

TRAINING FOR THE RIDE

Service members kick-start their motorcycle skills with training

Story and photos by
PH1(AW/SW) James Foehl

Staff Photojournalist

Many service members ride motorcycles for different reasons. Whether riding for recreation, sport or commuting, all military riders are required to attend proper training before hitting the streets on two wheels. Regardless of age, experience or type of bike they ride, learning and maintaining motorcycle-riding skills can considerably impact the preservation of the military's number one resource...its people!

"The first 30 days is the most critical period," said William N. Maxwell, traffic safety specialist and motorcycle course instructor for Navy Region Hawai'i.

By developing crucial riding skills at an early stage, members are provided a foundation of training to build on and are less likely to become accident involved riders, he said.

All base personnel who ride motorcycles on Naval installations are required to take the Basic Rider Course (BRC). The 16-hour course is designed to train members on essential motorcycle riding skills, risk management and safety. The

students spend approximately five hours learning in the classroom and 11 hours riding their motorcycles and mastering their skills.

"We focus in on the critical skills that accident involved riders typically didn't have, [which are] breaking, swerving and [riding] curves," said Maxwell.

"By doing this, we provide them with precise skills essential for learning how to ride correctly," said Rodd Johnson, traffic safety specialist and motorcycle course instructor for Navy Region Hawai'i.

The military course is almost identical to the civilian equivalent course with the exception that military members must provide their own motorcycles, where civilians would be provided motorcycles at the riding range. Specific military and base policies are also addressed at the course. One item instructors stress is the line of duty/misconduct determination process.

"If you were to get into an accident and you were not wearing your helmet, the military can withhold payment of medical treatment, and you would have to reimburse them for that cost. In the case of death, they can withhold your Serviceman's Group Life Insurance benefits," said Maxwell.



While high density traffic and complacency of other motorists can increase the risks of riding a motorcycle while commuting, service members, armed with their brightly-colored garments and personal protective gear, become more visible in congested traffic and it also protects them from "the slide, not the ride," if an accident were to occur.

"I think the military is generally at a lower risk, because we mandate the helmets and brightly-colored clothing. That gives [military riders] an edge over the local population," said Maxwell.

After completion of BRC, members are encouraged to attend the Experienced Rider Course (ERC) for annual refresher training.

(Left) A military student practices the proper technique for riding through a curve while attending the Basic Rider Course.

(Right) Bill Maxwell, traffic safety specialist and motorcycle course instructor, critiques students between performance exercises during the Basic Rider Course.

Although annual training has not been mandated for motorcycle riders stationed at Navy Region Hawai'i, some bases have already implemented the requirement.

"With supplements to the current instruction [OPNAV 5100.12G], the Marine Corps at Kaneohe Bay has implemented required annual training," said Maxwell.

According to Maxwell, Marines stationed at Kaneohe Bay have the option to attend BRC, ERC or the Group Riding Module (GRM) to fulfill their annual training requirements.

"The Group Riding Module is an introduction to riding with a group of motorcyclists and going on a [group] ride," said Maxwell.

Members who attend the GRM will spend a day training on how to ride safely in a formation, how to ride within the confines of a group and group riding communication.

"As soon as the [OPNAV 5100.12H] hits the streets, annual training will be mandated, and the GRM will be available at Navy Region Hawai'i," said Maxwell.

Whether riding solo or with a group, motorcycling remains a unique form of transportation that can be both physically and mentally challenging. Through proper training and knowledge, service members can learn and maintain the critical skills needed to protect themselves and others while keeping two wheels on the ground.



(Below) Rodd Johnson, Navy Region Hawai'i traffic safety specialist and motorcycle course instructor, observes Basic Rider Course students as they practice critical motorcycling skills. The 16-hour course is designed to train members on essential motorcycle riding skills, risk management and safety needed to operate a motorcycle properly.



Avoid gaps in TRICARE Prime Coverage

Mark Jecker

TriWest Healthcare Alliance

As his retirement date on the first of the month drew closer, Chief Petty Officer Matt Jefferson counted the days. He's glad his wife Judy did, too.

She circled the 20th of the current month on the calendar with a reminder to enroll the family for TRICARE Prime health care coverage as retirees on or before that date.

"If I hadn't remembered to renew our coverage, we would have been without Prime coverage when I hurt my leg falling off the kitchen stool," Judy said. "Although we still could have used TRICARE Standard or Extra, we would have had to pay more out of pocket."

Individuals who have been in the TRICARE system for any length of time may have heard of the "20th of the month rule" without really understanding what it means.

TRICARE's "20th of the month rule" is designed to prevent a service member's TRICARE Prime health care coverage from being interrupted, whether the military member is enrolling for the first time or reenrolling in anticipation of retirement.

TRICARE Prime coverage requires service members to complete and submit a TRICARE Prime Enrollment Application (available on www.TriWest.com) and the appropriate enrollment fee. Under most circumstances, the service member must submit the form and the fee on or before the 20th of the current month so that Prime coverage will be effective on the first day of the following month.

For new enrollments, if TriWest Healthcare Alliance, the TRICARE West Region contractor, receives a new Prime enrollment application on or before the 20th day of



Graphic courtesy of TriWest Healthcare Alliance

TRICARE's "20th of the month rule" is designed to prevent a service member's TRICARE Prime health care coverage from being interrupted.

the month, the service member and family will be enrolled in Prime effective the first day of the following month. But if the enrollment form and fee are received after the 20th of the month, Prime enrollment will not be effective until the first day of the second month after application is received.

For example, if the application and fee are received by TriWest on or before Feb. 20, the service member's Prime enrollment will have an effective date of March 1. If the application is received on Feb. 21 or later, that enrollment will not begin until April 1.

If an active duty service member's date of retirement falls on the first of the month (as it does for most), and he or she chooses to re-enroll in Prime and returns the completed enrollment form and fee to TriWest on or before the 20th of the month preceding the retirement date, Prime coverage will begin on the first. This will help ensure continuous, no-lapse coverage for the retiree and his or her family.

If the retirement date does not fall on the first of the month, the Prime enrollment application and fee must be submitted within 30 days before the beneficiary's retirement date. That way, the

effective enrollment date will be the retirement date and there will be no break in coverage.

Retiring service members must update DEERS records.

Before re-enrolling in TRICARE Prime, soon-to- retire service members also must update their records in the Defense Enrollment Eligibility Reporting System (DEERS) to reflect the change in status and any planned change of address or other information. Status changes reflecting retirement must be done in person, by visiting the military personnel office or ID-card-issuing facility, so that new ID cards can be issued. Address changes can be made:

- Online at <http://www.tricare.osd.mil/DEERS/default.cfm> or directly to the DMDC Web site at <https://www.dmdc.osd.mil/ap/pj/address/index.jsp>.
- By fax at 1-831-655-8317.
- By mail at:

Defense Manpower Data Center Support Office
ATTN: COA
400 Gigling Road
Seaside, CA 93955-6771

For more TRICARE program information, visit www.tricare.osd.mil or www.triwest.com or call 1-888-TRIWEST (1-888-874-9378).

Motorcycle Safety Day set for Feb. 11

Bill Maxwell

Navy Region Hawai'i Safety Office

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 and dealer displays as well as participation by local clubs and rider groups.

The purpose of the event is to promote motorcycle safety by introducing riders and potential riders to safety resources such as training sites, protective gear, and mentoring clubs and affiliations.

The focus of the event is to broaden motorcycle rider and general public knowledge of motorcycle safety through the use of outdoor displays under the awnings outside the NEX Mall and a motorcycle skill area set up in a remote portion of the NEX parking lot.

Motorcycle safety program representatives from Navy, Army, Marines and Coast Guard programs will be available to provide infor-

mation 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.

Riders will be given feedback on their strengths and weak areas needing attention. Those desiring to enroll in a safety course will be scheduled through their respective service safety program.

Representatives from a state motorcycle rights organization will offer insights on current laws and lobbying efforts. Motorcycle rider clubs affiliated with military riders will be available to provide an outlet for mentoring and safe riding opportunities.

Area motorcycle dealerships will be on hand displaying a range of helmets, protective clothing, high visibility vests and jackets, durable gloves and rain gear available at their stores. Sales will not be conducted on site. Dealers will also have the option to display new motorcycles on site.

For more information about the motorcycle safety event, call 474-3447, ext. 246 or 233.

Maintain healthy weight with good nutrition

Norma Suarez

Tripler Army Medical Center Public Health Nursing

Healthy Weight Week is an annual, national observance that focuses on the importance of maintaining a healthy weight. This is especially important at a time when more Americans are overweight than ever before.

According to the U.S. Surgeon General's "Call to Action to Prevent and Decrease Overweight and Obesity," approximately 300,000 adult deaths in the United States each year are associated with overweight and obesity and are attributed to unhealthy dietary habits and physical inactivity or sedentary behavior.

A healthy weight is different for everyone and is based on factors such as genes, food intake and level of physical activity. Therefore, having one ideal weight that is suitable for everyone is not possible. Healthy weight is more than just weight loss. It includes a

healthy lifestyle, such as good eating habits, good nutrition and daily physical activity. Good eating habits and nutrition implies eating three meals and one or two snacks a day, at regular times and in moderation. It also means choosing a variety of foods.

The National Institute of Health defines overweight and obese adults using a body mass index (BMI). An overweight adult is defined as one with a BMI between 25 and 29.9, while an obese adult has a BMI of 30 or higher. The risk of death, although modest until a BMI of 30 is reached, increases with an increasing BMI. Obese adults have a 50 to 100 percent increased risk of premature death compared to adults with a BMI of 20 to 25. But even weight in excess of 10 to 20 pounds for a person of average height increases the risk of death, particularly among adults aged 30 to 64 years.

Efforts to maintain a healthy weight begin with our children. Parents have an important role to play,

because they are usually the main source of information. More importantly, they are the key role models when it comes to shaping children's eating habits. Children learn from their parents what, when and how much to eat. For both children and adults, it is important to learn when your body tells you when you are hungry, full or have overeaten.

Being at a healthy weight and eating healthy can enhance feelings of well-being and provide the needed energy to lead a fulfilling life.

Adults who wish to change their behavior, attitudes and lifestyle patterns in order to reach a healthy weight should begin by getting reliable information on nutrition and physical fitness. Tripler Army Medical Center offers the LE3AN Healthy Lifestyle program and a number of nutrition classes.

For more information on healthy weight, call Tripler Army Medical Center's public health nursing department at 433-6834 or contact your primary care provider.

Naval Academy staff to host seminars in Hawai'i

U.S. Naval Academy Admissions

Representatives from the admissions office of the U.S. Naval Academy will be in Hawai'i in late January and early February to host a series of conferences and seminars.

The seminars will be led by Don Nelson, the deputy director of admissions for the U.S. Naval Academy, and several of his staff and will provide information 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.

In addition to learning about the Naval Academy, there will be junior officers on hand from both the Navy and the Marine Corps to talk about their career communities:



Navy/Marine Corps Air, surface warfare, submarines and other special fields.

Historically, Hawai'i (and the Western Pacific) have sent between 10 and 21 appointees to the Naval Academy and its prep school every year. There are currently 54 Midshipmen and Midshipmen candidates (prep school) from Hawai'i and the Western Pacific representing pub-

lic and private high schools from Hawai'i, Guam, American Samoa, the Marianas, the Marshall Islands and former enlisted Marines and Sailors originally stationed in Hawai'i.

A presentation on the admissions process will also 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 about the seminars or the U.S. Naval Academy, contact Capt. Alma Grocki at alma.grocki@navy.mil or 781-1339 (cell).

STORY IDEAS?

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

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

Hawai'i Navy News

Skylark Central

Who said...?

Cryptogram

The cryptogram is a puzzle where each number stands for a letter. For example, the letter "K" is represented by the number "10." Unscramble the phrase to reveal the famous quote.

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
										10	2	20													

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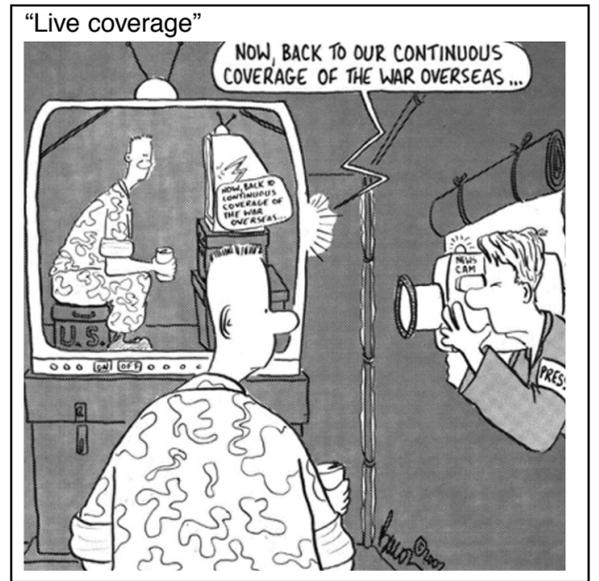
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Answers to last week's crossword puzzle

Know your Navy

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

Last week's question...

When questioned under article V of the Code of Conduct, what is the only information you are allowed to give?

Answer - Name, rank, service number and date of birth

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

TODAY
7:00 p.m. Rent (R)
SATURDAY
2:30 p.m. The Chronicles of Narnia (PG)
5:00 p.m. Just Friends (PG 13)
7:00 p.m. Walk The Line (PG 13)
SUNDAY
2:30 p.m. Yours, Mine and Ours (PG)
4:30 p.m. Aeon Flux (PG 13)
6:45 p.m. Syriana (R)
THURSDAY
7:00 p.m. Just Friends (PG 13)

Memorial Theater
Hickam Air Force Base
(449-2239)

TODAY
7:00 p.m. In the Mix (PG 13)
SATURDAY
7:00 p.m. In the Mix (PG 13)
SUNDAY
7:00 p.m. Ice Harvest (R)
WEDNESDAY
7:00 p.m. Ice Harvest (R)
THURSDAY
7:00 p.m. Syriana (R)

Sgt. Smith Theater
Schofield Barracks
(624-2585)

TODAY
7:00 p.m. Saw II (R)
SATURDAY
7:00 p.m. Just Friends (PG 13)
SUNDAY
7:00 p.m. Aeon Flux (PG 13)
WEDNESDAY
7:00 p.m. Saw II (R)
THURSDAY
7:00 p.m. Just Friends (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

- **Jan. 28:** Learn to surf, 9:30 a.m., \$15. Register by **Jan. 25**.
- **Jan. 29:** Rock climbing, 8:30 a.m., \$55. Register by **Jan. 25**.
- **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.

LITTLE LEAGUE BASEBALL

Registration for Little League baseball began Jan. 3 and continues **through Jan. 27**. Registration is open to children whose birthdays are April 30, 2001 and older. The cost is \$60 (T-ball and coach pitch, minors) and \$80 (majors and juniors) and includes a uniform and a trophy. Those who wish to register 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.

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.

INSTANT LIBERTY NOW OPEN

Club Pearl is home to Instant Liberty, the newest Single Sailor Center which is now open at Naval Station Pearl Harbor. The facility offers free Internet access, the latest video games on 12 plasma screens, movies, foosball, darts and many other activities for single Sailors. The center is open to active duty only. Instant Liberty is open from 4 p.m.-1 a.m. Monday through Friday and from noon to 1 a.m. on Saturday and Sunday. For more information, call 473-4279.

SWIM AROUND THE ISLAND

All Navy MWR pools are offering a distance "Swim Around the Island Contest." Participants can earn prizes as their yardage adds up when they move from town to town around Oahu. Sign up now; it's free. The contest is ongoing. For more information, visit any MWR pool.

ALPINE TOWER

The Alpine Tower Challenge Course Facility at Barbers Point near the fitness center is open and ready to train your command to become the best team it can be.

The principles of the leadership, education and development (LEAD) program are applied to facilitate the program areas of this team-building challenge course. All military commands are invited to experience the LEAD program on the Alpine Tower. For more information, call the Outdoor Adventure Center (OAC) at 473-1198 or visit greatlifehawaii.com to reserve a day for your team.

DIVING CLASSES

Ocean Concepts offers scuba equipment rentals, repairs, air fills and classes. Boat dives are available daily. The hours of operation are: 8 a.m.-7 p.m. Monday-Friday, 8 a.m.-5 p.m. Saturday, Sundays and holidays. Upcoming classes include: PADI Open Water Diver Course (one-week program), PADI Advanced Open Water Course (weekend program), PADI Rescue Diver Course, Emergency First Responder (EFR) and PADI/DAN Oxygen Provider Course (one-week program) and PADI Dive Master. Pearl Harbor pick-up and drop off are available. For more information, call 422-5990.



- **Today:** How to use The Bus, 7 p.m., free.
- **Jan. 21:** Beach exploration and snorkeling, leave LIP at 10 a.m., \$10.
- **Jan. 22:** Surfing lessons and lunch, leave LIP at 10 a.m., \$7.
- **Jan. 23:** WWE wrestling, free food, 6:30 p.m., free.
- **Jan. 25:** "There's Something Going on at Beeman," activities and games, 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.

Pouhala Marsh work days have been scheduled for **Jan. 21, 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 adelina.lopez@navy.mil.

Celebrate the **Chinese New Year**, the Year of the Dog, at the Navy Exchange (NEX) Mall at Pearl Harbor. Join Monique Hwang and learn the art of Chinese calligraphy from 11 a.m.-1 p.m. **Jan. 21**. Lion dancing will be performed beginning at 10 a.m. **Jan. 22**.

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>.

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.

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 learning 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.

Navy Lodge Ford Island offers 150 affordable, comfortable, air-conditioned suites and rooms. Amenities include a swimming pool, a large meeting room, mini mart and a landscaped courtyard. Each room features satellite TV, DVD/CD player, direct-dial telephone service and a kitchenette, complete with microwave and utensils. To make reservations or for more information, call 440-2290.

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 or visit www.gouou.edu.

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.



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.

Ice Harvest: In icebound Kansas, it's Christmas Eve, and this year Charlie Arglist just might have something to celebrate. Charlie, an attorney for the sleazy businesses of Wichita, has just successfully embezzled \$2 million from crime boss Bill Guerrard.

In the Mix: When an African-American 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, womanizing and successful music executive. Circumstances bring him back to his home town and fate reconnects him with the "just friends" girl of his dreams.

Rent: See review

Saw II: After discovering the aftermath of a gruesome murder, Mason a police detective is convinced that Jigsaw is up to his ugly tricks again.

Syriana: Robert, a 21-year veteran of the CIA, spent his entire career investigating terrorists around the globe. As the dangers of terrorism increased, he watched as the CIA's funding was cut, politics overtook judgment, and warning signs were ignored.

Walk the Line: Walk the Line explores the early years of the music legend. As his music changed the world, Johnny Cash's own world was rocked by the woman who became the love of his life: June Carter.

Yours, Mine and Ours: A widow and widower fall in love and get married, but the resulting combined 18 children make for a hair-raising situation under one roof.

JO3 Ryan C. McGinley

Rent

"Rent" the musical, about a group of people living in the East Village of New York City dealing with poverty, sexuality, life and AIDS, debuted almost 10 years ago to rave reviews. Back then, the subject matter had more immediacy and originality, which garnered the play awards and emotional relevance. Today though, as the film version is brought to the screen, the themes hold a stale stench of what used to be, thereby alienating a new generation who found more emotional connectivity in the brutally honest film, "Kids."

The film version is not bad, nor does it compromise the objectives of the musical. What is simply taking place is director Chris Columbus bringing an outdated story to the screen, which holds little bearing on a 21st century world. Many films have been made since, which more accurately portray the effects of deprivation, homosexuality and, more importantly, AIDS.

The film takes place in 1989 and it feels like that when watching it. The audience discredits every supposedly powerful emotion or moment because it feels more like it's coming from the Brat Pack in "The Breakfast Club," as opposed to those who are experiencing it here and now.

Rosario Dawson joins the original musical cast in what can only be described as supplemental performances. Each does well, though never standing out from the others or the film. It's a collective effort and they do well at portraying the overall meaning as opposed to their individual characters.

But for all the singing, dancing and acting, "Rent" simply isn't enough to interest an audience today. Though powerful 10 years ago, the way it's depicted just doesn't pull an emotional chord among a newer generation who has seen far worse. Columbus would have fared better by updating the 10 years since its release to accommodate an audience that would connect with and appreciate a newer generation story.

OVERALL RATING: 3.5