

Heart Healthy

Pearl Harbor MWR gets active during February's American Heart Month

Amiee Huepenbecker
Quality of Life Marketing

February is American Heart Month and Morale, Welfare and Recreation (MWR) recognizes the importance of maintaining a healthy body and mind. There are a variety of activities that Sailors can participate in to make their hearts healthy ones.

MWR Fitness Centers at Bloch Arena and NCTAMS both teach how to monitor heart rates for effective cardiovascular training. The Heart Rate Monitor Clinic will be held Feb. 11. Two classes will be available at each location, 11 a.m. and noon. The class fee of \$45 is required upon registration and includes a heart rate monitor. There will be a 30-minute cycling workout during the clinic. This provides a hands-on demo to show how to monitor a target heart rate zone. Class size is limited. For more information, call Bloch Arena at 473-0793 or NCTAMS at 653-5542.

Boatswain's Mate 1st Class Geoff McPherson has been using a heart rate monitor for nine years. He said, "It helps me keep in my range to burn fat or do cardio." McPherson's personal trainer, Danny Molina, commented, "Heart rate monitors are compatible with the cardio equipment in the fitness center and are the most efficient way to stay within your target heart rate."

Any low-to-moderate intensity activities are good for the heart. Just 30 minutes a day walking, gardening, dancing or moderate-to-heavy housework provides heart-healthy activity. An even better choice is 30 minutes of any vigorous aerobic activity. Some of these activities include brisk walking, running, swimming, bicycling, in-line skating and jumping rope. Regular physical activity reduces the risk of heart disease, improves blood cholesterol levels, manages high blood pressure and prevents bone loss. Regular activity also keeps weight under control, boosts energy levels, helps manage stress, counters anxiety and depression, and increases muscle strength.

So what can someone do to improve the health of their heart on a regular basis? MWR has a variety of activities to keep you energized.

- Swimming at any of MWR's pools
- Hiking, kayaking or mountain biking with the Outdoor Adventure Center
- Intramural sports
- Kick-boxing, STEP class, pilates or yoga at the fitness centers
- Water aerobics at Scott Pool or Kona Breeze Pool
- Racquet sports at Wentworth Pro Shop
- Bowling at Naval Station Bowling Center
- Golf at Navy-Marine Golf

Six steps to having a healthier heart

1. Avoid tobacco smoke.
2. Monitor high blood pressure.
3. Eat food low in cholesterol and saturated fats.
4. Be physically active.
5. Maintain a healthy weight.
6. Have regular medical exams.

Course

- Paddling at Rainbow Bay Marina

Check out the MWR website for more healthy activities:

www.greatlifehawaii.com

Additionally, MWR will host the 7th Annual Ford Island Bridge 10K Run on April 10. Commands, families, friends and individuals come out for this heart healthy event every year. So get a crew together now or plan to go it solo. Anyone can pick up a registration form at any military fitness center or gym or download the registration form from our Website at www.greatlifehawaii.com.

An astounding 250,000 deaths each year, 12 percent of total deaths, are attributed to a lack of regular physical activity. Surveys show only 27 percent of American adults get enough leisure-time exercise to achieve cardiovascular fitness. Forty-four percent of adults get some exercise, but they don't do it regularly or intensely enough to protect their hearts. Since lack of physical activity is a risk factor for coronary heart disease, these statistics are significant. Additionally, for adults who are not active or less active, studies show they have a 30-50 percent greater risk of developing high blood pressure.

This February, the American Heart Association is encouraging all women to take charge of their health by taking steps to prevent cardiovascular disease, the number one killer in women. Feb. 6 has been designated as "National Wear Red Day for Women." Everyone is encouraged to wear red in support of women who have been touched by heart disease or stroke.

Information compiled from American Heart Association (www.americanheart.org).



Photo by JOSN Ryan C. McGinley
Sheila Britschgi, an Air Force spouse, exercises at Bloch Arena on Tuesday afternoon. The American Heart Association (AMHA) has designated today "National Wear Red Day for Women." The AMHA's Go Red For Women campaign invites women to take charge of their heart health, make it a top priority and live a stronger, longer life. According to the AMHA, heart disease and stroke are the nation's number one and number three killers, respectively, and claim more than 930,000 American lives each year. Throughout February, the AMHA will hold rallies and local events across Oahu. Anyone interested in more information on maintaining a healthy heart or on the local events can visit www.americanheart.org.



Healthy Heart Workout Quiz

Do you know how healthy your heart is? Besides being an important way to get ready to spend healthy heart, what other steps can you take to help your heart? Heart health is important for your overall health and well-being. Take this quiz to see how you're doing.

1. How often do you exercise? (Select one)
a. Daily
b. 3-4 times a week
c. 1-2 times a week
d. Once a week
e. Less than once a week

2. How often do you eat fruits and vegetables? (Select one)
a. Daily
b. 3-4 times a week
c. 1-2 times a week
d. Once a week
e. Less than once a week

3. How often do you eat a diet low in saturated fats and cholesterol? (Select one)
a. Daily
b. 3-4 times a week
c. 1-2 times a week
d. Once a week
e. Less than once a week

4. How often do you drink alcohol? (Select one)
a. Daily
b. 3-4 times a week
c. 1-2 times a week
d. Once a week
e. Less than once a week

5. How often do you smoke? (Select one)
a. Daily
b. 3-4 times a week
c. 1-2 times a week
d. Once a week
e. Less than once a week

6. How often do you have a medical check-up? (Select one)
a. Daily
b. 3-4 times a week
c. 1-2 times a week
d. Once a week
e. Less than once a week

7. How often do you have a heart rate monitor? (Select one)
a. Daily
b. 3-4 times a week
c. 1-2 times a week
d. Once a week
e. Less than once a week

8. How often do you have a heart rate monitor? (Select one)
a. Daily
b. 3-4 times a week
c. 1-2 times a week
d. Once a week
e. Less than once a week

Commentary

Island Flavors

JOI Jim Williams

christopher.j.williams2@navy.mil



Meritage sets the mood for that special dinner

Valentine's Day is here again, so maybe it's time to start searching for that perfect setting to romance your loved one, while enjoying a glass of wine and savoring something tasty.

Keep in mind, however, that Valentine's Day rivals only Mother's Day when it comes to eating out. My advice? Maybe eat in on Valentine's Day and visit Meritage on Restaurant Row on a quieter night, perhaps the night before or after Valentine's Day. Or, what the heck, just go for it and try to get one of their last tables available - because Valentine's Day does only come once a year.

Meritage, which opened in downtown Honolulu at Restaurant Row in 2002, seems a perfect place for romance to me, right down to its name, taken from the wine term referring to wines that have been blended together.

The name is also fitting for a restaurant, which mainly blends traditional French and Italian recipes and presents them in innovative fashions.

The chef and co-owner, Mariano Lalica, is the creative mastermind behind the dishes. Teaming up with manager and co-owner William Cheng, these partners and their staff have done an excellent job at completing a perfect picture with its trendy ambience and contemporary bright colors for your evening's dining experience.

The service is also truly impressive, with friendly servers who are willing to assist you with tough decisions about your meal and who will recommend a stunning cabernet that may, amazingly, be the least expensive wine on the list.

My wife and I have tried Meritage a few times at both lunch and dinner, which offer two completely different atmospheres.

While lunch tends to cater mainly to business folk rushing through their meals (and is only open on weekdays), dinner definitely delivers a more quiet feel that blends the romantic atmosphere of a classic bistro, but in a contemporary setting found more often in downtown Manhattan.

Appetizers are a pleasing way to start your experience - with tempting treats like the seafood martini (\$9), a large martini glass filled with delicate pieces of rock shrimp, lobster, ahi carpaccio and tomatoes



Meritage Restaurant
Restaurant Row
500 Ala Moana Boulevard
Honolulu, Hawai'i 96813
529.8686

splashed in a balsamic vinaigrette and combined with a few greens.

Another classic dish is the crock of French onion soup (\$5), with a layer of melted fontina served over a large, garlicky crouton.

If you're concerned about the effect this might have on your breath (and date), perhaps try my favorite, the Meritage blue crab fondue with asparagus, fontina, romano, goat cheese and herb lavish (\$9). Moving on to the main course...

While Meritage offers an abundance of tasty treats at lunch like the blue crab salad sandwich with sweet peppers and avocado (\$9), the garlic sausage and wild mushroom pizza (\$10), their dinner selections offer an impressive presentation, perfect for impressing your date.

The French-style roasted rack of lamb, topped with a pistachio-herb crust and served with rosemary merlot sauce (\$24), can only be outdone by Italian sautéed

shrimp risotto with fresh asparagus and wild mushrooms (\$19).

Another difficult to find French classic is the bouillabaisse (\$21), fragrant with saffron, and filled with pieces of fresh fish, lobster, prawns, scallops, mussels and clams.

If you're not feeling particularly exotic, the braised balsamic pork spareribs with wild mushrooms, fennel, and asparagus risotto (\$16) blends a touch of Hawai'i with the flavors of Italy.

Speaking of flavors ... Meritage offers a dessert menu worthy to complete the meal, again, blending some excellent, and some unusual, tastes.

The dessert to go with is the soufflé (\$8 - they change flavors nightly), which should be ordered at the beginning of the meal since it takes about half an hour to prepare.

The hazelnut crème brûlée (\$5), passionfruit cheesecake, served with mascarpone cheese and vanilla anglaise sauce (\$5), and tiramisu, with caramelized bananas and cinnamon crème fraîche (\$6), are all excellent choices to accompany your espresso, café latte or cappuccino.

Overall, I find Meritage delivers contemporary romantic dining with top quality food, perfect for those special occasions - both on Valentine's Day and every other day of the year.

TRICARE's OB NAS elimination provides information for choices

TRICARE Public Affairs

With the exception of TRICARE beneficiaries who have had to obtain an obstetric non-availability statement (OB NAS) in the past, most beneficiaries may not have noticed recent news articles or flyers in their local military treatment facility (MTF) about the OB NAS elimination. Most beneficiaries probably think it does not apply to them. The OB NAS elimination, however, potentially affects all female Military Health System family members of child-bearing age. Understanding the OB NAS elimination is crucial for those who wish to make informed decisions about their maternity care.

"The decision to receive maternity care through a military treatment facility or civilian provider is personal. With the OB NAS elimination, TRICARE Standard users will be happy to know that they have more choices for their prenatal care, delivery and post-natal care under TRICARE," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

Because of the new law, TRICARE Standard beneficiaries who have not yet had their first prenatal visit may choose a civilian provider for their care without first seeking permission from their MTF. TRICARE Prime patients will continue to go to the MTF if the services are available there. In most cases, expectant mothers with TRICARE Prime must have their prenatal care and deliver their babies in the MTF.

Because of the elimination of the OB NAS requirement, some TRICARE Prime beneficiaries who currently receive care at their MTF might be wondering if they should disenroll from TRICARE Prime and seek civilian maternity care under TRICARE Standard. In addition, some TRICARE Standard beneficiaries may be undecided about receiving maternity care at their MTF. There are four things these beneficiaries should know.

The Military Health System provides outstanding, family-centered maternity care for all patients. Military treatment facilities have professional health care providers who understand the unique needs of military families, especially in today's climate of increasing deployments. These professionals are experienced in supporting the emotional well-being of the beneficiaries whose loved ones are serving overseas.

Beneficiaries may have difficulty locating an OB provider or one who participates in

"TRICARE users will be happy to know that they have more choices ..."

Dr. William Winkenwerder Jr.
Assistant secretary of defense for health affairs

TRICARE Standard and accepts the TRICARE maximum allowable charge for his or her services. It is best to check for the availability of an OB or other maternity care provider before making the decision to disenroll from Prime. Beneficiaries also should check for the availability of an authorized pediatrician for their infant before disenrolling from Prime.

With TRICARE Standard, medical services other than maternity care are subject to out-of-pocket expenses, including deductibles and co-payments. For example, if a pregnant woman or infant over three days of age suffers an injury or illness, there will be unexpected out-of-pocket expenses which could be considerable.

TRICARE Prime patients may opt to use the TRICARE Prime Point-of-Service option, which allows Prime enrollees to receive non-emergency, TRICARE-covered services from any TRICARE-authorized civilian provider without a referral from their primary care manager or authorization from a health care finder. Using the TRICARE Prime Point-of-Service option is more costly to the enrollee and Point-of-Service charges are not subject to the catastrophic cap, which means beneficiaries could pay thousands of dollars out of pocket in a year. However, with the Point-of-Service option, beneficiaries remain enrolled in Prime.

Health care needs change during pregnancy and no decision about health care, especially at this time, should be rushed. "We encourage our beneficiaries to think about how they can get the best possible personalized, coordinated care during this special time," said Dr. Winkenwerder. Beneficiaries who are uncomfortable making this decision on their own are encouraged to speak with a TRICARE service center representative or a MTF beneficiary counseling and assistance coordinator/health benefits advisor to learn more about their options under the new law. Information about the new law also is posted on the TRICARE Web site at www.tricare.osd.mil.

Glaucoma can 'blind-side' your eye health

JOSN Erica Mater

National Naval Medical Center Public Affairs

Glaucoma is an eye disease that can gradually impair your vision without warning and, often, without symptoms.

The National Naval Medical Center's glaucoma specialist, Capt. Matthew Nutaitis, said it is important for military health care beneficiaries to have eye exams to help detect glaucoma early. With early detection, glaucoma can be treated, hopefully preserving the vision of our military retirees.

"Although the disease cannot be reversed, there are medications and treatments that slow the disease and stabilize vision," said Nutaitis, who is one of only two glaucoma specialists in the Navy.

According to the Glaucoma Research Foundation, more than three million Americans have glaucoma, but only half of those know they have it. Glaucoma is also the leading cause of preventable blindness.

Symptoms of glaucoma include loss of peripheral vision. Seeing rings or halos around light, difficulty adjusting eyes to



Photo by JOI Jim Williams

Lt. Frederick Satkowiak examines a patient for glaucoma at Medical Clinic Pearl Harbor, branch medical clinic Makalapa.

the dark, and headaches or eye pain are symptoms of narrow-angle glaucoma. However, these are late symptoms and do not usually develop until the later stages of the disease.

Nutaitis says open-angle glaucoma develops gradually and painlessly. By the time you start having visual symptoms, serious damage may already be present.

There are certain groups that are at higher risk for the disease. African-Americans, people over 60, and those who have sustained serious eye injury are at a higher risk for glaucoma. Also, those who have a family history of glaucoma are also at a higher risk for developing the disease.

Glaucoma can be treated and slowed, but it is not preventable, which is why Nutaitis says it is critical to get a yearly eye exam for those at risk.

At the hospital, active-duty members are screened yearly at the ophthalmology clinic. Retirees can also be seen at the clinic on a "space-available" basis or at outlying clinics in the area.

"We really want to educate people about glaucoma," said Nutaitis. "They sometimes call it a silent threat because it sneaks up on people. But if you get regular screenings, you will be able to see it coming and, more importantly, you'll still be able to see."

For more information about glaucoma, visit the Glaucoma Research Foundation Web site at www.glaucoma.org, or visit the Glaucoma Foundation Web site at www.glaucoma-foundation.org.

Healthy Heart Workout Quiz Answer Key

MWR

Movie Call

Sharkey Theater, Pearl Harbor
(473-0726)

FRIDAY
7:00 p.m. Something's Gotta Give (PG 13)
SATURDAY
2:30 p.m. Peter Pan (PG)
4:45 p.m. Honey (PG 13)
6:45 p.m. The Last Samurai (R)
SUNDAY
2:30 p.m. Peter Pan (PG)
4:45 p.m. The Lord of the Rings: Return of the King (PG 13)
THURSDAY
7:00 p.m. Love Don't Cost a Thing (PG 13)

\$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. Cheaper by the Dozen (PG)
SATURDAY
2:00 p.m. Peter Pan (PG)
SUNDAY
7:00 p.m. Cheaper by the Dozen (PG)
WEDNESDAY
7:00 p.m. Cheaper by the Dozen (PG)
THURSDAY
7:00 p.m. Peter Pan (PG)

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. Paycheck (PG 13)
SATURDAY
7:00 p.m. Something's Gotta Give (PG 13)
SUNDAY
7:00 p.m. Something's Gotta Give (PG 13)
WEDNESDAY
7:00 p.m. Mona Lisa Smile (PG 13)
THURSDAY
7:00 p.m. Mona Lisa Smile (PG 13)

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



Cheaper by the Dozen: When a football coach is offered the top job at Northwestern University, he sets out for Chicago with his wife and their 12 children.

Honey: Honey Daniels is an up-and-coming choreographer who finds her career in jeopardy after she refuses to reciprocate the sexual advances of a music-industry bigwig. Determined to pick herself back up, Honey goes back to the inner-city of her youth with plans of starting a dance school.

The Last Samurai: Tom Cruise plays a 19th-century American military officer who travels to Japan to help organize and teach the emperor's troops during a time of feudal conflict on the island. As he learns more about the samurai, the traditional protectors of feudal lands, he comes to understand and appreciate the complicated system of honor and under which they live.

Lord of the Rings: Return of the King: Hobbits Frodo and Sam push farther into the land of Mordor to destroy the ring of power. Traveling with them, in an uneasy alliance, is the deceitful Gollum, who brings them to the very heart of Mount Doom.

Love Don't Cost a Thing: Alvin stars as a brilliant but awkward teenager who seizes a golden opportunity when popular cheerleader Paris wrecks her parents' car and is strapped for cash. Alvin pays Paris to pretend to be his girlfriend with hopes of elevating his social standing.

Mona Lisa Smile: 1953 America was a time ripe for change for women and when Katherine arrives to teach art history at Wellesley College, she finds the institution drowning in outdated morals.

Paycheck: Michael has his memory erased by his employer as a security precaution once he's completed special projects. After finishing his latest, he receives not his usual lucrative paycheck, but an envelope containing 19 items, including ticket stubs, bus tokens, and other reminders he sent himself before the procedure.

Peter Pan: One night in their nursery, young London siblings Wendy, John, and Michael Darling encounter a strange flying boy named Peter Pan, who invites them to soar with him to Neverland.

Something's Gotta Give: Harry has his world turned upside-down when he has a heart attack while visiting his girlfriend's home and is left in the care of her mother.

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.

NAVSTA BOWLING CENTER SNACK BAR CLOSED FOR RENOVATIONS

The NAVSTA Bowling Center snack bar will be closed for approximately 30 days for renovations. In the meantime, patrons can visit the lunch wagon in front of the bowling center. Throughout the renovations, the bowling center will remain open its regular hours. For more information, call 473-2651.

LOVE TENNIS?

Registration is ongoing now for the winter team tennis league. Games will begin Feb. 11. All levels of players are welcome. Participants can enter their own team or MWR will help you find a team. There are 16 players maximum per team. The cost is \$5 per participant. For more information or to register, call 473-0610.

SKATEBOARD CAMP

A skateboard camp will be offered at Boards & Blades skate shop Feb. 9, 11 and 13. All ages and skill levels are welcome at the camp where instructors will show you how to take your skating to the next level. The cost is \$25 per person and includes all required skate gear and a T-shirt. For more information, call 473-3295.

ADULT SAILING CLINICS

Join MWR at Rainbow Bay Marina every Sunday for adult sailing clinics. Attendees can learn some tricks and tips or just come to play. The clinics are from 9 a.m. to noon every Sunday and are \$10 per clinic. The schedule is: Club 420, Feb. 8 For more information, call 473-0279.

FRIDAY THE 13TH HOCKEY ALL-NIGHTER

Enter the "bloody elimination tournament" at the Friday the 13th hockey all-nighter at Boards & Blades skate park. Players of all levels are invited to the event from 8 p.m. to midnight. The cost is \$10 per player and includes gear and instruction. Register by Feb. 10. For more information, call 473-3295.

WIN A DREAM DATE FOR TWO

Do you remember your most memorable first date? If you do, Navy Hawaii MWR wants details. Enter the Dream Date Contest to create some more memories. The dream date grand prize: One night complimentary accommodations at the Miramar at Waikiki,

including ocean view accommodations for two adults and a breakfast buffet for two adults. The second prize: Two tickets to the Paradise Cove luau, which includes the cash bar, buffet dinner and the Polynesian revue. The third prize: Two complimentary cocktail seating tickets to Blue Hawaii the Show at the Waikiki Beachcomber Hotel. To enter the contest, submit a letter (300 words or less) recounting your most memorable first date. Entries must be faxed to 474-5726 or emailed to Christa.Thomas@navy.mil no later than Feb. 11. There are no criteria or categories for the submission, except that it is true to the best of your recollection. Submissions will not be made public and winners will be notified and announced at the Feb. 14 screening of "Fifty First Dates" at Sharkey Theater. You need not be present at the screening to win. For more information on this event, call 473-2651 or visit the MWR website at www.greatlifehawaii.com.

MONGOLIAN BARBECUE AT THE BANYANS
Mongolian barbecue will be offered at The Banyans from 5-8:30 p.m. Feb. 13. Stroll a raw buffet; fill your bowl with veggies, sauces and seasonings; queue-up at a central grill to select your meats and seafoods; and pass the creation to the cooks for a stir-fried treat. For reservations, call 473-1815.

NORTH SHORE SHARK ADVENTURE

Check out the Galapagos and sandbar sharks three miles out from Haleiwa Harbor. Get up close and personal in the shark cage or observe these creatures from the boat. The cost is \$75 per person for the cage experience and \$40 per person for observers. Prices are good through February. For more information, call the nearest IIT office: Pearl Harbor, 473-0792; NEX, 422-2757; NCTAMS, 653-5534, or Barbers Point, 682-2019.

VOLLEYBALL ON FREE-DAY FRIDAY

Free day Fridays are held from 6:30-10 p.m. every Friday at the sand volleyball courts at Wentworth Pro Shop. Teams are doubles and fours. All players are welcome to participate. For more information, call 473-0610.

LIFEGUARD CLASSES

Lifeguard training classes will be held at Richardson Pool now until Feb. 12. For more information or to register, call Towers Pool at 471-9723.

INLINE SKATING LESSONS

Inline skating lessons are offered from 4-5 p.m. every Tuesday and Thursday at Boards & Blades Skate Park. The cost is \$5 and includes all required equipment. For more information or to register for lessons,

call the skate shop at 473-3295.

CALLING ALL KINGPINS

Check out the bowling events at Naval Station Bowling Center. Regularly held activities include:

- Active duty patrons bowl free from 11 a.m.-1 p.m. every Monday.
- Kids bowl free (one per paying adult) starting from 6 to 10 p.m. every Monday evening.
- Pick-a-price Tuesdays are from 10:30 a.m.-3 p.m. Bowlers can try their luck and pick the price for games from 50 cents to \$1.50. For more information, call 473-2651.

COACHES NEEDED - BASKETBALL AND BASEBALL

Boys & Girls Clubs of Navy Hawaii is looking for volunteer coaches. There are several children who are interested in participating, but there are not enough volunteer coaches. No experience is necessary. If you have a few hours to spare, call 474-3501.

GET YOUR HEAD UNDER THE HOOD

Go to any Navy Region Auto Skills Center (Pearl Harbor, West Loch or NCTAMS) for expert guidance on engine tune-ups, oil changes, etc., from the highly-trained staff. Auto repair hobbyists can rent bays or lifts and borrow from an extensive line of tools and equipment. Computer diagnostics are available for most vehicles. For more information, call 471-9072.

FREE SAILING LESSONS

Single and unaccompanied Sailors can learn to sail for free from 1-5 p.m. every Saturday and Sunday at Rainbow Bay Marina. To reserve your spot, call the marina at 473-0279.

GET AWAY AT THE BEACH

Rent a Barbers Point beach cottage for a relaxing mini-vacation. The cottages feature one, two or three bedrooms, are fully furnished and have all the amenities needed for a comfortable stay away from home. Cottage reservations are accepted at the IIT office at The Mall at Pearl Harbor. Advance reservation categories apply, so plan accordingly. For more information, call Information, Tickets and Tours at 422-2757.

MILITARY COMMAND FITNESS PROGRAMS

For some variety in the PT routine, try water sports at the Rainbow Bay Marina. The exercise routine includes 1.5-mile race course, lap swimming, kayaking, canoeing, sail boating and concludes with perhaps a picnic at a party patio. All water activities are supervised by the MWR staff. To schedule a date for your command, call 473-0284.

Community Calendar

Here's a look at off-duty events happening on Oahu's military bases for service members and their families.

To get your activity or event featured in the Community Calendar, e-mail your requests to the editor at hnn@honoluluadvertiser.com or fax submissions to Hawaii's Navy News at 473-2876.

Deadline for submissions is Thursday for the following week's issue. Items will run for four consecutive weeks on a space available basis (see footnote numbers after each event). After four weeks, they should be updated and resubmitted to HNN.

MISCELLANEOUS

BLOOD DRIVES

- Feb 10: 9 a.m.-noon, 3rd BDE, D Quad, Schofield Barracks.
 - Feb. 13: 9 a.m.-noon, COMSUBPAC, Squadron 1.
 - Feb. 19: 9 a.m.-noon, , COMPACFLT, Pearl Harbor.
 - Feb. 20: 9 a.m.-noon, COMSUBPAC, Squadron 1.
 - Feb. 26: 9 a.m.-noon, Hickam Community Center, Hickam AFB.
- For more information, call 433-6148.

BLACK HISTORY MONTH LUNCHEON

The African-American Heritage Association will host a Black History Month Luncheon at 11:30 a.m. Feb. 20 at the Hickam Officer Club lanai. The guest speaker will be Col. Dartanian "Doc" Warr, AFMC inspector general. Tickets are \$10 for club members/\$12 for non-club members. For more information, call Master Sgt. Jamison at 448-4358. (1)

HEROES' PASS AT MIGHTY MO

The USS Missouri Memorial Association, caretaker of the Battleship Missouri, is offering the Heroes' Pass, allowing Hawaii residents to give friends and family a free pass to

America's last and greatest battleship. Exclusively for kamaaina, the \$15 pass provides unlimited admission to the Battleship Missouri Memorial for the pass holder for one year, plus numerous additional savings such as:

- \$10 off the memorial's explorer's or captain's tours.
 - One free chief's guided tour when purchasing one at the regular price of \$6.
 - 10 percent off retail purchases from the ship's gift store.
- Heroes' Passes are available for purchase at the Battleship Missouri Memorial. Admission for kamaaina is usually \$10 per adult. For additional information, call 454-1434 on Oahu, toll free at 1-877-MIGHTYMO, or visit www.usmissouri.org. (1)

FATHER DAUGHTER DANCE

The Armed Services YMCA is holding the Fifth Annual Father Daughter Dance March 13, proudly sponsored by the Armed Services YMCA. It will be held at the Marine Corps Base Hawaii Officer Club 5 - 10 p.m. Included is a buffet dinner, door prizes, and entertainment. Ticket prices: \$7 for girls 4 and under, \$14 for girls 5-11, \$16 for girls 12 and older and fathers. The father daughter dance is open to all ranks. For tickets and more information call 254-4719. (1)

SHIP/SUBMARINE OHANA

USS PORT ROYAL OHANA
The USS Port Royal Ohana will meet at 2:30 p.m. Feb. 8 in the Moanalua Terrace Community Center. The event is a potluck lunch. The ohana will provide hot dogs, chips and drinks. Those attending should bring a side dish or dessert to share. The Fleet and Family Support Center will give a puppet show for the children beginning at 3 p.m. Following the puppet show, homecoming activities will be discussed. RSVP to Kristy at

portroyalohana@hotmail.com or call the care line at 591-7673. (1)

USS LAKE ERIE OHANA

The USS Lake Erie Ohana (family support group) will meet at 5:30 p.m. Feb. 10 at the Pearl Harbor Chapel. Refreshments will be available. A discussion of ideas for the upcoming year will begin at 6 p.m. Childcare will be available. For more information, call Chris at 689-0980. (2)

NEX

NAVY LODGE HAWAII NOW OPEN

Hawaii's first Navy Lodge is now open and accepting reservations. Navy Lodge Hawaii, located on Ford Island, offers spacious rooms with amenities that include fully-equipped kitchen, satellite television with DVD, daily maid service and laundry facilities. For reservations, call 1-800-Navy-Inn. (2)

I LOVE COUNTRY CAFÉ AT THE MALL

I Love Country Café, the newest food court restaurant at The Mall at Pearl Harbor, is now open. The restaurant is open at 7 a.m. and offers a wide menu selection for breakfast, lunch and dinner. (2)

VALENTINE'S DAY FLOWER ORDERS

The NEX Flower Shop offers specials on roses, but all orders must be placed by Feb. 7 to meet the deadline for Valentine's Day. Orders can be picked up at the NEX Flowers headquarters by The Mall gas lanes, or delivery is available for select areas. Teleflora Wire Service is available worldwide. For more information, call 421-3419. (2)

ARMED SERVICES YMCA

ALIAMANU LOCATION:
The Aliamanu (AMR) branch of the

PLACE TO PARTY

Having a party too big for your home? Rent a neighborhood community center. The centers offer facilities that provide all of the amenities needed to host a birthday party, wedding or perhaps a promotion reception. Navy family housing residents are eligible to reserve the community center in their housing areas up to six months in advance. For more information, call Community Central at 471-8658.



Sundays: Movie and popcorn, 7:30 p.m.

Mondays: NFL football and pupus, 6:30 p.m., free.

Tuesdays: 8-Tournament, 7 p.m., free.

Wednesdays: Ping Pong Tournament, 6 p.m., free.

Thursdays: Movie and popcorn, 7:30 p.m.

Liberty in Paradise (LIP) activities are geared toward single and unaccompanied service members. Payment should be made at least three days prior to the event. All activities depart from LIP. To sign-up or for more information, call 473-4279.

LIBERTY AT BEEMAN CENTER

Sundays: NFL football, 5 p.m.; movie and popcorn, 7:30 p.m.

Mondays: NFL football live satellite broadcast, 3 p.m.; re-broadcast and free pupus, 6:30 p.m.; 8-Ball Pool Tournament, 7 p.m., \$5 for active duty/\$8 for all other authorized patrons.

Tuesdays: Karaoke with Bill at 7:30 p.m.

Wednesdays: (first and third) Open mic jam, 7 p.m.; (second and fourth) XBOX HALO Tournament, 7 p.m., \$5 for active duty/\$8 for all other authorized patrons.

Thursdays: (first and third) Game Show, 7:30 p.m.; (second and fourth) Movie and popcorn with Trivia Contest at intermission, 7:30 p.m.

Fridays: 9-Ball Pool Tournament, 7:30 p.m., \$10 for active duty/\$15 for all other authorized patrons.

Saturdays: College football on the big screen at 11:30 a.m.; Karaoke with Bill at 8 p.m.

Armed Services YMCA is located at 1875 Aliamanu Drive, Honolulu, Hawaii 96818. The phone number is 833-1185, fax 834-3631, email is ASYM-CAAMR@aol.com. Hours are 8 a.m.-1:30 p.m. Monday through Thursday.

LAMAZE CLASSES

Lamaze classes provide information and instruction on everything you need to know about childbirth. The next class will be held Feb. 26-April 1 and meets from 7-9 p.m. every Thursday for six weeks. Payment and reservations are required by Feb. 19. For more information, call 833-1185. (3)

KEIKI CARE CLASS

Keiki Care classes provide childcare training, first aid and CPR certification for teenagers who would like to be babysitters. Upon successful completion of the course, the student will be placed on the Super Sitters' List. To sign up or for more information, call 833-1185. (3)

WELCOME BABY

All expectant and new moms are invited to attend the Welcome Baby support group which meets twice a month. Children are welcome to attend. For more information or to reserve a spot, call Terri or Susan at 363-1897. (3)

CHILDREN'S WAITING ROOM

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. (4)

Player appearances and events today are:

10 a.m. - Aloha Stadium NFC practice; admission free, enter through gate 4.

11 a.m. to 1 p.m. - player appearance with naval air squadrons on Marine Corps Base Hawai'i.

11 a.m. to 1 p.m. - player appearance luncheon; Donovan McNabb will eat lunch with military personnel at Sam Snead's.

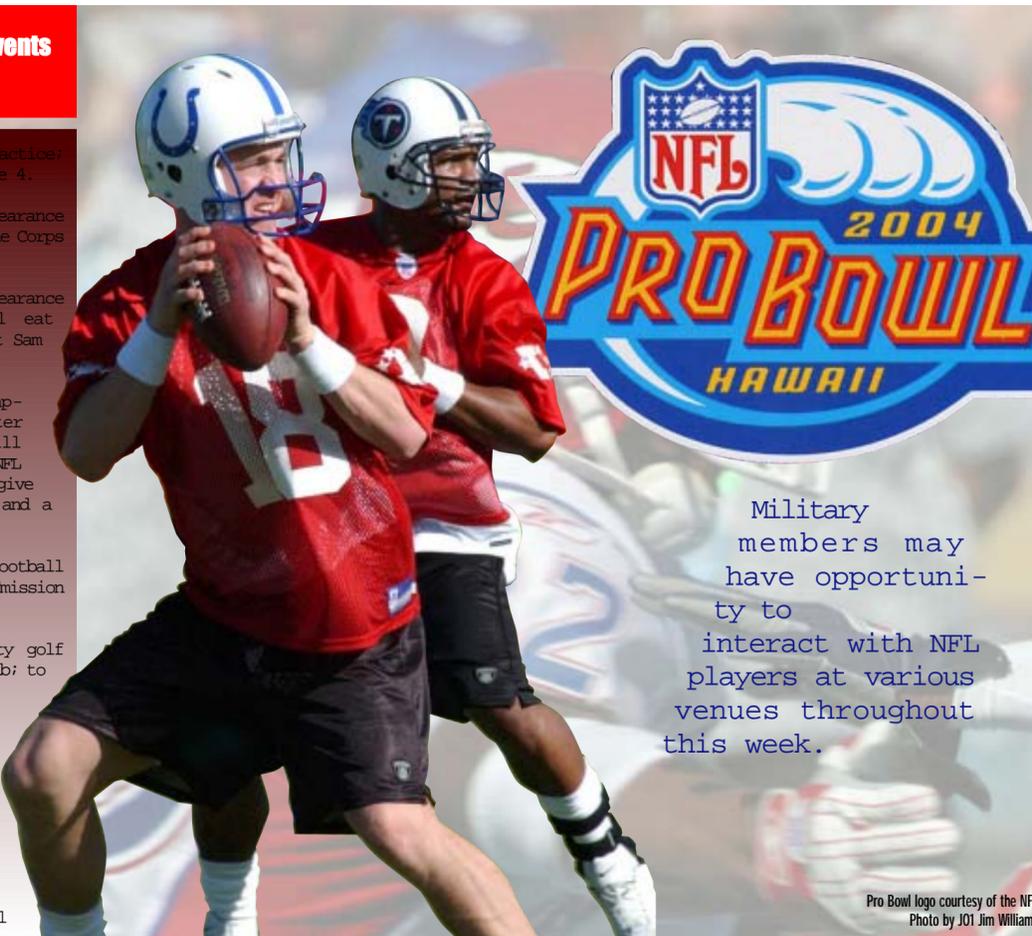
12 p.m. to 2 p.m. - player appearance at Hickam AFB; Peter Boulware and Kynan Forney will visit fitness center to put on NFL strength and exercise demo and give motivational speech on exercise and a healthy lifestyle.

12 p.m. to 6 p.m. - Pro Bowl Football Festival at Kapiolani Park; admission free.

12:30 p.m. - Pro Bowl charity golf tournament at Waialae Country Club; to register, call 201-489-0049.

3 to 5:50 p.m. - NFL Military Challenge; players will compete with military personnel at Kapiolani Park. PACFLT band to perform at Kapiolani bandstand from 4 - 5:30 p.m.. Navy SEAL leap frog jump team to jump in between 3:30 and 4:30 p.m.

7 p.m. to midnight - Pro Bowl



Military members may have opportunity to interact with NFL players at various venues throughout this week.

Pro Bowl logo courtesy of the NFL
Photo by JO1 Jim Williams

Player appearances and events tomorrow are:

7 to 9 a.m. - player appearance at prayer breakfast; Peter Boulware will be one player providing personal testimony. Open to all military personnel and local high schools. Admission is \$5.

9 a.m. Aloha Stadium NFC and AFC practice; admission free, enter through gate 4.

10 a.m. to 6 p.m. - Pro Football Festival and Fan Appreciation Day; admission is free. Event will be held at Kapiolani Park.

6 p.m. - Sunset at the Beach; event will be held at Queen's Beach, Waikiki. Admission is free.

10 p.m. - 25th anniversary concert and party; event will be held at Waikiki Shell.

Player appearances and events on Feb. 8 are as follows:

11:30 a.m. to 2 p.m. - official NFL tailgate party "Surfin' NFL"; event will take place at Richardson Field. Contact Ticketmaster for tickets.

1:45 p.m. - Pre-game festivities at Aloha Stadium.

DeCA scholarships children application deadline Feb. 18

Carrie Williams
DeCA Public Affairs

There's still time to apply for Scholarships for Military Children money. Applications for the \$1,500 scholarships are due at the nearest commissary by close of business Feb. 18. At least one scholarship will be awarded at every commissary location with qualified applicants.

The application can be downloaded through a link on the front page of <http://www.commissaries.com> or downloaded directly from <http://www.militaryscholar.org> and filled out by hand or on the computer. Copies of the application are also available at commissaries worldwide.

Students should put on their thinking caps and give it their best shot when it comes to writing the scholarship essay. "In past years, the essay has been a key factor in deciding among the many outstanding applicants," said Edna Hoogewind, program liaison for Defense Commissary Agency. This year's topic is "What aspect of military life has had the greatest influence on you?"

Applications must be in the store by close of business on Feb. 18 and students who are not hand-delivering applications are advised to use a delivery method that supplies a return receipt.

After March 29, applicants may visit <http://www.militaryscholar.org> and click on the "verification of receipt" section. Scholarship managers will respond to "verification of receipt" e-mails until June 15.

Applicants should check all materials carefully for simple things, such as making sure the application is signed or that it's the 2004 application, not one from previous years.

The scholarship program is open to unmarried children under the age of 21 (23 if enrolled in school) of active duty personnel, Reserve, Guard and retired military. Eligibility will be determined using the Defense Enrollment Eligibility Reporting System (DEERS) database. Applicants should ensure that they, as well as their sponsor, are currently enrolled in the DEERS database and have a current ID card.

The applicant must be planning to attend, or already attending, an accredited college or university full-time in the fall term of 2004, or enrolled in a program of studies designed to transfer directly into a four-year program. Additional instructions can be found on the application or at <http://www.militaryscholar.org>.

Fisher House Foundation, a nonprofit organization best known for building comfort homes near military medical facilities, administers the Scholarships for Military Children program. Fisher House Foundation uses the services of Scholarship Managers, a professional firm that has handled more than 400 programs, to screen applicants and award scholarships. Neither Fisher House nor DeCA are involved in the decision process.

The Scholarships for Military Children program has awarded nearly 1,500 scholarships and nearly \$2 million since the first awards in 2001. Scholarships are funded through the voluntary donations of the various manufacturers, brokers and suppliers that sell products in commissaries.

Pro Bowl signing



Photo by JO1 Jim Williams

YNSA Nelson Chu from USS Columbia (SSN 771) gets Philadelphia Eagle quarterback Donovan McNabb's autograph at the Silver Dolphin Bistro Feb. 3. McNabb is here for the Pro Bowl.

STORY IDEAS?

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

Phone: (808) 473-2888

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