

## A look back 2005

**JO2 Corwin M. Colbert**  
Staff Writer

We are six years into the millennium. The older generations still have not seen any flying cars, housemaid robots or colonies on the moon like the old cartoon "The Jetsons." However, Pearl Harbor 2005 had many new and exciting things for its Sailors and Hawai'i Navy News (HNN) highlighted many of them in this very section. Now with the new year, the editors decided to stick to tradition and give a year in review. So, jump onto our imaginary time barge and enjoy the tour as we reminisce about the "Life and Leisure" activities from 2005.

The year 2005 began with mothers power walking in the new Stroller Stride program. This 50-minute power walk, where moms push their babies in strollers followed by 10 minutes of abdominal and stretching exercises, provides a way to put fitness into busy lifestyles all for 25 bucks a month. Classes are held at Quick Field at Pearl Harbor Wednesdays from 8:30 to 9:30 a.m.

In the second month, HNN dived into the deep blue with Ocean Concepts at the newly renovated Rainbow Bay Marina. Ocean Concepts opens daily at 8 a.m. every day. They offer rental equipment for scuba diving and snorkeling, courses to certify Sailors and family members as scuba divers, scuba diving boat tours and water sports equipment to buy. We also watched humped back whales, visited the Honolulu Academy of Arts and served some hard time at the Naval Brig Pearl Harbor.

March was the month of the No Ka Oi All-Star Cheerleaders who took first place in the Aloha International Spirit Championships. Liberty in Paradise started a regular Texas Hold 'em tournament every Wednesday night. HNN traded a few sea stories at the Hawai'i Maritime Center and sky dived with the Outdoor Adventure Center.

Splashing in the fourth month were patrons at the Hawaiian Waters Adventure Park. Sailors enjoyed hours of fun in their naval natural habitat – the water.

April was the planet's birthday and The Mall at Pearl Harbor hosted its second annual Earth Day celebration on the 23rd. Sixteen federal, state, city and private organizations were on hand with exhibits providing educational information on local and global ecosystems. The Bloch Arena offered a fitness program to whip the couch potato youth into shape.

In May, Women on Weights kicked off. Morale, Welfare and Recreation started a monthly program at Bloch Arena, designed to introduce women to the fitness center and teach them how to exercise all of their muscle groups with free weights and machines. Chief Udenia Icenhour, a Navy counselor at Naval Security Group Activity, Kunia Hawai'i, went solo and pushed herself to the limit to get in top physical shape.

Mid-year was a somber one as HNN fea-

tured the 2005 Governor's Memorial Day Ceremony at the Hawai'i State Veterans Cemetery at Kaneohe. Observers were again reminded of the sacrifices of those service members who have gone before us and gave their lives to pave the way for freedom around the world.

Independence Day came with a bang in July and Naval Station Pearl Harbor threw a huge block party on base with games, barbeque and fire works. There was also anticipation of a relaxing two-day show with Don Grusin at the 12th Annual Hawai'i International Jazz Festival at Hawai'i Theatre.

The eighth month was interesting as HNN explored disc golf. The game is played much like traditional golf; only instead of a club and ball, you throw a disc. The holes are above ground and are called "pole holes." This is because they are baskets, which have chains running from the top to the bottom to kill the momentum of the disc to drop it into the basket.

In September, the football season began. MWR offered fantasy football for all the football buffs. The Navy's birthday was also highlighted and we listened to the sounds of chief warrant officer Doyle Purdy and his band Zoundbox. The new Chief Petty Officers were frocked that month and we revisited the Arizona Memorial.

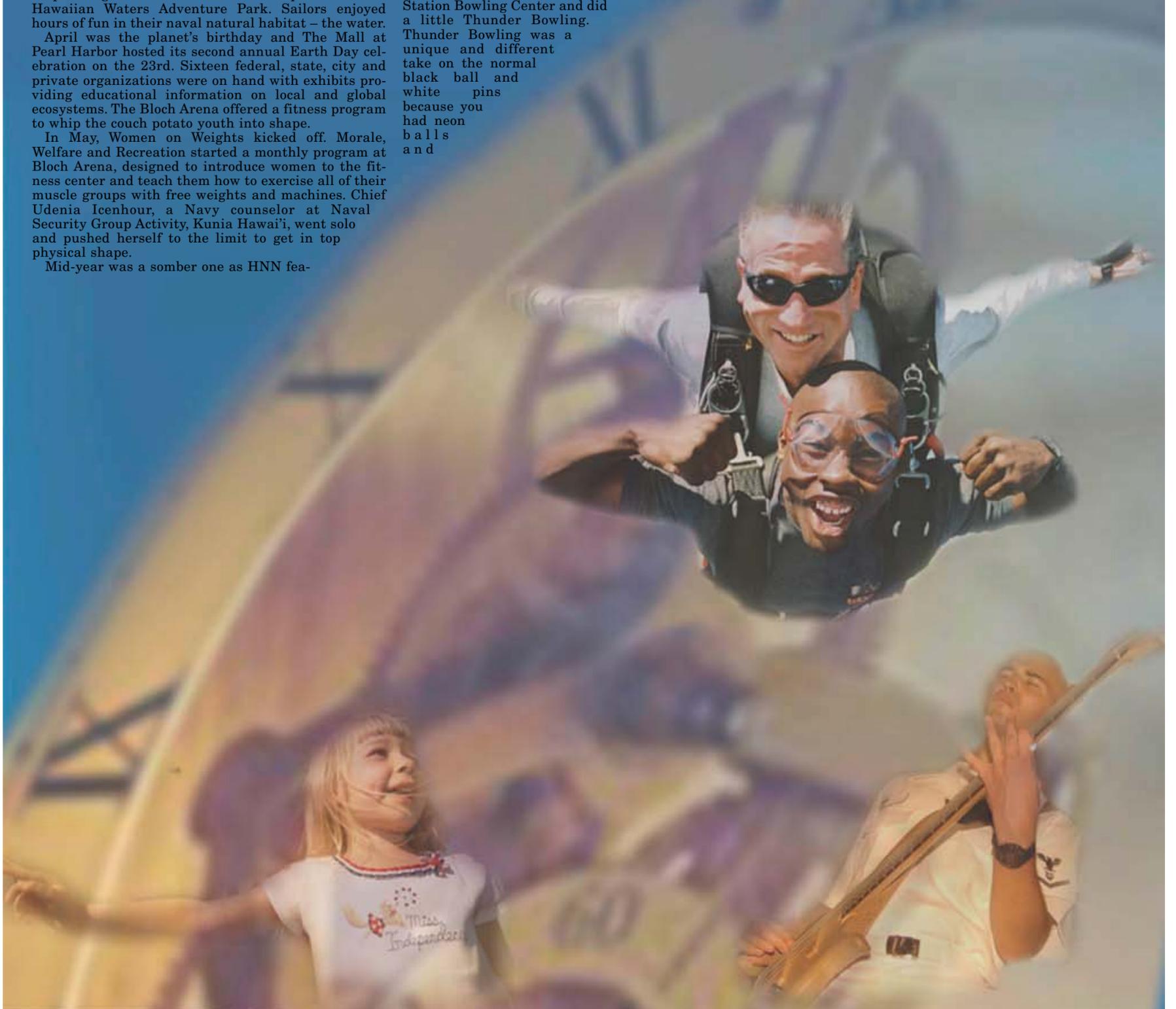
It was a jammin' October as we traveled to the Big Island Hawai'i with the Pacific Fleet Rock Band as they participated in events surrounding the Aloha Festival, performing at various high schools, universities and malls and playing songs spanning from current hits to classic rock favorites. Then we explored religion and did a feature on the first chaplains to give their lives in World War II.

In November, we investigated a peculiar sport – underwater hockey. The sport has two teams of six at the bottom of a pool, using one-foot sticks or blades to push the puck into a goal roughly nine feet in length. The rules are like basketball in terms of contact. Then we went to the lanes at Naval Station Bowling Center and did a little Thunder Bowling. Thunder Bowling was a unique and different take on the normal black ball and white pins because you had neon balls and

pins with disco lights and music. The center offers Thunder Bowling two times a week, on Fridays and Saturdays. Thunder Bowling is \$2.50 per person a game. The center also offers other unique games to play.

Finally, in December we remembered a day of infamy – the attack on Pearl Harbor. We honored the service members who perished in the attack and we praised the service members who survived. HNN did some research and wrote an article about USS Arizona's band. After attending a Battle of Music event on Dec. 6, 1941, Sailors from the bands returned to their ship to get some sleep. The next morning on Dec. 7, 1941, the first wave of Japanese aircraft came and the USS Arizona Band perished forever. Later, the other bands who had battled for first place in the Battle of Music competition voted to give first place to the Arizona Band. We ended our publication for the year with Sailors and family members celebrating the holiday season at Winterfest 2005 on Dec. 9 at Club Pearl. Old Saint Nick was there. We asked him for new cameras – he gave us three weeks respite before our next publication. Got to love that guy.

That is the end of our tour. In review, 2005 was filled with many new and innovative activities. HNN looks forward to providing you with new and exciting Life and Leisure topics in the future.



# Counting 'gentle giants' in Hawai'i

Karen S. Spangler

Assistant Editor

It's whale-watching season in Hawai'i and an opportunity to view some of the largest animals on earth while they spend the winter months in Hawai'i. There are also opportunities for volunteers to help count the huge mammals during their stay in Hawaiian waters to reproduce and nurse their young.

Volunteers are needed to help the Hawaiian Islands Humpback Whale National Marine Sanctuary to count whales as part of its Sanctuary Ocean Count project. The count enables the sanctuary to look at whale population, distribu-

tion and behavioral trends at different sites and also allows volunteers to learn more about humpback whales.

The project involves counting the number of whales that can be seen around the islands over a four-hour period and recording their behavior. This year, the count will be conducted at 65 different shore sites around Oahu, Kauai and the Big Island.

Volunteers are needed to assist with the whale counting from 8 a.m. to 12:15 p.m. on Jan. 28, Feb. 25 and March 25.

"We're especially fortunate in Hawai'i to be able to see humpback whale activity from shore so that families who may not have the

resources or time to take their whole family out on a boat can still join in the fun," said Becky Hommon, Navy Region Hawai'i environmental counsel.

"It's also a great educational opportunity - who knows, the next generation of marine biologists might get their start by participating in a shore-based whale count," noted Hommon.

Ke kohola, the Hawaiian word for the humpback whales, grow to about 45 tons and are between 42 to 45 feet in length when they reach their full maturity after five to nine years.

It is estimated that the marine mammals have a life span of 30 to 40 years. After returning to Hawaiian waters to reproduce and

nurse their young during the winter timeframe between October and May, the humpbacks return to Alaskan waters to feed during the summer months.

Humpback whales are listed as endangered species under the Endangered Species Act. Approaches to whales are limited to 100 yards by sea and 1,000 feet by air.

Those who wish to register to help with the whale watching count should call the following numbers: O'ahu, 397-2651, ext. 253; Big Island, 1-888-55-WHALE, ext. 253; Kauai, 246-2860.

For more information about the whale sanctuary, visit <http://hawaii-humpbackwhale.noaa.gov>.



Photo courtesy of the Hawaiian Islands Humpback Whale National Marine Sanctuary  
A whale breaches the surface in the waters off Hawai'i.

## 'Great American Voices' to perform for Pearl Harbor audience

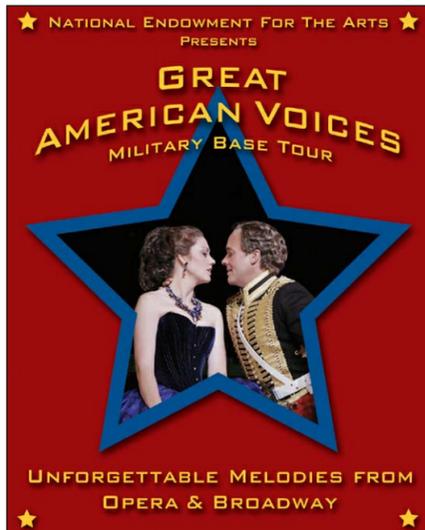


Photo courtesy of the National Endowment for the Arts.  
Great American Voices Military Base Tour: Unforgettable Melodies from Opera and Broadway" will be presented Jan. 29 at the Navy Lodge on Ford Island.

Karen S. Spangler

Assistant Editor

An evening of opera and Broadway will be presented for the listening pleasure of theater goers at Pearl Harbor as the "Great American Voices Military Base Tour: Unforgettable Melodies from Opera and Broadway" will be presented Jan. 29 at the Navy Lodge on Ford Island.

The theater event will be preceded by a welcome reception at 6 p.m., hosted by Hunt Building Corporation and Iroquois Point Island Club. Hors d'oeuvres and beverages will be served as the Navy's Pacific Fleet Band provides a musical background.

Performers from Opera Studio, Hawai'i Opera Theater's (HOT) program for talented and rising young stars, will present selections from operas and classic American musicals. The repertoire, focusing on themes of love and passion, will include music from such popular operas as Bizet's "Carmen" and American musicals, including Rodgers and Hammerstein's "Oklahoma!" and Bernstein's "West Side Story."

The performance is free and tickets are

not needed for attendance. The event is open to all military-affiliated personnel and their sponsored guests.

The one-time event is part of a national military base tour that celebrates the best of American arts by bringing professional performances of opera and musical theater to 39 military installations nationwide.

A performance will also be given at 6 p.m. Jan. 21 at Schofield Barracks Nehelani Banquet and Conference Center. The event will include pupus, no-host bar and drawings. Admission is free and open to military-affiliated personnel and guests. For more information, call 655-4466.

The Jan. 29 event is presented by the National Endowment for the Arts (NEA), HOT and Morale, Welfare and Recreation at Naval Station Pearl Harbor, in cooperation with Opera America.

"This is a great opportunity for our military community to try something that they may normally not experience ... it's right in their back yard, an elegant quality performance, at an incredible price," said Lara Katine, special events coordinator for Morale, Welfare and Recreation at Naval Station Pearl Harbor.

Katine offered a synopsis of what the evening would include.

"What more could you want ... an elegant evening at sunset, delicious hors d'oeuvres and wine served while listening to the Pacific Fleet Woodwind Quartet as the breeze blows and the tiki torches burn. As the performance begins, you will receive an introduction to each piece from the performer, explaining a bit about what is to come. Many of these pieces should sound familiar, coming from cartoons and well-known movie soundtracks. It's a unique experience for all, from children to adults," she said.

"Hawai'i Opera Theatre has a history of reaching out to the military with special programs and performances... something that makes perfect sense here in the unique environment of Hawai'i," said Karen Tiller, executive director of HOT. "We are thrilled that the National Endowment for the Arts is now supporting the creative partnership between the arts and the military. This is a wonderful project with great possibility for future presentations and collaborations," she added.

For more information, visit MWR's Web site at [www.greatlife-hawaii.com](http://www.greatlife-hawaii.com) or call 473-0606.

## Give your body a gift for the new year: A healthy eating plan and regular, daily exercise

Naval Health Clinic  
Hawaii

January is Healthy Weight Month. There are only a few of us who don't want to shed a few extra pounds and there are many diets being promoted everywhere we look. But fad diets may often deprive your body of essential nutrients, may provide insufficient calories, lead to feelings of deprivation by eliminating favorite foods, usually lead to returning to old eating habits, and weight that was lost comes back.

How do you recognize a fad diet? Tracy Navarrete, the health promotion coordinator and fitness trainer at Naval Health Clinic Hawaii (NHCLH), offered this insight: If it requires you to spend large amounts of money on special foods or supplements, does not encourage at least 30 minutes of exercise most days of the week, eliminates one or more food groups, promises a quick fix of more than one to two pounds a week, then it is a fad diet and should be avoided.

Exercise is an important component of attaining and maintaining a healthy weight. However, are you

like many people who say they have trouble getting the energy to exercise? Take a close look at your diet. If you skip meals in an effort to save calories, you may be depriving your body of important fuel for your workout. As a result, you may feel tired, irritable and unfocused.

One key way to stay motivated is to eat a series of small meals throughout the day that are composed of complex carbohydrates such as whole grain breads, crackers, fresh fruit and vegetables. Eating this way provides your body with a constant source of energy and fuel.

The only effective way to lose weight and keep it off long term, is to follow a healthy eating plan that allows all foods, encourages moderation and variety in eating, and includes regular exercise. Healthy eating is a lifetime commitment that will keep you feeling your best.

The NHCLH health promotion department offers nutrition and weight management classes twice a month as well as the eight-week Shipshape course for active duty members. For more information, call 473-1880, ext. 282 or 283.

## The gift of giving



Photo courtesy of Forest City Residential Management

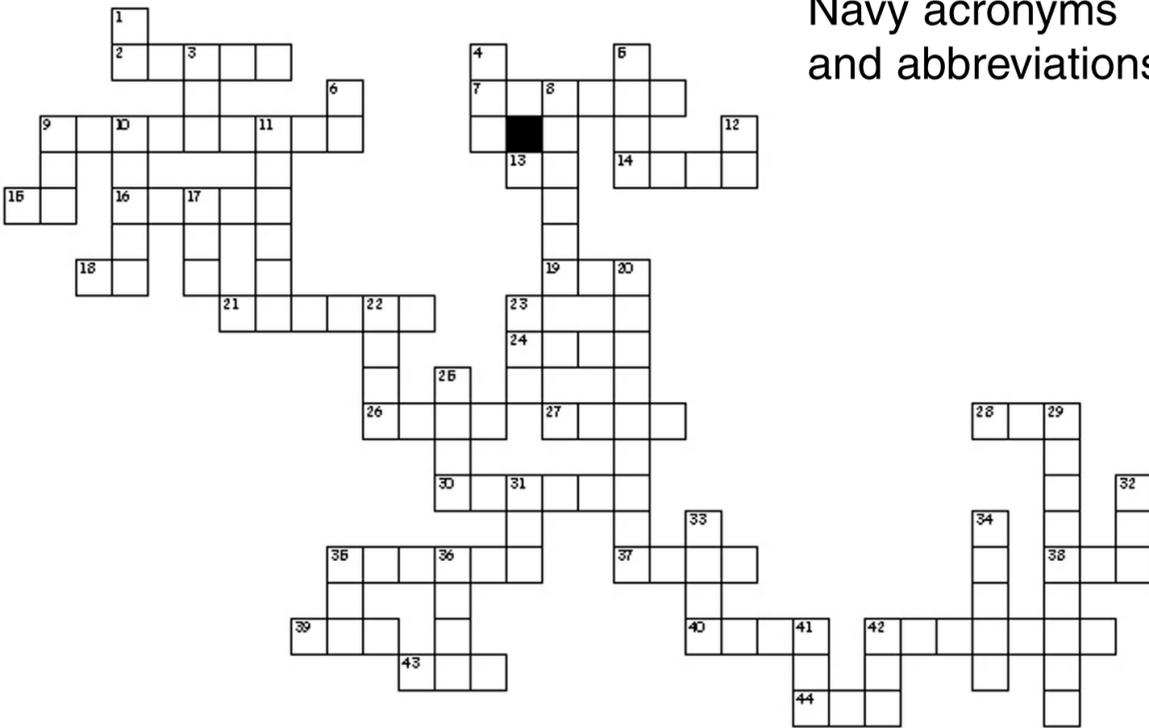
Salvation Army workers were able to play Santa to area children, thanks to the contributions of numerous Navy families who live in PPV housing areas managed by Forest City Residential Management (FCRM). About 100 families took names from the "Coconut Holiday Angel Tree" and purchased the gifts listed on the tags. They returned the gifts for children and seniors who needed Christmas gifts to the FCRM office.

# Got Questions?

Write to us at [hnn@honoluluadvertiser.com](mailto:hnn@honoluluadvertiser.com)

# Skylark Central

## Navy acronyms and abbreviations



**Across**

- 2. Bureau of Medicine and Surgery
- 7. Secretary of the Navy
- 9. Commander Navy Region
- 13. Draftsman
- 14. Senior Chief Petty Officer
- 15. Commanding Officer
- 16. Pacific Command
- 18. United Nations
- 19. Combat information center
- 21. Outside continental United States
- 24. Tomahawk land attack missile
- 26. Rigid hull inflatable

- 27. Landing Craft Air Cushion
- 28. Military Sealift Command
- 30. Secretary of Defense
- 35. Chief of Naval Information
- 37. Tomahawk anti-ship missile
- 38. Underwater Demolition Team
- 39. Commander
- 40. Sea Air Land
- 42. Operations Tempo
- 43. Prisoner of war
- 44. Operation Iraqi Freedom

**Down**

- 1. Construction Battalion
- 3. Missing in action
- 4. U.S. Navy
- 5. Enlisted Air Warfare Specialist
- 6. Guided missile cruiser
- 8. Communications security
- 9. Chief of Naval Operations
- 10. Master Chief Petty Officer of the Navy
- 11. Rim of the Pacific
- 12. Executive Officer
- 17. Chief Warrant Officer
- 20. Commander, US Pacific Fleet
- 22. U.S. Navy Reserve

- 23. Afloat Training Group
- 25. Close-in weapons system
- 29. Commander, Submarine Force Pacific
- 31. Chief Petty Officer
- 32. Tank landing ship
- 33. Enlisted Surface Warfare Specialist
- 34. Underway replenishment
- 35. Carrier onboard delivery
- 36. North Atlantic Treaty Organization
- 41. Limited duty officer
- 42. Operation Enduring Freedom



**Know your Navy**

When questioned under article V of the Code of Conduct, what is the only information you are allowed to give?

Last week's question...

The M16 rifle carries how many rounds of ammunition?

Answer - 20 or 30

# MWR

## Movie Call

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

### TODAY

7:00 p.m. Harry Potter and the Goblet of Fire (PG 13)

### SATURDAY

2:30 p.m. Chicken Little (G)  
4:30 p.m. Yours, Mine and Ours (PG 13)

### SUNDAY

2:30 p.m. Zathura (PG)  
4:30 p.m. Aeon Flux (PG 13)  
6:45 p.m. Derailed (R)  
**THURSDAY**  
7:00 p.m. Walk The Line (PG 13)

**Memorial Theater**  
Hickam Air Force Base  
(449-2239)

### TODAY AND THURSDAY

7:00 p.m. Aeon Flux (PG 13)

### SATURDAY

7:00 p.m. Saw II (R)

### SUNDAY

7:00 p.m. Just Friends (PG 13)

### WEDNESDAY

7:00 p.m. Saw II (R)

**Sgt. Smith Theater**  
Schofield Barracks  
(624-2585)

### TODAY AND WEDNESDAY

7:00 p.m. Harry Potter and the Goblet of Fire (PG 13)

### SATURDAY

2:00 p.m. Harry Potter (PG 13)  
7:00 p.m. Walk The Line (PG 13)

### SUNDAY

7:00 p.m. Derailed (R)

### THURSDAY

7:00 p.m. Walk The Line (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

- **Jan. 21:** Kaluanui Ridge hike, 8:30 a.m., \$7. Register by **Jan. 18.**
- **Jan. 22:** Basic kayaking, 8:30 a.m., \$15. Register by **Jan. 18.**
- **Jan. 28:** Learn to surf, 9:30 a.m., \$15. Register by **Jan. 25.**
- **Jan. 29:** Rock climbing, 8:30 a.m., \$55. Register by **Jan. 25.**
- **Feb. 4:** Ka'ena Point whale watch hike, 8:30 a.m., \$7. Register by **Feb. 1.**
- **Feb. 5:** Parasailing, time to be announced, \$48. Register by **Feb. 1.**

## TENNIS AND INLINE HOCKEY

MWR is now offering tennis and inline hockey through Boys & Girls Clubs of Navy Hawai'i youth sports. Teams are forming in **January**. All interested players and coaches should call 474-3501 for more information.

## LITTLE LEAGUE BASEBALL

Registration for Little League baseball began Jan. 3 and continues **through Jan. 27**. Registration is open to children whose birthdays are April 30, 2001 and older. The cost is \$60 (T-ball and coach pitch, minors) and \$80 (majors and juniors) and includes a uniform and a trophy. Those who wish to register should have a current physical (dated no more than a year ago) and a birth certificate.

Leagues are open to family members of active duty, retirees, reservists and DoD civilians. For more information, call 474-3501.

## USTA JUNIOR TEAM TENNIS

Registration for United States Tennis Association (USTA) junior team will be held **through Jan. 31**. Practice is now in progress and the season begins in February. Registration is open to youth ages eight-18 years old. The cost is \$60 and includes a uniform and trophy. To register, participants should have a current physical (dated no more than a year ago) and a birth certificate. Leagues are open to family members of active duty, retirees, reservists and DoD civilians. For more information, call 474-3501.

## GREAT AMERICAN VOICES MILITARY BASE TOUR

The Great American Voices military base tour show will be presented **Jan. 29** at the Navy Lodge at Ford Island. Twenty-four professional opera companies will perform during the free show, featuring selections from popular operas such as Carmen and Don Giovanni as well as highlights from classic American musicals. A welcome reception with pupus and music by the Pacific Fleet Band will begin at 6 p.m. At 6:30 p.m., enjoy elegant voices of singers from the Opera Studio, Hawai'i Opera Theater's program for talented and rising young stars. Repertoire will focus on recognizable songs with themes of love and passion. For more information, call 473-0606.

## INSTANT LIBERTY NOW OPEN

Club Pearl is home to Instant Liberty, the newest Single Sailor Center which is now open at Naval Station Pearl Harbor. The facility offers free Internet access, the latest video games on 12 plasma screens, movies, foosball, darts and many other activities for single Sailors. The center is open to active duty only. Instant Liberty is open from 4 p.m.-1 a.m. Monday through Friday and from noon to 1 a.m. on Saturday and Sunday. For more information, call 473-4279.

## SWIM AROUND THE ISLAND

All Navy MWR pools are offering a distance "Swim Around the Island Contest." Participants can earn prizes as their yardage adds up when they move from town to town around Oahu. Sign up now; it's free. The contest is ongoing. For more information, visit any MWR pool.

## ALPINE TOWER

The Alpine Tower Challenge Course Facility at Barbers Point near the fitness center is open and ready to train your command to become the best team it can be. The principles of the leadership, education and development (LEAD) program are applied to facilitate the program areas of this team-building challenge course. All military commands are invited to experience the LEAD program on the Alpine Tower. For more information, call the Outdoor Adventure Center (OAC) at 473-1198 or visit greatlifehawaii.com to reserve a day for your team.

## 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.



- **Today:** Trick Shot Pool Tournament, 7 p.m. at LIP, free.
- **Jan. 14:** Extreme jet skiing, leave LIP at 9 a.m., \$25.
- **Jan. 15:** Surfing lessons and lunch, leave LIP at 10 a.m., \$7.
- **Jan. 16:** WWE wrestling, free food, 6:30 p.m., free.
- **Jan. 18:** "There's Something Going on at Beeman," activities and games, 6:30 p.m., free.
- **Jan. 19:** Whose Birthday Is It? cake and ice cream, 6:30 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](mailto:hnn@honoluluadvertiser.com) or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

Written for runners by runners, "A Runner's Guide to Oahu" provides maps and course details for 36 road and trail runs. Explore the island by foot with the help of the book and its author, **Rick Varley**, who will be at the Navy Exchange (NEX) book department for an autograph session from noon-1 p.m. **Jan. 14.**

The **COMPACFLT Officer's Spouses Club** will host an evening mid-year social and membership drive from 6-8 p.m. **Jan. 18** at the Rainbow Marina boathouse. Current members are invited to attend and encouraged to bring a neighbor or friend. Membership is open to spouses of active duty officers, spouses of civilians GS-7 and above and spouses of retired or deceased officers. Mid-year membership dues are \$8. Those planning to attend the Jan. 18 event should RSVP to [compacfltpouses@yahoo.com](mailto:compacfltpouses@yahoo.com) by **Jan. 16.**

The **GSA Global Supply Store** at Schofield Barracks will be closed for annual inventory from **Jan. 17-20**. During the closure, customers can shop at the Hickam Global Supply Store. Questions can be directed to Mike Martin or Monique Paano at 655-0280.

The local chapter of **T.O.P.S. (Take Off Pounds Sensibly)** meets **Wednesday** at the Armed Services YMCA at Aliamanu military housing. Weigh-in is from 5:30-6:15 p.m. The meeting starts at 6:15 p.m. and ends at 7 p.m. Members learn about nutrition, portion control, food planning, exercise and more at weekly meetings. Weigh-ins, group feedback and support help members to achieve their goals. TOPS Club, Inc. is a nonprofit, non-commercial weight loss support organization with thousands of associate chapters in the United States and Canada. Visit the Web site at [www.tops.org](http://www.tops.org) or call (800) 932-8677. For more information about the local chapter, call Delcie Akau at 623-1404.

The **Battleship Missouri Toastmasters Club** meets from 5:30-7:30 p.m. the **first and third Thursday** of each month at the Battleship Missouri Memorial. At a Toastmasters meeting, members learn how to communicate and how to work as a team. The club also teaches such speech techniques as how to vary the approach to suit the needs of different people, whether the speech is a presentation to an audience or a committee for a fundraiser. Better communication is one meeting away. For more information, contact Steve at 722-4178 or Annette at 383-0977.

The Navy Marine Corps Golf Course **driving range is closed** until further notice. Extensive renovations will be accomplished during the closure.

How to contact **TriWest/TRICARE services** -

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

**Navy Lodge** Ford Island offers 150 affordable, comfortable, air-conditioned suites and rooms. Amenities include a swimming pool, a large meeting room, mini mart and a landscaped courtyard. Each room features satellite TV, DVD/CD player, direct-dial telephone service and a kitchenette, complete with microwave and utensils. To make reservations or for more information, call 440-2290.

The **University of Oklahoma** offers a master of arts in managerial economics and a master of public administration. The non-thesis programs can be completed in about 18 months. The school offers one-week classes that are TDY/TAD friendly. For more information, contact OU at 449-6364 or [aphickam@ou.edu](mailto:aphickam@ou.edu) or visit [www.gouou.ou.edu](http://www.gouou.ou.edu).

**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 **Children's Waiting Room** is a place where parents can drop off their children if they have a doctor's appointment. The Armed Services YMCA is in need of volunteers to keep this program running at Tripler Army Medical Center. The hours of the waiting room are from 8 a.m.-noon Monday, Tuesday and Thursday. Those who are interested in volunteering or who wish to place an appointment should call 833-1185.

The **Pearl Harbor Aquatics Tsunami** is a competitive swim team that practices daily at Richardson Pool. It is open to both military and civilian swimmers ages six years and up. The team is a USA swimming affiliate. For more information, visit the team's Web site at [www.tsunamis.homestead.com](http://www.tsunamis.homestead.com) or contact at 471-9181 or email: [phsc@inix.com](mailto:phsc@inix.com).

**Ford Island Mini Mart** offers residents of Navy housing on the island convenient shopping without leaving Ford Island.

Parents can bring their child's most recent report card to the Navy Exchange to register for the **A-OK Program**. Entrants could win up to \$5,000 in U.S. Savings Bonds. For more information, see a customer service representative at The Mall rotunda.



**Aeon Flux:** In the 25th century, a rampaging virus has forced the remnants of humanity into the seclusion of a final city. This is the story of an acrobatic assassin, Aeon Flux, whose latest target is the government's top leader.

**Chicken Little:** After Chicken Little causes panic when he mistakes a falling acorn for a piece of the sky, the young chicken is determined to restore his reputation. But just as things are starting to go his way, a real piece of the sky lands on his head.

**Derailed:** Charles is just another Chicago commuter who regularly catches the 8:43 a.m. train to work. But the one day he misses his train and meets Lucinda, his life is changed forever.

**Harry Potter and the Goblet of Fire:** In his fourth year at Hogwarts, Harry is selected under mysterious circumstances as a contestant in the Triwizard Tournament. Harry must compete against the best wizards, but as he prepares, signs begin to point to the return of Lord Voldemort.

**Just Friends:** Chris is a selfish, womanizing and successful music executive. Circumstances bring him back to his home town and fate reconnects him with the "just friends" girl of his dreams.

**Saw II:** After discovering the aftermath of a gruesome murder, Mason a police detective is convinced that Jigsaw is up to his ugly tricks again.

**Shopgirl:** A film adaptation of Steve Martin's novel about a complex love triangle between a bored salesgirl, a wealthy businessman and an aimless young man.

**Walk the Line:** See Review

**Yours, Mine and Ours:** A widow and widower fall in love and get married, but the resulting combined 18 children make for a hair-raising situation under one roof.

**Zathura:** After their father leaves for work, six-year-old Danny and 10-year old Walter discover an old tattered metal board game, "Zathura." From his first move, Danny realizes this is no ordinary board game.

## JO3 Ryan C. McGinley

### Walk the Line

"Ray" is the story of - excuse me I mean, "Walk the Line" is the story of a one musician who overcame a troubling childhood, drugs and inner demons to produce some of the world's finest music. If this storyline seems altogether familiar, that's because it is. Ray Charles and Johnny Cash led very different lives. But in the world of cinema, their celluloid biographies are quite similar. "Walk the Line" examines the inner workings of legendary singer/songwriter Cash, but in doing so shows little in the way of the songs or the writing. We see Cash struggle with his father, addiction to pills and a love life that had its ups and downs to say the least. What we don't see is anything that hasn't been shown before. Last year's phenom, "Ray" explored many of the same plot lines. Granted the films are based on true stories, but director James Mangold could have fared better by presenting the subject matter in a different light or exploring other avenues of Cash's life.

Most musicians are stereotypically associated with troublesome pasts, addictions and infidelity. The problem is that most musical biographies are about those very same issues, which in turn create very similar films.

What makes "Walk the Line" worth seeing are the performances of Joaquin Phoenix and Reese Witherspoon. Each is uniquely gifted not only in their ability to portray each character, but their uncanny ability to mimic their pipes as well. They actually sing each song, and do so without missing a beat.

Don't get me wrong, "Walk the Line" is a good film. It accurately displays the hardship and struggle both Johnny Cash and June Carter Cash go through in their life, love and music. But it becomes difficult for a film to stand out when it's commonly associated with another similar film. Johnny Cash was a distinctive individual, and his film should be as well. Instead, it keeps coming back to the same elements - or in other words, a ring of fire.

**OVERALL RATING:**