



Story and Photos by JO2 Devin Wright

Staff Writer

Morale, Welfare and Recreation (MWR) and the Navy Exchange (NEX) held the 4th Annual Pearl Harbor Auto Show at the NEX on June 11.

Nearly 10,000 people turned out to see a variety of tricked out cars and trucks ranging from vintage to Euro imports.

The NEX and MWR collaborated to sponsor the event for four straight years because of its popularity and to provide service members and the local community more than just a one-stop shopping center.

"The Hawai'i Navy Exchange is committed to being part of the Navy community and being more than just a store providing goods and services at a savings," said Frank Ilderton, operations manager for the Hawai'i district Navy Exchange.

"The car show was an example of the Navy Exchange and Morale, Welfare and Recreations working together to bring the special event to our military community. Not only were our customers able to come out and enjoy the car show, entertainment and great food, we had many active duty, retired and DoD personnel who actually enter their vehicle

in the show. It was a great day for our military families to come out and have fun at your Navy Exchange," he said.

Many service members who participated in the annual car show feel it is important that service members are involved in events involving the community.

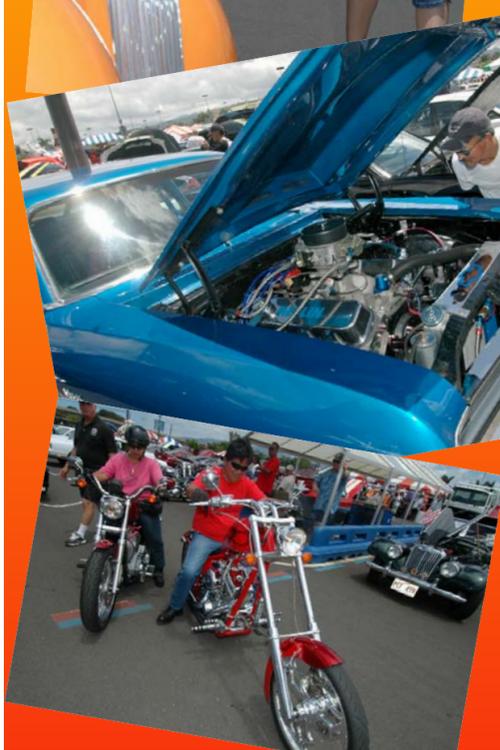
"This event is sponsored by MWR," said Machinists Mate 1st Class (SS) Erik Weber, assigned to Pearl Harbor Naval Shipyard.

"So, there should be a certain amount of service members and local community members involved in events like this. This is a fun hobby. I think most people have a great time here each year."

Whether a novice or car enthusiasts, many of those in attendance appreciated the magnetism of a well-polished automobile.

"I drive a Saturn," said car show patron Rene Salinas. "Seeing all of these shiny cars lets me dream of what it would be like to own one of these cars. I would probably never drive it. I would just sit in it and polish it," he said. "I came to the car show last year, too. I think it is getting even better. The Navy Exchange is doing a great job here. My dad and I used to go to car shows back in the day and today I brought my daughter. Traditionally, I think car shows have been mostly for guys, but that seems to be changing. I want my daughter to appreciate the beauty of automobiles."

Nearly 200 automobiles, food, a rock-climbing wall, bounce houses, prizes and live entertainment created a day-long extravaganza.



Commentary

Window on Pearl Harbor

Karen S. Spangler, Assistant Editor

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Honoring fathers everywhere... on their special day

Karen S. Spangler

Editor

As we prepare to pay tribute to fathers everywhere on June 18, perhaps a bit of history about the beginnings of the holiday may be helpful. Strangely enough, the origins of Father's Day began in 1909 – as Sonora Dodd listened to a Mother's Day sermon. Sonora wanted to honor her father, William Smart, who was a Civil War veteran and was left to raise six children when his wife died while giving birth to their last child.

Sonora wanted to express her appreciation to her father for all of the parental sacrifices that he had made. In the eyes of his daughter, he was a courageous, selfless and loving man who well-deserved many accolades. Because her father's birthday was in June, she held the first Father's Day celebration in Spokane, Wash. on June 19, 1910. In 1924,

President Calvin Coolidge supported the idea of a national Father's Day. But it wasn't until 1966 that President Lyndon Johnson signed a presidential proclamation declaring the third Sunday of June as Father's Day.

What would we do without fathers – who are wonderfully wise and at the same time, whimsical and witty; who can be stern and impart discipline while at the same time doling out plentiful amounts of hugs and smiles? How could we manage without dads – our heroes, our role models, our protectors, our best buddies?

It doesn't matter if he is a dad who biologically inherited the role or if he wholeheartedly took on the responsibilities as a stepdad, or if he made the decision to share his love and wisdom with adopted children. To fathers everywhere – who always seem to take on much more than their fair share – and who are always there for us...Father's Day is an

opportunity to show thanks and appreciation.

Our hearts go out to all of those dads who are serving far away – and won't be able to spend their special day with their keiki as well as with the sons and daughters who are serving with the military a distance away from their beloved fathers.

As we admire fathers for their courage and their strength and their selfless devotion to their duties, as we cherish their tender smiles and the strong hand that wipes away the tears from their child's eyes, as we honor them for their heroic deeds...we are grateful for dads.

As we treasure all of the special moments, the memories, the events that we've shared with our fathers, we send our wishes to fathers everywhere – to enjoy this very special day that has been set aside especially for them.

Have a wonderful Father's Day and have a fine Navy day!

Making a difference for keiki



Photo courtesy of Forest City Residential Management

As part of a nationwide Community Day event, 55 employees at Forest City Residential Management (FCRM) volunteered their time to do painting, landscaping and repairs at Aliamanu Elementary School and Pearl Harbor Kai Elementary School on June 9. The local outreach was in support of Forest City Enterprises' third annual Community Day, a program in which more than 1,300 Forest City associates in 34 cities participated. Their efforts benefited 39 non-profit organizations nationwide.

Plan now for new school year

Navy Region Hawai'i School Liaison Officer

School is out, summer is here... but it's not too early to plan for next school year. Families are reminded that for school year 2006-2007, Hawai'i public schools will be on a single school calendar (except charter and multi-track schools). The 2006-2007 school year begins at the end of July.

This summer will see an influx of Navy families to the Pearl Harbor area, many with school age children. Navy Region Hawai'i's school liaison officer, Kathy Wooldridge, can assist incoming families with infor-

mation on schools in their areas, school registration requirements, private education, homeschooling requirements, and special education resources.

Additionally, the school liaison officer will facilitate a series of orientation meetings for Navy families with special needs children who are new to Hawai'i or new to the public school special education system. These meetings will offer an opportunity for families to meet and talk with Ivalee Sinclair, a Hawai'i Department of Education (DOE) family specialist and an experienced advocate for families with special education needs.

Sinclair will brief families on special education in Hawai'i and will be available to answer questions, address concerns, and provide resources about school services for special needs students.

The first orientation for families with special needs children will be at 7 p.m. June 21 at the Hokulani/Hale Moku Community Center.

For more information about the orientation meetings or for assistance with school questions and concerns, call the school liaison officer at 473-4222, ext. 277 or email at Kathy.Wooldridge@navy.mil.

STORY IDEAS?

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

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

Hawaii Navy News

Skylark Central

What ship am I?

- Formerly Marine Beaver (MC Hull 747).
- Commissioned by U.S. Navy on May 26, 1945, Capt. W.O. Britten in command.
- Embarked 700 patients at Pearl Harbor on Aug. 7, 1945 for transport to San Francisco.
- Returned from first Korean War deployment, Feb. 11, 1952.
- Nicknamed "Angel of the Orient".
- Departed Vietnam on March 14, 1970.
- Received nine battle stars for Korean War service and nine for Vietnam service.
- Decommissioned and placed in reserve May 1970.



Q: Know your Navy

Q. The first Secretary of the Navy took office on June 16, 1798. What was his name?

Last week's question...

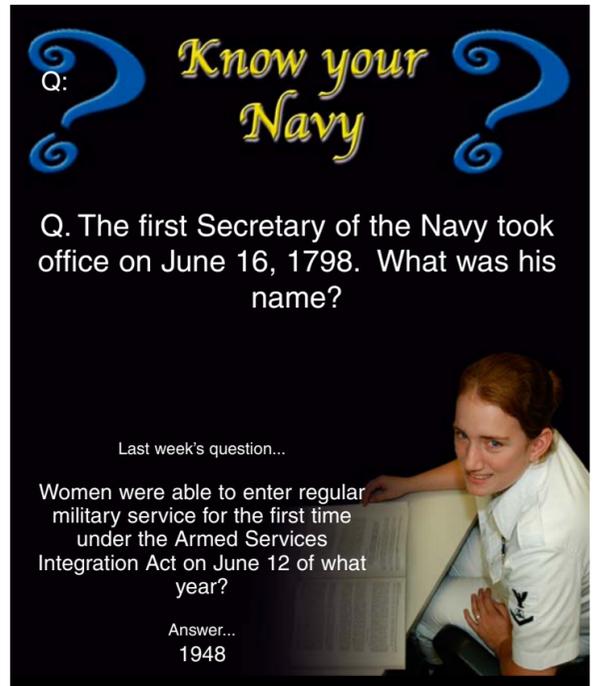
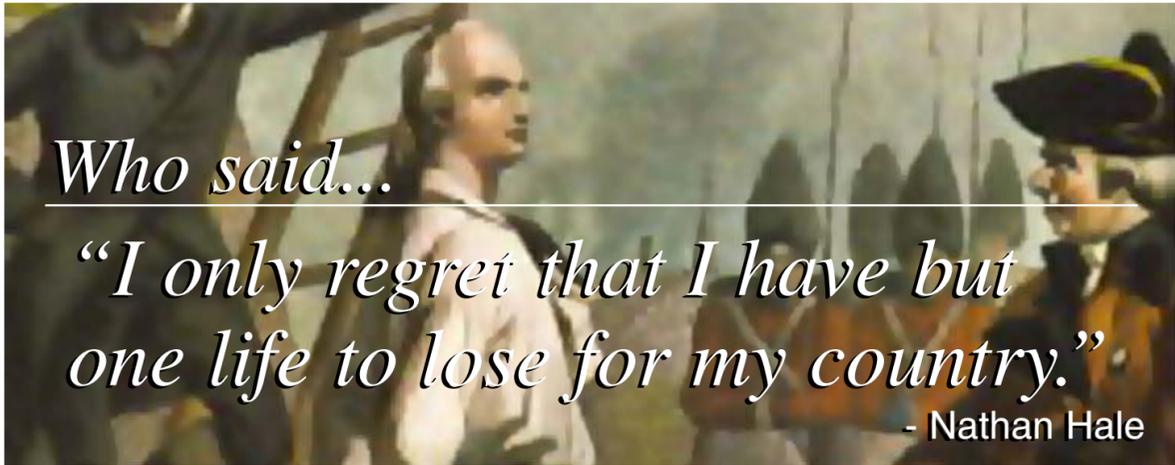
Women were able to enter regular military service for the first time under the Armed Services Integration Act on June 12 of what year?

Answer...
1948

Who said...

"I only regret that I have but one life to lose for my country."

- Nathan Hale





Here's what's going on at Navy Region Hawai'i!

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. For more information (FMI): visit www.greatlife-hawaii.com



Outdoor Adventure Events

June

- 24: Learn to surf, 9:30 a.m., \$15. Register by June 21.
- 25: Waimano Pools hike, 9 a.m., \$7. Register by June 21.

COMMAND FAMILY PICNIC WITH FAMILY FUN AND MOVIE NIGHT

In conjunction with Morale, Welfare and Recreation's (MWR), Community Central Family Fun and Movie Night, a free command family picnic will be held at Naval Computer and Technology Area Master Station's ball field today. The picnic will begin at 10 a.m. followed by games, bounce houses and snacks. The movie "Good Boy" (rated PG) will start at 7 p.m. The whole event is free. FMI: 471-8658.

RAINBOW BAY MARINA FATHER'S DAY SPECIAL

Take your dad on a Father's Day sail on June 18 for his special day. Rainbow Bay Marina will offer free boat and kayak rentals. Free coffee and donuts will be available. FMI: 473-0279.

FITNESS ON FRIDAYS IN JUNE

Free fitness classes, courtesy of MWR, will be offered on Fridays through June 23. The sessions will include Latin dance aerobics (4-5 p.m.) and ballroom dancing (5-6 p.m.) which will be given by Samir Hana. Partners are required for ballroom dancing. For those who want to build muscle, professional body building with Rey Ronquillo is offered every Friday from 6-8 p.m. FMI: 473-0793

HIP HOP AEROBICS

Move and groove in hip hop aerobic classes from 7:30-8:30 p.m. every Thursday night at Bloch Arena. The cost is \$25 per month. FMI: 473-0793.

YOUTH, TEEN SUMMER CAMPS

Registration is now ongoing for youth and teen summer camps, sponsored by Morale, Welfare and Recreation MWR at Pearl Harbor. Children can learn how to bowl, play tennis, sail or surf at a sports camp or be a part of the Outdoor Rangers where they create their own experiences. In Teen Sail Training and Leadership Adventure, the ocean becomes the setting as teens embark on a three-day sail to the island of Kauai. At Operation Purple camp, teens will fly to the Kilauea Volcano on the Big Island to explore lava tubes and volcanic terrain. FMI or to register: 421-1556 (Catlin Clubhouse) or 499-2572 (Iroquois Point Clubhouse).



ALL MILITARY SURFING COMPETITION

The All Military Surfing Competition will be held June 17-18 at White Plains Beach, Barbers Point. The event begins each day at 7 a.m. FMI: 473-1198 or 306-8848.

HARLEM GLOBETROTTERS

Watch the Harlem Globetrotters dribble, shoot, score and dazzle the crowd on July 14 at Bloch Arena gymnasium. Pick up your free tickets at the Bloch Arena ITT office. Doors will open at 6 p.m. for the event. After the show, get the Globetrotters' autographs. FMI: 473-0792.

OFFICIAL SOUVENIR RIMPAC 2006 COIN NOW ON SALE AT ITT

Visit any Information, Tickets and Travel office to pick up an official Rim of the Pacific (RIMPAC) coin for \$5. The heavy brass coin displays the official RIMPAC logo and the Hawai'i State Seal.

NAVY MARINE GOLF COURSE OPENS FRONT NINE

Although the golf course is still under renovation, the front nine at

the Navy Marine Golf Course is now open for play. The back nine and range will continue to be closed for a few more months. FMI: 471-0142.

SUMMER SWIM LESSONS

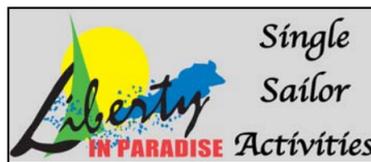
Registration for children's summer swimming lessons is now ongoing at MWR pools. Classes are available for children of all ages. Pick up a brochure at any Navy MWR swimming pool or visit www.greatlife-hawaii.com to see a detailed listing of all class schedules. FMI: 473-0394.

DEEP-SEA FISHING

Go deep-sea fishing and catch the big one aboard the "Coreene C," a 47-foot sport fishing boat that holds the I.G.F.A. World Record for Unlimited Class: 1805-pound blue marlin. Full and half charters are offered. The cost includes bait, tackle and equipment. FMI: call the Rainbow Bay Marina at 473-0279 or Capt. Joe Irvin at 386-9024.

WHALE WATCHING SPECIALS

Enjoy whale watching on a Pacific Splash Whale Watching cruise. Navy ITT offices have an assortment of cruise options to fit patrons schedules and budgets. FMI: 473-1190.



- Today: Horseback or ATV, one hour, call for time, \$45.
- June 17: Paradise Cove luau, leave LIP at 4 p.m., \$45.
- June 18: Surfing lessons and lunch, 10 a.m., \$7.
- June 19: WWE wrestling and free food, 5 p.m. at LIP, free.
- June 20: Cheesecake Factory, leave LIP at 5 p.m., bring money.
- June 21: Wacky Wednesdays at Beeman, 6:30 p.m., free.
- June 22: Honolulu Zoo, leave LIP at 11 a.m., \$10.

Weekly events:

- Sunday: Chess tournament, 6:30 p.m.
- Monday: 8-Ball tournament (Beeman Center)- 7 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 and must be resubmitted every four weeks.

June

17 - 8th Annual Celebrate Fathers - The Hawai'i Coalition for Dads will host its 8th Annual Celebrate Fathers and Father-Child-Look-Alike Contests from 11 a.m.-3 p.m. June 17 at Windward Mall in Kaneohe. The free Celebrate Fathers events will include fun family activities, such as a Father-Child Look-Alike Contest, balloons, face painting, entertainment, prizes and information booths for dads, kids, teens, and families. Dads and their families will be entertained by Easy Kine Ohana, Imua & Kamu, and a balloon artist. FMI: 841-2245 or Chet Adessa at Fleet and Family Support Center, 473-4222.

17 - Daniel Ho and Herb Ohta live performance - Daniel Ho, 2006 Grammy Award-winning ukulele master, will join forces with another award-winning ukulele master, Herb Ohta Jr., for a performance at 1:30 p.m. in the audio department of the Pearl Harbor NEX.

21 - Orientation for parents of special needs children - An orientation meeting to provide parents an opportunity to learn about special education in Hawai'i public schools will be held from 7-9 p.m. at the Hukulani/Hale Moku Community Center, building 3453, Main Street. Ivalee Sinclair, a family specialist from the Hawai'i Department of Education, will be the speaker. FMI or to RSVP: 473-4222, ext. 277.

24 - Cub Scout meeting - The Cub Scouts of pack 189 invite first through fifth grade boys to a special meeting on joining cub scouts from 10 a.m.-2 p.m. at Catlin-Halsey-Radford-Miller Community Center. FMI: Joe Bransfield, 778-6588 or email pokino@pack189hawaii.org.

24 - Informal fashion show by Hawaiian Hula Girl - Check out the newest swimwear must-haves at the Hula Girl Swimwear fashion show at 1 p.m. in the women's department of the NEX. Attendees can enter to win a designer swimsuit of their choice from Hula-la Swimwear. Also, meet Erika Ireland and receive expert advice on choosing the most flattering swimsuit for your body. Sign up for a consultation or FMI: 423-3307.

At a Glance

USO needs volunteers - The USO at Hickam Air Force Base AMC terminal is seeking volunteers. Times and dates vary. FMI: email adelina.lopez@navy.mil.

CLEP testing centers - Hawai'i Pacific University, in partnership with military education centers on Oahu, has established three National Test Centers (NTC) which are located at Pearl Harbor Naval Station (PHNS), Hickam Air Force Base (HAFB) and Marine Corps Base Hawai'i (MCBH) at Kaneohe. Testing is free to all military personnel (active and reserve). There is a \$75 fee for active and reserve military adult family members (17 years of age), retired military personnel and DOD civilians. Examinations are conducted daily at 9 a.m., 11 a.m. and 2 p.m. on the following schedule: HAFB (Mondays and Wednesdays); PHNS (Tuesdays and Thursdays); MCBH (Fridays). FMI or reservations for testing: HAFB - 422-1032; PHNS - 422-0079; MCBH - 254-4133.

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.

Looking for a few good dads - The Fleet and Family Support Center (FFSC) at Naval Station Pearl Harbor is looking for volunteers to help with Boot Camp for New Dads. FMI: Chet Adessa at 473-4222, ext. 272 or email chester.adessa@navy.mil.

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

The American Red Cross needs volunteer instructors -for cardio-pulmonary resuscitation (CPR) and first aid classes. Free training is provided. Volunteers must make a commitment to teach eight classes a year and have at least one year left in the area. FMI: 449-0166.

Shop and win - The 2006 Shop NEX bumper stickers are available at any Navy Exchange location. Place a bumper sticker on your car for your chance to win a \$25 gift certificate from your Navy Exchange; winners are selected weekly. Winners are then entered in a grand prize drawing for a \$2,000 shopping spree.

AT THE MOVIES

MOVIE CALL

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

TODAY

7:00 p.m. Akeelah and the Bee (PG)

SATURDAY

2:30 p.m. The Wild (G)

4:30 p.m. Stick It (PG 13)

6:30 p.m. United 93 (R)

THURSDAY

7:00 p.m. Silent Hill (R)

Memorial Theater
Hickam Air Force Base
(449-2239)

TODAY

7:00 p.m. Hoot (PG)

SATURDAY

2:00 p.m. Hoot (PG)

7:00 p.m. Stick It (PG 13)

SUNDAY

7:00 p.m. United 93 (R)

WEDNESDAY

7:00 p.m. United 93 (R)

THURSDAY

7:00 p.m. Stick It (PG 13)

Sgt. Smith Theater
Schofield Barracks
(624-2585)

TODAY

7:00 p.m. Silent Hill (R)

SATURDAY

2:00 p.m. Akeelah and the Bee (PG)

SUNDAY

7:00 p.m. Silent Hill (R)

WEDNESDAY

7:00 p.m. Akeelah and the Bee (PG)

THURSDAY

7:00 p.m. Silent Hill (PG 13)



Akeelah and the Bee

A young girl learns to believe in herself and value her intelligence in this family-friendly drama. Akeelah Anderson is an 11-year-old being raised by her mother, Tanya, who was left on her own after the death of her husband. While Akeelah is a very bright girl, she's hardly a star student and seems afraid of acting like a bookworm around her friends and classmates. However, Akeelah's teacher sees genuine potential in her student and encourages her to enter the school's spelling bee, convinced Akeelah has the brains and the talent to win.



American Dreamz

On the morning of his reelection, the president decides to read the newspaper for the first time in four years. He begins reading obsessively, re-examining his black and white view of the world, holing up in his bedroom in his pajamas. Frightened by the president's apparent nervous breakdown, his chief of staff pushes him back into the

spotlight, booking him as a guest judge on the television ratings juggernaut.



Hoot

When a Montana boy moves to Florida and unearths a disturbing threat to a local population of endangered owls, three middle-schoolers take on greedy land developers, corrupt politicians and clueless cops. Determined to protect his new environment, the boy and his friends fight to prevent the adults from making a big mistake.



Silent Hill

When the doctor of a troubled young girl recommends permanent psychiatric institutionalization and the girl's concerned mother refuses to accept the grim diagnosis, the mother and daughter flee to a strange abandoned town to seek out answers.

Stick It

A 17-year-old, ex-gymnastics star with big family problems finds herself on the

wrong side of the law after one-too many arrests. Forced back into the regimented world of gymnastics to clean up her act, she rediscovers her love of the sport and gets the chance to make peace with her dysfunctional life.



United 93

A drama that tells the story of the passengers and crew, their families on the ground and the flight controllers who watched in dawning horror as United Airlines Flight 93 became the fourth hijacked plane on the day of the worst terrorist attacks on American soil: Sept. 11, 2001.



The Wild

In this computer-animated comedy-adventure, an assortment of animals from the New York Zoo - including a lion, a giraffe, an anaconda, a koala and a squirrel - discover what a jungle the city can be when one of their own is mistakenly shipped to the wild and they embark on a dangerous mission to rescue him.

Healthy grilling tips for dads' day

Elizabeth Story

Chief, Nutrition Intervention and Wellness Branch Tripler Army Medical Center

Have you already picked out that great gift for dad and invited the family and friends over for a day of grilling and fun? Here are some tips to prepare great tasting and healthy foods.

In Hawai'i, it may seem like summertime and "grilling time" most of the year.

Not only do you get to enjoy being outdoors and the fresh air, but there is a nutritional benefit to grilling.

Grilling meat can be a lower fat cooking method since it allows extra fat to drain during the cooking process. Make better choices by starting out



with a leaner cut of meat such as a three-ounce portion of a top round steak, chicken or fish.

Now that you have selected the entrée for your meal, what side dishes are you going to

have? Instead of the traditional side dishes such as macaroni salad, potato salad or creamy coleslaw which can be loaded with fat from mayonnaise, try a modified recipe utilizing reduced calorie mayonnaise or better yet, mustard, which has no fat. Or substitute a tossed salad and beware of hidden fats in croutons and salad dressings.

Another idea is to increase the servings of fruits and vegetables. Hawai'i has an abundant variety of fruits and vegetables available at local farmer's markets and commissaries.

The USDA MyPyramid recommends that a person requiring 2,000 calories daily include two cups of fruits and two-and-a-half cups of vegetables as part of their meal plan each day.

Boost the flavor at meals and increase your intake of fruit and vegetables by grilling. Baste firm vegetables like peppers, corn, eggplant or onions, use healthier oils such as olive or canola, season with herbs and place on a hot grill until tender. Fruit kabobs with a mixture of pineapple, strawberries, papaya or any type of fruit that you enjoy - cooked on low heat - may be a special treat, too.

According to the American Institute for Cancer Research (AICR) (www.aicr.org), in the traditional American plate the meat takes up most of the plate space and the side items take up a smaller percentage. The AICR recommends cutting back on the meat portion (three ounces) and to have

"the New American Plate" composed of two-thirds or more of vegetables, fruits, whole grains and beans. The remaining one-third or less of the plate should be items such as fish, poultry, meat and low fat dairy products.

After you and your family have enjoyed this wonderful meal, don't forget the activity. The new USDA MyPyramid stresses that part of a healthy lifestyle is not only eating healthy, but also being physically active.

What does that mean to you? It could be a brisk walk on the beach, throwing the frisbee, playing golf with dad, a softball game, or surfing... anything that you enjoy and gets you moving. Don't forget to drink water and low-calorie beverages to keep you hydrat-

ed throughout the day.

This Father's Day, give dad some good advice that he can use not only on one special day, but throughout the year.

If you are interested in more information on nutrition education topics, the Tripler Army Medical Center Nutrition Intervention and Wellness Clinic provides a variety of classes on topics, including diabetes, cardiovascular health, and weight management as well as individual appointments with a registered dietitian.

Group classes and a limited number of individual appointments are also available at the nutrition clinic at Schofield Barracks. A referral from your doctor may be required. For more information, call 433-4950.