

Taking the plunge... with water aerobics

Story and photos by
Karen S. Spangler
Assistant Editor

If you're looking for a way to obtain exercise and cardio benefits, tone your body, lose weight, have fun and do it all without sweating, then you may want to take the plunge...into your nearest swimming pool and give water aerobics a try.

Using water as a fitness tool is a popular form of exercise for both swimmers and non-swimmers and provides a good workout for people of all ages and fitness levels. In this natural state, likened to development of babies in embryonic, water-like fluid, water aerobics offers the freedom to stretch, bend and untwist the body.

Water fitness instructors and health care professionals note there are many benefits to exercising in the water: enhancing your cardiovascular fitness as well as improving overall endurance and strength.

"Water aerobics is much better for your joints, a lot easier than land exercise," said Diane LaPean, a water exercise instructor at Scott Pool at Naval Station Pearl Harbor. She explained the buoyancy of the water provides support for the body, reducing the likelihood of joint, muscle and bone injuries.

When submerged in chest-deep water, about 85 to 90 percent of the body's weight remains supported and athletes only need to support about 10 percent of their body's weight. Exercising in the water at waist-level leaves only 50 percent of your body's weight to be supported.

LaPean led her "aerobics" class through numerous water exercises, in both shallow and deep water, balancing on the edge of the pool as she barked out instructions - jog across the pool, jumping jacks, figure eights, rocking horses - to her troupe of water enthusiasts. At times, those in the class seemed to be executing a synchronized water ballet in the pool.

As they bounced, balanced, splashed and kicked in the water, the ladies were having fun at the same time that they were getting a rigorous workout.

"The density of water is 12 times that of air so you have more resistance," stated LaPean. "You can work as hard as you need to and the harder you work, the more resistance you have in the water."

"It's heart healthy and makes your muscles stronger," she added.

By using hands as paddles or utilizing specially made water dumbbells for strength training, the resistance can be increased and gives an even better workout. Like other forms of aerobic exercises, water aerobics includes movements that work on different parts of the body. And in water aerobics, the

body itself is utilized as a basic piece of exercise equipment.

And, although you may not be sweating and may not feel that you are getting as much as a workout, some of those in the class advised, "You will feel it the next day. You will feel like you've had a workout."

LaPean, who teaches the evening water aerobics class, changes the workout routines to add variety, all done to a musical beat.

For many years, people have done exercises in the water, but it was more commonly used as a way to rehabilitate the body after an injury. Frequently used as a form of therapy, health practitioners note that water aerobics helps to strengthen the body while the person is surrounded by the soothing water. It affords a way to reintroduce the body movement by doing slow, deliberate exercises. As the person exercises in the water, they help to mobilize stiffened joints and tone muscles that have not been used due to the injury or disease.

In addition to rehabilitation after injury, health care professionals described many conditions that can be helped by water aerobics: arthritis for limbs that are hard to move on land and become more agile in the water; tight muscles which become more relaxed in the water; poor heart

and lung endurance which can be improved; problem knees which are pounded by gravity when exercising on land; back problems, which benefit from the support of the water and the power of water resistance; and pregnancy.

Christy Brammer, a Coast Guard wife, offered testimony to the benefits of water aerobics to rehabilitate the body after an injury. Brammer underwent gastric bypass surgery about six months ago, and opted for a water aerobics program to help in her recovery.

"I have degenerative disk disease and can't do high impact aerobics. This is the best exercise without injury to my joints," she remarked. "The doctor highly recommended it."

Carole Torres, a Navy family member and formerly active duty, also cites the health benefits of water aerobics.

"I have a back injury and the therapist recommended it. I also needed to exercise to lose weight," she said. "I can work out without sweating and can adjust it [the pace]. It's great. You can set your own pace - nobody cares," she related.

Aside from the health and exercise benefits, there are added advantages.

For Athena Griffiths and her 13-year-old daughter Allison, it provides an opportunity to indulge in quality mother-daughter time together and get some exercise at the same time.

"My daughter and I wanted to do



Diane LaPean guides students through a low-impact water workout, which is easier on joints.



Sue Bender, water aerobics instructor for the morning sessions at Scott Pool, leads students through stretching exercises. Water fitness instructors and health care professionals note there are many benefits to exercising in the water: enhancing your cardiovascular fitness as well as improving overall endurance and strength. The schedule for water aerobics classes held at Scott Pool are: 9-10 a.m. Mondays, Wednesdays, Fridays and 6-7 p.m. Tuesdays and Thursdays. For more information, call 473-0394.

something together. While we're out here getting exercise, we can also enjoy the beautiful weather," remarked Athena. Allison agreed and explained that she enjoys participating in an exercise activity with her mom.

Another mother-daughter family, Holly and DaLeesa McDonald, are Navy family members who have been involved in the water aerobics program since June.

"It's a stress reliever," said mom, Holly DaLeesa. "I have a back injury and it's good for my back and to tighten it up," she explained.

"I support my mom," said her daughter, DaLeesa.

"I like it because of the resistance of the water. You feel it, but don't realize how much you're working out," added Holly.

Taking a short break away from her four children, ages seven, four, two and four months, is rejuvenating for Brenda Huffstutler.

"I need the toning benefit," explained Huffstutler. "I feel really good and have more energy after a workout."

For Sarah Alvaredo, whose husband is a Navy intelligent specialist assigned to JICPAC, part of it is about relaxation and making friends.

"I came to my first class with a friend and loved it. It's really relaxing and you make friends," she explained. "When I get home from work, I can hardly wait until it's time to come to the pool [for water aerobics]," she added.

Ana Varela-Uvalle began the water aerobics class after her hus-

band deployed USS Hopper (DDG 70) in June.

"It's a workout, but it's also an unwind moment for yourself. Everyone who comes is really nice and Diane [the instructor] is great," offered Varela-Uvalle.

The enthusiastic water aerobics student has noted other benefits - losing 12 pounds in three months.

"If you jog, you sweat and you feel your heart pounding. Here you feel the workout, but not the hot, sweaty feeling," she explained. "You make of it what you want and work as hard as you want."

For Varela-Uvalle, there is one more benefit to taking the water aerobics class.

"When it's over, you feel almost like you've had a massage," she said.



Water aerobics participants at Scott Pool use water dumbbells and a variety of exercises to tone muscles and obtain an effective workout. Working out in the water provides additional resistance.

Commentary

Spouse to Spouse



Andrea Kane

ablekane@verizon.net

Do you have enough life insurance?

Let me start off by saying, that if you are a stay at home parent and have more than one child, the \$250,000 life insurance policy you have through the military is not enough. If you work outside the home and have more than one child, that \$250,000 policy is still not enough. If you are in school, planning on going to school, have kids you plan on sending to school, the \$250,000 life insurance policy will be gone in a blink. I'm not sure if I've made the point, but the \$250,000 life insurance is not enough to maintain your current standard of living if your spouse dies.

When my husband told me that he was volunteering to serve in Iraq, the very first thing I did, after shedding a few tears, was to call our insurance company and buy more life insurance. My husband was confused. He thought the policy we had was more than enough and I was shocked, actually, that he didn't understand. But after talking to a couple of people, it occurred to me that most people might not understand exactly why we buy life insurance.

After getting out of the Navy, we decided it was best that I stay at home to be available for our daughter. When I started my own company, I took out a small life insurance policy because if I were to die, Joe would be missing that income I now provide. On the flip side, right now, the benefits and pay we receive from the military provide us with a very comfortable life. We have no economic worries. If he were to die, how would we be able to keep this same standard of living?

This is the purpose of life insurance. It is not to pay for the burial, though it helps. It is not to give you a cushion, though it should. Life insurance is for the people who are left behind, mainly the spouse and the children. It is to insure that your family will be able to maintain the same or better standard of living after you die.

For example, as a work-at-home/stay-at-home parent, you are a very valuable commodity. Without you, who would watch the children, do the cleaning, the cooking, the wash, the errands, the homework, etc.? What you do as a parent equates to money when you are thinking about life insurance.

Whether you wish to maintain this standard until your children are of age is another factor in choosing the amount of the policy. As military families, we may not be concerned with housing as the service, in essence, pays our rent, or mortgage, unless we live beyond our means. If the service member dies, the surviving spouse and children must then live on their own. Although they are not immediately removed from housing, within a short time they must find a home on their own and on their own dollar. If you aren't working, where does the money come from?

We don't ever want to imagine that our spouse, our lover, the keeper of our hearts, will ever die. But we are in the business of protecting the world and death is a part of our lives - not even just in war, perhaps a car accident or heart attack. The military life insurance policy is a start, but not enough to maintain your current standard of living.

Beyond having a policy, as spouses, we need to know what the policy states and who is the beneficiary and how the money will be distributed. A friend of mine married a Marine a few years ago and she assumed that all his matters were in order. She never asked if he had life insurance or who the beneficiary was. He died in a mountain climbing accident and she was waiting for the money from the policy in order to buy a home for herself and her child. Unfortunately, he never changed the policy after the marriage and his mother was still the beneficiary of the life insurance policy. So, not only do we need to make sure we have enough life insurance, we also need to see the policy, have a copy of the policy and make sure it gets updated.

So sit down with your spouse tonight. Tell them you love them and then discuss your life together. Go over plans for the future of your kids. Then write down your finances and do your research and buy more life insurance. It is not unheard of nowadays to have a million dollar policy. Life insurance insures your family lives the way you would have wished had you been with them. It may not be a subject for the dinner table, but it is a subject you must discuss.

Sailors can sing solo at Beeman Center

Lacy Lynn
Staff Writer

Releasing your inner rock star has never been easier since karaoke booths were installed at Beeman Center.

The booths offer free entertainment at a convenient location for singers who are truly spectacular or only so-so. After all, the fun of karaoke is not reserved only for would-be American Idol winners, but also for the "William Hungs" of the musical world.

Booths are soundproof, too, so even tone-deaf performers can sing embarrassment-free.

Wannabe J. Lo's and amateur Elvis impersonators must sign in at the front desk, then they can choose their songs and load them onto a television screen.

The music plays through headphones and performers can sing along with the words as they appear on the monitor.

There are over 600 songs to choose from and the tunes encompass a wide variety of genres, including pop, Hawaiian and country music from different eras.

The two karaoke rooms at Beeman are located near the game room. Each room holds about four people. No reservations are required,



Photo by Lacy Lynn

TM3 Ernest Williams tries one of the karaoke booths at the Beeman Center during his lunch break.

but songsters are limited to one hour if others are waiting.

Maria Uele, a recreation assistant at Beeman, also encouraged Sailors to come down "because it's free and there are 15 different CDs to choose from."

The center also offers satellite TV, internet access, pool and ping-pong tables.

"It's a good place just to hang out and relax," said Roy Hamada who helped install the booths last year and who also maintains the karaoke equipment and other sound systems at liberty locations on base.

Beeman Center is open to active duty military (priori-

ty), retirees, Reservists, family members and DoD employees. Hours are from 11 a.m.-midnight Mondays through Saturdays and 5 p.m.-midnight on Sundays.

Hamada encouraged eligible patrons to give it a try "because whenever you do karaoke, you can be the star," he said.

There are also karaoke rooms at Liberty in Paradise and NCTAMS.

For single Sailors who cannot fulfill their karaoke fix at the booths, there is also "Karaoke with Bill" at 7:30 p.m Saturday nights in front of the audience at Beeman Center bar.

For more information, call 473-2582.

Got Questions?

Write to us at hnn@honoluluadvertiser.com

Joint Spouses' Conference wraps up

JO1 Daniel J. Calderón
Editor

The 2004 Joint Spouses' Conference finished its annual two-day event at Hickam Air Force Base's Officer's Club Oct. 16.

The event drew approximately 341 spouses from all branches of the military, according to Tina Alsop, Navy spouse and this year's conference director. This was the first year the name had changed from Joint Women's Conference to Joint Spouses' Conference to reflect the changing face of the military.

"We did have one man at this year's spouses' conference," she said. "He attended both days."

Alsop said attendance was down from last year, but attributed that to the unavailability of childcare for the conference and the increased deployment cycle for military members on the island. Even though fewer spouses attend-

ed, Alsop felt the conference went well.

"I felt it was very successful, she said. "The year of planning really paid off."

"Everyone seemed really enthusiastic," agreed Shannon Harrison, the Navy liaison for the conference. "You really get to meet people outside your established 'comfort zone.' And the exchange of information and friendship is really what we are trying to do."

During the two-day exchange, spouses had the opportunity to sign up for classes and seminars on topics ranging from "Armed for Entertaining" to the military Exceptional Family Member Program.

"The Army has a phenomenal program," said Harrison. She and other spouses were impressed by the availability of services the Army provides to its exceptional family members.

Saturday's keynote speaker was Judy Bramlett. In 1995,

Bramlett organized the first Joint Women's Conference.

"She was thrilled to see something she began 10 years ago still in existence," Alsop said. "When she spoke, she put the challenge out to us to take advantage of the opportunities we, as military spouses, have available to us."

Alsop said the conference had grown in the decade since Bramlett first organized it.

"It's changed with the type of world we live in," Alsop said. "Seminars and classes are different because the conference had to evolve."

Among the newer information classes were Space-A Travel for spouses who were interested in learning about how to use the free travel system and Maximizing Your Military Benefits for spouses who wanted to learn more about what benefits are available to them. There were also "lighter" classes like Pilates, scrapbooking, yoga and classes on how to make tropical



Photo by Shannon Harrison

Spouses practice the hula at the Joint Spouses' Conference on Hickam Air Force Base.

drinks as well as informative seminars on plastic surgery.

"It was really a good time," Harrison said. "I think everyone had fun."

Alsop said the conference was also a way for military spouses to share stories about their experiences.

"I feel like military spouses

do have a special bond that no one else understands," she said. "Spouses I know out in town will tell me they can't understand what it is to have my husband away so much. Other military spouses know exactly what I'm talking about and it's great to get together and have that connection."

After the weeks and months putting this year's conference together, Alsop said she is almost sorry to have the conference over.

"If I could be director again, I would," she said. "I really enjoyed it. As director, I was able to grow tremendously."

Alsop and Harrison hope this conference will grow to other areas of heavy military concentration.

Anyone interested in participating in next year's conference can visit the Web site at www.jointspousesconference.com.

The Army will host next year's event. On the web site, potential participants can leave their name, a phone number and an e-mail address. The after-action meeting for this year's conference will be held Nov. 17 at the Naval Station Pearl Harbor Chapel's conference room at 9 a.m. Anyone interested in participating in next year's event may attend

USS Chung-Hoon makes a child's wish come true



U.S. Navy photo by JO2 Devin Wright

Make-a-Wish child Alan Carrick learns from Ensign Megan McWilliams at the helm of USS Chung-Hoon (DDG 93) Oct. 18. Carrick suffers from cystic fibrosis, a disorder affecting the respiratory, reproductive and digestive system.

JO2 Devin Wright
Staff Writer

Alan Carrick, his mother, father and two brothers toured USS Chung-Hoon (DDG 93) Monday.

Alan Carrick is a 17-year-old Colorado high school student who suffers from cystic fibrosis, a disorder that affects the respiratory, digestive and reproductive systems. Through the Make-a-Wish Foundation, Carrick was granted his wish to visit the Navy at Pearl Harbor.

"I've always wanted to be in the Navy," said Carrick. "But because of my genetic disorder, I'm not able to. I really wanted to come here and see what I was missing out on and to see if all my father's [who was in the Navy] stories were true. It turns out I'm missing out on a lot by not being able to

join the Navy, but that's life. I'm having fun today and that's all that matters," Carrick said.

Carrick believes it is important the Navy support programs like Make-a-Wish Foundation.

"I think it's necessary for the Navy to support these kinds of programs because there are a lot of people who want to serve their country, but just aren't able to," said Carrick. "Today I am an honorary crew member of the USS Chung-Hoon and the United States Navy. It's a dream come true."

Ensign Megan McWilliams, Chung-Hoon's administration and public affairs officer, said the ship looks forward to opportunities to serve the community.

"We are the youngest ship out here and we feel a responsibility to set an example to the public,"

said McWilliams. "We get excited when we are able to help out in the community. To support Make-a-Wish Foundation and help make a child's wish come true is a wish come true for us," she continued.

The Carrick family also visited the Silver Dolphin Bistro and the USS Arizona Memorial.

There are approximately 30,000 people in the United States with cystic fibrosis.

Since 1980, the Make-A-Wish Foundation has enriched the lives of children with life-threatening medical conditions through its wish-granting work. The Foundation's mission reflects the life-changing impact that a Make-A-Wish experience has on children, families, donors, sponsors and entire communities.

There is currently no cure for cystic fibrosis.

Navy Medicine to protect patients despite flu vaccine shortages

Ellen Maurer

Bureau of Medicine and Surgery
Public Affairs

Navy health care providers began administering flu vaccinations this week, focusing supplies on deploying Sailors and Marines, as well as patients who are at highest risk for getting sick this season.

This marks an on-time start to the Navy's annual immunization season, which has been affected, but not halted, by world-wide shortages of the flu vaccine.

Department of Defense officials said their supplies for all the services are less than expected – about 1.5 million fewer doses than projected. However, those who most need the vaccine will get it, according to Capt. Edward M. Kilbane, an infectious disease expert at the Bureau of Medicine and Surgery in Washington, D.C.

"The health and well-being of our Navy and Marine Corps fami-



U.S. Navy photo by PH3 John E. Woods

HM3 Chad Vigue administers an influenza vaccination (flu shot) to a Sailor.

ly is our highest priority," said Kilbane. "We anticipate that all of our high-risk beneficiaries and all of our operationally employed service members will be vaccinat-

ed on time this flu season. This includes individuals in critical operational duty positions here in the U.S. The major impact on DoD will be – as it will be for the rest of

the United States – on our otherwise healthy, non-deployed population."

The DoD's priority groups for this year's flu vaccine include operational military personnel, recruit/trainee populations and their instructors, beneficiaries with high risk medical conditions and health care workers with direct patient contact.

In previous years, the flu vaccine has been mandatory for all active-duty and Reserve service members, as well as some government civilians working in medical treatment facilities.

Due to this year's shortened supply, some service members will be deferred from getting the vaccine. Those who are deferred from taking the vaccine this year, however, will still be considered medically fit for full duty.

Furthermore, those identified in the first priority group will receive the vaccine, in an effort, military officials said, to "promote military readiness, protect the health of

those who serve, and to prevent outbreaks."

"We will be asking some healthy Sailors and Marines, as well as their family members, not to get a flu shot this year. We want to ensure our supplies go to those who most need it, including the sick, injured and operationally employed," said Kilbane. "For those who do not get a flu shot this year, I strongly suggest they use other preventive health measures, like staying away from other people who are sick, washing your hands frequently and staying home from work if you do get sick."

According to the Centers for Disease Control and Prevention, the flu is a contagious respiratory illness that can range from mild to severe symptoms that may, in severe cases, result in death.

About 5 to 20 percent of Americans get the flu each year. The most serious cases involve those who have weakened immune systems, older people and the very young.

New Web site assists Sailors with exceptional family members

JOC (SW/AW) Bill

Houlihan

Navy Personnel Command
Communications

The Exceptional Family Member (EFM) Program unveiled its new Web site to allow families, EFM sponsors and medical treatment facility personnel access to EFM category information.

Through the Internet, EFM officials said they have improved on a program designed to meet the needs of the Navy members and their families by putting the "right person in the right place at the right time."

The site can now serve as a query tool that will enable sponsors to negoti-

ate orders with detailers more efficiently and effectively.

"The benefits to family members and sponsors will be apparent from the moment they access the Web page," said Marcia Hagood, senior EFM program analyst. "Of particular value is an expansive section detailing the differences in EFM categories.

"We have many resources available to the family members on the site to help them understand which category they may fall into," Hagood added. "If they've had difficulty in the past finding that information, the site breaks it down for them."

The EFM program was created in 1989 to provide service members quality

opportunities for assignment to locations where his or her family member's special medical or educational needs could be met.

Orders written for program members are reviewed by EFM program managers, who approve or disapprove the move based on availability of facilities for the family member. More than 19,000 Navy families are currently enrolled in the program.

"No other service ensures their special needs families' orders are reviewed by a specific agency prior to assignment, said Hagood.

EFM program sponsors or spouses can register with the site, complete a personal profile and obtain a password to find more

information regarding their category status.

Once registered, the sponsor will be notified when they need to take action regarding their status and will receive general information about the program itself.

Additionally, EFM program coordinators at medical commands can view all EFM program enrollees assigned to their area.

"The Web site will provide the medical community the benefit of being as prepared as possible for a special needs family well before they arrive at their next duty station," Hagood said.

Hagood stressed anonymity features have been built into the Web site to ensure privacy and con-



Graphic courtesy of EFM Web site

The Exceptional Family Member (EFM) Program unveiled its new Web site to allow families, EFM sponsors and medical treatment facility personnel access to EFM category information.

Confidentiality.

Military or family members who have questions about the EFM program

can visit the Web site online at <https://efm.persnet.navy.mil/EFM>.

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

FRIDAY
7:00 p.m. Cellular (PG-13)
SATURDAY
2:30 p.m. Superbabies: Baby Geniuses 2 (PG)
4:30 p.m. Anacondas: The Hunt for the Blood Orchid (PG-13)
6:45 p.m. Suspect Zero (R)
SUNDAY
2:30 p.m. The Cookout (PG 13)
4:30 p.m. Hero (PG 13)
6:45 p.m. Vanity Fair (PG 13)
THURSDAY
7:00 p.m. Suspect Zero (R)
\$3 adults; \$1.50 children (6-11)

Memorial Theater
Hickam Air Force Base
(449-2239)

FRIDAY
7:00 p.m. Cellular (PG-13)
SATURDAY AND SUNDAY
2:00 p.m. Napoleon Dynamite (PG)
7:00 p.m. Cellular (PG-13)
WEDNESDAY AND THURSDAY
7:00 p.m. Paparazzi (PG-13)
\$3 adults; \$1.50 children (6-11)

Sgt. Smith Theater
Schofield Barracks
(624-2585)

FRIDAY
7:00 p.m. Anacondas: The Hunt For The Blood Orchid (PG-13)
SATURDAY
7:00 p.m. Anacondas: The Hunt For The Blood Orchid (PG-13)
SUNDAY
7:00 p.m. The Cookout (PG 13)
\$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 30:** Kealia Trail Hike, 8:30 a.m.-3:30 p.m., \$5. Register by **Oct. 27.**
- **Oct. 30:** Halloween Hunt spear fishing trip, 6 a.m.-2 p.m., \$25. Register by **Oct. 27.**
- **Oct. 31:** Makekahana 'lazy bones' beach, 9 a.m.-3:30 p.m. \$5. Register by **Oct. 27.**

2005 NFL PRO BOWL TICKETS
Pre-sale for 2005 NFL Pro Bowl tickets begins **Oct. 23** at the NEX Rotunda. The San Francisco 49er cheerleaders will make a special appearance. Additional details will be announced at a later date.

SQUASH NIGHT
Join regulars for squash night on **Oct. 27** at Makalapa squash courts. Register by **Oct. 25.** Play starts at 5:30 p.m. For more information, call 473-0610.

T.G.I.F. - OCEAN'S CPO CLUB
Get together to enjoy pupus and entertainment at T.G.I.F. **Oct. 29** 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.

HALLOWEEN NIGHT GLOW

GOLF TOURNAMENT
A Halloween Night Glow Golf Tournament will be held **Oct. 29** at Barbers Point Golf Course. A glow ball, green fees, prizes and pupus are all part of this alternate shot/scramble tournament. There will be a shotgun start and no carts. The cost is \$40 per two-person team. Check-in is scheduled at 6 p.m. with shotgun start at 7 p.m. Karaoke will be held in the clubhouse after the tournament. For more information, call 682-1911.

SCREAMIN' SKATEBOARDS CONTEST
Boards & Blades Skate Park will host a Screamin' Skateboards Contest on **Oct. 30.** The time will be announced. Divisions include: open military (active duty), ages 18 and over, 14-17, 13 and under. Trophies and prizes will be awarded to top finishers. The cost is \$7 per person with advance registration; the fee will be \$10 on the day of the contest. For more information, call 473-3295.

HALLOWEEN COSTUME CONTEST
Judges will be looking for the scariest and most creative costumes at the Halloween costume contest **Oct. 30** at Club Pearl. Register at the lobby from 8:30-9 p.m. (for patrons age 18 or older only). There is no cover charge for those dressed in costumes. Winners will be announced at 10 p.m. in the Country Bar. For more information, call 473-1743.

GHOSTLY GLOW-IN-THE DARK "BOO-LING"
There will be ghostly glow-in-

the-dark "boo-ling" from 1-4 p.m. **Oct. 31** at Naval Station Bowling Center. The cost is \$1.50 per game and tricky treats will be served. For more information, call 473-2574.

SPOOKY SPECIAL AT NCTAMS BOWLING CENTER
NCTAMS Bowling Center will host a spooky bowling special from noon-6 p.m. **Oct. 31** The cost is \$1 per game. Ghostly grub will be served. For more information, call 653-5576.

SPOOKY MOVIE SPECIAL
Attend a spooky movie special **Oct. 31** at Sharkey Theater. The "fright night" event will feature a bone-chilling thriller, "Resident Evil: Apocalypse," rated R. Patrons can purchase a hot dog and soft drink for \$2.50. For more information, visit www.greatlifehawaii.com or call 473-0726.

MWR SUPER GARAGE SALE AND CRAFT FAIR
The MWR Super Garage Sale and Craft Fair will be held from 8 a.m.-noon **Nov. 6** at Richardson Field. Applications are now being taken at Navy Region ITT offices for this upcoming event. The cost for each 10-foot-by-10-foot spot ranges from \$5-\$8 for garage sellers and \$15-\$20 for crafters/businesses. Visit www.greatlifehawaii.com for an application. For more information, call 473-0606.

WACKY WEDNESDAYS AT BEEMAN CENTER
Come to Beeman Center on Wednesdays and view local singles

on the big screen. Meet local singles and enjoy a free barbecue. The fun begins at 6:30 p.m. For more information, call 473-2582.

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. 24:** Stadium swap meet, 9 a.m., \$3 and spending money.
- **Oct. 25:** Ice cream social, 4 p.m., \$1.
- **Oct. 26:** Movie marathon, 4 p.m., free.
- **Oct. 27:** HALO tournament, 6 p.m., free.
- **Oct. 28:** Dinner and a movie, 5:30 p.m., free.
- **Oct. 30:** Life size chess, 1 p.m., free.
- **Oct. 31:** Costume contest, pumpkin carving, 3 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.

Blood Drives:
• **Today:** 8 a.m.-2 p.m., Hispanic American Heritage Month, blood donor center.
• **Oct. 28:** 8 a.m.-noon, U.S. Army, Aliamanu Military Reservation, gymnasium.
• **Oct. 30:** Noon-5 p.m., U.S. Army, Halloween drive with 2-35 Cacti FSG, Schofield D-quad.

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 are on sale **now** 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 **USS O'Kane Family Support Group (FSG)** ohana will host its annual Halloween party from 2-4 p.m. **Oct. 23** at the Pearl City Peninsula Community Center. The event will include a keiki costume contest, pumpkin decorating contest, games and more. For more information, contact okaneohana@yahoo.com.

Enjoy a **hula performance** by local performing group Halau Hula Ka Malama Kukui O Na'auauo at 1 p.m. **Oct. 23** at the NEX.

Meet **local artists** on **Oct. 22-23** at the NEX:
• Ocean photographer Jon Mozo will sign autographs from 7-9 p.m. **Oct. 22.**
• Carol Lee-Arnold, representing Lee Ceramics, will be at the NEX from 10 a.m.-2 p.m. **Oct. 23.**
• From Arts Hawai'i, artist Gary Oda, known for his glass etchings, will make a special appearance from 11 a.m.-2 p.m. **Oct. 23.**
• Kim Taylor Reece, known for his pictures that capture the beauty of the ancient hula, will sign autographs from 1-3 p.m. **Oct. 23.**

A **cooking demo** featuring chef Elmer Guzman, cooking and signing autographs, will be held from 10:30 a.m.-12:30 p.m. **Oct. 23** in the small appliances department of the NEX. Guzman's cooking demo will demonstrate how to prepare local favorites.

Taste of China, presented by the Chinese Chamber of Commerce of Hawai'i, will be held from 10 a.m.-9 p.m. **Oct. 23** and from 10 a.m.-8 p.m. **Oct. 24** at Neil Blaisdell Center, Exhibition Hall. Military personnel and their families will be admitted free when presenting military ID. The event will consist of food and cultural exhibits by various local vendors and Chinese society organizations. Entertainment will include Chinese folk dances, singing, lion dancing and dragon dancing. The event will also feature interactive booths. General admission is \$2 per person. Children under the age of 12 will be admitted free. Tickets are available at the Chinese Chamber of Commerce office or at Blaisdell box office. For more information, call 533-3181.

Chester Cheetah, the feline mascot of Cheetos brand of snacks, will appear at The Mall at Pearl Harbor at 9 a.m. **Oct. 23.**

Halau Ka Malama Kukui O Na'auauo will perform hula at the NEX from 1-2 p.m. **Oct. 23.**

501st Legion, Premier Star Wars Fan Costuming Club will present Darth Vader and the Storm Troopers for photo opportunities at the NEX beginning at 3:30 p.m. **Oct. 23.** Through the event, NEX Hawai'i will close the gap between NEX patrons and a Galaxy Far Far Away by bringing to life the classic characters that captured our imaginations for nearly 30 years.

A **Halloween costume contest** for children age 10 and younger will begin at 1 p.m. **Oct. 24** at the Mall at Pearl Harbor. Prizes will be awarded in three age groups. Or, just come to The Mall and watch these young ones strut their scariest.

USS Lake Erie Ohana Support Group will host a night out at 7:30 p.m. **Nov. 5** at Naval Station Bowling Center. The cost is \$10 per person. For more information or to RSVP, email cg70ombudsman@aol.com. The support group will hold its monthly meeting at 6:15 p.m. **Nov. 11** at Pearl Harbor main chapel. For more information, call 392-8487.

Tickets are now available for the 2nd Annual **Holiday Tour of Homes** hosted by the Boutiki Gift Shop from 4-9 p.m. **Dec. 1.** There will be pupus and shopping at Boutiki from 4-6 p.m. and maps will be provided for touring the historic Pearl Harbor homes at Hali Ali'i and Makalapa. The tours will last from 6-9 p.m. and shopping at Boutiki will be available throughout the evening. The tickets are currently being sold at Boutiki for \$12 each. Participants must have base access and no children under 12 will be allowed on the tours. Carpooling is recommended due to limited parking. Boutiki is located in building 210 at 640 Club Road, Naval Station Pearl Harbor. Extended hours of operation for November are from 9 a.m.-1 p.m. Monday, Tuesday, Thursday, Friday and Saturday and from 3-7 p.m. Wednesday. For more information, call 422-6662.

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.

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.

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.



Anacondas: The Hunt for the Blood Orchid: A scientific expedition is sent to the jungles of Borneo to search for a rare orchid. They discover the orchid is already being used by a group of giant snakes that derive their strength and size from the flowers.

Cellular: A teacher is kidnapped by a criminal who has threatened to murder her husband and son. He destroys the only working telephone in the cabin, but she manages to put the pieces together and call a college student on his phone.

The Cookout: Todd's newfound wealth means his relationships with the people in his life is bound to change. This becomes evident when he throws a cookout, which means that there's going to be more than one type of culture clash.

Hero: See Review

Napoleon Dynamite: Napoleon is a carrot-topped oddball with a decidedly eccentric family. The story centers on the local high school's race for class president. Using some nontraditional means, Napoleon is determined to help his pal Pedro run a winning campaign.

Paparazzi: The paparazzi stalk Bo everywhere. He accepts the invasion of his life until photos of his wife and son begin appearing on covers of one sleazy tabloid. The paparazzi become increasingly relentless and criminal.

Superbabies: Baby Geniuses 2: The baby geniuses find themselves in a race against time, to stop the villainous Bill Biscane, from using his state-of-the-art satellite system to control the minds of the world's population.

Suspect Zero: An FBI agent investigates the murder of a salesman, which turns out to be the first of three killings. He tries to find the link between the victims that will lead him to their killer.

Vanity Fair: Becky yearns for a more glamorous life than her birthright promises. She resolves to conquer English society by deploying all of her wit, guile, and sexuality as she makes her way up into high society.

JOSN Ryan C. McGinley
Hero

"Hero" is a martial arts extravaganza filmed with grace, ingenuity and mesmerizing style that reminds the audience of "Crouching Tiger, Hidden Dragon" and more aptly Akira Kurosawa's genre-defining epics. Yet as Yimou Zhang's characters dance choreographed symphonies around previous martial arts films, the story feels more like "Swan Lake" performed by Anywhere, USA's local high school arts program. The story centers on a man who shall remain "nameless," and his heroic adventures defeating three assassins who plan to murder an ancient king of China. The story starts in a solid present tense fashion, before liquefying itself into a river of flashbacks and flashbacks within flashbacks until the audience forgets which way is up. Some of these flashbacks might be true or they might not, and they are told from one perspective by multiple characters.

It's confusing to try and verbally explain it. In a Rashomon-esque attempt, Zhang fails to create a coherent story between visually amazing action sequences - and they are astounding. The mind-blowing sequence of dance steps infused with meticulous composition and pulsating color outro "Crouching Tiger, Hidden Dragon." Perhaps it is a testament to the short attention spans some associate with Americans, but audience members shouldn't have to think this hard in a film. Between subtitles and stories within back-stories, boredom inevitably sets in until Zhang awakens his audience with a barrage of breathtaking visual fight sequences. The acting in the film is top-notch. Jet Li is solid and Zhang Ziyi (whose credits include "Crouching Tiger, Hidden Dragon" and "Rush Hour 2") is by far the most beautifully gifted Chinese actress to date.

The script is not the problem in this film but rather the story, which feels the need to spare any chronological order and downright confuse its audience. The film is worth the attempt and martial arts, but not at the expense of coherence or interesting storytelling.

OVERALL RATING:

Assistant secretary discusses new civilian personnel system

JO1 Teresa J. Frith

Navy Personnel Command Communications

Assistant Secretary of the Navy for Manpower and Reserve Affairs William A. Navas Jr. and Deputy Assistant Secretary of the Navy for Civilian Human Resources Patricia Adams discussed the new National Security Personnel System (NSPS) with Navy civilian employees and their supervisors in Millington, Tenn., at a town hall meeting held in September.

Congress authorized NSPS as part of the fiscal year 2004 National Defense Authorization Act, allowing the Defense Department authority to develop new civilian human resources (HR), labor-management relations and employee appeals systems. Considered the most significant change since the Civil Service Reform Act of 1978, it is expected to offer flexibility

never before afforded to the civil service system.

Navas stressed the importance of everyone's involvement in the start-up of NSPS.

"We want to address any concerns that people have about the new system," said Navas. "We need everyone's input in order to help decide the direction we will go as decisions are made to develop this new system."

"This is part of a brand new concept," said Navas. "It is part of the plan to help better manage our 'total force' of employees, including the active force, the Reserves and civilian employees."

NSPS will not affect Title 5 areas, such as merit principles, rules against prohibited personnel practices, benefits, allowances and travel, subsistence expenses, training, leave and work schedules, other personnel systems under law, anti-discrimination laws, current lab demos



U.S. Navy photo by Rod Duren

Jeanette Welch, Navy civilian medical records technician, boxes up medical records for safekeeping. Congress authorized NSPS as part of the 2004 National Defense Authorization Act.

(until fiscal year '08) and veteran's preference.

"This is a huge organizational change," said Adams. "NSPS is a more flexible system, and should be easier to understand and better for everyone. For example, in the current system it

takes about 85 to 90 days to hire a new employee. We hope to shorten that."

Adams added NSPS is a performance-based system, as opposed to the current seniority-based system. For example, an employee in the current GS system is

restricted in how many pay grades they can advance at a time or how they can apply for certain level jobs. Under NSPS, there would be no such restrictions and a person could apply for a job if they had the right qualifications.

It will bring about HR changes in other areas, including pay banding (for more information on pay banding, go to www.cpms.osd.mil/nsps and click on pay bands on left side), pay for performance, staffing (internal/external), labor relations, reduction in force and employee appeals.

The first step in full implementation is slated to begin July 2005 with Spiral One. Spiral One will not be a test. It will actually be the beginning of NSPS and will include 50,000-60,000 civilian employees from organizations all over the world.

They will be from organizations that have volunteered and then been nomi-

nated for this first step.

Navy Personnel Command has volunteered to be considered for Spiral One.

In order to be chosen for the initial phase, a command must have an adaptive workforce climate, have demonstrated acceptance of readiness for a change, and should have established methods to measure effectiveness of mission accomplishment, and have a strategic or business plan tied to human resources practices.

Spiral Two will follow in January 2006 by adding more employees, with full implementation of NSPS scheduled for July 2007/2008.

Over the next few months, programs are expected to be put into place to educate both the military and civilian workforces on NSPS.

For more information on NSPS, go online to www.cpms.osd.mil/nsps or www.donhr.navy.mil/nsps.

CHRRS Web site offers free, self-service homefinding

Karen S. Spangler

Assistant Editor

Military families seeking off-base rental homes and apartments can visit the CHRRS Community Homefinding Relocation and Referral Services (CHRRS) Web site, a service provided by the Army.

Information provided by the Army about its Web site explains it is free and is totally self-service, both by those listing properties and those searching for properties.

Property managers, owners, real estate agents and people who want to share their homes can list their upcoming vacancies. Army housing spokesmen note the CHRRS Web site includes features that enable clients to more expediently and more efficiently search for rental properties.

An added bonus is that it can all be done anywhere they have access to a computer and without the need to travel to the CHRRS office.

Those seeking rental properties can view photos, maps and detailed descriptions of property listings. Once a property is found, the client can use email to quickly make contact.

According to personnel from the CHRRS staff, there are many benefits of the new CHRRS Web site homefinding system:

- The Web site is accessible 24 hours a day, seven days a week.
- It provides rental and roommate listings which are current.
- The site offers enhanced search functionality for focused searching capability.

There are also options for service members who do not have access to a

computer.

They may opt to use the computer in the lobby of the CHRRS office in building 344 on Montgomery Drive at Fort Shafter or utilize computers at Fleet and Family Services or in the lobby of Navy Aloha Center.

If service members are staying in a hotel and do not have access to a computer and need information immediately, a CHRRS receptionist can access the data and print out a listing.

CHRRS services are available to service members of all military branches.

To access the CHRRS homefinding Web site, go to: <http://hawaii.dodreferral.com>.

For more information, call the CHRRS office at 438-0063 or 438-1609 or email at hirotap@shafter.army.mil.



Photo courtesy of CHRRS

Military families can access the CHRRS Web site to find a rental home.

