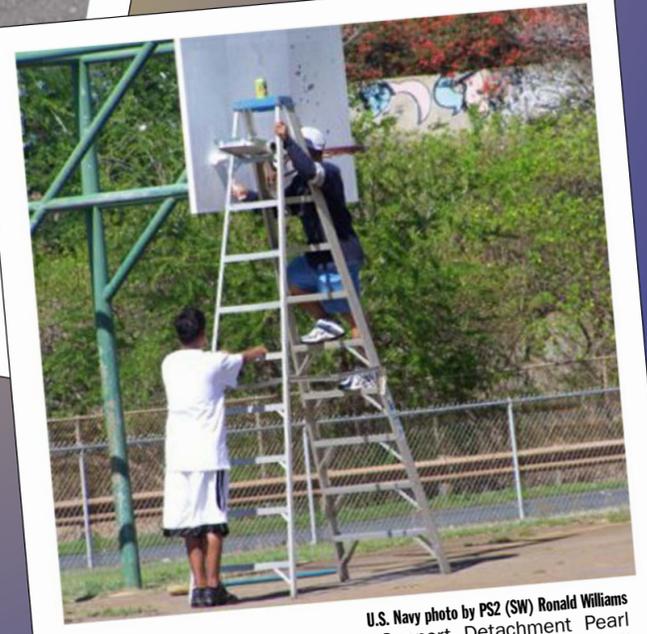
U.S. Navy photo by PS2 (SW) Ronald Williams
 Sailors assigned to Personnel Support Detachment Pearl Harbor make improvements to the Pearl Harbor Elementary School's parking lot.



U.S. Navy photo by PS2 (SW) Ronald Williams
 Sailors assigned to Personnel Support Detachment Pearl Harbor paint lines on the Pearl Harbor Elementary School's court.



Photo courtesy of Pearl City High School
 Sailors assigned to Naval Magazine Pearl Harbor paint a wall at Pearl City High School.



U.S. Navy photo by PS2 (SW) Ronald Williams
 Sailors assigned to Personnel Support Detachment Pearl Harbor paint the Pearl Harbor Elementary School's basketball backboards for the children.

Commentary

Window on Pearl Harbor

Karen S. Spangler, Assistant Editor

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Spirit of competition - thrill of winning, agony of defeat

The spirit of competition at Naval Station Pearl Harbor is alive and well - and I think that's a good thing. I truly admire those who are good at sports and can be competitive. Although I can be very competitive in some areas, sports isn't one of them.

I guess that's because although I enjoy playing sports, I have never been particularly good at it - a shortcoming that I readily admit.

Remember the kid who used to frustrate the rest of the team when they stepped up to the plate and habitually struck out? That was me.

Remember the kid who awkwardly dribbled the ball around the court and took shot after shot at the basketball hoop before eventually "sinking one"? That was me, too.

It seemed like all of the other kids could run faster, jump higher and perform all nature of sports better than me. Sure, I tried my best, but my best just wasn't very competitive and I knew that sports were not my forte.

And I'm sure that you remember the kid who was always the last one left standing as the team captains selected their team members. Yup, you guessed it, that was me - standing in the middle of the floor, quite red-faced and embarrassed, always the last one to be picked. Well, at that point, I wasn't actually "picked" - it was just that the last team to have a turn sort of "got stuck" with me.

Recognizing that some people are good at some things (sports) and some people are good at other things (not sports), I didn't let the fact that I was not good at sports dampen my enthusiasm for playing or to detract from my self-confidence.

But there are many people - particularly men - who are extremely competitive. At Pearl Harbor, there are numerous opportunities for friendly competition, the chance to experience the thrill of winning and, yes, sometimes, the agony of defeat.

Even in my office, that friendly spirit of competition thrives. A couple days a week, some of my co-workers trek off to the racquetball court, vying for court supremacy and the coveted "trophy." Now that's another story.

One day, as workmen were cleaning out a

storage room in our building, they came across a rather magnificent-looking, but orphaned, trophy. Our racquetball enthusiasts immediately rescued said trophy from the waiting dumpster and proclaimed it as the official trophy for office racquetball victors.

Standing about four feet tall with ruby red and gold columns topped with a "gold" trophy cup, it is indeed an imposing sight and one which any racquetball winner would be proud to display in his own little office niche.

The racquetball players leave the office - racquets held high, shoestrings in their Adidas tied neatly, sporting huge grins and bantering about who will emerge the victor.

It's interesting to note the return of the conquering heroes - looking a little wearied and worn, gym clothes soaked with sweat, dragging their racquets behind them. It's also easy to discern the conqueror versus the conqueree - based on the placement of the aforementioned glorious trophy.

The winner doesn't actually gloat - after all, the games are played in the spirit of friendly competition - but does sport a happy smile and will divulge the results of the competition when asked by interested office staffers. The loser doesn't have a lot to say, but the big grin is replaced with a sad face and a quieter demeanor. But tomorrow is another day, he advises, and if pressed, will explain how close he came to winning. Having been a loser at sports so many times myself, I can readily identify.

Those of us in the office feel that it's our duty to congratulate the winner, commiserate with the loser, and encourage continued racquetball exploits in the spirit of friendly competition, fun and good will. It might also be interesting to note that the coveted trophy hasn't traveled from desk to desk very often, but, well, as our oft trophy-less co-worker again explains, tomorrow is another day and another competition.

As for me, I will compete in "sports" where I know I have the competitive edge. Scrabble, anyone?

Have a fine Navy day here in paradise.
(We welcome comments from readers. If you have comments, please send them to: Karen.spangler@navy.mil.)

Silver Dolphin Bistro improving quality of dining for Sailors

JO2 Corwin Colbert
Staff Writer

Ever since the Sailors with Task Force for Excellence through Commitment to Education and Training (EXCEL) sank their teeth into the Navy food service world, the kitchen's heat has turned up a notch.

It started with the Mess Management Specialist Continuum changing the way our service trains our cooks by sending them to the Culinary Institute of America. Then there was the name change from mess management specialist to culinary specialist.

So, what is next? Well, for the Silver Dolphin Bistro galley, changing the taste and preparation of the food was not enough.

"Over the last month or so we have renovated the galley," said Chief Culinary Specialist Nick Gordillo.

The galley has turned from a hospital cafeteria look to a country club look. Gordillo who oversaw the changes said it was an intentional move.

"I wanted to have a Hawaiian theme along with a homey mood," said Gordillo. "It needed to fit Navy galley specifications, but offer a comfortable atmosphere for the customers."

To make the theme a reality, the galley has spent over \$300,000 in renovations. The biggest project was the deck



U.S. Navy photo by JO2 Corwin Colbert

Sailors enjoy their lunch while dining at the renovated Silver Dolphin Bistro.

changing the white tiles to straiica decking. The straiica decking is fire retardant and has a dark, shiny, wooden finish.

They replaced safety equipment and procedure signs as well as the mess decks counter near the soda machines. They re-carpeted the dining room and replaced the mess deck chairs with fancy wooden chairs. They also added leather chairs in the VIP room. For the final addition, the galley replaced the old picture frame photos with prints from the famous Kim Taylor Reece, one of Hawai'i's foremost fine art photographers.

The bistro Sailors did not just spend, spend and spend. They decided to do a little hard work themselves.

"We repainted the exterior and interior of the galley," said Gordillo. "We did it our-

selves and saved the Navy a lot of money."

With the renovations, the galley is striving to be the best and that is why they are finalists for the 2006 Capt. Edward F. Ney award. This is nothing new because the bistro has won many Ney awards. Gordillo said there is a reason why they win.

"The people that work here make the difference," he said. "You cannot find a better staff than here in Hawai'i."

As for the customers, some said they were delighted when the galley was reopened. Electricians Mate 1st Class Gilbert Manaois, a 15-year active service member, gave the five-star galley a 10 on a 10-point scale.

"This is a really nice galley," said Manaois. "It has great service and it is clean. The best part is the nice home-like atmosphere."

Navy Region Hawai'i Chapel Services

For more information, call 473-3971

Pearl Harbor Memorial Chapel	Saturday:	9:15 a.m. - Shabbat morning service
Sunday:	9 a.m. - Roman Catholic Mass	
	11 a.m. - Protestant Worship Service	
Daily:	11:35 a.m. - Roman Catholic Mass	Submarine Memorial Chapel
Saturday:	4 p.m. - Sacrament of Reconciliation	Sunday:
	5 p.m. - Roman Catholic Mass (anticipated Mass of Sunday)	8:30 a.m. - Protestant communion service
Wednesday:	7 p.m. - Chillin' at the Chapel	11 a.m. - Protestant 'Wave' contemporary service (non-traditional worship service)
Aloha Jewish Chapel		NCTAMS PAC Chapel
Friday:	7:30 p.m. - Kabbalat Shabbat	Sunday:
		8:30 a.m. - Roman Catholic Mass
		10:30 a.m. - Protestant worship service

Safety campaign stresses pedestrian crosswalk rules

Calvin Ishii
Navy Region Hawai'i
Safety Office

Of the 19 pedestrians killed so far this year on Oahu, only six of them were crossing the street in pedestrian crosswalks when they died. At the same time in 2004, three fewer people had been killed while trying to cross Oahu roadways.

These statistics have motivated the Honolulu Police Department (HPD) to run an island-wide pedestrian safety campaign. The campaign is designed to enforce and educate both drivers and pedestrians on the new amendment to the law regarding pedestrians in crosswalks. The law states, "The driver of a vehicle will stop and yield...when the pedestrian is upon the half of the roadway upon which the vehicle is traveling, or when the pedestrian is approaching so closely from the opposite half of the roadway as to be in danger."

Since the beginning of September, HPD has been issuing \$97 citations to drivers who violate the new pedestrian safety law. They also have been citing jaywalkers \$70.

Since 2001, 108 pedestrians have died on Oahu roads. Most of the fatalities were senior citizens, according to police statistics. In 2004, Hawai'i was ranked fourth highest in the nation for its pedestrian fatality rate: 2.65 deaths per 100,000 people. (The national average was 1.67). Both drivers and pedestrians need to be cautious and careful.

The City & County of Honolulu Department of



Photo composite by JO3 Ryan C. McGinley

Transportation Services is promoting a "Walk Wise Hawai'i" program in an effort to reduce the number of pedestrian mishaps. The campaign focuses on the following safe crossing techniques and driver awareness:

- Cross the street only at the corner or at a crosswalk. While crossing, keep to the right of the crosswalk.
- When crossing at a lighted intersection, be sure to use the pedestrian signal button and wait for the walk light indicator to light up.
- Be sure to look "left-right-left" before crossing and continue to look while crossing by making eye contact with the motorists. Always walk across the street, never run.
- Walk on the sidewalk if there is one. If there is no sidewalk, walk on the left side of the roadway facing traffic.
- Wear bright or light-colored clothing when walking or jogging. Wear reflective materials at night.
- Watch for cars backing out of driveways; drivers don't

always see you.

- Stand on the side of the road while waiting for the bus. Always stand at least 10 feet away from where the bus will stop.
 - While driving, stay focused and alert for sudden pedestrian movement in your car's direction.
 - Remember that pedestrians crossing multi-lane streets may be hidden from your view by a stopped car until they cross in front of you.
 - Be extra vigilant when it is dark outside as most pedestrian fatalities occur at dawn and dusk.
 - Anticipate crossing difficulties by seniors to help prevent senseless accidents.
- On the average, two pedestrians are injured or killed every day on Oahu's roadways.
- Both the motorist and the pedestrian suffer the consequences of these accidents. Walk smart and be safe. Take responsibility for your own safety.

Family care plans: Ensure no unwelcome surprises

Cmdr. Edward J. Lynch
Naval Legal Service Office
Pacific Detachment Pearl
Harbor

Family care plans are an indispensable Navy tool. Giving advance thought to how family members will be cared for in the event of your deployment makes sense on a number of levels.

Sailors who plan soundly for the care of loved ones are able to free themselves from distraction, resulting in peace of mind as well as superior on-the-job performance.

Commanders who ensure that their Sailors have a sound family care plan gain assurances their unit will be ready to focus on, and accomplish, the mission.

Despite their tremendous value, however, having a family care plan that

does not comply with a child custody or divorce order can be as bad as not having one at all. Consider the following hypothetical situation:

- A single Sailor going on extended deployment designates the child's grandmother as caregiver. The grandmother is not mentioned in the child's custody order. Furthermore, the non-custodial biological parent has not given his consent to grandmother's role as caregiver. Despite the fact that the non-custodial biological parent has had no real part in the child's life to date, the non-custodial biological parent gets wind of the Sailor's deployment, hires an attorney and easily removes the child from the grandmother's custody. The single Sailor receives an email detailing the events just described weeks later and is devastated.

How can you avoid such a surprise? Ensure in advance that your family care plan complies with your custody order. A family care plan has no power to contradict a validly entered state court judgment. Obtain a copy of the relevant court documents from personal records or from the issuing court well in advance of deployment.

Stop in and see an attorney at Navy Legal Service Office, Pacific and discuss your options with an attorney.

If necessary, you may have to go back to court for a modification of the order. Vindictive ex-spouses often need little excuse for making everyone's life miserable.

Questions? Visit Naval Legal Service Office Pacific, Detachment Pearl Harbor or call (808) 473-5982 to set up an appointment.

Wake up and smell the flowers



Photo courtesy of Forest City Residential Management

A Navy family member enjoys the flowers in her award-winning yard. Machinist's Mate 2nd Class Joseph McGee (SW) and his family took top honors in the Yard of the Month competition in September for the Radford Terrace neighborhood.

STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:
Phone: (808) 473-2888
Email: hnn@honoluluadvertiser.com

Hawaii Navy News

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

TODAY

7:00 p.m. The Exorcism of Emily Rose (PG 13)

SATURDAY

2:30 p.m. The March of The Penguins (G)

4:45 p.m. Supercross (PG 13)

6:45 p.m. The 40-Year-Old Virgin (R)

SUNDAY

2:30 p.m. The Brothers Grimm (PG 13)

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

7:00 p.m. Red Eye (PG 13)

THURSDAY

7:00 p.m. The Constant Gardener (R)

Memorial Theater
Hickam Air Force Base
(449-2239)

TODAY

7:00 p.m. Transporter 2 (PG 13)

SATURDAY

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

SUNDAY

7:00 p.m. Transporter 2 (PG 13)

WEDNESDAY

7:00 p.m. Transporter 2 (PG 13)

THURSDAY

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

Sgt. Smith Theater
Schofield Barracks
(624-2585)

TODAY

7:00 p.m. Red Eye (PG 13)

SATURDAY

7:00 p.m. The Cave (PG 13)

SUNDAY AND WEDNESDAY

7:00 p.m. Red Eye (PG 13)

THURSDAY

7:00 p.m. The Cave (PG 13)

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

• **Oct. 29:** Kaunala Trail hike, 8:30 p.m., \$5. Register by **Oct. 26.**

YOUTH INLINE HOCKEY

Youth inline hockey teams are forming **now** at Pearl Harbor. Practices are held at 6 p.m. on Wednesdays and at 5 p.m. on Fridays at Boards & Blades Skate Park. Teams compete in the Oahu Inline Hockey League. All inline hockey equipment is provided courtesy of Boys & Girls Clubs of Navy Hawai'i youth sports department. For more information, call 474-3501.

POKER TOURNAMENT

Put your poker skills to the test at the Texas Hold 'Em Poker Tournament at Pearl Harbor. Qualifying rounds will be held **today, Oct. 28, Nov. 4, 18 and 25** at Club Pearl Paradise Lounge on Naval Station Pearl Harbor. The tournament is open to active duty personnel from all branches of the U.S. military. Free entry is limited to the first 320 registrants each night. Registration begins at 5 p.m. at the event with play beginning at 6 p.m. Qualifying round winners will receive various electronics prizes such as Apple iPods, DVD players, Sony Playstation portables (PSP), TVs and more. A minimum of 10 qualifiers each round will advance to the finals. The final

round will be held at 6 p.m. **Dec. 2** at Beeman Center at Naval Station Pearl Harbor. The tournament winner will receive the JN Chevrolet jackpot valued at over \$1,500. For more information, call 473-2582 or 473-4279.

WINTER LITTLE LEAGUE REGISTRATION

Registration for minors, majors and juniors for winter little league will be held through **today** at the youth sports office. The season begins in November. Registration is open to children born from August 1987-July 2001. The cost is \$100 for minors, \$120 for majors and juniors. Bring participant's birth certificate and a current physical (dated no more than one year ago) to registration. For more information, visit www.greatlifehawaii.com for this year's calendar or call 474-3501.

CHOCOLATE DAY

In honor of National Chocolate Day on **Oct. 27**, all women in the Mariners Lounge at The Banyans will receive a box of Godiva chocolates. The evening features karaoke and dancing with DJ Arsenio. Doors open at 9 p.m. For more information, call 473-1743.

T.G.I.F. AT OCEANS CPO CLUB

It's T.G.I.F. on **Oct. 28** at Oceans CPO Club. Enjoy free pupus at 4 p.m. A DJ will spin the latest tunes from 5-8 p.m. The club offers free pool, shuffleboard, darts, Internet access and big screen TV with satellite programming. Free pupus are served every Friday starting at 4 p.m. For more information, call 473-1743.

HOWLING HOOPLA HALLOWEEN COSTUME CONTEST

Come dressed to impress at the

Howling Hoopla Halloween Costume Contest on **Oct. 29** at Club Pearl. Judges are looking for the scariest and most creative. There is no cover charge for those dressed in costume. Participants should register at the lobby from 8:30-9 p.m. The event is for patrons 18 years of age or older (no minors, please.) Winners will be announced at 10 p.m. at the Country Bar. For more information, call 473-1743.

MWR SUPER GARAGE SALE AND CRAFT FAIR

More than 150 vendors will sell their products at the Navy Region Hawai'i MWR Super Garage Sale and Craft Fair which will be held from 8 a.m.-noon **Nov. 5** at Richardson Field. Admission is free. The event is open to the public. For more information, call 473-0606.

WINNERS TO SUPER BOWL XL

Get your entry into the grand prize drawing to be held at the end of the year for a trip to Super Bowl XL. The winner and a guest will go to Detroit to see the Super Bowl XL. The prize includes airfare, hotel and tickets to the big game. The more you play, the more chances you have to qualify at Pool & Pizza at Pearl Harbor. Events begin at 6:30 p.m. every Monday. The drawing will be held **Dec. 26**. For more information, call 473-1743.

DIVING CLASSES

Ocean Concepts offers scuba equipment rentals, repairs, air fills and classes. Boat dives are available daily. The hours of operation are: 8 a.m.-7 p.m. Monday-Friday, 8 a.m.-5 p.m. Saturday, Sundays and holidays. Upcoming classes include: PADI Open Water Diver Course (one-week program), PADI Advanced Open Water Course

(weekend program), PADI Rescue Diver Course, Emergency First Responder (EFR) and PADI/DAN Oxygen Provider Course (one-week program) and PADI Dive Master. Pearl Harbor pick-up and drop off are available. For more information, call 422-5990.

RED PIN WEDNESDAYS

Red Pin Wednesdays is offered from 5-10 p.m. each Wednesday at NCTAMS Rainbow Lanes Bowling Center. Bowlers who roll a strike when the head pin is red will win a free game coupon. For more information, call 653-5576.



- **Today:** All night movies, 11:30 p.m., LIP, free.
- **Oct. 22:** Jet skiing, 10 a.m., LIP, \$45.
- **Oct. 23:** Surf lessons with Jodi, depart from LIP at 10 a.m., \$7.
- **Oct. 24:** Monday Night Football, 7 p.m., LIP, free.
- **Oct. 25:** Chess Tournament, 7 p.m., LIP, free.
- **Oct. 26:** Game Show Night, 6:30 p.m., Beeman Center, free.
- **Oct. 27:** Pool Tournament, 7 p.m., LIP, 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.**

Keiki can meet their favorite local authors at **author booksignings** from noon-1 p.m. **Oct. 22** at the Pearl Harbor NEX. Authors will include: Laurie Shimizu Ide and Jeff Pagay ("Seahorse Treasures"), Margaret Steele and Roy Chang ("Wuz the Nite Befo"), and Jeff Langaon ("Grandpa's Magic Tree"). For more information, call 423-3330.

Hawai'i-born Mihana croons her way to the Pearl Harbor NEX at 1 p.m. **Oct. 22.** Patrons can listen to songs from her new CD, "One Little Dream." For more information, call 423-3330.

Halloween coloring contest applications are now available at the NEX Hawai'i customer service department. Entries will be accepted from **Oct. 24-29.** Winners will be announced on Oct. 30. For more information, call 423-3330.

Cub Scout Pack 189 and Girl Scouts of Pearl Harbor will host a **haunted house** from 6:30-10:30 p.m. **Oct. 28,** 4-10:30 p.m. **Oct. 29** and 1-4 p.m. **Oct. 30** at the Catlin-Halsey-Radford-Miller Community Center. For more information, call 456-7588.

Join the **Surface Navy Association (SNA) tailgate party** for the University of Hawai'i-Fresno State Bulldogs game on **Oct. 29.** The tailgate party will be held at the Rainbow Bay Marina cabanas from 10 a.m.-1 p.m., followed by the game at 1:05 p.m. at Aloha Stadium. The cost includes burgers, dogs, chicken, baked beans, dessert, beverages, and sideline tickets (face value of tickets is \$38). Tickets are \$25 for SNA members and guests/family, \$40 for SNA non-members. For those planning to attend the tailgate only, the cost is \$5 for SNA members, \$10 for non-SNA members. For more information or to reserve tickets, call Lt. Cmdr. (sel) Rey Corpuz at 473-1266 or e-mail rey.corpuz@navy.mil.

Star Wars Character Appearance at the NEX at Pearl Harbor not far away, Star Wars characters of the Pacific Outpost will entertain kids' imaginations. Visit the NEX for a chance to see these characters and get ready for the release of "Episode VI: Revenge of the Sith" on DVD on **Nov. 1.** For more information, call 423-3330.

The **Naval Station Pearl Harbor Thanksgiving Golf Tournament** will begin at 11:30 a.m. **Nov. 10** at Barbers Point Golf Course. Those who plan to participate should sign up no later than **Nov. 3.** There will be 18 four-person team spots in a four-person scramble format. Prizes will be awarded for first, second and third place as well as two nearest to the pin and two longest drive prizes. Additional prizes will include free rounds of golf and turkeys. The entry fee is \$15. Players are responsible for their own green fees and carts. Walking is okay. Proceeds will go to NAVSTA Pearl Harbor's holiday celebration. For more information or to register, contact QM1 Raymond Diaz at 473-1168 or email at raymond.diaz@navy.mil or MMC Gaetano Critelli at 473-1574 or email at gaetano.critelli@navy.mil

Pouhala Marsh Work Days have been scheduled for cleanup and removal of pickle weeds at the north end of Pearl Harbor's West Loch. The project will cover a Hawaiian fish pond and coastal marsh of about 70 acres. Volunteers are needed for the following dates and times: 8:30-11:30 a.m. **Nov. 5** and **Dec. 3.** Anyone who is interested in participating should call 473-1203 or e-mail adelina.lopez@navy.mil.

Former prisoner of war (POW) and inspirational speaker, Capt. Gerald Coffee (U.S. Navy retired), will be honored as

the 2005 American Patriot of the Year at the **American Patriot Award Benefit Dinner** on **Nov. 11** at the Coral Ballroom of the Hilton Hawaiian Village. The award will be presented by the Honolulu Council of the U.S. Navy League. A 28-year Navy veteran, Coffee distinguished himself during the Cuban Missile Crisis in 1962 and during the Vietnam War. In February 1966 while flying combat missions over North Vietnam, his reconnaissance jet was downed by enemy fire and Coffee was captured. He was held a prisoner for seven years in the communist prisons of North Vietnam. Proceeds from the benefit dinner will support programs for men and women in the sea services - Navy, Marine Corps, Coast Guard and Merchant Marine. Tickets for the black tie gala event are \$150 per person. Sponsor tables of 10 are available at the admirals' level at \$5,000, the captains' level at \$3,500 and the commanders' level at \$1,500. Reservations may be made by calling the Honolulu Council office of the Navy League at 422-9404 or via email at navyleague@hawaii.rr.com. For more information, visit www.PacificRegionNavyLeague.org.

A committee consisting of members of the U.S. Navy, Marine Corps and Coast Guard is working on a one-day symposium to proactively educate, identify and address issues that face all women (junior and senior) in today's sea services. Survey takers are needed to help the committee plan for the **2006 Sea Services Women's Leadership Symposium** which will be held March 21, 2006 at Marine Corps Base Hawai'i - Kaneohe Bay. The symposium will focus on mentoring and professional development through inspirational and informative speakers, panelists and breakout sessions. The theme of the symposium is "Make A Difference." To take the survey, go to <http://tinyurl.com/araat>. The deadline to complete the survey is **Nov. 18.** The primary target audience for the symposium consists of female enlisted and officer active duty, reserve members, and retirees from the U.S. Coast Guard, Marine Corps and Navy. The secondary target audience consists of male enlisted and officer active duty or reserve interested in challenges/issues affecting women. There are also volunteer opportunities. If you are interested in helping with the conference or for more information, contact HMC Celeste at holly.celeste.hickam.af.mil or at 448-1616 or OSC Tortora at diane.tortora@navy.mil.

The Muscular Dystrophy Association (MDA) is seeking **Navy volunteers to help with the MDA dinner and auction** to be held **Nov. 19** at the Sheraton Waikiki Hotel in Waikiki. The evening's activities include a silent auction and a live auction. Volunteers are needed to assist with the auctions. MDA will provide a free dinner to each volunteer. For more information, call 593-4454.

Registrations are now being accepted for the **Armed Forces Communications Electronics Association (AFCEA) TechNet Asia-Pacific Golf Tournament 2005** will be held **Dec. 9** at the Kaneohe Clipper Course, Marine Corps Base Hawai'i - Kaneohe Bay. The tournament will be in a scramble format with four-player teams. Prizes will be awarded for closest to the pin, longest drive and hole-in-one. Registration on tournament day begins at 9:30 a.m. The tournament will begin with a shotgun start at 11 a.m. and an awards banquet will begin at 5 p.m. Entry fees are \$55 for active duty enlisted military, \$65 for active duty military officers and retired military, \$70 for DoD employees, and \$75 for civilians and contractors. For more information, call Danny Matsuura at 659-1416 or email at dannymatsuura@att.com.

The **Pearl Harbor Aquatics Tsunami swim team** is seeking an assistant coach for its swimming program. Pearl Harbor Aquatics is a competitive swim team which practices daily at the Navy's Richardson Pool. It is open to both military and civilian swimmers ages six and up. The team is a USA Swimming affiliate. Interested applicants should contact Pearl Harbor Aquatics' head coach, Billy Brown, at pahaquatics@yahoo.com. For more information, e-mail: pahswim@inix.com or call 471-9181.



The 40-Year-Old Virgin: Andy has done quite a few things in his life. But there's just one little thing he hasn't done. Andy's never had sex. His friends at the store consider it their duty to help.

The Brothers Grimm: Folklore collectors and con artists, Jake and Will Grimm, travel from village to village pretending to protect townsfolk from enchanted creatures. They are put to the test, however, when they encounter a real curse in a haunted forest.

The Cave: A rescue team is sent down into the world's largest cave system to try to find the spelunkers who first explored its depths.

The Constant Gardener: See Review

The Exorcism of Emily Rose: While attending college, Emily believed she became possessed. After medical care ceases to work, she turned to her faith. In the care of her priest, she dies and he goes on trial for her death.

The Man: A case of mistaken identity forces federal agent Derrick Vann and dental supply salesman Andy Fidler to team up to pull off a sting operation and solve the murder of Vann's former partner.

March of the Penguins: Emperor penguins overcome daunting obstacles in order to return to their breeding grounds for mating season.

Red Eye: Lisa hates to fly, but the terror that awaits her on the night flight to Miami has nothing to do with a fear of flying. Lisa's seatmate, Jackson reveals he is an operative in a plot to kill a rich and powerful businessman, and Lisa is the key to its success.

Supercross: Two brothers overcome emotional and physical obstacles to achieve success in the competitive world of Supercross racing.

Transporter 2: Former Special Forces operative, Frank, makes a living driving for the wealthy Billings family. But when the child is kidnapped and injected with a potentially fatal virus, Frank defies the FBI and works relentlessly to get him to safety.

JO3 Ryan C. McGinley

The Constant Gardener

From the gritty and concentrated first scenes of "The Constant Gardener," to its pale and utterly realistic conclusion, Academy-nominated director Fernando Meirelles takes his audience through a circular whirlwind of political fragments strung together into a solid and well rounded film.

Based on the John le Carré novel, Tessa and Justin meet, fall into bed together and marry on whim before learning anything about one another. They travel to Africa, Justin as an official for the British government and Tessa as an activist for just about everything. But as the audience learns in the first scenes, Tessa will die in the northern region of Africa for mysteries unknown to her husband, and Justin must find out why.

The entire film jumps from past to present and truth to fiction as we learn about Tessa's quest to expose a healthcare company that is testing a fatal drug in the African region. People are dying from the drug, but the company is making too much money from it so they must have silenced Tessa and her quest for the truth.

The story is complex and intriguing, but the real talent and depth lie with the film's director, Meirelles. Nominated for an Academy award for his work on "City of God" (a brilliant foreign film that you should rent this instant), Meirelles has a fantastically luminous film style, which never exaggerates and never dulls. His beautifully crafted camera movement breaks new ground in capturing the audience's attention without ever taking away from the story. Each gritty shot is crafted in such a way as to compliment the story and bring about new visual emotion to an already solid script. In essence he is a film student's dream thesis project.

"The Constant Gardener," with its shaky, coarse shots that bring every audience member into this well-rounded thriller, ranks among the best of the year so far.

OVERALL RATING: ★★★★★

Keeping food safe: The smart grocery shopper

**Warrant Officer
Budd A. Dodge**

*Chief, Food Safety and Quality Assurance
Central Pacific District
Veterinary Command, Fort Shafter*

Stationed in Hawai'i, we all know the temperature stays fairly warm throughout the year. With these warm temperatures come numerous complaints from shoppers about the food they purchase. "My milk soured five days before the expiration date." "My steak looks and smells bad." "My ice cream is crystallized or gummy." All of these complaints and many others can be avoided by becoming a smart grocery shopper - using simple planning and good common sense.

Traffic can be unpredictable here in Hawai'i and often there are traffic jams. When grocery shopping, always plan for the worst. Bring a cooler, buy a bag of ice, or bring your own ice packs. Using the cooler will help prevent those chilled and frozen (temperature sensitive) items from getting too warm on the trip home.

When the temperature outside is 90 degrees Fahrenheit, the temperature in your car trunk can reach 145 degrees Fahrenheit. At 145 degrees, it can take less than 30 minutes for your milk to reach a temperature that can cause it to begin spoiling. This might explain why your milk soured five days early or your steak looks and smells bad. If you forget or find yourself with no cooler, put the temperature sensitive items in the passenger part of the car, out of the sun, and crank up the air conditioning on the drive home.

Make grocery shopping the last thing on your "to do list." How many times have you put groceries in your car and then gone to the ice cream shop, then to the video store or a quick stop at the bookstore? Finally, two hours later, you get home.

It takes another 20 minutes to unload the car and get the groceries into the refrigerator. Then you wonder why your milk sours five days early. If you think this is not you, next time you shop, set a timer and watch how long it takes you to get home.

Did you know that the average person spends at least one hour grocery shopping? While shopping, place the items that require no refrigeration in your cart first. The last items you want to place in your cart before heading to the check-out are the temperature sensitive items. Although many people think produce should be the last item placed in the cart, that is not always true. It is more important to place produce in an area that prevents it from being damaged.

Place produce in the small basket near the handles of the cart to help prevent it from becoming smashed and bruised. When you reach the cash register, place all those temperature sensitive items on the conveyor belt together so they get bagged together. This practice will help to protect your temperature sensitive items.

It doesn't take a rocket scientist to be a smart grocery shopper, but does require simple planning. The commissary has the responsibility of providing you with good, wholesome and safe foods. You, the shopper, are responsible for ensuring the foods you purchase stay that way until you use them at home. Follow these few simple suggestions and it should alleviate some stress for you and the commissary.

Historical Center to join search for John Paul Jones' ship

**Naval Historical Center
Public Affairs**

The Naval Historical Center (NHC) announced in October it is joining the Ocean Technology Foundation (OTF) in spearheading an expedition in the summer of 2006 to search for the remains of the Bonhomme Richard, the ship of American Revolutionary War naval hero John Paul Jones.

"Finding Jones' ship will vividly bring to life an inspiring chapter in America's past using ocean technologies that are vital to America's future," said Dr. Sylvia Earle, a member of OTF's board of directors.

Other project collaborators include the University of New Hampshire Center for Coastal Ocean Mapping/Joint Hydrographic Center, the College of Exploration, and English Heritage, which advises the British government on the historic environment.

One of the most memorable battles of the American Revolution took place off the coast of England on Sept. 23, 1779, between the British ship HMS Serapis and Bonhomme Richard, captained by Jones. It was dur-

ing this three-and-a-half-hour battle - most of it taking place at point blank range - that Jones shouted his legendary words, "I have not yet begun to fight," in response to an offer to surrender. Ultimately, he emerged victorious and took control of Serapis, and 36 hours later watched his own ship sink into the North Sea.

"This expedition is a natural fit for OTF's capabilities," said retired Capt. John Ringelberg, president of the OTF. "Our partners are the best and the brightest in their specific fields and they form an exceptional team."

One of the search team members, Peter Reaveley, is considered an expert on the battle between Bonhomme Richard and Serapis. Reaveley has spent more than 30 years compiling and analyzing eyewitness accounts, deriving the historical weather, wind and tidal data, and determining damages inflicted on the ship in the course of the battle. OTF has also created a computer model of the ship, which will simulate how it may have drifted after the battle. With the benefit of all this information, the project team has pinpointed an area where they believe the wreckage lies.

OTF and its partners will



U.S. Navy photo by PH1 Kevin H. Tierney

John Paul Jones, is entombed at the U.S. Naval Academy and is guarded by Midshipman 24-hours a day, 365 days a year. Jones is forever immortalized by uttering the words, "I have not yet begun to fight", during the battle between Bonhomme Richard and HMS Serapis, off the coast of England in 1779. Jones was buried in a pauper's grave in Paris. More than a century later, his remains were returned to the United States and placed at the academy as a national shrine.

conduct surveys of the ocean floor using a magnetometer, which can detect large amounts of metal ballast underwater, and high-tech sonar systems that can identify anomalies on the ocean bottom. When found, the wreck of Bonhomme Richard will be one of the most important archeological discoveries

in U.S. naval history.

"You cannot find a more important underwater archaeological site to the U.S. Navy than that of John Paul Jones' Bonhomme Richard. Discovery of the shipwreck will shed new light on the horrific battle between Bonhomme Richard and Serapis, what life was like on

board Bonhomme Richard for the officers and crew, ship's armament and weaponry, and the construction of the ship itself," said Dr. Robert Neyland, head of the NHC underwater archaeology branch.

The Surface Navy Association is also a key supporter of the project.

"This is an initiative that we are proud to be involved in," said Capt. Robert D. Jenkins III, member of the Surface Navy Association's National Board of Directors. "John Paul Jones and his crew set the standard for the future of surface warfare."

An important component of the project will involve teachers, students and the public, who can share the search through the Internet. Lesson plans, an online workshop for teachers, and an interactive Web site will help raise awareness in the public and the education community of one of the most fierce and pivotal battles in U.S. naval history.

"Advances in science and technology have made it possible to find any ship that has been lost and buried in the seabed," said Neyland. "However, with the ability to discover comes also the responsibility to manage, preserve and interpret for all."