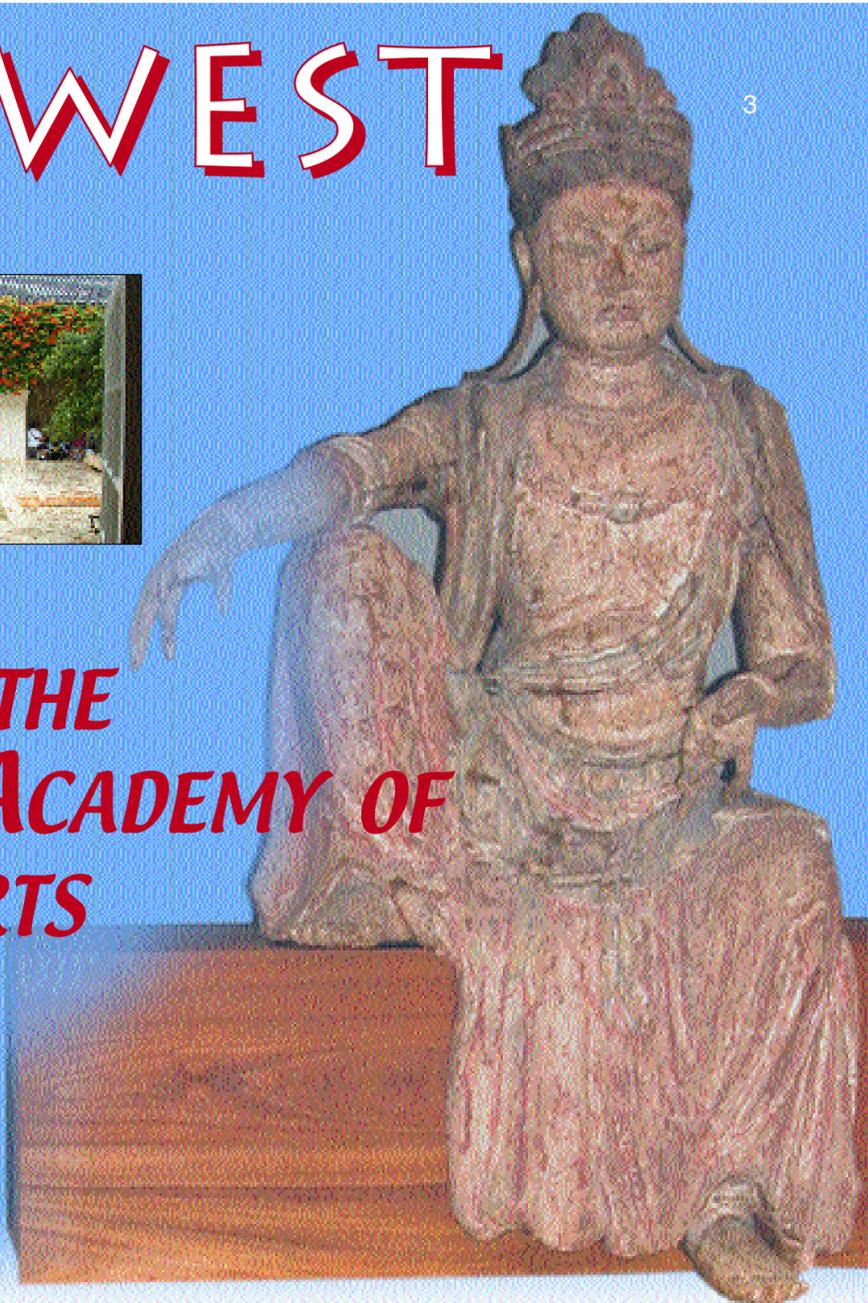
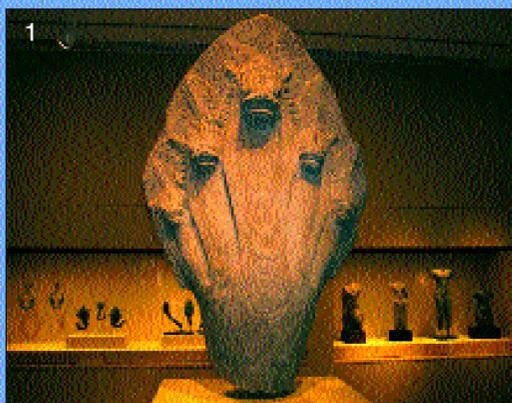


EAST MEETS WEST



AT THE HONOLULU ACADEMY OF ARTS



Story and photos by
Lacy Lynn
Staff Writer

The Honolulu Academy of Arts provides a wide variety of activities for single Sailors, Navy spouses and families to experience the unique cultural venue of Hawai'i.

Through the museum's exhibits, tours lectures, performances, movies and classes, visitors can see the collision of, and collaboration between, various cultures and their art.

The academy's permanent collections consist of 32 galleries of Asian, Pacific, American and European art, and the museum hosts exhibits of local artists and art from around the world.

Located on Beretania Street in downtown Honolulu, the museum has been a longtime supporter of the military in Hawai'i.

During World War II, the United Service Organizations (USO) used the museum to put on events for service members.

After the war, the academy exhibited art by servicemen (1944), the Marine Corps (1945), and the Army (1949).

Most recently, during the Pearl Harbor 60th Anniversary commemoration, the academy presented an historic World War II film series.

"We appreciate the sacrifices our military members and their families make," said Stephen Little, academy director.

Last spring, the museum established the first Sunday of each month as Military Appreciation Sunday.

During normal museum hours, service members and their dependents receive free admission with military identification.

The museum also has free admission for the general public on the first Wednesday of every month.

In addition, Bank of Hawai'i Sundays, the third Sunday of every month, are complimentary for the general public.

The weekend events feature family activities that correspond thematically with museum exhibits or holidays and events during each month.

For instance, on Feb. 20 the academy will celebrate Black History Month with their twelfth annual "African Cultural Safari."

The program will feature music, dance, storytelling, interactive activities and a lecture by a distinguished African-American artist and educator, Dr. Margaret Burroughs.

According to Dixie Lindley, a retired commander for the Navy Supply Corps, Sailors should come to the museum "because it's something that would be refreshing and new to give them a new perspective."

Those who would like more in-depth information about the exhibits can take guided tours with docents educated through the academy's two-year training program.

Tours are offered Tuesday through Saturday at 11 a.m., and Sundays at 1:15 p.m., and are free with museum admission. Advance reservations are suggested.

For military spouses looking for an afternoon outing, Charlie Aldinger, academy director of public relations, recommends the afternoon tour and tea held on Sunday and Tuesday from 2:30 to 4 p.m.

Aldinger, the spouse of a retired Navy service member, said these tours are good for small groups to learn more about art and socialize over tea afterward at the academy's Pavilion Café.

The café also serves lunch Tuesday through Saturday. Chef Mike Nevin creates daily specials and the regular menu of sandwiches, salads, entrées, and desserts.

According to Aldinger, visitors are also welcome to bring a bag lunch and eat in one of the six garden courtyards on the academy grounds.

Other educational opportunities include school tours and outreach programs, and studio classes for children and adults at the academy's Academy Art Center at Linekona,

located across from the Honolulu Academy of Arts.

The academy also houses the Robert Allerton Library, a non-circulating research facility, which contains more than 40,000 volumes on art.

For more information about educational programs, call 532-8726.

Beyond the galleries is the Doris Duke Theatre (entrance on the Kinau Street side of the museum), which shows a variety of experimental, contemporary and revival films.

Musicians, performers and lecturers also appear in this small, 280-seat, art house theatre.

Unless otherwise specified, film tickets are \$5 for the general public and \$3 for academy members. To provide more showings, the prices will be raised in March to \$5 and \$7.

Tickets to special events, lectures and performances can be purchased at the museum's front desk during regular hours and through the mail. For information on theatre events, call 532-8768.

For general information, call 532-8700 or visit the academy's Web site at: www.honoluluacademy.org.

Hours of operation for the academy are: Monday, closed; Tuesday - Saturday, 10 a.m. to 4:30 p.m.; and Sunday: 1 to 5 p.m.

Admission is \$7, - general admission and \$4, - seniors (62 and over), students (13 and over), and military (with I.D.).

Free admission is offered for Honolulu Academy of Arts members and children age 12 and under.



1. The Cambodian Five-Headed Naga, a Buddhist sculpture, is the academy's most recent acquisition.
2. The Mediterranean Courtyard is one of six garden courtyards landscaped to create a distinct atmosphere.
3. Guan-yin Bodhisattva China, part of the academy's extensive collection of Buddhist art and sculpture.
4. This painting from the Hawai'i art gallery once hung in the wardroom of the SS Malolo (later the SS Matsonia), a supply vessel, before it was converted to a troop transport ship during World War II.
5. Dixie Lindley, retired Navy Supply Corps commander, is assistant manager at the Academy Shop. The gift shop offers a selection of art gifts and is open during regular museum hours.
6. One Sailor held his Navy re-enlistment ceremony in front of this portrait of Lady Meux by American artist James McNeill Whistler (1881). Arrangement in Black No. 5.

Commentary

Window on Pearl Harbor

Karen S. Spangler, Assistant Editor

karen.spangler@navy.mil



Not so crazy about cupid...

Okay...I confess...I'm not all that thrilled that Valentine's Day, Feb. 14, is just around the corner.

For all of those who have significant others, smitten sweethearts and have been bitten by the lovebug, it's a very special day. But for those who aren't in that category, well, Valentine's Day can be just a little daunting.

Perhaps you have never given it much thought – especially if you have a special someone – so let me try to explain what it's like for the rest of us.

It seems there is no escape from a day that is filled with constant reminders of what I shall refer to as "lovey dovey" day. Everywhere you look, there are hearts (on just about everything, or so it seems) – hearts of all sizes in pinks, reds and purples – and flowers, especially roses – the traditional flower of Valentine's Day.

Every radio station seems to be playing soppy, sentimental love songs – all day long. The only escape is to listen to CDs.

About mid-morning, the local florists begin their parade of deliveries to the office for all of the "lucky ladies" who are totally doted on by smitten husbands, fiances and boyfriends. Everywhere you look there are vases of long stemmed, red roses and Valentine's balloons. It's almost shameful. I remember a few years ago when I worked in an office with a co-worker whom I shall just call Gidget (name has been changed to protect the

innocent). Well, of all the nerve...she had the audacity to receive two huge bouquets of red roses. Okay, okay...she was a newlywed...but that didn't excuse it.

Everyplace I go there seem to be romantically intertwined, lovey dovey couples – holding hands, snuggling, arms wrapped around each other, looking deep into each other's eyes – and even stealing a kiss here and there.

It's a day when all that I want to do is go home and "hide" – away from all of the heart happiness, Cupid craziness that seems to have taken over rational people's thoughts on this particular day.

Now I ask you...why can't Cupid mind his own business??? Unless, of course, he'd like to shoot one of his dainty little "love arrows" at that good lookin' hunk of a guy with the muscles – a little love arrow with my name on it. Maybe then...my attitude about Valentine's Day wouldn't be quite so "scroogeey."

Anyway, all I can say is that I'll be glad when all of this Valentine hype is over and done with for another year and all of those reminders of Cupid's day are a thing of the past. But meanwhile, I plan to enjoy my heart-shaped box of heart-shaped truffles. Go figure.

Have a wonderful Valentine's Day – and a fine Navy day here in paradise.

We welcome comments from readers. If you have comments, please send them to: Karen.spangler@navy.mil.



Photo courtesy of TriWest Healthcare Alliance

Pamela Baker and 3-day-old Austin are home from the hospital.

New baby in the house? Don't forget to enroll in TRICARE

TriWest Healthcare Alliance

Life can get hectic when there's a new addition to the family, but don't let time slip away before enrolling the new loved one in TRICARE's Prime health care plan.

Under TRICARE's new policy, parents now have 60 days from the birth or adoption of TRICARE eligible children to enroll them in TRICARE Prime to help avoid delays or

gaps in processing health care claims.

Children must be registered in the Defense Enrollment Eligibility Reporting System (DEERS) database within the first 60 days of their life or adoption or they will not show as being eligible for TRICARE Prime benefits.

To register, obtain a copy of the child's birth certificate, certificate of live birth, or adoption papers and file it with the base personnel office. If the sponsor is deployed or

on TDY, the other parent or a guardian should be prepared to show power of attorney to register.

With unique issues brought about by deployments, the enrollment time may be extended in certain cases.

For questions about TRICARE coverage, visit www.triwest.com, call 1-888-TRI-WEST (1-888-874-9378), or contact the DEERS support office at 1-800-538-9552 from 6 a.m. to 3:30 p.m. Pacific time Monday through Friday.

Valentine's Day: A special day for hearts, flowers, celebration

Karen S. Spangler
Assistant Editor

As we draw closer to the annual day for hearts and flowers and the celebration of Valentine's Day, perhaps we should more closely examine what it's all about. Throughout the country, candy, flowers and gifts will be exchanged between loved ones – all in the name of St. Valentine.

Although there are various legends about the origins of Valentine's Day, February has been a month of romance that dates back to about 270 A.D. and commemorates the anniversary of St. Valentine's death.

According to one legend, St. Valentine was a priest who served during the third century in Rome under Emperor Claudius II. Although the emperor outlawed marriage for young men, feeling that single men made better soldiers than married men with families, St. Valentine

felt the decree was unfair. The priest continued to perform marriages for young lovers in secret. When Claudius discovered Valentine's actions, he ordered that the priest be put to death.

Another legend relates that St. Valentine actually sent the first 'valentine' greeting while he was in prison. As the legend goes, Valentine fell in love with a young girl – possibly his jailer's daughter – who visited him during his imprisonment. It is believed that before his death, Valentine sent her a letter which he signed "from your Valentine" – thus the root of the popular expression used today.

Pope Gelasius declared Feb. 14 as an observance of St. Valentine's Day approximately 498 A.D. The oldest known valentine still in existence today was written in 1415 by Charles, Duke of Orleans, to his wife. At the time, the duke was imprisoned in the

Here are some ideas for Valentine's Day happenings at Naval Station Pearl Harbor for that special day:

• **Special dinner for your Valentine**

Sam Snead's Tavern will offer a special Valentine's Day dinner beginning at 4 p.m. The dinner features filet mignon and Dungeness crab for \$24.95 (includes soup, salad and dessert).

• **Win a date with a cheerleader**

Contestants can enter the Dating Game and compete for a chance to win a date with a Tennessee Titan cheerleader. It begins at 7 p.m. at Beeman Center, but interested contestants should register prior to the event by calling 473-2582 or 473-4279. The event is open to adult MWR patrons.

• **Sweet deal at Naval Station Bowling Center**

Naval Station Bowling Center offers a sweet deal for couples, free use of its pool tables for couples who want to play the game from 11 a.m.-9 p.m. For more information, call 473-2574.

• **Sweetheart Swim**

Visit any open Navy MWR pool and swim 500 yards with your sweetie and receive a sweet treat for your efforts – a box of chocolates. For more information, call 473-0394.

• **Valentine's dance for pre-teens**

A Valentine's dance for pre-teens (ages 10 - 12) will be held from 6-9 p.m. Feb. 12 at the Iroquois Point Clubhouse. For more information, call 499-2572.

Tower of London following his capture at the Battle of Agincourt. That valentine is on exhibit at the British Museum.

About the seventeenth century, Valentine's Day began to be popularly celebrated in Great Britain. Friends and lovers began to exchange small tokens

of affection or handwritten notes by the eighteenth century.

With improvements in printing technology by the end of the century, printed cards began to replace written letters. It is believed that Americans began to exchange hand-made valentines in the

early 1700s.

Esther A. Howland is credited with producing the first commercial valentines sold in America in the 1840s. Known as Mother of the Valentine, Howland made fancy creations with lace, ribbons and colorful pictures known as "scrap."

There are some interesting facts about present-day valentines. Information released by the Greeting Card Association estimates that approximately one billion valentine cards are sent each year. Valentine's Day is the second largest card-sending holiday of the year, second only to the Christmas season.

Interestingly, about 85 percent of all valentines are purchased by women. Valentine's Day is also celebrated in Canada, Mexico, the United Kingdom, France and Australia.

Prominently displayed on many valentines in modern day, Cupid is the child-like, winged deity who is often associated with this hearts and flowers day. Cupid was the son of Venus, the Roman goddess of love. In Greek mythology, Cupid is known as Aphrodite's son Eros.

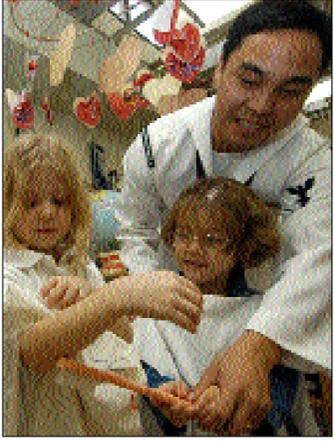
However you decide to celebrate Valentine's Day with your significant other, make it a special day.

Pearl Harbor promotes National Children's Dental Health Month

Naval Health Clinic Hawai'i

Naval Station Pearl Harbor Health Clinic is recognizing and promoting National Children's Dental Health Month for February, providing children with education and appreciation with the slogan, "A Healthy Smile is Always in Style."

"During the month of February, the Naval Health Clinic Hawai'i, dental staff has planned many



U.S. Navy photo by J03 Ryan C. McGinley

DT3 Chris Mar, assigned to Naval Dental Health Clinic, Makalapa, teaches children at the Child Development Center Pearl Harbor, the proper way to brush their teeth.

activities to promote public awareness of good dental health and to emphasize the importance of this annual observance," said Dental Technician 1st Class Contrillus D. Carter. "Navy dental providers will be visiting many of the area schools to educate children and teachers on the importance of good dental care."

Most dental disease is preventable and conscientious home care is the way to healthier teeth and a pleasant smile. National Children's Dental Health Month was initiated 56 years ago to promote good oral healthcare for children.

Across the country this February, dental health care providers will be working with America's children, their parents, and educators to boost dental health awareness.

"One of the most common questions new parents ask is at what age should they take their child for their first dental appointment," said Cmdr. G. F. Rubino, dentist at the Makalapa clinic. "The recommended age for this critical first dental visit is about 12 months. Infants have bacteria in their mouths just like adults and therefore, when that first tooth erupts it is now susceptible to dental disease if plaque is not removed regularly. A positive first impression sets the tone for future appointments," Rubino

explained.

Although dental decay is perhaps the most prevalent disease known, it is not difficult to help children maintain a healthy smile and keep their smiles for ages to come. Here are a few tips for good oral health:

- Take your child to see the dentist regularly.
- Put only water in a child's bottle at naptime or bedtime. Juice and milk can actually cause rampant caries if allowed to stay on the teeth at nap or bedtime.
- Start cleaning the first tooth as soon as it appears. Use a pea-sized amount of toothpaste on toothbrush or cotton gauze.
- When your child is old enough to brush alone, supervise them to make sure the toothpaste is spit out, not swallowed.
- Make sure your child gets the fluoride needed for decay-resistant teeth.
- Brush and floss your child's teeth daily until the child is capable of doing this effectively unaided.
- A well-balanced diet is essential to the proper development and maintenance of the teeth, bones and the soft tissues of the mouth.
- Prevent traumatic damage to teeth by the use of a mouth guard during active sports such as football, soccer, and skateboarding.
- Avoid tobacco products (snuff,



U.S. Navy photo by J03 Ryan C. McGinley

DT3 Chris Mar hands out papers to children, which explain the proper way to brush and floss.

chewing tobacco, and cigarettes) known to cause oral cancer.

The TRICARE Dental Program (TDP) provides the spouses and children of active duty members with basic dental health care at a minimal cost.

With a primary focus on preventive care, children's dental needs are largely met by the routine check-ups, X-rays, cleanings, and fluoride applications provided by the plan. The placement of decay retardant sealants on the permanent dentition is now also offered as a benefit for children under age 14.

All eligible beneficiaries should

contact their individual command pass liaison representative for the guidelines for enrollment. Basic information on the TDP benefits offered through United Concordia can be obtained from the health benefits advisor, Naval Health Clinic Hawai'i or by logging on to United Concordia's Web site at www.ucci.com.

The Naval Station Pearl Harbor Health Clinic hopes all children will recognize the importance of dental care and take simple steps to prevent problems.

"Remember, an ounce of prevention is worth a pound of cure," said Carter.

ASYMCA 'Support our Troops' bracelets raise funds, morale

Lacy Lynn
Staff Writer

The Armed Services Young Men's Christian Association's (ASYMCA) at Pearl Harbor is selling bracelets to fundraise for their various programs and services.

The green, acrylic bracelets have a "Support Our Troops" slogan printed on them. They are available in adult and youth sizes and cost \$2 each.

ASYMCA headquarters in Alexandria, Va. initiated the fundraiser by purchasing 12,000 bracelets and distributing them to their branches nationwide.

Marine, Army and Navy ASYMCA branches will be selling the bracelets to benefit the

free programs offered to military personnel in Hawai'i.

"It will definitely help us expand our programs," said Dave Gomez, executive director for Armed Services YMCA Honolulu

Some of their major programs include Operation Hero, an after-school program, and the Welcome Baby Program for first-time mothers away from home.

Food for families operates in conjunction with the Hawai'i Food Bank to provide for military families.

"Anybody that's experiencing financial difficulties...can come to our pantries and get food for free," said Gomez.

According to Gomez, the YMCA's largest program here in Hawai'i is the Playmorning

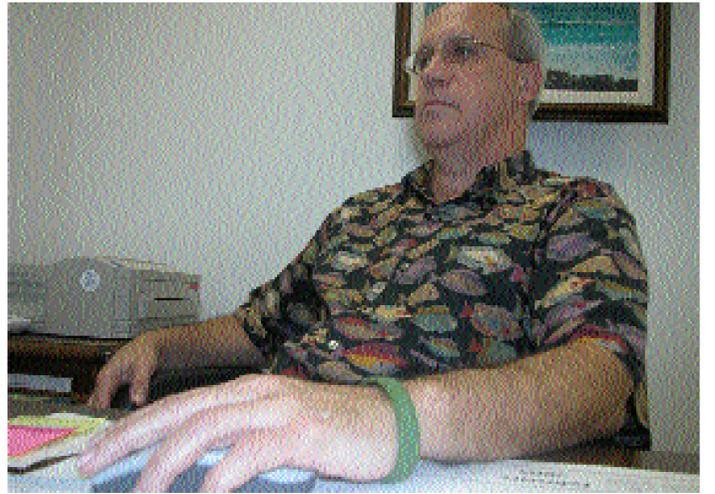
Program, a playgroup for parents and pre-school children ages three months to five years.

The group meets each week at military housing and parks and provides toys, motorskill activities, story time and song time. Playmorning Program also maintains a resource library for parenting issues and education.

All of these services are provided free of charge for service members and their families.

For more information about the Support our Troop bracelets or any of the ASYMCA programs, call 473-3398.

(Right) Dave Gomez, executive director for Armed Services YMCA Honolulu, wears a "Support Our Troops" bracelet. (U.S. Navy photo by DM1(SW/AW) Kurt Lacy)



MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

FRIDAY

7:00 p.m. Meet The Fockers (PG 13)

SATURDAY

2:30 p.m. Fat Albert (PG)
6:00 p.m. Advanced Screening
Constantine (R)

SUNDAY

2:30 p.m. Lemony Snicket's...
Unfortunate Events (PG)

4:45 p.m. Meet The Fockers (PG 13)

7:00 p.m. The Life Aquatic w/
Steve Zissou (R)

THURSDAY

7:00 p.m. White Noise (PG 13)
\$3 adults; \$1.50 children (6-11)

Memorial Theater
Hickam Air Force Base
(449-2239)

FRIDAY AND SATURDAY

7:00 p.m. White Noise (PG 13)

SUNDAY

2:00 p.m. Fat Albert (PG)
7:00 p.m. White Noise (PG 13)

WEDNESDAY

7:00 p.m. Fat Albert (PG)

THURSDAY

7:00 p.m. White Noise (PG 13)
\$3 adults; \$1.50 children (6-11)

Sgt. Smith Theater
Schofield Barracks
(624-2585)

FRIDAY AND SATURDAY

7:00 p.m. Meet The Fockers (PG 13)

SUNDAY

7:00 p.m. The Life Aquatic w/
Steve Zissou (R)
\$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

- **Feb. 16:** Surf photography workshop, \$5. Register by **Feb. 14.**
- **Feb. 19:** Kealia Ridge hike, \$5. Register by **Feb. 16.**
- **Feb. 19:** Mountain biking with Kevin, \$15. Register by **Feb. 16.**
- **Feb. 20:** Advanced paddle strokes workshop, \$15. Register by **Feb. 16.**

TGIF AT OCEANS CPO CLUB

Oceans CPO Club will host TGIF from 4-8 p.m. **today**. All authorized patrons (E7 - E9) and their guests are invited for free pupus and music. For more information, call 473-1743.

PRO BOWL PLAYER APPEARANCE

An NFL Pro Bowl football player will be available to meet with fans beginning at 5 p.m. **today** at Sam Snead's Tavern. Check the MWR web site, www.greatlifehawaii.com, for updated information and the name of the player. For more information, call 473-0606.

YOUTH FITNESS ORIENTATION

A Youth Fitness Orientation will be offered **Feb. 12** at Power Point. The program is designed for youth between the ages of 10-15 years old; youth must be accompanied by an adult. The orientation includes a

facility tour, safety guidelines, an equipment usage demo and a review of the rules and regulations. Registration is required by the Thursday prior to each class. For more information or to reserve a space, call 473-0793 (Bloch) or 682-5243 (Power Point).

THE DATING GAME - TENNESSEE TITAN CHEERLEADERS

Contestants can compete in the Dating Game on **Feb. 14** at Beeman Center to win a date with a Tennessee Titan cheerleader.

The event starts at 7 p.m. and is open only to adult MWR patrons. Interested contestants should register prior to the event by calling 473-2582 or 473-4279.

VALENTINE'S DAY AT NAVAL STATION BOWLING CENTER

Naval Station Bowling Center is offering a sweet deal for its customers on **Valentine's Day**. From 11 a.m.-9 p.m., couples will be able to play pool for free. For more information, call 473-2574.

NAVY BOWLING TRY-OUTS

Navy bowling try-outs to represent the Navy in local tournaments will be held **Feb. 15-17** at Naval Station Bowling Center. The time will be announced. For more information, call 473-2574.

FREE SQUASH

Pearl Harbor Racquet Club will host a free squash event on **Feb. 16** at the Makalapa squash courts. Those interested in participating should register at the Wentworth Pro Shop no later than **Feb. 14**. For more information, call 473-0610.

INTRAMURAL RACQUETBALL TOURNAMENT

An intramural racquetball tournament begins **Feb. 15** at Bloch Arena courts. Games will be played daily from 11 a.m.-1 p.m. The event is open to active duty patrons at Navy Region Hawai'i. Registration is free. For information, call the Wentworth Pro Shop at 473-0610.

INTRAMURAL SPORTS

Softball seasons begin soon. The softball meeting is **Feb. 16**. The meetings will be held at 1 p.m. at the Bloch Arena main basketball court. For more information, call 473-2437.

CAMP ADVENTURE SPRING BREAK CAMP

Registration for Camp Adventure spring break camp will begin **Feb. 17** for dependents of single and dual active duty military (a family care plan is needed) and on **Feb. 22** for all other military and DoD. The camp will run from **March 21-April 1**. Camp hours are from 6 a.m.-6 p.m. Monday through Friday and will be held at Catlin and Iroquois Point Clubhouses. Day camp is open to patrons age 5-12. Fees are based on total household income. For more information, call 421-1556.

FREE GOLF CLINIC

A free golf clinic will be held from 1-2 p.m. **Feb. 19** at Navy Marine Golf Course. The clinic is open to the first 16 registered patrons. For more information, call 471-0142.

SUPER GARAGE SALE AND CRAFT FAIR

MWR's super garage sale and craft fair will be held from 8 a.m.-

noon **Feb. 19** at Richardson Field. The event is free and open to the public. Future garage sale dates are **May 21, Aug. 13 and Nov. 5.**

MEADOW GOLD ALOHA SOCCER CUP

General admission tickets are now on sale at Navy ITT offices for the Meadow Gold Aloha Soccer Cup which will be held **Feb. 26** at Aloha Stadium. The pre-season MLS professional soccer match is between the LA Galaxy and DC United, featuring Cobi Jones and teen phenom Freddy Adu. The Hawai'i High School Senior All-Stars are scheduled to compete in the pre-game event at 3:30 p.m. The event is presented by the Hawai'i Soccer Federation/HSF.



- **Feb. 11:** Raffle Drawing at LIP, free, 5:30 p.m.
- **Feb. 12:** Chicken Skin tour, \$25, 5:30 p.m.
- **Feb. 13:** Pro Bowl tailgate party, \$5.
- **Feb. 14:** Valentine's Dating Game, free, 7 p.m. at Beeman Center.
- **Feb. 16:** Game Show, free, 6:30 p.m. at Beeman Center.

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@honoroluaadvertiser.com or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis.

A CPR/first aid instructor course will be offered **Feb. 11, 12 and 19** by the Hickam and Pearl Harbor chapter of the American Red Cross. The cost is \$188 for the course and books. The class fee can be waived for those who agree to be a volunteer instructor for the American Red Cross. Class size is limited and early registration is encouraged. For more information, call the ARC office at 449-0166.

Military personnel and dependents are invited to **join a new women's over-30 soccer team (WISA)**. The organization welcomes women who are 30 years and over and any skill level. Games are on Sundays from March through May at Waipio soccer complex. Those who plan to participate must register by **Feb. 12**. For more information, call Kathy at daytime 971-2503 (daytime) or 261-9951 (evenings).

Command Pacific Fleet staff is offering **classes on Professional Military Knowledge Training (PMK)** to prepare for the general military requirements for the March exam. Classes will be held from 9-10 a.m. on Tuesdays, **Feb. 15, Feb. 22 and March 1** at the Makalapa compound, trailer "C". The goal is to ensure that sea warriors in the Oahu area are afforded every opportunity to excel on the March advancement exam. For more information, contact PN1(SW/AW) Aughtry at patricia.aughtry@navy.mil or 474-6616.

The Navy Exchange appliance store has a new home, now located in building 70 at the corner of Radford Drive and Bougainville Drive. The grand opening of the appliance store will be at 9 a.m. **Feb. 18**. Those attending will have a chance to win door prize giveaways and special coupons.

Boutiki Gift Shop aboard Naval Station Pearl Harbor is now accepting donation request letters for fiscal year 2004. The deadline is **Feb. 25**. Non-profit organizations that are directly involved in quality of life issues for military members and military families may send in a request letter and an application form to Boutiki at Box 10, Naval Station Pearl Harbor, HI 96860. Application forms are available at the Boutiki Gift Shop, 640 Club Road, Naval Station Pearl Harbor. For more information, call the Boutiki at 422-6662 during store hours.

Expectant parents can learn everything they need to know about labor and delivery at **prepared childbirth classes** which will be offered on Saturday mornings at Armed Services YMCA at Naval Station Pearl Harbor. The classes will meet from 10 a.m.-noon for four weeks. The next session is scheduled to begin **March 5**. The cost for E-1-E-5 is \$55. The cost for those who are E-6 and above and all officers is \$65. For more information, call 473-3398.

USS Chicago Ohana Wives Club will hold a fundraiser (McTakeover) from 5-8 p.m. **March 15** at the McDonald's at the Moanalua Shopping Center. During the three-hour time span, spouses from the USS Chicago Ohana will work behind the counters at McDonald's to raise money for the ohana wives club. The club will receive 20 percent of the proceeds made during that three hours. The event is the club's biggest fundraiser for the year. For more information, call 421-1566.

A **free scrapbooking class** will be offered **March 22** at the Armed Services YMCA at Naval Station Pearl Harbor. The class will introduce the basics needed to create beautiful scrapbooks for those cherished family photos. For more information or to sign up, call 473-3398.

Learn **Hawaiian quilting** and how to make a treasured family heirloom from Linda Yamamoto, a quilter with many years of experience. The class begins **March 24** and will meet from 9:30-11:30 a.m. at Armed Services YMCA at Naval Station Pearl Harbor. The cost of the class is \$24. A list of supplies will be provided upon payment of class registration. For more information or to reserve a spot, call 473-3398.

A **VP-4 All Hands Reunion** is planned for **Aug. 4-7** in Portsmouth, Va. For more information, call Steve Andruszkewicz at (818) 652-9942 or email VP4Reunion2005@aol.com

Register for the Project A-OK program at the NEX. Parents should bring their child's most recent report card to register. Children could win \$5,000, \$3,000, \$2,000 or \$1,000 in U.S. Savings Bonds. For more information, visit the NEX customer service department at The Mall rotunda.

The **American Red Cross**, Hickam Service Center is seeking volunteers to fill the following positions: chairman of volunteers, records chairman and publicity chairman. For more information, call the Red Cross office at 449-0166. The office is located at 655 Vickers Ave., building 1105 and is open from 8 a.m.-3 p.m. Monday-Friday.

In accordance with NEX guest policy, the NEX welcomes **guests of authorized patrons**. To protect your NEX privileges, they ask that only the primary cardholder (active duty or retired member) and spouse sponsor guests and those guests are limited to two per authorized cardholder.

The University of Oklahoma offers a **master of arts in managerial economics** and a master of public administration. The school's non-thesis programs can be completed in about 18 months. One-week classes are TDY/TAD friendly. For more information, contact OU at 449-6364 or aphickam@ou.edu or visit the Web site at www.gouou.edu.

Sea World San Diego is offering free admission throughout 2005 for all active duty military and up to three dependents. For more information, visit <http://www.herosalute.com/cavatz/index.html>

T.O.P.S. (Take Off Pounds Sensibly), a nonprofit, non-commercial 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.



Constantine: John Constantine is a world-travelling, mage-like misfit who investigates supernatural mysteries and the like, walking a thin line between evil and good. Constantine then teams up with a female police detective, Angela (Weisz), who seeks Constantine's help while investigating the suicide-like death of her twin sister.

Fat Albert: Fat Albert and the rest of the Cosby kids are living in their animated world when one day, a young teen cries on her remote control because she doesn't have any friends. Fat Albert then magically comes out of her TV and enters the real world to help the teen make friends.

Lemony Snicket's A Series of Unfortunate Events: Three children receive news that their parents have died in a fire and left them an enormous fortune. They are taken in by a series of odd relatives including Count Olaf who is plotting to kill them and snatch their inheritance.

The Life Aquatic with Steve Zissou: See Review

Meet the Fockers: Now that Greg Focker is "in" with his soon-to-be in-laws, Jack and Dina Byrnes, it looks like smooth sailing for him and his fiancée, Pam. But that's before Pam's parents meet Greg's parents, the Fockers. The hyper-relaxed Fockers and the tightly-wound Byrnes are woefully mismatched from the start, and no matter how hard Greg and Pam try, there is just no bringing their families together.

White Noise: Jonathan Rivers, distraught after the mysterious death of his wife, is contacted by a man who claims to be receiving messages from her through something he calls electronic voice phenomena, or the "white noise" most of us hear when we flip through the radio dial. Jonathan is at first skeptical, but then becomes convinced EVP is real and tries to contact her himself.

JO3 Ryan C. McGinley The Life Aquatic with Steve Zissou

With "I Heart Huckabees" still in the minds of viewers, Wes Anderson (director of "Rushmore" and "The Royal Tenenbaums") brings the world another film which is so ironically quirky, that some may wonder why they are being financed in the first place. These films, as I have said before, are simply a series of sometimes funny moments strung together to form a sub par plot, which doesn't mean anything and serves to leave its audience sitting there wondering what on earth they've just watched.

"The Life Aquatic with Steve Zissou" is the tale of Steve Zissou, a famous oceanographer/documentary filmmaker, who summons a barrage of cast mates on a mission to kill the shark that ate Steve's partner. The cast includes Steve's ex-wife, her ex-husband, a producer, financial guy, journalist and finally someone who might be Steve's son.

The cast is incredible, teaming Bill Murray, Owen Wilson, Jeff Goldblum, Angelica Huston, Cate Blanchett and Willem Dafoe together to make the audience laugh sometimes, but mostly stare blankly at the screen in complete disbelief of Anderson's world.

Every single one of these films has the same formula and rarely strays from the previous in quantity of laughs. It's not that the audience can't understand the film, (like a David Lynch film), it's simply that there is no real logic or commonplace association that one can make. Sure these films will go down in history as cult classics that potheads can watch with relative ease, but to say they lend refreshing or creative filmmaking is stretching it a bit far.

"The Life Aquatic" is a film that just exists. It makes you laugh sometimes. It makes you scratch your head sometimes. It makes you stare in remarkable awe at how Hollywood can keep making these types of films, and where could they possibly get the money?

OVERALL RATING:

Battleship's supporters first in decade to answer 'Truman Line' mess call

USS Missouri Memorial Association

At the USS Missouri Memorial Association's fifth annual Crew Members Day on Jan. 29, members of its Friends of the Mighty Mo individual donor program received a preview of the memorial's soon-to-open "Truman Line." The famous service line welcomed its first group of hungry "customers" since the ship was decommissioned in the early 1990s.

Crew Members Day also took donors to parts of the ship that illustrate why the Missouri is often referred to as the "president's battleship." Their tour included a visit to the 02 level flag quarters where President Harry S. Truman, his family, staff and press stayed during their cruise aboard the USS Missouri in 1947. It was during this cruise that the Truman Line, located in the enlisted mess decks, became so named due to his fondness of dining with the enlisted Sailors.

Other highlights of the 2005 Crew Members Day tour were:

- A viewing of the History Channel's new documentary, "The Three Wars

of the Battleship Missouri," which made its national premiere last month.

- A premiere viewing of three newly produced oral histories of the Missouri's crew from World War II and the Korean War, as well as life onboard during Missouri's last active-duty days as told by her last captain and executive officer, Albert Lee Kaiss.

- Interaction with the staff and volunteers who answered questions about current and future programs and events.

"Last year, the Missouri welcomed its two-millionth visitor, a milestone made possible by the association's committed staff, an army of volunteers and vital donations from members, individuals and corporations alike," said retired Navy Capt. Don Hess, president and chief operating officer of the Missouri. "These ongoing efforts also resulted in the opening of new areas of the ship to visitor viewing, such as turret number three and engine room number four.

"Our Friends of the Mighty Mo members experienced a sneak peak of these areas last year and we wanted to provide them with another exclusive preview this year. We will soon

open the famed Truman Line so that visitors can be served their meal where President Truman and his family dined with the Sailors," explained Hess.

The Truman Line is scheduled to officially open to visitors' tours on Feb. 19. Also on that day, which happens to be the 60th anniversary of the WWII ground invasion of Iwo Jima, the Missouri will unveil a flight simulator that mimics missions in support of the invasion.

In the simulator, visitors will be able to experience a WWII-era Seahawk aircraft in flight over the Battle of Iwo Jima. First flown in 1944, the Seahawk is a type of Navy floatplane. During World War II, the Missouri had up to four Seahawks, which launched from catapults on the ship's fantail, astern. It was called a floatplane because it could land on water, after which it was hoisted aboard the Missouri via the battleship's crane. The crane was removed in subsequent years when the fantail was converted to a helicopter-landing pad.

The simulator's cockpit view is complete with fuel and altitude indicators and even weapons crosshairs



Photo courtesy of battleship USS Missouri

USS Missouri Memorial Association donors experience the "Truman Line" aboard the battleship Missouri during the association's annual Crew Members Day on Jan. 29. In the foreground hangs a photo of President Harry S. Truman during his 1947 cruise aboard the Mighty Mo.

for zeroing in on targets. In many of the scenes, the Mighty Mo can be seen from a wartime aerial perspective that few other than active-service military personnel have seen.

Hess added, "The Battleship Missouri Memorial is unique because it allows visitors to experience the past by

standing on a real U.S. battleship. Our flight simulator expands on this by giving visitors a pilot's eye view of history of decisive events in world history."

The Missouri's Friends of the Mighty Mo program allows individuals to contribute to continuing restoration of the battleship and become an hon-

orary "crew member." Benefits of being a member range from free admission to the memorial, to merchandise discounts at the ship's retail stores, to special tours. For more information on becoming a Friends of the Mighty Mo crew member, visit www.usmissouri.org or call 423-0607.

Navy joins NHTSA for National Child Passenger Safety Week

Dan Steber

Naval Safety Center Public Affairs

The Naval Safety Center joined the National Highway Transportation Safety Administration (NHTSA) in their effort to spread the word about child passenger safety to Sailors, Marines and their families in February.

This effort coincides with NHTSA's announcement that National Child Passenger Safety Week is Feb. 13-19, a dedicated period for improving child-passenger

safety awareness, preventing injuries, and saving lives.

"This is a noteworthy effort and every Sailor, Marine or civilian should think about their family's safety year round," said Capt. Bill Glenn, Naval Safety Center Director of Shore Safety Programs. "This campaign allows us to focus attention on this specific issue and we hope to prevent further deaths and injuries."

NHTSA statistics show that motor vehicle crashes are the number one killer of children ages two to 14. But children ages four to eight

who use booster seats and safety belts are 59 percent less likely to be injured in a car crash than children who are restrained only by a safety belt.

Naval Safety Center records show that in fiscal year 2004, at least 10 of 73 Navy deaths involved unrestrained Sailors or family members.

"Although we haven't had a huge number of cases involving unrestrained children, even one preventable death or injury is too much," said Chuck Roberts, Naval Safety Center Traffic-Safety division head.

The Naval Safety Center is work-

ing actively to raise awareness about this and related problems. They not only joined this NHTSA effort, but also are collecting testimonials about traffic-safety success stories, including those accidents that involve Navy families. That effort will share real-life stories in the hope that other Sailors will read and see the benefit of seatbelts and child-safety seats.

They also are studying mishap patterns, specifically on seatbelt and child-safety seat use, but also on alcohol and fatigue-related incidents.

"We welcome the opportunity to join in this national campaign to keep our children safe," said Bonnie Revell, traffic safety specialist. "We spend a lot of time working with our service members and it is just as important to remind everyone about the equipment that will keep them and their family members safe."

For more information on National Child Passenger Safety Week, visit the NHSTA Web site at www.nhtsa.dot.gov/people/injury/childps/CPSWeekPlanner2005/pages. Related information may be found at www.boosterseat.gov.

Love and war: Solutions for military families celebrating Valentine's Day apart

FeatureSource

Showing love to your spouse and child is the heartbeat of Valentine's Day, but how do military families separated by war celebrate a holiday of love when their soul mate – or mommy or daddy – is thousands of miles away?

Two well-known authors and experts on marriage and parenting have an answer. They've teamed up to provide their relationship-building books free to all active duty military families via the Web site at www.GiftForMilitaryFamilies.com.

"It's tough to parent by yourself, day in and day out, but when your spouse is gone it's incredibly stressful. Parents need support and resources to effectively celebrate love to their spouse and child with a sense of strength," said Erin Brown Conroy, M.A., mother of 13 and author of "20 Secrets to Success with Your Child" (Celtic Cross Publishing, \$16.95, www.parentingwithsuccess.com). Brown Conroy, once a single parent of five and now remarried, is a birth parent, step parent and adoptive parent who knows firsthand what it's like "going it alone" on Valentine's Day. "Especially when we see other families together, sharing love, we often feel the pain of separation from a loved one more keenly. Moms and dads need practical ways to build closer relationship with children and spouse – tips, ideas and tools

to make our family strong, even when apart."

"When your soul mate is absent, keeping a relationship alive – and even building a deeper relationship with your spouse – is challenging," agreed Mort Fertel, author of "Marriage Fitness" (MarriageMax, Inc., \$13.95, www.YourMarriageFitness.com). Fertel and his wife also experienced family crisis when three of their infant children died in less than two years. They saved their marriage and then developed a 20-exercise "Marriage Fitness" plan to help other couples. "Though families experience physical distance, this can actually be a time to strengthen your marriage."

Fertel, whose book has been profiled on NBC, CBS, PBS, Fox News Network and in Family Circle, Glamour Magazine and Fitness Magazine, among others, is a marriage coach and speaker. Brown Conroy has nearly 30 years experience instructing children and counseling families and is a parenting columnist, frequent guest on radio shows, and popular speaker who shares secrets that "work" so well, they might seem magical. Brown Conroy and Fertel are also launching programs that teach skills and provide support and encouragement for all families: Brown Conroy's www.TotallyFitMom.com and Fertel's Marriage Fitness Tele-Boot Camp,

U.S. Navy photo by J03 Ryan C. McGinley

GM1(SW) Scott Minary, stationed aboard USS O'Kane (DDG 77) says goodbye to his wife and daughter before leaving for a six-month deployment.

camp.

Why give their books away?

"We want to encourage and support families in powerful, practical, life-changing ways," said Fertel. "Military families need what Erin and I have to offer, to strengthen their families and experience Valentine's Day with joy. And we see this as a way to say "thank you" for the sacrifice these families are making for all of us. They come through for us every day. How could we not come through for them now?"

To help you with your family's relationships when dealing with an absence because of

active duty, Brown Conroy and Fertel offer these expert insights and practical tips to help:

- Make this a time to learn and grow. Have the mindset and be resolved to make the most of this time apart to read books and add to your abilities, so when your family's together again, you're "ahead" with gained knowledge, insight and skills that help your family relate in a healthy way. Choose a time each day to read a book on parenting, family relationships and marriage building, and become stronger, able to tap into this time of

personal growth in the future.

• Keep a journal individually and with your child. You're experiencing life apart, but that doesn't mean you can't ever share what's happened during this special time.

Take a few minutes each day to jot down happenings, conversation and personal thoughts. Journaling helps your child make sense of stress and the absence of a parent.

If possible, send your spouse journal entries via the web. When your spouse returns, this journal is a source of connection and relationship

building.

• Create and record special memories. Even though it's "just one of you," make the holidays special. Create and experience simple events with family and friends, sharing time with another adult at a coffee shop or reading a classic book together with your child each evening before bed.

Keep it simple and keep the camera handy to document the event to share together later.

• See Valentine's Day as a starting day for being committed to love all year round. Look at Valentine's Day not as a one-day event, but as a starting day for commitment to your spouse and child. Write and say words of recommitment that celebrate your lifelong pledge that bonds you together in constancy, faithfulness and loyalty to one another.

"Even when separated, we can experience Valentine's Day with a deep sense of connection," said Brown Conroy. "With good resources to grow and learn, you can make a positive difference in your family's experience of love and closeness right now. Take the time to read books, such as the ones we're offering, and you'll be sure to maintain connection with your family."

(Separated families in active duty, visit www.GiftForMilitaryFamilies.com to get the free copies of the books, "20 Secrets to Success with Your Child" and "Marriage Fitness.")

NEX's A-OK Student Reward Program helps with college tuition

Kristine M. Sturkie

Navy Exchange Service
Command Public Affairs

The Navy Exchange's A-OK Student Reward Program will hold a drawing at the end of February to help four students pay for a college education.

Winners will receive a \$5,000, \$3,000, \$2,000 or \$1,000 U.S. sav-

ings bond, denominations at maturity. The deadline to register for the next drawings is the end of February 2005.

"The A-OK Program was created in 1997 to reward students for getting good grades in school," said Mike Mongin, operations specialist at the Navy Exchange Service Command (NEXCOM). "We are proud to be able to help

students fulfill their dreams of a higher education. It's just one more way the Navy Exchange supports the Navy family."

Any eligible full-time student who has a B grade point average equivalent or better, as determined by their school system, may enter the drawing.

Eligible students include dependent children of active-duty

military members, Reservists and military retirees enrolled in first through 12th grade.

Dependent children without an individual dependent identification card must be accompanied by their sponsor to submit their entry.

Each student may enter only once each grading period and must re-enter with each qualify-

ing report card.

Students may bring a current report card to Navy Exchange to enter the drawings.

After a Navy Exchange associate verifies the minimum grade average, students may fill out an entry card and obtain an A-OK ID, which entitles the holder to discount coupons for Navy Exchange products and services.