



2006 Pro Bowl

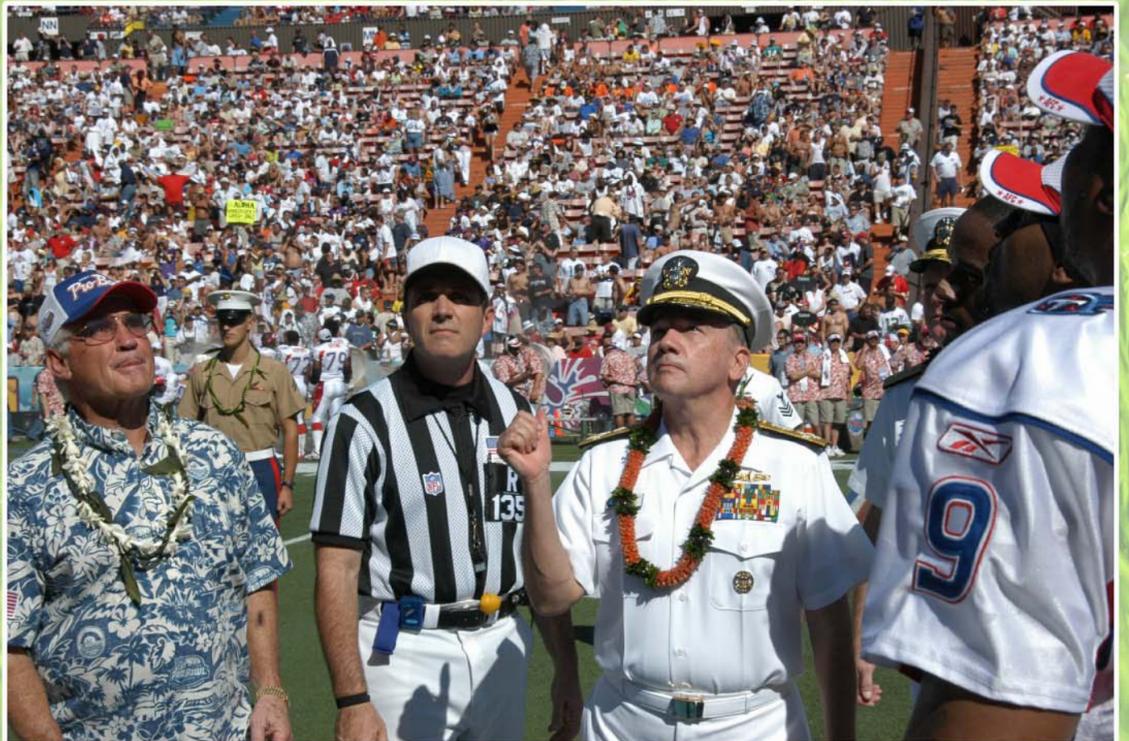
Compiled by JO2 Devin Wright

Editor

The National Football League (NFL) has announced the starting lineups for the 36th Annual Pro Bowl to be held Feb. 12. The Pro Bowl matches the best players from the American Football Conference (AFC) against the best from the National Football Conference (NFC) every year at Aloha Stadium. In addition to the game, Pro Bowl players from each team participate in a variety of activities such as the Pro Bowl Skills Challenge, tailgate parties and other community events. Players also use the opportunity to meet and interact with service members throughout Hawaii. A tentative list of events is as follows:

- **Feb. 7-11:** At various times players, their families and coaches from this year's Pro Bowl will visit Pearl Harbor to tour various surface ships and submarines stationed at Naval Station Pearl Harbor as well as take a white boat tour of Ford Island and USS Arizona Memorial.
- **Feb. 8, 5 to 6:30 p.m.:** An NFL Pro Bowl player will make an appearance at Beeman Center, to include a question-and-answer period. For information call 473-2582 or visit www.greatlifeohawaii.com.
- **Feb. 9, 10 a.m.:** NFC All-Stars practice at Aloha Stadium. Watch the NFL's biggest stars practice for this year's Pro Bowl. All practices at Aloha Stadium are free and open to the public. Enter through gate 4.
- **Feb. 9, noon:** Pro Bowl Week Kick-Off Rally at Bishop Square. Kick off the 2006 Pro Bowl Week with a noontime celebration featuring NFL stars, cheerleaders, entertainment and dignitaries.
- **Feb. 9, 1:30 to 2:30 p.m.:** An NFL player will make an appearance at Lockwood Hall. Navy culinary specialists will prepare their best dishes in a competition that will feature an NFL Pro Bowl player and/or head coach as one of the judges.
- **Feb. 9, 2:30 p.m.:** NFL Pro Bowl player and/or head coach will tour a surface ship and meet and greet Sailors.
- **Feb. 9, 4:00 - 6 p.m.:** There will be an NFL Cheerleading Clinic at Quick Field. All children are invited to this free cheerleading clinic taught by NFL cheerleading professionals. No pre-registration is required. Dress in comfortable clothing. For information call 474-3501.
- **Feb. 10, 8:30 a.m.:** AFC All-Stars practice at Aloha Stadium. Enter through gate 4.
- **Feb. 10, noon - 6 p.m.:** Pro Bowl Football Festival at Kapiolani Park. Football fun for the entire family - autographs, games, souvenirs and entertainment. Free admission.
- **Feb. 10, 1 p.m.:** Pro Bowl Celebrity Golf Classic at Waialae Country Club. To register, contact Nick Nicolosi at 201-489-0049 or n.nicolosi@verizon.net.
- **Feb. 10, 3 p.m. - 5:30 p.m.:** NFL Military Challenge at Kapiolani Park. Teams from each branch of service compete in football skills events at the Pro Bowl Football Festival.
- **Feb. 10, 7 p.m. - midnight:** Pro Bowl Block Party at Aloha Tower Marketplace. Bands, cheerleaders, food. Free admission.
- **Feb. 10, NFL is hosting a Pro Bowl Skills Challenge at Ihilani.** The event will be filmed live and aired on ESPN. Service members, their families and civilians are invited to attend as spectators at the event where NFL players, Hall of Famers and other football-related personalities will compete in seven events. Reservations required on a first come, first served basis, to the first 100 individuals. Tickets required for entry. Bus transportation will be available from Bloch Arena. E-mail your reservation to grace.hewlen@navy.mil with subject line: Pro Bowl Skills Challenge. For information call 473-2880.
- **Feb. 11, 7 a.m.:** Pro Bowl Prayer Breakfast, Richardson Field. Hear testimonies from NFL players, coaches and mascots. Ticket purchase includes continental breakfast buffet. Cost is \$5 for military and family members and all children; \$7 for adult civilians. For information and tickets, contact the Pearl Harbor Memorial Chapel at 473-3971.
- **Feb. 11, 9 a.m. - noon:** Pro Bowl 'Ohana Day Celebration at Aloha Stadium. The NFL's biggest stars in action, fan contests and a preview of the Pro Bowl game entertainment. Free admission.
- **Feb. 11, 10 a.m. - 6 p.m.:** Pro Bowl Football Festival at Kapiolani Park. Free admission.
- **Feb. 11, 6 p.m.:** Sunset on the Beach, Pro Bowl Style at Queen's Beach, Waikiki. Football movie and contests on the beach. Free admission.
- **Feb. 11, 7 p.m.:** Hawaiian Airlines Pro Bowl Concert at Waikiki Shell. Tickets available through Ticketmaster.
- **Feb. 12, 10 am - 12:30 pm:** Official Pro Bowl Tailgate Party at Richardson Field. Tickets available through Ticketmaster.
- **Feb. 12, 12:15 pm:** Pro Bowl Pregame Show at Aloha Stadium. Twenty Sailors will be among 120 service members who will participate in the patriotic opening. Joint Service Color Guard, military bands and F-15 flyover.
- **Feb. 12, 1 pm:** 2006 NFL Pro Bowl Game at Aloha Stadium. Tickets available through Ticketmaster.

For up-to-date information on Pro Bowl events, call the Pro Bowl Hotline at (808) 233-4NFL.



U.S. Navy photo by JO2 Ryan C. McGinley

Adm. Walter F. Doran tosses the coin at the 2004 Pro Bowl at Aloha Stadium. This year, various players and cheerleaders will make appearances and hold demonstrations at surface ships and submarines stationed at Naval Station Pearl Harbor as well as take white boat tours of Ford Island and USS Arizona Memorial.



U.S. Navy photo by JO2 Ryan C. McGinley

An AFC player catches a punt during a practice session at Aloha Stadium before the Pro Bowl in 2004.



U.S. Navy photo by JO2 Ryan C. McGinley

The Pacific Fleet Band performs at the Pro Bowl.



U.S. Navy photo by JO2 Ryan C. McGinley

An AFC player dunks the football over the crossbar during the 2004 Pro Bowl at Aloha Stadium.

Commentary

Window on Pearl Harbor

Karen S. Spangler, Assistant Editor

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Searching for a copy of "Football for Idiots"

It's that time of year again – when fans across the island and throughout the nation will be glued to their television sets for the big game – as Super Bowl XL plays out. As the Steelers and the Seahawks go head to head, I'll be rooting for the team that I, a Pennsylvania native, have cheered on for past decades. Sure, the Steelers have had their share of ups and downs, but this is the year – Go Steelers!

I enjoy sports – the competitive spirit, the thrill of it all as the teams meet each other on the playing field, the adrenaline rush when the score is tied or close, and the race to win while in the racing to beat the clock.

Even enjoy a good football game – the stomping, cheering and whistling of the enthusiastic crowd as the players charge down the field to make a touchdown – along with the tactics, turns and tumbles that are all part of a hard-fought football contest.

But I have to admit that I don't totally understand the game. Some of the finer points of the game elude me and I have been known to misinterpret some of the plays. (This became readily apparent on those occasions when I have exuberantly stood up, cheered, whistled and clapped – only to find out that the call that was just made was against the team I was rooting for. But I have learned how to avoid this embarrassment – I simply wait until the fans seated around me are standing and cheering before I let my exuberance show.)

But at least I have learned to "talk the talk." (See how many football terms I have used in this column.) Another one of my more embarrassing football moments was when I innocently asked a male fan, "Where is the dugout?" He immediately choked up with laughter

before explaining that "baseball players sit in a dugout; football players are on the bench."

It didn't seem to me that the "seating arrangements" should be that big a deal, but in my quest to make sure that I can talk the lingo, I filed this away for future reference.

Perhaps one reason that I don't totally understand the game of football is because some of the things that they do during the game just don't make a lot of sense to me. In other words, they defy female logic. As we know, female logic and male logic are just a little different.

Let me give you an example. The quarterback passes the football to the wide receiver. As he grabs the ball from midair, he is tackled by a player from the opposite team. Still clutching the ball, he falls down on the field, the pigskin buried beneath his well-padded form. And suddenly, there is a melee of players, all jumping on top of each other until there is a huge pile of human bodies. Why? I'm told that this is done to make sure that the "ball doesn't get away." This makes no sense to me. Do they really think that little football can escape once a couple big, brawny football players have jumped on top of it? Does it take all of those players to ensure that the ball stays put? I don't think so.

It also seems to me that the referees spend an awful lot of time throwing little white flags all over the field, then running around and picking them up. They also spend considerable time walking up and down the sidelines with tall markers that they jam violently into the ground every few yards. It just seems that all of this amounts to a lot of time lost that could be better spent actually playing the game. But football is a violent game – maybe these are ways to

relieve stress?

And what's with that little "dance" that the players do when they finally manage to run into the end zone (she said, as the language of football just rolled off her tongue)? Is there a reason for it? Does the touchdown not count until the little dance has been properly executed?

And why are there rules against roughing the kicker and roughing the quarterback? Football is a ROUGH game. Aren't they supposed to play rough? Isn't the intent to get a little rough, thereby achieving the end result – to win?

The whole philosophy behind "downs" is also a bit confusing for me. I know that it takes four first downs – but to do what? And more importantly, how can all four of them be FIRST downs? Wouldn't they be first down, second down, third down, fourth down – you can see where I'm going with this.

There's another ritual in the game of football that I don't quite get. Why is it that all of these manly men are constantly patting each other's behinds all through the game? You don't see this ritual in baseball or basketball or soccer – so I think that this is probably something about football rituals or practices that I don't understand.

But I do enjoy a good football game – perhaps I can gain a clearer understanding of the game by reading "Football for Idiots" – and then I will be able to appreciate the finer points of the game. For all of you fans, enjoy the Super bowl – along with the camaraderie and the snacks that go along with Super bowl Sunday – and have a fine Navy day here in paradise. Go Steelers!!

Tax Tip: Selling your home

Lt. Abby Kagle

Naval Legal Service Office
Pearl Harbor

When you sell your primary residence, you may be able to exclude up to \$250,000 of capital gains from your federal tax return. If you are married and filing jointly, you may be able to exclude up to \$500,000. You may claim this exclusion every time you sell your home, but may not do so more than once every two years.

To be eligible for this exclusion, your home must have been owned by you and used as your primary residence for a period of at least two out of the five years prior to its sale. You also must not have excluded gain on another home sold during the two years before the current sale.

If you and your spouse file a joint return for the year of the sale, you can exclude the gain if either of you qualify for the exclusion. But both of you would have to meet the use test to claim the \$500,000 maximum amount.

To exclude gain, a taxpayer must own and use the home as a principal residence for two of the five years before the sale. The two years may consist of 24 full months or 730 days. Short absences, such as for a summer vacation, count as periods of use. Longer breaks, such as a one-year sabbatical, do not. However, the two-year requirement under this rule applies differently to service members when they have deployed within this five-year time frame. If you believe that this situation may apply to you, please consult a Naval Legal Service Office Central (NLSOC) attorney for more information.

If you do not meet the ownership and use tests, you may

be allowed to exclude a reduced maximum amount of the gain realized on the sale of your home if you sold your home due to health, a change in place of employment or certain unforeseen circumstances. Unforeseen circumstances include, for example, divorce or legal separation, natural or man-made disaster resulting in a casualty to your home, or an involuntary conversion of your home. Moreover, service members who must sell their homes due to orders, but who do not meet the ownership and use tests, may also be able to exclude a reduced maximum amount of the capital gain. For those service members who believe they qualify, consult a NLSOC attorney for more information.

If you can exclude all the gain from the sale of your home, you do not report any of that gain on your federal tax return. If you cannot exclude all of the gain from the sale of your home, use Schedule D, Capital Gains or Losses, of the Form 1040 to report it.

This tax tip is brought to you by the Voluntary Income Tax program (VITA). More details on the home exclusion can be found on the IRS Web site at www.irs.gov where you can download a copy of Publication 523, Selling Your Home, or order it by calling toll free 1-800-TAX-FORM (1-800-829-3676).

If you are interested in volunteering for the VITA program, contact Lt. Abby Kagle at 473-5982, ext. 306, or via email at barbara.kagle@navy.mil. VITA volunteers prepare tax returns for active duty personnel, retirees and dependents. No experience or tax knowledge is required. We teach you everything.

All Pro Dad's Day comes to Hawai'i



U.S. Navy photo by JO2 Ryan McGinley

Fleet and Family Support Center, Pearl Harbor

The Pearl Harbor Fleet and Family Support Center, in conjunction with All Pro Dad and Family First, is sponsoring Hawai'i's first All Pro Dad's Day which will be held from 8-10 a.m. Jan. 28 at Sizzler Restaurant, Pearlridge Center.

All Pro Dad's Day is a day, once a month, in which dads and their children meet for breakfast at a local restaurant or school to spend time together, get to know each other better and to equip

dads to be better parents.

According to the latest research, families do so much better when there is an active, involved and committed dad in their lives. Most dads want to become more involved and spend more time with their children. This is particularly true of Navy dads who spend much of their time separated from their children.

All Pro Dad's Day will give dads a chance to meet other dads, get to know their kids better and enjoy a great meal. The program is free except for the

cost of the meal. Resources, guest speakers, dad and kids fun interactive activities are included free of charge.

All Pro Dad is a program of Family First, a non-profit organization based in Tampa, Fla. All Pro Dad is the ultimate resource for men who want to become better fathers.

This program offers practical fathering assistance—updated daily—available 24 hours a day, 365 days a year. The program is one of a kind in Hawai'i.

For more information, call FFSC at 473-4222, ext. 272.

STORY IDEAS? Email: hnn@honoluluadvertiser.com ^{Hawaii} Navy News

Skylark Central

Admirable Mix-n-Match

Match the quote on the left with the naval officer to whom it is attributed.

"The battle of Iwo Jima has been won. Among the Americans who served on Iwo, uncommon valor was a common virtue."

Fleet Admiral Chester W. Nimitz

"The Navy has both a tradition and a future - and we look with pride and confidence in both directions."

Admiral David Glasgow Farragut

"Damn the torpedoes, full speed ahead!"

Commodore Oliver Hazard Perry

"We have met the enemy and they are ours."

Admiral George Anderson

"Mystery spot"



Who said...?

Answer: Martin Luther King Jr.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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 AND CONTROVERSY."
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Know your Navy

When wearing medals or ribbons on a uniform, what is their order or precedence?

Last week's question...

What are the three basic parts of a rotary-wing aircraft?

Answer - Wings, Fuselage and Empennage (tail)

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

TODAY

7:00 p.m. The Chronicles of Narnia (PG)

SATURDAY

2:30 p.m. Zathura (PG)
4:45 p.m. Aeon Flux (PG 13)
7:00 p.m. Derailed (R)

SUNDAY

2:30 p.m. The Chronicles of Narnia (PG)

5:00 p.m. Just Friends (PG 13)

7:00 p.m. Syriana (R)

THURSDAY

7:00 p.m. Pride and Prejudice (PG)

Memorial Theater
Hickam Air Force Base
(449-2239)

TODAY AND THURSDAY

7:00 p.m. The Chronicles of Narnia (PG)

SATURDAY

2:00 p.m. The Chronicles of Narnia (PG)

7:00 p.m. The Family Stone (PG 13)

SUNDAY

7:00 p.m. The Family Stone (PG 13)

WEDNESDAY

7:00 p.m. Pride and Prejudice (PG)

Sgt. Smith Theater
Schofield Barracks
(624-2585)

TODAY AND WEDNESDAY

7:00 p.m. Syriana (R)

SATURDAY

7:00 p.m. Ice Harvest (PG 13)

SUNDAY AND THURSDAY

7:00 p.m. In the Mix (PG 13)

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

OUTDOOR ADVENTURE EVENTS

• **Feb. 4:** Ka'ena Point whale watch hike, 8:30 a.m., \$7. Register by **Feb. 1.**

• **Feb. 5:** Parasailing, time to be announced, \$48. Register by **Feb. 1.**

TENNIS AND INLINE HOCKEY

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

YOUTH SPORTS REGISTRATIONS

Registration will soon be closing for the following youth sports: Little League baseball, open to ages four-18, cost is \$60/\$80. Registration closes **today**. Junior inline hockey, open to ages eight-18, cost is \$75. Registration closes **Jan. 31**. Junior team tennis, open to ages eight-18, cost is \$60. Registration closes **Jan. 31**. For more information, call 474-3501 or visit www.greatlife-hawaii.com

USTA JUNIOR TEAM TENNIS

Registration for United States Tennis Association (USTA) junior team will be held **through**

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

GREAT AMERICAN VOICES MILITARY BASE TOUR

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

SUPER BOWL PARTIES WITH MWR CLUBS

Watch the Super Bowl game at MWR clubs. Stop by Oceans CPO Club or Pool & Pizza at Club Pearl to watch the game on big screen plasmas and enjoy good food. For more information, call 473-1743.

BARBERS POINT SUPER BOWL FUN GOLF TOURNAMENT

Registration is now ongoing for the Barbers Point Super Bowl Fun Golf Tournament that will be held beginning at 7 a.m. **Feb. 5** at Barbers Point Golf Course. Visit www.greatlife-hawaii.com or stop by the Barbers Point Golf Course Pro Shop to get a registration form. The cost is \$25 and includes breakfast, prizes and post tournament pupus. For more information, call 682-1911.

FEBRUARY IS HEART MONTH

Help your heart with one of MWR's heart rate cycling classes. The cost is \$50 and includes a heart rate monitor. For more information on class times and locations, call 473-0793.

FAMILY FITNESS FRIDAY HAPPY HOUR

Family Fitness Friday Happy Hour will be offered from 5-6 p.m. on **Fridays** at Bloch Arena. The activity is free and provides an opportunity for families to work together on fitness goals, courtesy of MWR. Participants can learn how to incorporate fitness together with their children, under the guidance of a certified fitness specialist. Workouts include a variety of equipment, appropriate skill level and partner exercises. The family fitness hour is open to parents and their children ages 10 and up (limited to no more than two children per adult). Reservations are recommended. For more information, call 473-0793.

RED PIN WEDNESDAYS

It's red pin Wednesday from 5-

10 p.m. **every Wednesday** at the NCTAMS Rainbow Lanes Bowling Center. If you roll a strike when the head pin is red, you win a free game coupon. For more information, call 653-5576.

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. For more information, call 473-1190.



- **Today:** Dinner and a movie, leave LIP at 6:30 p.m., bring money.
- **Jan. 28:** Honolulu Zoo twilight tour, leave LIP at 4:30 p.m., \$15.
- **Jan. 28:** Learn to cook an omelette, 9:30 a.m., \$5.
- **Jan. 29:** Surfing lessons and lunch, leave LIP at 10 a.m., \$7.
- **Jan. 29:** Sharon's Ride, Run, Walk for Epilepsy, leave LIP at 5:30 a.m., \$25.
- **Jan. 30:** WWE wrestling, free food, 6:30 p.m., free.

Weekly events:

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

Community Calendar

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

Applications are currently being accepted at **The Boutiki** at Naval Station Pearl Harbor for donation disbursements. Applicants may pick up a form at the shop during hours of operation or may email Felicia@hawaii.rr.com. The shop is open from 9 a.m.-1 p.m. Monday, Friday and Saturday and from 3-7 p.m. Wednesday. The return application deadline is March 15. For more information, call 422-6662. The following positions are also available: bookkeeper (paid position), vice chairman, secretary, publicity coordinator, receiver and buyers.

Join the Navy Exchange (NEX) Mall at Pearl Harbor **through Jan. 29** in celebrating the music and life of Israel "IZ" Kamakawiwoale, one of Hawai'i's greatest musicians, and enter to win an "IZ Collection" which includes a T-shirt, songbook, fish hook, five IZ CDs and the "IZ: Man Behind the Music" DVD. The drawing will be held **Jan. 30** (customers do not need to be present to win).

Help the Hawaiian Islands Humpback Whale National Marine Sanctuary **count whales** on **Jan. 28, Feb. 25** and **March 25**. Volunteers are needed to assist with the whale counting from 8 a.m. to 12:15 p.m. The count will be conducted at 65 different shore sites around Oahu, Kauai and the Big Island. The "gentle giants" return to Hawaiian waters during the winter months to reproduce and nurse their young. Those who wish to register to help with the whale watching count should call the following numbers: Oahu, 397-2651, ext. 253; Big Island, 1-888-55-WHALE, ext. 253; Kauai, 246-2860. For more information about the whale sanctuary, visit <http://hawaiihumpbackwhale.noaa.gov>.

Dr. Tim Keck, U.S. Air Force historian, will be the speaker for the **Sea Services Women's Leadership Symposium** (SSWLS) beginning at 11:30 a.m. **Jan. 31** at the Rainbow Marina clubhouse near the Arizona Memorial Museum. Tickets are \$16 per person. For more information or to obtain tickets, contact Monica Covington at Covingtonmonica@yahoo.com or Lt. Cmdr. Desarae Janszen at djanszen@d14.uscg.mil or call 541-2125.

Don Nelson, the deputy director of admissions for the **U.S. Naval Academy**, and several of his staff will be on Oahu for a series of conferences and seminars on admissions procedures to the academy for high school and college students as well as enlisted Sailors and Marines. All high school students and their parents who are interested in learning more about the Naval Academy at Annapolis and its admissions process are invited to a free seminar from 1-4 p.m. **Jan. 29** at Luke Auditorium, Wo International Center, at Punahou School. A presentation on the admissions process will be held from 9-11 a.m. **Jan. 30** at the base theater at Marine Corps Base Hawai'i (MCBH) - Kaneohe for all enlisted Marines and Sailors. A similar presentation will be held from 9-11 a.m. **Jan. 31** at Sharkey Theater, Naval Station Pearl Harbor. On **Feb. 2**, the Naval Academy Alumni Association, Hawai'i chapter, and the Hawai'i USNA Parents Club will host an informal dinner at the officers' club at MCBH. A reception will be held at 6 p.m. with dinner commencing at 6:30 p.m. All alumni, their guests and parents of present and former Hawai'i midshipmen are invited to attend. For more information, contact Capt. Alma Grocki at alma.grocki@navy.mil or 781-1339 (cell).

The first annual **Navy Region Hawai'i Motorcycle Safety Day** will be held from 9 a.m.-6 p.m. **Feb. 11** at the Navy Exchange (NEX) Mall at Pearl Harbor. The day's events will offer information on safety programs, dealer displays, and participation by local clubs and rider groups. Motorcycle safety program representatives from Navy, Army, Marines and Coast Guard programs will be available to provide information and directly sign up riders for initial and refresher motorcycle training. There will be field events to test motorcycle skills. Rider protective gear is required for field events. For more information, call 474-3447, ext. 246 or 233.

Pouhala Marsh work days have been scheduled for **Feb. 25, March 18, April 29** and **May 20** for cleanup and removal of pickle weeds at the north end of Pearl Harbor's West Loch. The project will cover a Hawaiian fish pond and coastal marsh of about 70 acres. Volunteers are needed to help with the project from 8 to 11:30 a.m. Anyone who is interested in participating should call 473-1203 or email adeline.lopes@navy.mil or Pauline Kawamata at 955-0100, ext. 18.

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

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

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

How to contact **TriWest/TRICARE services** - Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their Web site at www.triwest.com, 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.



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

The Chronicles of Narnia: The film tells the story of Peter, Susan, Edmund and Lucy, who are sent to the country for safety and find a magic wardrobe that transports them to the mystical world of Narnia.

Derailed: Charles is just another commuter who regularly catches the train to work. But one day he misses his train and meets Lucinda. Despite the fact that each are married with children, their attraction to one another is magnetic.

The Family Stone: The Stones have their annual holiday gathering. The eldest son brings his girlfriend home to meet his parents and siblings. The Stones greet their visitor—a controlling New Yorker—with a mix of awkwardness, confusion and hostility.

Ice Harvest: In Kansas, it's Christmas Eve. Charlie, an attorney for the sleazy businesses of Wichita, has just successfully embezzled \$2 million from a crime boss.

In the Mix: When a man accidentally saves a mob boss's life, his reward is a job protecting the don's daughter. Complications arise when the two begin to fall in love.

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

Pride & Prejudice: In England near end of the 18th century, the five Bennet sisters have been raised well aware of their mother's fixation on securing set futures. Elizabeth, however, strives to live her life with a broader perspective.

Syriana: See review

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

JO2 Ryan C. McGinley
Syriana

To put it honestly, there is no feasible way for me to explain the film "Syriana" in 300 words or less. Since seeing the film more than a month ago, I have been racking my brain in an attempt to devise a way to recommend a film I don't understand. I've seen it twice, and I still can't grasp everything that's transpiring in director Stephen Gaghan's world of corruption, money and oil in the Middle East.

The only summation that I can come to is this: you are not supposed to fully understand it. I believe even the people involved don't fully understand the complexities associated with the major themes. It's not a film you can't follow. Quite the opposite is true. The audience will know what is going on in the film, you just won't know why or how it all connects. All you need to know is, it's about oil, money and power in the Middle East. It follows the stories of big time oil executives, lawyers and CIA agents, all of whom have a stake in one of the most valuable commodities known to man.

But for all the head scratching, "Syriana" is still spellbinding and stands up as a film that breaks the Hollywood mold. Never has a film invoked such thought-provoking discussion days, weeks or even months later. But nothing I can say can make you fully understand. You just have to see it to believe it. So let me end this review with an explanatory excerpt from the movie, and quite frankly, one of the greatest monologues I have seen in recent years.

"Corruption? Corruption ain't nothing more than government intrusion into market efficiencies in the form of regulation. That's Milton Friedman. He got a ... Nobel Prize. We have laws against it precisely so we can get away with it. Corruption is our protection. Corruption is what keeps us safe and warm. Corruption is why you and I are prancing around here instead of fighting each other for scraps of meat out in the streets. Corruption... is how we win."

With that, I recommend this film highly, even though I haven't a clue as to what it's all about.

OVERALL RATING: ★★★★★

Recognizing those who protect us



Photo courtesy of Federal Fire Department

Capt. Charles O. Barker, commanding officer, Naval Health Clinic Hawai'i, recognized the Federal Fire Department Emergency Medical Service units from Pearl Harbor and Marine Corps Base Hawai'i - Kaneohe at a ceremony Jan. 13 at Sharkey Theater. Pictured are (left to right): Dennis Yurong, Jason Hanagami, Greg Moriguchi, Doug Asano and Paul Gabriel.