

ment at the University of West Indies in Trinidad and Tobago, the observance resonates with both men and women and celebrates and honors the sacrifices that men make for their families, communities and the world.

International Men's Day shares a 48-hour partnership with Universal Children's Day which is observed worldwide on Nov. 20 of each year and is endorsed by the United Nations, said Douglass Capogrossi, Ph.D., this year's Hawaii representative, who is president of Akamai University, a small accredited distance learning school headquartered in downtown Hilo.

For more information, visit <http://www.international-mens-day.com>.

Or contact Diane A. Sears, managing editor of In Search of Fatherhood Magazine, via at [insearchoffatherhood@gmail.com](mailto:insearchoffatherhood@gmail.com) or 1-267-581-3963.

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## Fall Prevention Program graduates 29 islanders

The Fall Prevention Program coordinated by the Life Care Center of Hilo Social Service staff has completed four six-week sessions so far. Twenty-nine participants graduated from the program by showing a true commitment to avoiding falls in their future, said coordinators.

Participants all improved in their balance score by a 0.1 to 2.3 difference.

"Every 10th counts at this level, when you realize that a fall can

The goal is to prevent fractures, loss of independence

lead to a costly fracture," said Life Care Center spokeswoman Chris Ridley. "The cost of a fracture is not just medical bills, but includes emotional and social complications — a loss of independence that can linger."

The participants attended six classes and completed an exercise routine daily at home. The University of Hawaii at Hilo School

of Pharmacy, Clinical Laboratories, American Cancer Society and Alzheimer's Association provided free presentations on factors to reduce falls.

Life Care Center of Hilo nursing, social service, dietary and rehabilitation staffers gave their expert time and support to provide education to the participants.

Program evaluation quotes

include, "This program was very helpful, I definitely feel this program is worth the time spent; I feel I have learned how to be healthier and avoid falling; it has been a lot of work but I feel more confident now."

The Life Care Social Service staff is registering community members interested in participating in the next six-week session.

There is a suggested donation of \$25 for each participant. Call 959-9151 for more information.

## International Lunar Observatory Assoc. sets Galaxy Forum

The International Lunar Observatory Association (ILOA) invites the public to participate in Galaxy Forum 2011-Hilo from 2:30 to 5 p.m. Saturday, Nov. 19, at the 'Imiloa Astronomy Center.

The program to advance 21st century education in Hawaii will include the following components:

- Official launch of the ILOA Galaxy 21st Century Education Poster and Native-Hawaiian Astronomy DVD;

- Presentation by Kimo Pihana and Koa Rice on Native-Hawaii Cultural Perspectives on Astronomy and Education;

- Marianne Takamiya of the University of Hawaii at Hilo, speaking on Galaxy Astronomy and Education in Hawaii;

- Steve Durst of ILOA, focusing on Missions: Hawaii to the Moon, and

- Shawn Laatsch of 'Imiloa, who will give a tour of the Milky Way in the center's planetarium.

This event is free and open to the public, but seating is limited. Please RSVP to [info@iloa.org](mailto:info@iloa.org) or 885-34734.

"Galaxy Forums are designed as a flexible and responsive solution to advance 21st Century Education and promote universal understanding of our place in the Milky Way," said a spokesman for the coordinating committee. "Through the participation of teachers and students at all levels, astronomers, scientists and the general public, we aim to increase Hawaii capabilities and action in galaxy science, exploration and enterprise."

"As Galaxy Forums continue to grow and reach new locations around the world,

inspiring teachers and students alike, the ILOA is advancing towards its initial goal of establishing a multifunctional observation/communications instrument on the moon."

ILOA has developed a new dedicated Galaxy Forum web platform to boost the impact and accessibility of its activities and cumulative resources; visit [www.galaxyforum.org](http://www.galaxyforum.org). The ILOA Galaxy Education DVD, with presentations by Kimo Pihana and Koa Rice, is now available free to Hawaii schools. Throughout this year, global expansion of Galaxy Forums has seen events for many hundreds of educators in India and China, as well as inaugural events in New York and Africa. ILOA now has successful programs running in Canada, China, India, Japan, Europe, Africa, New



A free Galaxy Forum will be presented on Saturday, Nov. 19, at the 'Imiloa Astronomy Center.

York, Kansas, Silicon Valley and Hawaii. ILOA has designed, and will be making available to schools, an original 21st century education classroom poster on the topic of the Milky Way Galaxy.