



Karen S. Spangler
Editor

Navy families enjoyed a variety of activities and entertainment events as Navy Region Hawai'i presented its annual July 4 Block Party at Naval Station Pearl Harbor.

Comedy headliner Russell Peters, who has been performing standup comedy for 18 years, was joined by Bert Kreishcher (Spike TV), Tom Segura (Comedy Central) and headliner, Russell Peters ("Outsourced") and Def Comedy Jam) for the evening's comedy show.

Musical entertainment featured local artists, the island-reggae Ka'ala Boys and R&B group eight0eight, along with patriotic songs performed by the Broadway Baptist Church

Chapel Choir. The "midway" featured carnival games, rides and inflatables, pony rides, Xpress train rides and a petting zoo for the keiki and acrobatic tricks presented by the Hawai'i Academy International Trampoline Team.

Adults were treated to fun in the form of a car show, Hawai'i Championship Wrestling under the big top and a poker tournament.

An abundance of foods, treats and games were offered at booths throughout the event.

A spectacular fireworks show, created by the famed Grucci Family, lit up the sky over Pearl Harbor to cap off a day filled with fun, entertainment and prize giveaways.

And finally the July 4 Block Party and Fireworks Spectacular came to an end – until next year.



Ford Island Fitness Center now family-friendly

Anna General

Fleet and Family Readiness - Marketing

Whether you want to lose weight, successfully run a marathon or improve stamina, Ford Island Fitness Center can provide you with the training, discipline and confidence that you need to achieve your fitness goals. With its new family-friendly facility, it gives spouses with children the chance to work out while their children play in a safe environment within sight.

Located near the Pacific Aviation Museum, the full service

gymnasium features a small fitness center with cardiovascular equipment, consisting of ellipticals, treadmills, stair climbers, bicycles and free weight, as well as showers, restrooms and an area for children to play while adults are working out.

"Because of the challenging crisis to find child care, we want to give parents the opportunity to bring their child and get a good workout," said Judy Kosaka, fitness program director. "This takes away excuses on why they can't work out," said Kosaka. We've got what you need to keep you in the best possible shape and accommodate your child's needs.

The Ford Island Fitness Center is designed to allow parents to work out and still be able to keep an eye on their child. The child's play area is free to use and comes equipped with floor mats and a small cable television to keep little ones occupied and entertained. Due to its small area, it can accommodate up to five kids as young as 13 months old (infants and toddlers) and is first come, first served. Personal toys and strollers are welcome. The center does not offer babysitting service, so it is the parent's responsibility to supervise their child.

The Ford Island Fitness Center

is open Monday to Friday from 5 a.m. - 7 p.m. Most popular times for working out are 8 - 10 a.m. and 1 - 3 p.m. Active duty personnel get priority from 5 - 7 a.m., 11 a.m. - 1 p.m. and 4 - 6 p.m. All equipment is free to use for all eligible Morale, Welfare and Recreation patrons.

For more information, call 472-7583 or 473-0793.

A child plays in the new child's play area of the Ford Island Fitness Center while her mother works out on the exercise equipment.

Photo courtesy of Fleet and Family Readiness - Marketing



STORY IDEAS?

Contact HNN for story/photo submission requirements
Ph: (808)473-2888

Email: hnn@honoluluadvertiser.com

Hawaii Navy News

Free Classified advertising for military in Hawaii Navy News

Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows:

Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to lkaneshi@honolulu.gannett.com), by phone at 521-9111 or by visiting www.honoluluadvertiser.com and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.

GOT SPORTS
hnn@honoluluadvertiser.com

Phone: (808)473-2888

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



Eliminate phantom energy loads

Naval Facilities Engineering Command Hawai'i Energy Team

Eliminate those phantom energy loads that are increasing your energy bill. Many devices draw a small amount of power when they are plugged in, but not in use.



occur with many devices including computers, monitors, radios, printers, paper shredders and cell phone chargers. The Department of Energy estimates that 75 percent of the electricity used to power home electronics is consumed while the products are turned off.

To avoid phantom loads at work and at home, unplug devices when not in use or use a power strip and cut all power to the devices by turning off the power strip at the end of the day or when the devices are no longer needed.

Movie under the stars



Enjoy an outdoor movie at Family Fun and Movie Night on July 19 at Ford Island. The film for the evening is "August Rush" (rated PG). Family Fun begins at 6:30 p.m. with games, bounce houses and free cotton candy. The movie starts at 7:45 p.m. (with free popcorn available just before start time). Bring blankets or lawn chairs for a cozy viewing experience. Children under 10 years of age must be accompanied by someone 16 years or older. For more information, call Community Central at 471-8658.

To report...

Fraud, Waste or Abuse

Contact Commander, Navy Region Hawai'i Inspector General

✓ We are here to help

✓ You can remain anonymous

✓ Remember to use your chain of command first

HOTLINE:
808-473-1782

EMAIL:
prlh-cnrhig@navy.mil

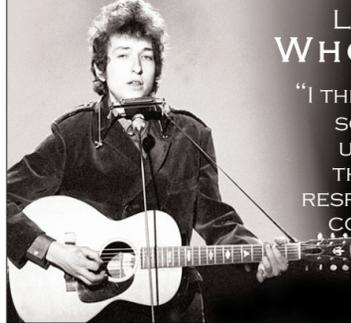
Skylark CENTRAL

WORD SEARCH
Find these 18 forms of **Water**

CLOUD	FROST	W	E	D	R	H	E	T	M	D
MIST	SLEET	O	A	Y	I	H	S	I	D	R
SPRAY	VAPOR	N	D	T	M	T	S	Y	U	A
DEW	HAIL	S	L	E	E	T	F	U	O	N
RAIN	SLUSH	P	I	A	G	R	I	V	L	E
STEAM	VIRGA	R	M	R	O	P	A	V	C	S
FOG	ICE	A	F	S	F	I	L	I	A	H
RIME	SNOW	Y	T	S	R	T	A	I	N	A
TEAR	WATER									

WHO SAID IT?
"We can't all be heroes because somebody has to sit on the curb and clap as they go by."

LAST WEEK'S WHO SAID IT?
 "I THINK OF A HERO AS SOMEONE WHO UNDERSTANDS THE DEGREE OF RESPONSIBILITY THAT COMES WITH HIS FREEDOM."
 - Bob Dylan

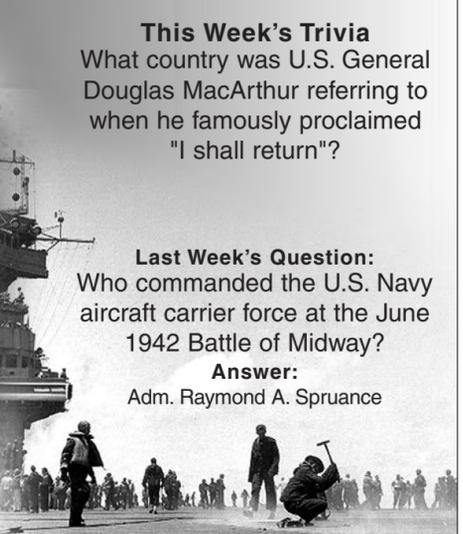


WORD SEARCH SOLUTION
Find these 40 words that keep things **Top Secret**

CACHED	COVERT	O	E	D	G	Y	C	T	T	R	N	A	L	D	I	G	L	E	O	S
HUSH-HUSH	RESTRICTED	R	O	I	R	E	T	L	U	R	D	E	S	I	U	G	S	I	D	P
STEALTHY	UNDERCOVER	L	D	A	Y	S	O	S	A	N	E	S	D	N	R	P	E	O	U	E
CAMOUFLAGED MASKED	CRYPTIC	D	E	P	S	O	P	A	U	N	D	E	D	U	O	R	H	S	N	E
SUB-ROSA	SECLUDED	Y	K	A	E	N	S	F	V	B	E	G	E	L	I	V	I	R	P	
CLANDESTINE	UNDERGROUND	L	S	S	V	E	E	S	I	U	R	E	R	D	R	V	E	V	E	U
ON THE Q. T.	DISGUISED	S	A	U	H	Y	C	A	L	T	D	O	S	G	U	Y	P	P	V	N
SURREPTITIOUS	SHIELDED	E	M	N	O	I	R	C	H	W	R	E	S	T	R	I	C	T	E	D
CLASSIFIED	UNDISCLOSED	H	L	D	G	I	E	E	A	C	C	L	T	A	I	O	O	A	A	E
ON THE SLY	EYES ONLY	T	A	I	S	S	T	L	G	O	T	S	A	N	N	U	A	L	R	
TOP SECRET	SHIFTY	N	E	S	F	A	L	I	D	G	R	O	H	F	V	P	E	N	E	W
CLOAK-AND-DAGGER PRIVATE	UNREVEALED	O	R	C	B	E	P	O	T	E	A	N	I	U	N	I	E	E	D	R
	FURTIVE	Y	N	L	D	R	N	D	V	P	D	D	V	S	E	R	E	E	A	
ULTERIOR	SHROUDED	D	E	O	S	T	T	O	L	E	E	E	D	K	O	H	D	P	I	P
CONCEALED	VEILED	I	F	S	H	D	C	H	L	N	P	R	L	N	O	R	H	D	F	S
PRIVILEGED	GUARDED	F	E	E	I	Y	T	I	T	E	T	C	R	A	A	E	L	U	I	E
UNDER WRAPS	SNEAKY	D	O	D	F	U	E	I	T	L	D	O	A	U	E	K	A	O	S	H
CONFIDENTIAL	WALLED OFF	T	B	E	T	V	A	U	T	P	A	V	G	C	S	C	A	T	S	H
PRIVY	HIDDEN	S	O	S	V	L	N	O	S	E	Y	E	R	M	H	D	N	O	A	S
UNDER-THE-TABLE		C	A	L	V	E	C	I	R	F	U	R	T	I	V	E	A	O	L	N
		P	D	E	G	A	L	F	U	O	M	A	C	S	G	E	D	B	C	C

This Week's Trivia
 What country was U.S. General Douglas MacArthur referring to when he famously proclaimed "I shall return"?

Last Week's Question:
 Who commanded the U.S. Navy aircraft carrier force at the June 1942 Battle of Midway?
Answer:
 Adm. Raymond A. Spruance

Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

☞ SUMMER SOCCER LEAGUE

The summer soccer league will begin Saturday and continue through September. The co-ed league is open to all active duty, family members (18 years and older) and Department of Defense employees assigned to Pearl Harbor, Barbers Point, Naval Computer and Telecommunications Area Master Station, West Loch and Naval Security Group Activity Kunia. The cost is \$250 per team. Individuals can contact the athletics office to be placed on the player's pool list. All games will be played at Ward Field. FMI: 473-2494.



☞ SINGLE SAILORS HALO 3 TOURNAMENT

Single Sailors are invited to join in the Halo 3 Tournament at Instant Liberty on July 15. All participants must register by July 13 for the free event. FMI: 473-4279.

☞ HIP-HOP BREAK DANCE CLASSES AT BLOCH ARENA

Hip-hop break dance classes will be offered from 6 to 7 p.m. every Tuesday at the aerobic building at Bloch Arena at Naval Station Pearl Harbor. The cost is \$3 per session for ages 10 and older. Adults are welcome. FMI: 473-0793.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

☞ July

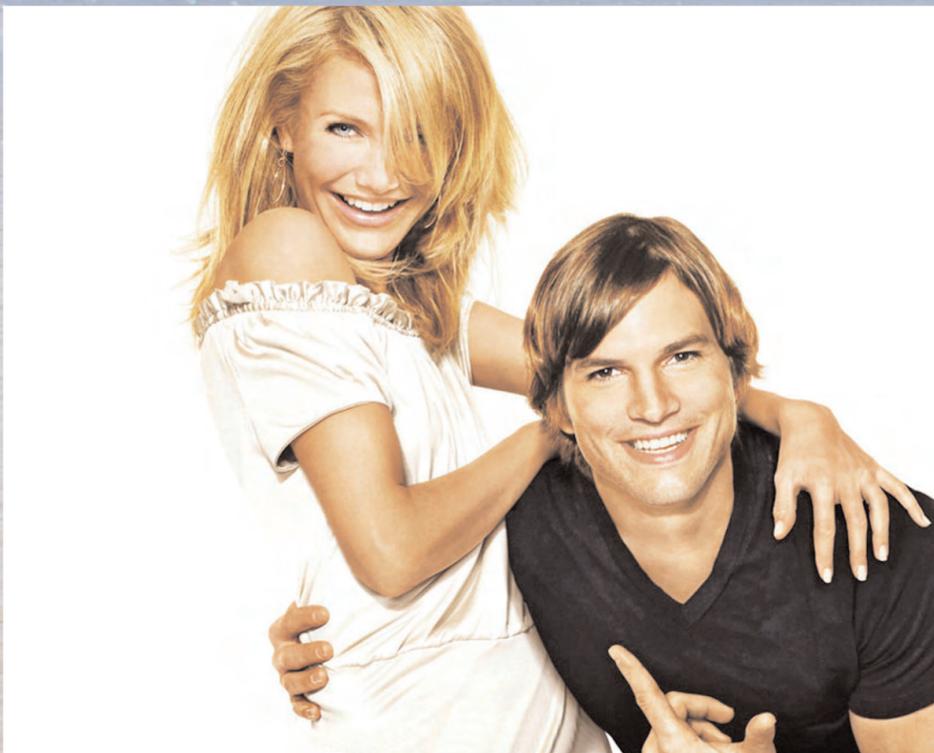
☞ 11, 17, 22 ~ Learn about the requirements for applying to the Federal Bureau of Investigation (FBI) by attending an FBI career symposium beginning at 9 a.m. today hosted by the Navy at Pearl Harbor at Fleet and Family Support Center, 4827 Bougainville Drive (Moanalua Shopping Center). FMI: 474-1999. A presentation will also be given at 10 a.m. July 17 at the Directorate of Human Services, Soldiers Support Center, building 750, Schofield Barracks. FMI: 655-1028. Hickam Air Force Base will host a symposium at 10 a.m. July 22 at the Airman and Family Readiness Flight, building 1105, 655 Vickers Ave. FMI: 449-0300.

☞ 12-14 ~ In conjunction with the launch of Guitar Hero "Aerosmith" Edition, the Navy Exchange (NEX) is searching for its first guitar hero expert. Contestants will play Aerosmith's "Livin' on the Edge" and compete for a chance to win a \$1,000 NEX gift card. The contest begins July 15-18 and registration will take place July 12-14. The contest is open to authorized NEX patrons ages 10-17 years old. FMI: 423-3330.

☞ 19 ~ The NEX will host its annual Reading is Cool event from 10 a.m.-2 p.m. July 19. Special guest readers and Clifford the Big Red Dog will be present at the event. Children will also be eligible to receive special giveaways and have a chance to win more prizes at the High School Musical/Hanna Montana Look-a-Like Contest. FMI: 423-3330.

☞ 19 ~ The "Home of the Brave Quilt Project" will be at the Pacific Aviation Museum from 10 a.m.-2 p.m. Visitors will have an opportunity to sign their names and write messages of hope and comfort to the families of Hawai'i's fallen sons and daughters. FMI: 441-1000.

Sharkey Showtimes



What Happens in Vegas (PG 13)

Two strangers awaken together to discover they've gotten married following a night of debauchery in Sin City, and one of them has won a huge jackpot after playing the other's quarter. The newlyweds devise every-escalating schemes to undermine each other and get their hand on the money, only to find themselves falling in love amid the mutual backstabbing.

TODAY

7:00 PM The Strangers (R)

SATURDAY

2:30 PM Speed Racer (PG)

5:00 PM What Happens in Vegas (PG 13)

7:00 PM Sex and the City (R)

SUNDAY

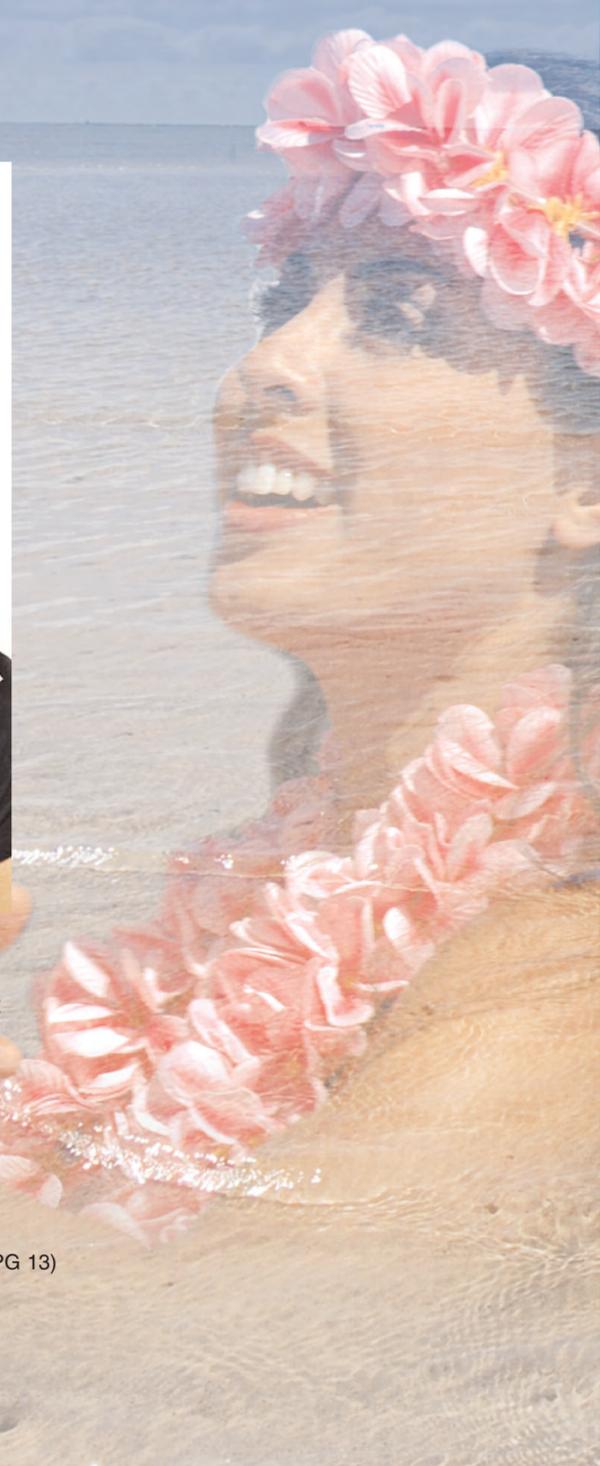
2:30 PM The Chronicles of Narnia (PG 13)

5:15 PM You Don't Mess With the Zohan (PG 13)

7:15 PM What Happens in Vegas (PG 13)

THURSDAY

7:00 PM Sex and the City (R)



Preparing for your move: Do you need advance pay?

Ann Wells for LIFELines

Relocating your entire life from one duty station to another is expensive. The Department of Defense picks up the majority of moving costs, but unexpected expenses may pop up. Service members can request advance pay to help cover the extra expenses associated with a PCS move. This advance pay is sometimes known as a dead horse.

What's a dead horse?

Centuries ago, Sailors were paid off in a lump sum at the end of a voyage. With this money, they would often stay in seaside hotels, paying for room, food and entertainment until their money ran out, at which time the owners would advance them more money.

For hundreds of years, it had been standard practice to pay Sailors a month's wages in advance so they could buy clothes and gear before sailing. But by the mid-19th century, the ships had begun paying the hotel owners the Sailors' advances directly.

On the voyage, the Sailors were often forced to eat tough salted horsemeat that had been stored for years; they called this "dead horse." Because the Sailors no longer got their month's advance, they were working only for their food for the first month of the voyage. And because flogging the Sailors would not result in better work, it was considered "flogging a dead horse."

Modern times

Today, advance pay is like a short-term, interest-free loan from the government. The disbursing office will have exact details, but here are some basics about requesting an advance:

How much can I request? One to three months' pay.

When do I request it? Up to 30



Courtesy photo

days prior to departure and not later than 60 days after arrival at the new location (more time is permitted in cases of hardship or very large expense).

How long do I have to repay? Up to 24 months.

How do I repay it? It's automatically deducted from your pay.

Am I charged interest? No, advance pay is interest-free.

Do I have to get written command approval? Yes, if you:

- Are E-3 or below.
- Request more than one month's advance.
- Request that repayment last

longer than 12 months.

•Make the request more than 30 days prior to departure or more than 60 days after arrival at the new location.

Take time to get ready

Ideally, you'll know about your move several months in advance, so use that time to prepare your family and your finances for the change. Relocation counselors at the Fleet and Family Services Center (FFSC) and Marine Corps MCCS are available to help you make a smooth transition.

Get as much information as you can about your new location. Check

out Standard Information Topic Exchange System (SITES) for information on DoD installations worldwide, including housing, education, and spouse employment. And you can get info on specific cities, cost-of-living comparisons and salary calculators at Homefair.

Don't Forget the pizza

Several months before you leave, prepare a moving budget - estimate food, hotel and gas costs, utility hookup fees, rental deposits and any other expenses that come to mind (don't forget that first night's pizza delivery in your new home). Get an idea of how much cash

you'll need to move and get settled in your new home. You might discover some unexpected costs or a cash shortage.

This is where the advance pay comes in, but be careful how you spend this money. If you use it wisely, it can make your transition smooth and worry-free. If you use it poorly, it can be yet another source of stress during a tumultuous time.

Don't blow it

Once you've received your advance, save it for the moving expenses you intended it to cover, such as mandatory pet quarantine costs, first and last months' rent on your new home, and utility deposits.

While it's tempting to blow that pile of money on a vacation or a new digital camera, keep in mind that your debt will catch up with you. If you waste your advance pay, you could be setting yourself up for a long period of financial distress.

Before requesting advance pay, make sure your budget can accommodate the repayment. Because repayment is automatically deducted, you never have the opportunity to skip a month or pay late. Before you take any advance, talk to a financial counselor at the FFSC or MCCS to work out a budget. The budget should include the repayment of your advance as well as changes in cost of living, spouse's salary, and housing allowance and pays.

Ben Franklin once said that having to move three times is as bad as having your house burn. As a member of the military life, you know better than most how accurate that statement is. But if you budget long before the move occurs, and wisely use your advance pay, you can make the financial aspect of your move less distressing.

STORY IDEAS?

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

Hawai'i Navy News

Email: hnn@honoluluadvertiser.com Phone: (808) 473-2888