



**JOSN Ryan C. McGinley**  
Staff Writer

Hawai'i offers a chance for Sailors to live in and experience a paradise full of outdoor activities and adventures unlike any other command in the Navy. By going through Information, Tickets and Travel, active-duty, reservists and retirees can, for a discounted price, experience activities that explore the land, sea and culture of the island of Oahu.

One such opportunity is Paradise Cruise's Diamond Head snorkel and barbeque cruise, which affords military members a chance to relax and enjoy ocean activities off the coast of Waikiki.

The 128-foot motor vessel gives passengers a half-day cruise, which includes numerous water activities, coastline views of Diamond Head and Waikiki and an all-you-can-eat grilled lunch.

What makes this cruise different than others is the abundance of activities and the way in which the crew presents them. "It's a relaxed, fun easygoing cruise," said Ethan Newbold, senior captain for the Starlet cruise. "There's not really anything that's structured."

All of the activities are made available; however, it's the passenger's personal preferences which they would like to try.

"You don't have to do any of them, or you can try them all out," Newbold added.

The crew provides snorkeling gear to all passengers so they can explore the Rainbow Reef and marine life by themselves, or on a guided tour. The Starlet is the only cruise ship to offer a guided reef tour that educates customers on oceanography and marine life. Sightings of sea turtles, dolphins and fish are common among other sea life.

The other water activities include kayaking, windsurfing and flotation tubes. The crew encourages passengers to try wind-



surfing on their own, and if it proves to be too difficult, an experienced lifeguard will teach anyone who wants to learn. Lifeguards also attach a 100-foot tether to the board so passengers won't sail away to Kaua'i.

The main attractions are the water slide and trampoline. The water slide is located on the back of the ship and gives passengers a view of Waikiki as they slide into the water. Located just a short distance from the boat is a water trampoline tethered to the bottom of the ocean. Passengers can jump or lounge on the trampoline, or take a shot at attempting to cross the circular tube attached to the trampoline.

The crew also lets passengers jump 12-15 feet off the gangway on the side of the ship. The Starlet is the only cruise to do this as well. Fishing is also made available on the bow of the ship, where trigger fish are a common catch.

After some time in the water, the crew treats the customers to a barbeque that includes hamburgers, veggie burgers and hot dogs. Macaroni salad, baked beans, pineapple and brownies are also available as well as a free soda bar. Alcoholic beverages are offered for a nominal fee. While eating or just tanning on the sun deck, the crew plays contemporary Hawaiian and Hawaiian

jazz music to help give passengers a relaxing time, said Newbold.

Throughout the cruise, safety is the crew's number one importance.

"Our main goal is to offer a good, safe fun time," said Newbold. The crew gives a pre-departure safety brief and a water safety brief once the ship is anchored off the coast. Lifeguards are constantly watching the waters and provide a safe environment for even the most inexperienced swimmer to have fun.

While the Starlet is unique in many ways, Newbold said the personality of the crew sets them apart from other cruises.

"It's been my experience that if the passengers see the crew having fun and relaxing, then the passengers will have fun and be relaxed," he said.

With abundant water activities, food and a relaxed atmosphere, the Starlet snorkel and barbeque cruise offers Sailors a chance to enjoy the island from a different and exciting point of view.

For more information on the cruise and other activities available for Sailors, contact the ITT office at 473-0792 or visit [www.paradisecruises.com](http://www.paradisecruises.com).



1. The Starlet sails during sunset as guests watch from the bow of the ship. (Photo courtesy of Paradise Cruises Ltd.)  
2. A passenger aboard the Starlet cruise jumps off the gangway into the ocean overlooking Waikiki Beach and Diamond Head. (U.S. Navy photo by JOSN Ryan C. McGinley)  
3. Two guests snorkel with the fish while on the Starlet cruise. (Photo courtesy of Paradise Cruises Ltd.)  
4. A guest aboard the cruise shows off his catch of day on the bow of the ship. (U.S. Navy photo by JOSN Ryan C. McGinley)  
5. A girl slides into the ocean overlooking Waikiki Beach off the Starlet's famous water-slide. (U.S. Navy photo by JOSN Ryan C. McGinley)  
6. A passenger gets ready to go down the slide. (U.S. Navy photo by JOSN Ryan C. McGinley)



## Sharkey's Comedy Club

JO2 Devin Wright

Welcome to "When the Sun Goes Down," a column about things to do when the sun goes down on the island outside of the gates Naval Station Pearl Harbor. It will be hard to fill the shoes of Journalist 1st Class Jim Williams who wrote the column 'Island Flavors,' but Journalist Seaman Ryan McGinley and myself will switch hit this column and, hopefully, make him proud. Let's get started.

"This guy better be funny," my wife Sets and I said to each other as we dragged ourselves away from the television at our house.

We were watching "Zorro the Gay blade," a comedy classic in my eyes and a first viewing for Sets. We put our dog Mojo in the backyard (we hate leaving him by himself) and made our way to Sharkey's Comedy Club in downtown Waikiki.

We arrived at the King Kalakaua Plaza and made our way through All Star Hawai'i Restaurant & Bar where a jazz band was playing on the lanai.

"This is nice," my wife said to me. "Lets have a toddy." We enjoyed the music for a while before heading upstairs to the comedy club.

My wife and I have been to a few comedy clubs and were pleasantly surprised at the space available and class of Sharkey's. We were also relieved to find Sharkey's offered a full dinner and pupu menu since we had not eaten before leaving for the show. I recommend the chicken quesadillas.

Sets and I were seated in the front row, which is a little nerve racking considering comics usually go for the jugulars of the people seated in front, which always irritated Sets and I. Paying money to be insulted is not our idea of a good time.

Sets noticed a couple seated behind us on their

first date. We eaves-dropped on their 'getting to know you' conversation like, 'what's your favorite movie, and 'where did you grow up.' 'Smart guy,' I thought to myself. The comic does all the work and you come out of this date a champ.

The headliner was New York native Rocky LaPorte who has been featured on Comedy Central, VH-1, A&E and the Rocky LaPorte Show. Things were looking up. After all, we could always rent "Zorro the Gay Blade" and Mojo needed to get used to being by himself-it serves him right for chewing up my flip-flops.

The first two comics were locals who gave the tourists in the audience clever insights to the 'real Hawai'i,' what it's like going to school here, the traffic, and Hawaiian food.

After being warmed up, we were ready for the advertised 'laughs galore with Rocky LaPorte.'

LaPorte took the stage and made good on his predictions. He made sharp and witty observations about Hawai'i as a newcomer. He also brought a feel of New York to the stage that had the audience rolling.

He would interact with the audience members, but not make fun of them. He made us all feel like old friends gathering to laugh about the good ol' days. It was hilarious.

After the show, I noticed the couple on their first date were holding hands and re-telling jokes told by LaPorte.

When the sun goes down, Sharkey's Comedy Club, featuring the nation's funniest stand up comics, is a perfect spot for a first date or a venue to help put the happy back in happy anniversary.

Sharkey's is open Wednesday through Saturday with two shows on Friday and Saturday. Sharkey's is located at 2080 Kalakaua Ave. in Waikiki. For reservations, call 531-HAHA (4242).

# Commissary buyers add new Hawai'i products

Karen S. Spangler

Assistant Editor

Key military commissary buyers from the mainland met with Hawai'i business owners at the Seventh Annual American Logistics Association (ALA) Food Show on June 25 at the J.W. Marriott Ihilani Resort and Spa at Ko Olina.

When the show was over, military commissary buyers had selected 112 new items from the parade of more than 500 Hawai'i foods featured at the event.

New items which will be featured in Hawai'i military commissaries will include low carb tortillas, sugar free candies, fresh seafood, noodles, fresh juice and teas.

The products could subsequently be marketed to regional or worldwide commissaries, depending on demand, according to Patrick Nixon, deputy director of the Defense Commissary Agency Headquarters in Fort Lee, Va., who is responsible for 274 commissary stores in 14 different countries.

He described the food show as an opportunity for local businesses to pitch their products for military commissaries.

Now in its seventh year, he explained that the show gets bigger and better every year.

"The seafood is of an incredible quality. The juices here are very unique. There is a wide variety and no limit," noted Nixon.

"Folks get accustomed to Hawai'i's coffees, candies, etc. and when they relocate to the mainland and other places, they request Hawai'i products," explained Nixon.

Hawai'i commissaries now carry about 4,500 items that are made locally or distributed by local com-

panies.

Eyvinne Umemoto, store director for the Pearl Harbor commissary - the second largest commissary in the world, said, "We try to carry quite a few local items. A lot of our customers enjoy different flavors and we want to make it available to them."

He noted that some of the Hawai'i food favorites that are currently offered are the local coffee blends, macadamia nut candies, and jams and jellies with flavors unique to Hawai'i. Another popular local item that is carried in the commissaries is Zippy's chili.

"The cost savings to customers is tremendous," said Umemoto. "We sell to customers at cost - an average savings of about 52 percent," he noted.

According to Umemoto, the new Pearl Harbor commissary has also seen a huge increase in business. "Business has increased by 60 to 65 percent since we opened the new store," he said. He said that approximately 65 percent of the commissary's customers are active duty and retirees comprise about 35 percent.

Rick Page, director of the Western Pacific Region Commissaries, remarked, "Military members - wherever they go - will acclimate with the foods of a particular area and want to buy them. This food show helps us to stay on top of availability."

According to Page, it is up to commissary customers to determine if a product stays in the store's product line-up. "Customers decide if we're going to keep them by whether or not they buy them," he said.

He described Hawai'i as a "melting point of taste sensations." "There are some amazing products here," he



Photo by Lacy Lynn

Hawai'i commissaries now carry about 4,500 items that are made locally or distributed by local companies.

said. Page explained that Hawai'i is the only place where the commissary buyers have held the same type of food show on a regular basis.

"It's a great opportunity for local companies to do business with DECA. The price they give is the price our customers buy it for," he said. "Our prices on premium gourmet items are at cost - and local companies can control the price point and be more competitive with national companies," Page continued. "Our slogan is: 'Our price is your cost.'"

The DECA buyers use rigid criteria when selecting new products to stock commissary shelves. An important factor is quality. The buyers also consider whether it will be price competitive with currently stocked items. Customer input is also a criteria - derived from requests from customers and determining if the product is one that commissary shoppers would readily accept.

Additionally, vendors who pitch their products to commissary buyers must also demonstrate a good busi-

ness marketing plan and current distribution that demonstrates success.

Jim Wayman, president of Hawai'i Coffee Company which currently supplies commissaries with Lion Coffee and Royal Kona Coffee, said, "The primary advantage [of selling through commissaries] is it's really high-volume because they sell throughout their system at cost. Because prices are low, customers buy a lot," he explained. Teas from Hawai'i Coffee Company were some of the new products added to the commissary line after the food show.

Page emphasized the importance of the commissary benefit for military families.

"This is a benefit that military families, Guard, Reserve and retirees have earned. Those who have put their lives on the line for their country deserve it," he said.

"This is a huge benefit for our service people. They are pretty low paid. They have the opportunity to get wonderful products at a great price. It's a wonderful bene-

## Great Life Hawai'i Photo Contest closed

The Great Life Hawai'i Photo Contest is closed until Aug 1. We are currently sorting through the entries and will announce a winner in the Aug. 6 issue of Hawai'i Navy News. Please hold your photos until the end of July. Then, feel free to send in your favorite vacation photos with your family enjoying Hawai'i. The next contest will begin in August and run through October.

Photos for consideration should have people, show action and clearly be in Hawai'i. Please include information on what is happening in your photo so we can put that in the cutline if we decide to use your photo in Hawai'i Navy News. As always, the contest is for amateur photographers. No professional photographs should be sent.

# New booklet helps kids during deployment

Donna Miles

American Forces Press Service

Separations can be tough on any child whose parent is deployed overseas - but particularly for the estimated 500,000 sons and daughters of deployed National Guard and Reserve troops, according to an expert on issues involving military families.

Many Guard and Reserve families lack the tight-knit support network that helps active-component families during deployments, said Mary Keller, executive director of the Military Child Education Coalition. This can lead to difficulty adjusting to what Keller calls their "suddenly military" status. As a result, she said, they can feel isolated and unsure of where to turn for help.

A new Military Child Education Coalition booklet is chock-full of ideas to help communities reach out to Reserve and Guard families during their family member's deployment. Keller said the coalition produced the booklet after repeated requests from military-family representatives, educators and community groups.

The 12-page brochure, "How Communities Can Support the Children and Families of Those Serving in the National Guard and Reserves," explains the dynamics of the deployment process in easy-to-understand language. It offers tips for educators and lists military and community resources for families of deployed troops.

Keller said the brochure serves as a companion guide to another popular coalition publication, "How to Prepare Our Children and Stay Involved in Their Education During Deployment." That guide is a favorite of first lady Laura Bush, whom Keller said has read from it during visits to military bases.

Both booklets reflect the courageous spirit Keller said children of deployed troops demonstrate every day. "Our goal is to help them through this transition in their lives and this period of separation," she said.

The publications and more information about the Military Child Education Coalition are posted on the coalition's Web site at <http://www.militarychild.org/>.



# Tips for safer grilling

Temperatures are on the rise and grilling in America is hotter than ever. Four out of five U.S. families now own a grill, and most people barbecue at least once a week during the summer.

Based on consumer demand, propane is still the number one choice for grills. Propane grills are equipped with convenient on/off switches, providing for instant heat, greater temperature control, and quicker cool-down times. With no burning embers, propane grills don't throw sparks or require a messy cleanup.

Before the barbecue begins, however, the Propane Education & Research Council offers the following grilling and food safety tips to help ensure a safe and enjoyable experience:

## Safe grilling tips

- Before connecting or lighting a propane gas grill burner, use a leak-detection solution to check connections for tightness. Do not use matches or lighters to check for leaks.
- When lighting a grill, keep the top open.
- Always use or store cylinders outdoors in an upright (vertical) position.
- After filling or exchanging a cylinder, take it home immediately. Keep the vehicle ventilated and the cylinder valve closed and capped.
- Do not allow children to tamper with the cylinder or grill.
- Do not smoke while handling a propane cylinder.
- Do not use, store, or transport cylinders near high temperatures (this includes storing spare cylinders near the grill).
- **Food Safety Tips** (provided by the Partnership for Food Safety Education).
  - When grilling foods, thoroughly preheat the grill to kill any bacteria that may be present.
  - Remove from the refrigerator or cooler only the amount of raw meat that will fit on the grill at one time.
  - When taking foods off the grill, do not put



U.S. Navy photo by J01 Daniel Calderón

Four out of five families in the United States own a grill, and most people barbecue at least once a week during the summer.

cooked food items back on the same plate that previously held raw food. Be sure there are plenty of clean utensils and platters so raw foods and prepared foods are served separately.

- Hamburgers should be cooked to 160 degrees, while large cuts of beef such as roasts and steaks may be cooked to 145 degrees for medium rare or to 160 degrees for medium. Cook ground poultry to 165 degrees and poultry parts to 170 degrees. Fish should be opaque and flake easily.

For more information, visit [www.use-propane.com](http://www.use-propane.com).

The distinct flavor of barbecued foods actually comes from juices that drop down and then vaporize or "smoke" back into the meat

## Third annual school physical-a-thon set for July 24

Naval Medical Clinic, Pearl Harbor will once again offer the school/school sports physicals to TRICARE Prime beneficiaries at Kaneohe Bay and Makalapa from 8:30 a.m. to 12:30 p.m., July 24 at Branch Medical Clinic Makalapa.

The event for children ages four to 18 will take them through different examination stations and then give them the opportunity to attend a fun yet informative keiki health fair.

Physicals are by appointments only for the physical-a-thon and can be made

by calling 473-0247. In order to be seen, parents must bring with their child's school/school sports physical forms, medical record, eyeglasses (if required), and immunization record if not maintained at Branch Medical Clinic Makalapa to the physical-a-thon.

Children should be dressed in gym attire. PPDs (TB skin test) will be available, if needed, with follow-up readings on July 26 at Branch Medical Clinic Makalapa old TRICARE Office and Branch Medical Clinic Kaneohe Bay immunization clinic.

# Pearl Harbor Tsunamis wipe out competition

## Tsunamis Public Affairs

Seventeen swimmers from the Pearl Harbor Aquatics Tsunami Swim Team, under head coach, Billy Brown and assistant head coach, Mike Sabina, participated in the Hawai'i Long Course Age Group Championships at Barbers Point during a June swim meet. The meet marks the culmination of the demanding six-month 50-meter pool season.

"I couldn't be more proud of this team," said Brown. "These athletes swam their hearts out." All 17 swimmers swam best times and helped Pearl Harbor place fourth in the small team division.

"Throughout the season, I've been consistently amazed with the increasing surge of spirit, dedication, camaraderie and focus at both practices and meets," stated Sabina. "This team has a championship attitude!"

Seven Pearl Harbor swimmers qualified for finals. The youngest finalist, Kurt Wohlrab, medaled in two events, placing fourth in the 10 and under boys 50-meter Breast stroke and seventh in the 50-meter butterfly.

Sasha Higgins, participating in her first state meet, placed eighth in the 11 and 12 girls 50-meter butterfly. Delilah Bista medaled in seven events, including second in the 15 and 16 girls 200-meter breast stroke.

Tsunami newcomers, Vicki Lovellete and Sam Maitland, both qualified for finals, with Lovellete



Photo courtesy of Pearl Harbor Tsunamis

Seven Pearl Harbor swimmers qualified for the finals from the Tsunamis and 61 percent had personal best times.

medaling in five events, including fifth in the 15 and 16 girls 1500-meter free, and Maitland finishing fourth in the 13 and 14 girls 50-meter free.

Emily King placed seventh in the 17 and 18 girls 1500-meter freestyle.

In the boys' competition, Bruce Pfirrmann medaled in all eight of his events, earning seven gold medal first place finishes, and winning the overall 11 and 12 boys high point award.

Other state championship qualifiers included Miranda Estrella, Thomas Paradise, Derrick Simon, Shannon "Coach" O'Connor, Emily Araki, Morgan O'Connor, Shelly James, Meagan Wohlrab, Micah Hirayama and Daniel Araki.

The Tsunami are extremely optimistic as they move on to the summer/fall short course (25-yard) season.

"I have no uncertainties in regard to this team's ability to maintain our

team spirit and winning attitude" said Sabina. "During this state championship meet, of the 100 races swam (including finals and relays), 61 percent of those swims resulted in a personal best time and of the 40 races swam during finals, 75 percent of those swims were personal records."

Brown and Sabina agreed that Pearl Harbor was rapidly emerging as "the best age group swim team in the State of Hawai'i," and also thanked parents and volunteers for their unconditional support.

Pearl Harbor Aquatics practices daily at the Navy Region Hawai'i MWR Richardson Pool complex. The team is a USA swimming affiliate open to military and civilian children ages five-18. For more information, visit the team's website [www.tsunamis.homestead.com](http://www.tsunamis.homestead.com), or contact 471-9181, email: [phsc@inix.com](mailto:phsc@inix.com).

# MWR

## Movie Call

Sharkey Theater, Pearl Harbor  
(473-0726)

**FRIDAY**  
7:00 p.m. Shrek 2 (PG)  
**SATURDAY**  
2:30 p.m. New York Minute (PG)  
4:45 p.m. Mean Girls (PG-13)  
6:45 p.m. Soul Plane (R)

**SUNDAY**  
2:30 p.m. New York Minute (PG)  
4:30 p.m. Envy (PG-13)  
6:30 p.m. Van Helsing (PG-13)

**WEDNESDAY**  
7:00 p.m. Shrek 2 (PG)

**THURSDAY**  
7:00 p.m. Shrek 2 (PG)

\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6-11)

Memorial Theater, Hickam AFB  
(449-2239)

**FRIDAY**  
7:00 p.m. The Day After Tomorrow (PG-13)  
**SATURDAY AND SUNDAY**  
2:00 p.m. Shrek 2 (PG)  
7:00 p.m. The Day After Tomorrow (PG-13)

**WEDNESDAY AND THURSDAY**  
7:00 p.m. Raising Helen (PG-13)

\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6-11)

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

**FRIDAY**  
7:00 p.m. Troy (R)  
**SATURDAY**  
2:00 p.m. Break'in all the Rules (PG-13)  
7:00 p.m. Troy (R)

**SUNDAY**  
7:00 p.m. Godsend (PG-13)

\$3 adults; \$1.50 children (6-11)  
\*Special: \$2 adults; \$1 children (6-11)

*Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held.*

## OUTDOOR ADVENTURE EVENTS

- **July 11:** X-Box HALO tournament, 5 p.m., \$3. Register by **July 11.**
  - **July 12:** U.S. Army Museum at Fort DeRussy, 1 p.m., \$3. Register by **July 5.**
  - **July 14:** Hike Diamond Head, 9 a.m., \$10. Register by **July 7.**
  - **July 16:** Aloha Tower Marketplace, 5 p.m., \$3. Register by **July 10.**
- For more information, call 473-1198.

## CHILDREN'S SWIM LESSONS

Children's swim lessons will be offered **July 1-31.** Lessons will be held on Saturdays at Towers Pool for ages three to five. Lessons will be held on Saturdays at Scott Pool for ages six and up. Call Scott Pool at 473-0394 to register.

## WOMEN'S VOLLEYBALL LEAGUE AND SUMMER SOCCER LEAGUE

Women's volleyball league will start **July 9.** Registration and participation are free. Summer soccer league begins **July 10.** The entry fee is \$250 per team. Games will be played at Quick Field. Both of the above leagues are open to active duty, family members who are 18 years and older, and DoD employees assigned to Pearl Harbor, NCTAMS, Barbers Point, West Loch and NSGA.

Kunia. To register or for more information, call 473-2437.

## SUMMER MOVIES ON THE LAWN

Summer movies on the lawn offers its latest free feature at 8 p.m. tonight **July 9** at Iroquois Point Clubhouse field area. Bring lawn chairs and blankets to enjoy a movie under the stars. Popcorn and juices will be provided. The movie title will be posted at MWR facilities. For more information, call 499-2572.

## MONDAY NO-TAP DOUBLES LEAGUE

The Monday No-Tap Doubles League begins at 5:30 p.m. **July 12** at Naval Station Bowling Center. The league consists of doubles teams and will run for eight weeks. To register or for more information, call 473-2574 to register.

## PEARL HARBOR SQUASH TOURNAMENT

A free squash tournament will be held **July 15-17** at Pearl Harbor. Participants should register by **July 12.** Divisions will include: men's and women's open, A, B and C. Prizes will be awarded to the top finishers. Pearl Harbor's only squash court (building, 348) is located behind COMPACFLT at Makalapa and is available for 24-hour play. To register for the tournament or for more information, call 473-0610.

## FREE SAND VOLLEYBALL CLINIC

A free sand volleyball clinic

begins **July 16** at Wentworth sand courts. Register by **July 14.** Beginners and intermediate level players are welcome. To register or for more information, call 473-0610.

## MONGOLIAN BARBECUE

Enjoy Mongolian barbecue from 5-8:30 p.m. **July 16** at The Banyans. Guests can enjoy a feast that they create along with live entertainment from legendary Hawaiian rockers Native Tongue. To make reservations, call 473-1815.

## CAMP ALOHA REGISTRATION

Registrations for Camp Aloha, a resident summer camp for children of active duty military personnel, will be accepted through **July 16.** The last week of camp begins **July 19.** To register your child for Camp Aloha, complete an application form at Catlin or Iroquois Point Clubhouse. For more information, call the Boys & Girls Club of Navy Hawai'i at 421-1556.

## SALSA DANCE CLASSES

Salsa dance classes are offered on Thursdays and Fridays at Bloch Arena Fitness Center. Samir Hana, instructor, teaches the latest dance styles, including merengue, cha-cha and cumbia. There is no partner and no experience necessary. Level I and II classes are available:

Salsa (Level I): Thursday, 7:30 - 8:45 p.m.; Saturday, 5 - 6:15 p.m.

Salsa (Level II): Friday, 7:30 - 8:45 p.m.; Saturday, 6:30 - 7:45 p.m.

Merengue/cha-cha/cumbia: Friday, 6 - 7:15 p.m.

For more information, call 473-0793.

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

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



- **July 10:** Chinaman's Hat kayaking, 7:30 a.m., \$15.
- **July 11:** Mountain horseback riding, 2:30 p.m., \$55.
- **July 14:** Basic rock climbing, 5:30 p.m., \$10.
- **July 17:** Goat Island exploration, 8 a.m., \$8.
- **July 18:** Hawaiian sailing canoe cruise, 9:30 a.m., \$33.
- **July 21:** Advanced rock climbing workshop, 5:30 p.m., \$10.
- **July 24:** Makapu'u Ridge hike, 8:30 a.m., \$5.
- **July 25:** Ha'a'ula family hike, 10 a.m., \$5/\$3.
- **July 31:** North Shore tandem skydiving, 8:30 a.m., \$135.

## Weekly events:

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

# Community Calendar

To have your activity or event featured in the Community Calendar, e-mail your requests to hnn@honoluluadvertiser.com or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

## Blood drives will be held at the following times and locations:

- **July 10:** 9 a.m.-noon, U.S. Navy, Naval Reserve Center.
  - **July 8:** 9 a.m.-1 p.m., U.S. Navy, CPRFP, Marine Corps Base Hawai'i - Kaneohe.
  - **July 10:** 9 a.m.-noon, U.S. Navy, Naval Reserve Center.
  - **July 22:** 9 a.m.-noon, U.S. Air Force, Hickam Community Center.
- For more information, call 433-6148.

**USS Salvor Ohana** will hold its monthly meeting and potluck at 6:00 p.m., **July 9**, at the fellowship hall of the Pearl Harbor Base Chapel. The ohana will discuss deployment events and homecoming. Childcare will be available for a donation. USS Salvor Ohana Halfway Beach Blast will be at Honeymoon Beach at Hickam, **July 11**, from 11 a.m. - 3 p.m. There will be food and games. The ohana will also make a banner of handprints to send to the ship. Salvor Saturday will be at the Pearl Harbor Bowling Alley at 1 p.m. on **July 17.** The ohana will host a Hawai'i-themed scrapbook class on July 23 at 6:30 p.m. For more information, call Jennifer at 487-7685 or e-mail viggiani223@msn.com.

**The Naval Station Open Golf Tournament** will be held **July 16** at 11:30 a.m. at the Navy Marine Corps Golf Course. The entry fee is \$10 per player. The entry fee gives you two mulligans, one red tee buster and entry into the raffle. Players are responsible for their own greens fees/carts. Prizes will be awarded for first and second place, two near pin prizes and two long drive prizes. There are 18 team spots, in the two-person best ball scramble. Sign-up deadline is **July 15**, and proceeds help to support the Christmas party. For more information, contact QMC Devaux or QM2 Diaz at 473-1168 or via email at [stephen.devaux@navy.mil](mailto:stephen.devaux@navy.mil) or [Raymond.diaz@navy.mil](mailto:Raymond.diaz@navy.mil)

**USS Hopper Ohana** will host its monthly breakfast club at 9 a.m. **July 17** at Dixie Grill in Aiea. The breakfast is dutch treat. For more information, call Sabrina at 625-5438 or email hopperohana70@yahoo.com

**USS Crommelin Family Support Group (FSG)** will meet at 6:30 p.m. **July 19** at the Pearl Harbor Memorial Chapel across from McDonalds. This is a new time and location. Childcare will be provided at a cost of \$1 per child. For more information, contact the FSG Board at [crommelinfsg@yahoo.com](mailto:crommelinfsg@yahoo.com) or Melanie at 455-8393.

**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-TRI-

WEST (1-888-874-9378), visiting their website 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.

**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).

**The Navy Exchange is accepting applications for a variety of positions.** Employment applications are available at the application drop boxes located in the main rotunda and on the second floor near the registers. Completed applications may be dropped off at these boxes.

**T.O.P.S. (Take Off Pounds Sensibly)**, a nonprofit, noncommercial weight-loss support group, meets every Wednesday at the Armed Services YMCA, Aliamanu location. Weigh-in begins at 5:30 p.m. and the meeting starts at 6:15 p.m. Membership fees are low and includes the T.O.P.S. magazine. There are also incentive programs offered. The first meeting is free. For more information, call Delcie at 623-1403.

**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.

**Shop NEX bumper stickers 2004** are available at any Navy Exchange location. Patrons can place bumper stickers on their car for a chance to win a \$25 gift certificate from the Navy Exchange. Winners are selected weekly and then entered in a grand prize drawing for a \$2,000 shopping spree at Navy Exchange.

**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.tsunami.homestead.com](http://www.tsunami.homestead.com) or contact at 471-9181 or email: [phsc@inix.com](mailto:phsc@inix.com).



**Breakin' All the Rules:** Quincy gets dumped by his fiancée, but he then writes a best-selling book advising guys to break up with their girlfriends before they get hurt.

**The Day After Tomorrow:** A disaster ravages the world beyond recognition. As millions of terrified survivors flee the south, Professor Hall heads to New York City in search of his son who may be alive.

**Envy:** When a hapless schmo becomes rich after selling an invention called Vapoorize, his longtime friend and neighbor is driven insane with envy and proceeds to wage war on him.

**Godsend:** A couple agree to have their deceased son cloned, under the supervision of an enigmatic doctor, but bizarre things start to happen years after his rebirth.

**Mean Girls:** Cady thinks she knows about survival. But the law of the jungle takes on a whole new meaning when she enters high school and falls prey to the unwritten social rules that teenage girls face.

**New York Minute:** 17-year-old sisters are on a wild romp through the streets of Manhattan, chased from Chinatown to Times Square by everyone from assassins to politicians.

**Raising Helen:** Helen is living the life she always dreamed of. But her lifestyle comes to a screeching halt when her sister and brother-in-law are killed in a car crash, leaving her to care for their three kids.

**Shrek 2:** Shrek and Fiona return from their honeymoon to find Fiona's parents inviting them for dinner. They anticipate the homecoming of their daughter, but no one could have prepared them for the sight of their new son-in-law.

**Soul Plane:** After a humiliating experience on an airplane, Nashawn sues the airline and is awarded a huge settlement. Determined to make good with the money, he creates the airline of his dreams.

**Troy:** Set in ancient Greece, Paris, begins an affair with Helen. King Menalaus takes this as a terrible insult, both to him and his brother, Agamemnon. They unite the populations of Greece to bring Helen back from Troy.

**Van Helsing:** See review

JOSN Ryan C. McGinley

## Van Helsing

Monster Mash has never felt so drab in Stephen Sommers' "Van Helsing," a special effects infested assortment of monsters that lacks a credible story or humor. There have been countless movies that have pinned multiple monsters or characters together ("Freddy vs. Jason," Frankenstein Meets the Wolf Man) and the upcoming Alien vs. Predator), hoping to cash in on their lack of originality from years of bad sequels and remakes.

"Van Helsing" is no different-putting Count Dracula, Frankenstein's monster, Igor, werewolves, vampires and other assorted creatures together for no particular reason at all. There is a loose story about Count Dracula wanting to make offspring (he can't since he's dead) using the techniques of Frankenstein. However, its merely there to add something between the barrage of computer-generated effects that invade the screen every chance they get.

Van Helsing (Hugh Jackman) is a professional monster killer, aided by his Indiana Jones style hat and a friar of sorts who has a disastously uncanny resemblance to James Bond's Q. He hooks up with Anna Valerious (Kate Beckinsale) in Transylvania, the last member of a family of many generations who is cursed until they can find a way to kill Dracula.

Stephen Sommers gave audiences the surprisingly entertaining "The Mummy" and its slightly less entertaining sequel. However, Brendan Fraser helped out its fresh and comical one-liners more so than Jackman could ever hope to accomplish in this film.

Placing multiple creatures in a film reverses the logical progression of a screenplay, whereby the author must work backward developing a story to bring creatures into the same world instead of letting them establish themselves. It has sparsely worked in previous films and certainly doesn't in this film. Be thankful that dialogue lasts only a few moments before more impressively created monsters come to try and kill the heroes.

**OVERALL RATING:** ⚓⚓⚓⚓⚓

## STORY IDEAS?

Phone: (808) 473-2888  
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Contact the HNN editor for guidelines and story/photo submission requirements

Hawaii  
**Navy News**

# Architect intern enjoys volunteering

**Rick Saltzman**

NAVFAC Pacific Public Affairs  
Office

Most people work in a three-dimensional world using conventional 24-hour clocks and 12-month calendars.

They are so busy meeting impossible deadlines that they wish for more hours in the day.

Others complete the mission by 5 p.m. or 6 p.m. and get home in time for dinner or other activities.

One member of the Naval Facilities Engineering Command Pacific (NAVFAC Pacific) 'ohana labors diligently and yet, finds time to volunteer during his free time. He is intern architect, Lt. j.g. Troy Frazee.

"My main job is studying to pass my architecture exams," he explained. He volunteered once with Habitat for Humanity after he arrived in Hawai'i in April. He's looking forward to the next time they request volunteers.

Millard and Linda Fuller founded Habitat for Humanity International in 1976. Through the hard work of countless volunteers, thousands of low-income families now own houses.

Overall, Habitat for Humanity constructed more than 125,000 houses, helping more than 625,000 people in about 3,000 communities.

"There are some large communities on both sides of the island which are involved in Habitat for Humanity, and they do excellent work," added Frazee.

While in high school, he volunteered a lot through his church, and he liked it.

"I thought I was doing good for people. I saw a positive change that made them happy," he said. "I've volunteered ever since then, helping out where I can."

The former bosun's mate recently added another ribbon to his chest-full of decorations, the Military Outstanding Volunteer Service Medal. The award follows the Humanitarian Service Medal in importance. Frazee mentioned some of the many accomplishments highlighted in the award citation.

"I completed 12 Habitat homes

over four years, tutored children one-on-one, and planted donated oak seedlings after the annual Texas A&M homecoming game bonfire."

Frazee found property devoid of any trees and replaced four of the hardwoods for every one of the burned trees.

Frazee's volunteering makes him a humanitarian...or a philanthropist. The dictionary says philanthropy is goodwill to fellowmen, especially active efforts to promote human welfare.

What's more philanthropic than sheltering deserving families?

As a bosun's mate, Frazee didn't have any home-building skills. "My talents were limited to a hammer and paint brush," he confessed.

Frazee graduated from Texas A & M with a bachelor's degree in environmental design and a master's in architecture.

"I applied for an officer commissioning program and I learned I'd be better utilized as a civil engineer Corps officer," he recalled, "but I needed a professional degree." Frazee's environmental design diploma wasn't a professional degree so he re-enrolled, earned his graduate degree, and was accepted for the commissioning program. Ensign Frazee put on his gold bars in August 2001.

Frazee was involved in the Drug Abuse Resistance Education (D.A.R.E.) program, the pioneer prevention effort founded in Los Angeles in 1983.

D.A.R.E. informs youth and their families about drugs, alcohol and smoking and uses local law enforcement. Police take mascots and special vehicles to schools and together with volunteers, they explain the dangers that exist on the streets.

"My mother's neighborhood had no such community outreach program and the kids were having a bad time," recalled Frazee, "so I started a D.A.R.E. program while in college."

Hours spent in the classrooms, doing homework, studying for exams, and getting a few hours sleep "when I needed it" didn't prevent Frazee from volunteering, because he lives in that obscure dimension.

When no one's looking, he replaces



Photo courtesy of Habitat for Humanity

These Hawai'i volunteers, along with many others around the world, helped thousands of low-income families own their own houses. Overall, Habitat for Humanity has built more than 150,000 houses around the world, providing more than 750,000 people in more than 3,000 communities with safe, decent, affordable shelters.

his analog wristwatch with the special 25.97 hour day timepiece, or pulls his 13-month calendar out of the office file cabinet. Then he plans his day or weekend to include a few hours of volunteering.

Frazee once accomplished some truly long-distance philanthropy.

One of his professors was an archaeologist on a dig in Meru, in the eastern Africa nation of Kenya, when the team ran out of drinking water.

A local missionary provided the potable water, but asked for a favor in return: go back to Texas and find an architect to design an orphanage in Meru.

Frazee's architecture department professor knew the perfect student for the task, one who cherished volunteering and helping others.

Frazee reacted with a resounding, "Great!" when selected to draw the sketches. "It's still under construction," he said. "I went there for three weeks and helped with the first building."

Frazee hasn't seen any current pictures of his orphanage because the diocese is very difficult to contact. "They have no telephones or

other modern conveniences and they're 25 miles from Meru, the closest town."

The town lies high on a mountain top in the nation's central province, surrounded by forests, and often camouflaged by low nimbostratus clouds.

Frazee anticipates news of the orphanage's completion, because he cares about the needy children there and deserving people all over the globe.

"One of the best things about volunteering is making a difference," he emphasized. "We go to work every day and find out that what we've done is just a little piece of a big puzzle."

"That little piece doesn't really make a difference in society. But when you volunteer, you actually change something out there that other people get to interact with. And that's the difference. That's a big piece to them."

As an example, Frazee mentioned tutoring children.

"There's one child out there who's now happy, who's educated, who's succeeding on his own with a volunteer's help. That difference will

make that child succeed in the future and possibly help someone else by passing on the favor."

Frazee said someone did something nice for him once and he never forgot the kindness.

"So I keep doing something nice. And I hope everyone else does someone a favor, like letting a driver into your lane in bad traffic. What does he do in return? He lets someone else in. The kindness snowballs and I'd love to see that happen. Right now there's just not enough of it," said Frazee.

Frazee believes you should enjoy volunteering; otherwise you won't want to do it ever again.

"Volunteer for things that will make it fun for you. And when it's fun for you, it's fun for the other people too," he said.

"When you help children avoid drugs, build a home, or do something as simple as letting another motorist make a turn in busy traffic, something astonishing occurs: Your life adds a new dimension and you discover you truly enjoy volunteering. Ultimately, you realize that every month is voluntary," said Frazee.



