

Local bands rock out

at Club Pearl



U.S. Navy photo by MM3 Greg Bookout

"Vertical Charles" and lead singer Kara Kelai took the stage at the rock festival at Club Pearl on Saturday night. Several bands from Oahu participated in a rock music festival hosted by MWR.

**Story and photos by
MM3 Greg Bookout**
Staff Writer

Several bands from Oahu participated in a rock music festival hosted by Morale, Welfare and Recreation at Club Pearl at Naval Station Pearl Harbor Sept. 25.

The bands that participated featured up and coming local talent. Some included former Sailors and others had current military personnel

playing with them. Cat Rost, who works for MWR Community Central, and her husband Kevin were the driving force behind bringing the festival to Pearl Harbor.

"We had talked several times about doing something like this," said Kevin Rost. "We have a lot of friends in different bands and we really wanted to put this on for the Sailors at Pearl Harbor."

Rost added some Sailors, either new to the area or just without adequate means of transportation off base, would benefit from having the opportunity to attend such an event on base.

"Especially with the new ship, Chung-Hoon, coming in, we have a lot of new Sailors to the area who may not be able to get off base very easily," said Rost. "This kind of thing gives them a good chance to see some of what's out there on the island music-wise."

The bands in attendance included "Eleven," "Vertical Charles," "Amplified," and "Zen Outlaw." Sailors on hand for the event said all of the bands were entertaining, but many of those in attendance said they especially enjoyed the

style and sounds of 'Vertical Charles.'

"All of the bands were alright. None of them were bad at all," said Cryptologic Technician-Administration 3rd Class Crystal Mills of Commander, U.S. Pacific Fleet. "I really liked 'Vertical Charles.' They had really good showmanship. They are really the band I mainly came to see tonight," remarked Mills.

'Vertical Charles' has also been the opening act for the band 'Default' and has played many events for military and civilian venues around the island.

Kara Kelai, lead vocalist for 'Vertical Charles,' commented on her band and the message they are trying to send to their audiences.

"Most of this band comes from a military background in some way or another," said Kelai. "Because of our backgrounds, we really like to try and support the troops. I think any military branch should have this type of venue. This gives people in the military a good chance to experience diversity," she explained.

Dave Fitzpatrick, lead guitarist for 'Vertical Charles,' added his vision of the band's message.

"We want to make sonically diverse music," said Fitzpatrick. "We want to keep the music intensive and make sure our audience has a good time and is into the show."

As in most music, all of the bands performing had a message or special idea their band tried to promote through their musical performance.

Joe Fausett, the lead vocalist for the band 'Zen Outlaw,' said his band is trying to promote a message of fairness and expanding your own personality to better yourself.

"Our band's message is pretty universal to all people, military and civilian alike," said Fausett. "There are other things out there in life besides being, well non-Zen, always allowing yourself to expand your horizons within your own self group. We promote fairness in the world, with a 'not better than you' attitude," he added.

The band, who records from Fausett's Kailua home studio, typically plays in Honolulu and Kailua, but wishes to do further touring to promote their self-titled album.

"Our goals include doing some small touring in Japan and California," said Fausett. "We want to promote our new CD, 'Zen-Outlaw.'"

Ryan 'Ryno' Selzer, drummer for the band 'Amplified,' is a former Sailor and an aviation electronics technician second class, who was stationed in Atsugi, Japan from 1996-2000.

Selzer noted the significance of the Navy hosting such an event in its own facility and on base.

"I think it's important to hold such an event on base because it showcases what we have in town for them [Sailors] to see," said Selzer. "This keeps the Sailors on base and out of trouble. I mean you have this great facility that is cheaper, safer and more convenient. Why not put it to good use?"

Selzer also noted his appreciation for his bands military fan base.

"This band has done a lot," said Selzer. "We have played at Bay Fest. We opened for 'Train,' 'Everclear,' 'War,' 'Fountains of Wayne.' I mean we have played in front of 30,000 people and we have played in front of two. The core of our fan base is military; they have always been there for us in Okinawa, Germany and on the east coast. We gave up a wave show to play on base and try to hook up the Sailors over here," commented Selzer.

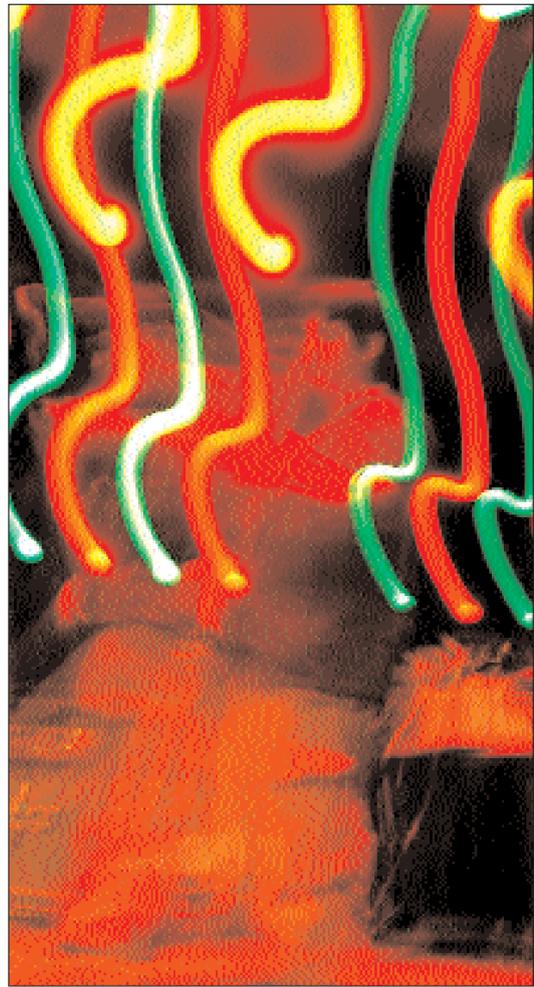
Another band that hit the stage Saturday night, 'Eleven,' is full of military personnel. The band includes one former Navy seabee, one former member of the air force, and lead singer Ben Harn, who is currently on active duty in the Navy.

Lead vocalist of 'Eleven,' Cryptologic Technician-Maintenance 1st Class Ben Harn of Naval Security Group Activity, Kunia, commented on Saturday night's show.

"I think this is great and I would like to see MWR do more of this type of thing," said Harn. "As for the safety issue, this is great. Guys in the barracks have easy access here and having shows like this increases morale," he said.

A Pearl Harbor Sailor also added safety was a key perk to having an on base show.

"This is a great event; I know most of the people in the bands here tonight," said Electronics Technician 2nd Class James Dempsey of the USS Greenville (SSN 772). "This is cheap, no cover



U.S. Navy photo by MM3 Greg Bookout

Sal Saint Germaine of "Vertical Charles" plays at the rock festival held at Club Pearl. The event featured up and coming local talent. Some bands included former Sailors and others had current military personnel playing with them. The bands in attendance included "Eleven," "Vertical Charles," "Amplified," and "Zen Outlaw."

and cheap drinks, and it's a safe atmosphere. There is less chance of having an incident on base as opposed to out in town," he continued.

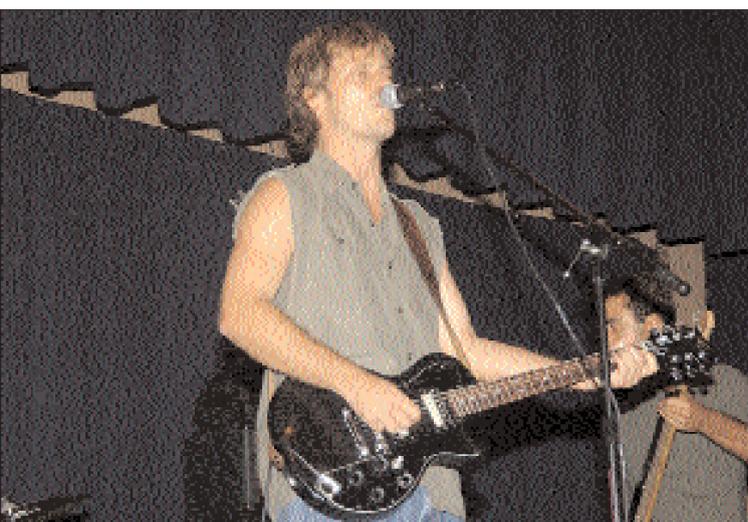
Another Sailor on hand for the show said the show was great, but was unaware the show was even going to take place and just came to the show with a friend.

"The show was pretty good. The bands were pretty good," said Machinist's Mate 2nd Class James Blythe of the Pearl Harbor-based USS Columbia (SSN 771). "I had no idea this was going to happen or even that the club on base hosted this kind of event. I'm glad I got to see it. I just came because my friend was already over here. It turned out to be a good time though."

For more information, contact MWR Community Central at 473-0279.



Clint Scarborough from "Zen Outlaw" plays the guitar at Club Pearl.



U.S. Navy photo by MM3 Greg Bookout

Joe Fausett from "Zen Outlaw" plays the guitar at the rock festival held at Club Pearl. The band, who records from Fausett's Kailua home studio, typically plays in Honolulu and Kailua, but wishes to do further touring to promote their self-titled album.

Commentary

When the sun goes down

JO2 Devin Wright

JOSN Ryan C. McGinley

TJ's Sports Bar & Grill

JOSN Ryan C. McGinley

It's that time of year again, when fans salivate at the overabundance of sports available to watch on television, and wives and girlfriends must relinquish the remote control - tolerating overzealous behavior from men who cheer for their favorite teams.

Professional and college football is now stretching its legs toward the middle of the season, baseball is rounding third base and heading for the playoffs and hockey - well hockey is locked out, but hopefully not for long.

So, for those men who cannot steal the remote from their wives or girlfriends, TJ's Sports Bar and Grill offers a safety zone that will satisfy every supposedly appalling behavior associated with sports.

After adjusting to the smoky haze filling the air, TJ's is a dimly lit, fairly spacious establishment that decorates itself with traditional ornaments associated with a sports bar. Posters of scantily clad women promoting various beers and liquors drape the soothing taupe covered walls, giving patrons something to gawk at during commercials.

With 10 televisions circling TJ's frat house-type atmosphere, fans will not miss one moment of the game. Three big screen televisions are centrally located for viewing, as well as seven sporadic smaller televisions strategically placed to encompass the entire establishment. This way, no one should miss that great touchdown catch or pitcher throwing a chair at a fan.

TJ's also offers a variety of foods that lend themselves beautifully to the atmosphere and are sure to keep the doc-

tor busy with cholesterol levels through the off-season. Burgers, wings, barbecue sandwiches, french fries and cheese sticks make up a portion of the menu while others might prefer the Asian food, which is uncommon for a sports bar, yet not uncommon in this area.

Either way, TJ's offers a full bar to wash down the fattening, yet undeniably delicious food. Patrons can enjoy their favorite beers or alcohol without a wife or spouse counting the number you drink in a battery of disgust and disappointment. Beware though, according to a sign posted on the wall behind the bar, those with BO (or body odor) will not be served.

TJ's also offers fans of University of Hawai'i football a chance to watch the games live: something that has become quite difficult for certain bars to show with growing costs. However, with UH football at 0-2, customers might want something else to occupy their time.

They can take pleasure in three billiards tables, eight dartboards and video games that offer supplemental entertainment when the game becomes just too painful to watch. The video games include the popular Golden Tee golf game and a mini basketball game that will keep friends betting on who's the better shot for hours, something Pete Rose would be proud of.

In short, TJ's Sports Bar and Grill is a welcome haven to obsess about sports. So as you get in your car and leave Lifetime and the Oxygen network to your wife, start the chanting. Baseball, basketball, football oh my! Go Broncos.

The facility is located at 600 Kapiolani Blvd. in downtown Honolulu.

Veterans' Initiative Hawai'i helping America's forgotten

JO2 Devin Wright

Staff Writer

United States Veterans' Initiative, established in 1994, is an organization dedicated to helping homeless veterans gain a higher level of independence by housing, treating substance abuse and mental illness and feeding them. This enables the veterans to look for work.

According to Daryl Vincent, site director of U.S. Veterans' Initiative Hawai'i at Barbers Point, one in three homeless people in Hawai'i are veterans, many of whom suffer from mental illness and or addiction.

"After being in such a structured environment (in the military), some people find it difficult to live on their own," said Vincent. "Some of these vets have special needs like substance abuse and mental health. We facilitate a change for these veterans."

"We don't make the change happen. By creating a structured and therapeutic environment, it helps them get back on their feet," he explained.

Veterans' Initiative holds strict guidelines for its residents in order to help create a more structured atmosphere.

"We have a zero tolerance policy," said Vincent. "We have this policy in place not only to protect the individual, but also to protect the environment."

"If one person starts using, it can quickly spread," Vincent said. "If a veteran dealing with substance abuse relapses, we have alternatives for them."

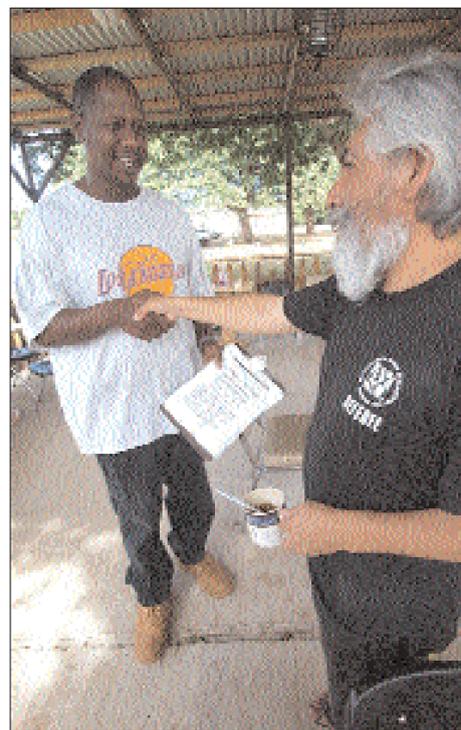
"We send them for treatment and we would take them back when they are ready to make that change," Vincent noted.

Vincent believes helping veterans is not only something that should be done, it has to be done.

"This program is important on many levels," said Vincent. "Not only does it help the homeless population in Hawai'i, but it's honorable to help and serve people who once served our country," he explained.

One success story from U.S. Veterans' Initiative Hawai'i is Marko Johnson.

"I got out of the military and basically went wild," said Johnson. "I was drinking heavily and that turned to other substances. I was in a relationship that I



U.S. Navy photo by JO2 Devin Wright

Marko Johnson (left), a resident of Veterans' Initiative Hawai'i, visits with a new resident of the program Hawai'i. Since its inception a year ago, Veterans' Initiative Hawai'i has helped 250 clients and had an 84 percent success rate in helping homeless veterans find and sustain higher living.

probably should not have been in. I did some jail time. Things were not going well," Johnson explained. "Veterans' Initiative helped me realize I have a problem."

"I've been battling my addiction for 12 years. I'm not cured, but I can put it to rest and things are going well for me," Johnson said.

Since Veterans' Initiative came to Hawai'i a year ago, more than 250 clients have gone through the program with an 85 percent successful sobriety rate and 84 percent have gone on to find a place to live.

DEERS address change is responsibility of enrollees when moving

Tripler Army Medical Center Public Affairs Office

People registered in the Defense Eligibility Enrollment Reporting System, more commonly known as DEERS, are responsible for changing essential information when moving.

DEERS is a computerized data-

base of military sponsors, families and others worldwide who are entitled under the law to TRICARE benefits. DEERS registration is required for TRICARE eligibility.

Enrollees who live part of the year in one location and move to another location the rest of the year must change addresses, phone numbers and email

addresses every time they move. Families who decide to transfer their TRICARE benefit should also change their DEERS information.

For example, a family who plans to return home for six months while the spouse is deployed will need routine healthcare at the "home" location and needs to transfer TRICARE and change DEERS information.

The easiest way to update the DEERS information is to go to www.tricare.osd.mil and click on "DEERS" at the bottom right of the web page. It will take you directly to the address change option in DEERS.

Enrollment forms to transfer TRICARE benefits are also located on the website.

Enrollees may also go to

www.dmdc.osd.mil, click on "DoD Community," then "Personnel Services," then "DEERS Address Update System," and "Personal Information," and fill in the new information.

Enrollees may also call the Defense Manpower Data Center Support Office at 1-800-538-9552, 9 a.m. to 6 p.m., Eastern Time, Wednesdays through Fridays.

Well baby check-ups address health issues, parent concerns

Lacy Lynn
Staff Writer

According to physicians, from birth to age three, babies should visit a doctor's office or clinic about a dozen times for "well baby" check-ups to monitor development and administer immunizations.

Early childhood is a stage of rapid physical, mental and emotional development. Proper care during the first few years of a baby's life can reduce chances of illness and help detect health problems in their early stages.

Although many military babies born in Hawai'i are delivered at Tripler Army Medical Center, Navy parents can make their follow-up visits at Branch Medical Clinic, Makalapa on Naval Station Pearl Harbor as long as it is their primary care clinic.

Well baby visits include a physical examination, which monitors the child's growth and development.

During the exam, height, weight, head circumference, temperature and other vital statistics are compared both to the baby's own development and to development charts of averages.

Charting and assessing development can help identify problems early and provide parents with information to keep children growing and healthy.

"Preventive medicine is better than cure," said Capt. Noeline Khaw, head of pediatricians at Makalapa Clinic and one of the five or six pediatri-

cians available on a typical day at the clinic.

According to Khaw, pediatricians look for stage-specific problems during these exams, including previously undiagnosed congenital conditions, and babies who are not following developmental milestones or whose development suddenly slows or stops.

She added parents should keep their well baby appointment even if their child is sick, because - depending on the severity of the illness - he or she can be treated and still possibly be examined.

Not only are these visits good for children, but they can also ease the concerns of new parents.

Khaw noted these visits are a good time to check with parents, see how they are doing and provide them with information and answers specific to their babies.

Parents can use check-ups as an opportunity to ask any questions they may have about their new babies. Many common questions revolve around everyday information such as feeding, bowel movements and sleeping habits.

"Parents should bring a list of their questions. I really like it when they come with a list because, otherwise they may forget," said Khaw.

Calls and visits to the clinic should be made any time a parent is concerned about a baby's health or development.

Khaw said that parents are always welcome to call back and added all questions and concerns are important, par-

Recommended childhood immunization schedule

4-6 years								
15-18 mos.								
12-18 mos.								
12-15 mos.								
6-23 mos.								
6-18 mos.								
6 mos.								
4 mos.								
2 mos.								
1-4 mos.								
Birth- 2 mos								
	MMR	DTaP	Polio	Hepatitis B	Varicella	PCV7	Hib	Influenza



Vaccine	Prevents
MMR	Measles, mumps, and rubella (German measles)
DTaP	Diphtheria, tetanus, and whooping cough
Polio	Polio
Varicella	Chickenpox
PCV7	Pneumococcal conjugate: infections of the blood, brain, joints, or inner ears
Hib	Infections of the blood, brain, joints, or lungs (pneumonia)
Influenza	Flu and complications
Hepatitis B	Hepatitis B virus (chronic inflammation of the liver, life-long complications)



ticularly for inexperienced parents.

"A lot of our parents are very young. A lot of the mothers are away from their families and they really don't have a lot of family structure here," said Khaw.

Pediatricians can become like family, according to Khaw, offering guidance and support to Sailors and their spouses far from home.

"Very often I call them at home to check on them myself when I'm concerned about certain patients," said Khaw.

Since Navy families are often in transit, Khaw suggests they keep medical records and immunization records with other important paperwork and bring the information along to each of the child's appointments, especially with a new doctor or

clinic.

Well baby check-ups are also the time for children to get immunizations. At some clinics, the shots are given during the exam, but Makalapa clinic offers a separate immunization walk-in clinic for their clients.

"They should always carry their shot records with them and if they have any medical records from another station,

bring them in," encouraged Khaw.

Suggested schedule of check-ups: first 24 hours, two weeks, one month, two months, four months, six months, nine months, one year, 15 months, 18 months, two years and each following year. Parents can make well baby appointments by calling the pediatrics appointment desk at 473-1880, ext. 299.

Missouri state names highway in honor of submarine veterans

Ensign Eric J. Coomes
USS Columbia Public Affairs

A 54-mile stretch of Interstate 70 that passes through the city of Columbia, Missouri has been officially named the 'U.S. Submarine Veterans Memorial Highway.'

Art Randall, director of the central region of U.S. Submarine Veterans, Inc., with the help of

five other Missouri and Kansas submarine veteran organizations, witnessed the successful conclusion of the effort to obtain a section of I-70 that took more than a year-and-a-half to accomplish.

"There were a couple of reasons why we wanted to have the 54-mile strip pass through Columbia," Randall said in an interview with the Columbia-Missourian newspaper. "USS

Columbia, a state-of-the-art nuclear submarine, was one of them."

"We can never repay the men who have served this country in the name of freedom before us," said Fire Control Technician 2nd Class Jeremy Politte, a Columbia crew member and Missouri native. "In my humble opinion, these men completely deserve that stretch of highway and all the respect we can muster."

Homeported at Pearl Harbor, Columbia was christened by now-New York Sen. Hillary Clinton in 1995. The attack submarine is one of the most versatile weapons platforms ever placed in the world's oceans. It is capable of long-range Tomahawk strike operations, anti-submarine and anti-surface operations, surveillance and intelligence gathering, and special forces insertions.

Fire Prevention Week begins this Monday

Karen S. Spangler
Assistant Editor

The best way to fight fire is to prevent fire. "It's Fire Prevention Week: Test Your Smoke Alarms" is the theme for this year's Fire Prevention Week, slated for Oct. 3-9.

The Federal Fire Department (FFD) wants to increase the public's awareness on the dangers of smoke and fire. FFD officials report nearly 70 percent of home fires deaths result from fires in homes with no

smoke alarms or no working smoke alarms. They emphasize smoke alarms are one of the greatest success stories in home fire safety, but only if they are working.

Victor Flint, fire inspector with the Federal Fire Department at Naval Station Pearl Harbor, stressed the importance of the Fire Prevention Week theme.

"Every home should have a working smoke alarm," Flint said. Statistics have shown time and time again that they save lives. With smoke detectors installed in

your home or apartment, you are considered less of a risk and insurance rates – homeowners' or renters' – are reduced. So it pays in both ways to have a working smoke detector. It will save your life and save you money. Working smoke detectors can be purchased just about anywhere and are easy to install," he explained.

According to the National Fire Protection Association (NFPA), which has been the official sponsor of Fire Prevention Week since 1922, a home fire is reported every 81 seconds in the U.S. Having more than one escape route is also critical.

"Make sure you have more than way out of the house. If your primary way out is blocked by heat, smoke or flames, use the secondary way," emphasized Flint. He suggested that parents enlist the help of their children when making a home evacuation plan.

"Ask your children to help you with a home evacuation plan. Doing something proactive with your child and working together can be fun and effective and having such a plan will save valuable time in the event of a fire," recommended Flint. There are important guidelines

that should be followed if a fire should start.

"When your house is burning is not the time or place to stop and use the telephone to call the fire department," Flint cautioned. "Go to a neighbor's house and use their phone or use a cordless phone or cell phone," he said. "Do not go back into a burning house. Once you're out, stay out!"

Fire Prevention Week, which is held during the second week of October each year, had its beginnings in the Great Chicago Fire that occurred Oct. 9, 1871. The fire killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures and burned more than 2,000 acres - all in a matter of 27 hours.

Federal Fire Department units and personnel from Naval Station Pearl Harbor will provide special exhibits and demonstrations at military malls and local schools during the week-long observance, but fire prevention awareness is a major focus of the department throughout the year.

"Fire prevention awareness is emphasized by the Federal Fire Department all year round through

Fire Prevention Week Events for FFD

- Oct. 5: 10:30 a.m.-1:30 p.m. Pearl Harbor Elementary School, Moanalua
- Oct. 6: 10 a.m.-2 p.m. Sills Field, Schofield Barracks
- Oct. 7: 9-11 a.m. Mokapu Elementary School, Kaneohe Marine Base
- Oct. 8: 9 a.m.-2 p.m. The Mall at the Navy Exchange and Commissary, Moanalua

information disseminated in news stories and Navy Channel 2. They also conduct fire safety inspections at homes and businesses and look for fire hazards and ways to eliminate them," explained Flint.

"The fire department also gives fire prevention demonstrations, exhibits and drills, such as Federal Fire Department Day and various safety standdowns," he continued.

"We want to be proactive, not reactive," emphasized Flint. "Prevention is the key."

For more information about fire safety, visit the NFPA Website at www.nfpa.org.



U.S. Navy photo by JO1 Daniel J. Calderon

An operator aboard an Ameritek truck fires the hose to snuff the flames on a Mobile Aircraft Fire Training Device at Federal Fire Department Day 2003.

October Is Breast Health Awareness Month

Lt. Cmdr. Amy H Martin, MC, USNR

Head, Radiology Department, NMCLPH

October is a month dedicated to educating women about breast cancer detection, diagnosis and treatment. Although more and more women are winning the fight against breast cancer, it remains the second leading cause of cancer death in women in the United States. According to the American Cancer Society, more than 150,000 American women are diagnosed with invasive breast cancer annually.

With the increased use of screening mammography, breast cancer is now being detected earli-

er, when it is more treatable. With early treatment, suffering and the loss of life can be significantly reduced. Mammography is the single most effective method to detect breast cancer, often before physical symptoms can be seen or felt by the patient or their health care provider. For most women, mammography screening should begin at age 40. The American Cancer Society recommends screening mammograms every year. Because some women have increased risk factors for developing breast cancer, each woman should talk with their health care provider to determine a plan that is right for her.

In addition to getting a mammogram, each woman should have an annual clinical breast examination by her health care provider. Self-

breast exams are also important, and may alert a woman to any changes in her breasts. Clinical breast exams and self-breast exams, however, are not a substitute for mammography screening.

Breast cancer prevention: Smart daily lifestyle decisions can significantly improve an individual's health and can help prevent not only breast cancer, but heart disease, diabetes and many other medical conditions. The follow lifestyle decisions can decrease your breast cancer risk and improve your general health:

Increased fiber intake: Fiber is found in fruits, vegetables and whole grains. Fiber is good for your heart and can help prevent other cancers, such as colon cancer.

Eat more fresh fruits and vegetables: They contain fiber and have anti-oxidant properties and nutrients that may help prevent some cancers.

Decrease daily fat intake: Eat leaner meats and avoid fried foods. Reducing your fat intake helps prevent other health problems, such as heart disease and stroke, and may reduce your chance of developing breast and colon cancers.

Limit alcohol: There is small increased breast cancer risk in women who average two or more drinks per day (beer, wine and liquor).

Stay physically active: Many health problems can be avoided by engaging in a moderate amount of physical activity at least three

days a week.

Don't smoke: Smoking can increase the chance of stroke, heart disease, lung disease and other cancers that may spread to the breast.

If you have any breast care concerns or would like to schedule a mammogram, contact your primary care provider. Branch Medical Clinic (BMC) Makalapa offers both screening and diagnostic mammographic services Monday-Friday from 7:30 a.m. to 2:30 p.m.

For additional information, access the American Cancer Society website, www.cancer.org. Breast Cancer Facts & Figures 2003 or visit the Susan G. Komen Breast Cancer Foundation website at www.komen.org.

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

FRIDAY
7:00 p.m. Collateral (R)
SATURDAY
2:30 p.m. Princess Diaries 2: The Royal Engagement (G)
5:00 p.m. Little Black Book (PG-13)
7:00 p.m. Without A Paddle (PG-13)

SUNDAY
2:30 p.m. Yu-Gi-Oh (PG)
4:30 p.m. Princess Diaries 2 (G)
7:00 p.m. Alien Vs Predator (PG-13)
THURSDAY
7:00 p.m. The Exorcist, Beginning (R)

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

Memorial Theater
Hickam Air Force Base
(449-2239)

FRIDAY, SUNDAY
7:00 p.m. Alien Vs Predator (PG-13)
SATURDAY
2:00 p.m. Finding Nemo (G)
7:00 p.m. Alien Vs Predator (PG-13)
WEDNESDAY
7:00 p.m. Without A Paddle (PG-13)
THURSDAY
7:00 p.m. Open Water (R)

\$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. Collateral (R)
SATURDAY
2:00 p.m. Yu-Gi-Oh (PG)
7:00 p.m. Collateral (R)
SUNDAY
2:00 p.m. Princess Diaries 2 (G)
7:00 p.m. Yu-Gi-Oh (PG)

\$3 adults; \$1.50 children (6-11)

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

OUTDOOR ADVENTURE EVENTS

- **Oct. 9:** Kuaokala Loop hike, 8:30 a.m.-3:30 p.m., \$5. Register by **Oct. 6.**
- **Oct. 9:** Mountain horseback riding, 2:30-6 p.m., \$55. Register by **Oct. 6.**
- **Oct. 10:** Advanced kayak fishing, 7:30 a.m.-3:30 p.m., \$12. Register by **Oct. 6.**

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

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

T-BALL AND COACH-PITCH CLINIC

Registration for T-ball and coach-pitch clinic is ongoing through **today** at building 3456 at Main Street. The clinic is open to boys and girls born from August 1997 to July 2000. The cost is \$20 and includes a T-shirt. Clinics will be held at 5 p.m. every Tuesday and Thursday and at 9 a.m. Saturdays in October. For more information, call 474-3501.

BENCH PRESS CONTEST

Today is the last day of registration for the bench press contest which will be held **Oct. 16** at Bloch Arena. Weigh-in will begin at 8 a.m.

with start time of 9 a.m. The \$25 registration fee includes a T-shirt. After today, the entry fee will be \$30. There will be awards for first and second place in each of three men's weight divisions and one women's division. Divisions are based on entries. The Schwartz/Malone formula determines the strongest pound for pound. For more information, call 473-0793.

WINTER SOFTBALL LEAGUE

MWR's winter softball league begins **Oct. 2.** The league is open to active duty, family members 18 years and older, and DoD employees connected with Pearl Harbor, NCTAMS, Barbers Point, West Loch and NSGA Kunia. The entry fee is \$300 per team. For more information or to sign up, call 473-2437 or 473-2494.

TAILGATE PARTY TIME

The UH Warriors will play the Golden Hurricanes of the University of Tulsa on **Oct. 2.** Enjoy a tailgate party on Richardson Field before each University of Hawai'i home football game. Party stalls are \$5 each and are large enough to accommodate one vehicle. The fee includes free ice, prizes, games and activities. For more information or to reserve a space, call the marina office at 473-0279.

YOUTH FITNESS ORIENTATION PROGRAM

Kid Fit, a free youth fitness orientation program, will be offered at 9 a.m. **Oct. 9** at Power Point Fitness Center at Barbers Point. The program takes youth (accompanied by an adult) ages 10-15 on an educational tour of the fitness facility. Registration is required by the Thursday prior to each class.

Register no later than **Oct. 7.** For more information or to register, call the fitness center at 682-5243.

WALLYBALL TOURNAMENT - DOUBLES ONLY

A wallyball tournament, doubles only, will be held **Oct. 13.** The tournament location will be announced. Divisions will include men's and women's, A, B and C. The cost is \$5 per team. Register by **Oct. 8** at the Wentworth Pro Shop. For more information, call 473-0610.

FREE THEATER TICKETS

Hawai'i Theatre, proclaimed as the "Pride of the Pacific," will host Military Appreciation Night beginning at 7 p.m. **Oct. 14.** William Shakespeare's "A Midsummer's Night Dream" will be performed by the Artists Repertory Theater, featuring actors from the Central Dramatic Company of Vietnam. Tickets for the above event are limited and will be available for pick up at ITT at Bloch Arena on a first come, first served basis. (There is a limit of two tickets per DoD cardholder.) For more information, visit the MWR website, call ITT at 473-1190 or call MWR at 473-0606.

FREE GOLF CLINICS

A free golf clinic will be offered at Navy Marine Golf Course. NMGC will host "Those 'Tough to Hit' Long Irons" on **Oct. 16.** Register at the NMGC pro shop. For more information, call 471-0142.

SUPER BRAWL 37

Super Brawl 37 will be featured **Oct. 16** at Hawaiian Waters Adventure Park. The fun starts at 5 p.m. and the first bell is at 7:30 p.m. In the mega-main event, Atlanta's Jason "Mayhem" Miller will battle Hawai'i fan-favorite and U.F.C. vet-

eran Ronald "Machine Gun" Jhun for the 170-pound world title belt. There will be nine other bouts, music, entertainment and barbecue plate lunches. Military, police and fire personnel pay \$20 for general admission. Cabana and ringside seats are also available. Tickets are on sale at the Navy ITT offices. For more information, call 473-0792/422-2757.

BOWL FOR A BUCK

Bowl for a buck at Thunder Alley at Naval Station Bowling Center. The \$1 special is offered from 11 a.m.-2 p.m. every Wednesday and Thursday and until 11 p.m. every Friday night. For more information, call 473-2574.



- **Oct. 2:** Fear Factor, 1 p.m., \$2.
- **Oct. 3:** Aiea Loop hike, 1 p.m., \$10.
- **Oct. 4:** Rock climbing, 1 p.m., \$15.
- **Oct. 5:** Germaine's luau, 4:30 p.m., \$48.
- **Oct. 6:** Beach Bum Day, 9 a.m., \$3.
- **Oct. 8:** Snorkeling, 10 a.m., \$5.
- **Oct. 9:** Dole Maze, 10 a.m., \$6.
- **Oct. 10:** Plantation Cafe, 5 p.m., bring spending money.

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.



Alien Vs. Predator: An ancient pyramid is discovered in the ice of Antarctica, and scientists investigating discover something worse: two races of aliens battling for domination.

Collateral: See Review

Exorcist, The Beginning: This prequel to the classic 1973 horror flick, "The Exorcist," recounts Father Merrin's early-20th-century journey to Africa, where, while doing missionary work as a young priest, he has his first encounter with Satan.

Finding Nemo: On Nemo's first day of school, he's captured by a scuba diver and taken to live in a dentist office's fish tank. Marlin and his new absent-minded friend Dory set off across the ocean to find Nemo.

Little Black Book: Stacy is confounded by her boyfriend's unwillingness to talk about his previous relationships. Egged on by her co-worker, Stacy sneaks a look at his palm pilot, scores the names and numbers of his exes, and sets up interviews with them -- all in an effort to get closer to her man.

Open Water: Based on true events, Susan and Daniel have just been abandoned by their scuba-diving boat. As the tension escalates between the twosome, the sea-life just below the surface is clearly not of the friendly variety.

Princess Diaries 2: Royal Engagement: Mia is ready to begin her duties as princess of Genovia, but she soon learns that Clarisse needs her to take over as queen. But Genovian law states that all queens must be married, so the search for the perfect groom begins.

Without a Paddle: Three lifelong friends go into the wilderness in search of lost treasure. They find themselves hunted by two backwoods farmers and encounter tree-hugging hippie chicks and a crazy old mountain man.

Yu-Gi-Oh! the Movie: After the conclusion of the Battle City Tournament, an ancient evil has awakened. Anubis, who was defeated centuries ago by Yugi's mysterious alter ego, has returned for revenge.

JOSN Ryan C. McGinley
Collateral

Michael Mann is the most meticulous director in Hollywood today. Every shot, every scene, every word is crafted with such diligence and style, which shines through in every movie he directs. "Collateral" is no different, employing Los Angeles and all its grit and flair as a supplemental character, similar to "Heat."

The film starts out with an incredibly long and well-crafted scene between Max (Jamie Fox) as a cab driver and Annie (Jada Pinkett Smith) as his passenger. They start a conversation debating over the fastest route to take into the city, but come out genuinely intrigued by each other. The scene is out of the ordinary in an action film, yet develops the characters exquisitely and allows the audience to realize that this film is not about character's actions, but rather the conversations they have.

Max says goodbye to Annie after he drops her off and subsequently picks up Vincent (Tom Cruise), a contract killer who offers Max \$600 to drive him around all night on a five-stop killing spree.

What follows in the film is an extremely developed and well-written conversation between Max and Vincent interjected by some violence and action. The film's high point is Cruise and Fox conversing in the cab with rack focus after rack focus symbolizing the difference between the characters while at the same time mimicking their current situation.

Supporting characters Mark Ruffalo (detective Fanning) and Javier Bardem (Felix) add little to the film, for this movie is about Max and Vincent.

The film's ending is kind of a let down, imploring little action or suspense, but it's still well crafted. Overall though, "Collateral" is yet another good film on Michael Mann's resume that uses crime, gritty settings and interesting characters to tell a fantastic story.

OVERALL RATING:

Community Calendar

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

Surface Naval Officers' Ohana's (SNOO) Christmas and Oktoberfest will begin at 6:30 tonight at Boutiki Gift Shop at Pearl Harbor. A "tastefully simple" food demonstration will begin at 7 p.m. Patrons may use their Boutiki 20 percent off coupon. Those attending are asked to bring canned goods for the Armed Services YMCA (ASYMCA) Thanksgiving baskets.

The baskets will be donated to needy Pearl Harbor military families. ASYMCA anticipates giving away about 250 Thanksgiving baskets this year. Those making a food donation will receive an opportunity ticket for every food item that they bring. The tickets are for the special grand prize drawing to be held in May at the last SNO'O meeting of the year. To RSVP or for more information, call Tiffany at 833-2528 or email snoohana@hotmail.com

Scratch and save **CFC Benefit Ticket 2004** for the chance to save five percent to 50 percent off your purchases at Navy Exchange on **Oct. 25-26.** Tickets are \$3 and go on sale today at all NEX locations. Money raised from the ticket sales will be contributed to the Combined Federal Campaign fund. (Some restrictions apply to what the tickets can be used for.)

The **'Race for the Cure'** Susan G. Komen Breast Cancer Foundation 5K run/walk will be held **Oct. 24.** Registration for the event will be held in front of the Navy Commissary from 10 a.m.-3 p.m. **Oct. 2.**

Auditions for the 50th annual **Mardi Gras Follies** will be held beginning at 8 p.m. **Oct. 6** at the Waikiki Community Center, 310 Paoakalani Ave. The show will open **Feb. 18** at The Banyans at Naval Station Pearl Harbor and will be presented on weekends through **March 19.** The Mardi Gras Follies is the main fundraiser for the Pearl Harbor Performing Arts Association, a nonprofit organization that contributes thousands of dollars each year to local military and civilian charities. Adults of all ages are invited to audition to join the cast of the show. If you can sing, dance (tap, jazz, ballroom, ballet), model costumes, aspire to be a showgirl or have a special-ty act, the Follies provides the venue to step onto the stage and star. Volunteers are also needed for the stage crew, lighting and technical crew. If you would like more information about the Mardi Gras Follies auditions or to volunteer, call 922-8401. You can also visit the Mardi Gras Follies website at www.mardigrasfollies.com for more information.

Volunteers are needed to serve as **volunteer guardian ad litem (VGALs)** for Hawai'i's First Judicial family court. VGALs serve as advocates for abused and neglected children who are in the family court system. Free training is provided. Volunteers must enjoy working with children and be able to confront difficult issues. The next training class is scheduled to begin **Oct. 9.** Those interested in attending the next class should contact the VGAL program staff as soon as possible. For more information, call the VGAL program office at 538-5930.

USS Lake Erie Ohana Support Group will hold a bake sale from 9 a.m.-1 p.m. **Oct. 9** at the Pearl Harbor NEX. Support the bake sale by purchasing your favorite

goodies; donations are also welcome. The ohana will meet at 6:15 p.m. **Oct. 14** at the main chapel at Pearl Harbor. Free childcare will be provided. For more information, call 392-8487.

NAVSTA Open Golf Tournament will be held beginning at 11:30 a.m. **Oct. 15** at Navy Marine Golf Course. The tournament will be in scramble format. There will be 18 four-person team spots. Prizes will be awarded for first and second place as well as two nearest the pin prizes and two longest drive prizes. The registration deadline is **Oct. 10.** For more information or to register, call MACM Elkins at 330-8846 or email at jeffrey.elkins@navy.mil.

Attend a **stamping demo** and learn how to make holiday cards from 10 a.m.-noon **Oct. 16** at the NEX near the small appliances area. Supplies will be provided to all participants, but seating is limited. To reserve your space or for more information, call Lori at 423-3305.

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

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

T.O.P.S. in Hawai'i is a support group for helping members Take Off Pounds Sensibly. The group recently held its state convention and crowned the state queen. She had lost all her weight by the end of December 2003 and lost 163 pounds. The first meeting of T.O.P.S. is free. If you need support in your weight loss efforts, the group offers low monthly fees and a low joining fee. Call Delcie at 623-1403 for information on the several chapters and meeting places on the island. For more information, call Delcie at 623-1403.

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 apickam@ou.edu or visit www.gou.ou.edu.