



The above photo shows the view through the galley window at the Naval Brig to Pearl Harbor. Other than the recreation yard, the galley offers the only view of the outside world.

Service members learn military bearing, the hard way

JO2 Devin Wright
Staff Writer

Surrounded by water, its location is isolated, which is symbolic of the emotions its residents feel. The only outside contact comes from faint voices from across the harbor or the distant glances through a window with its most striking characteristic being one-inch-thick bars.

Segregated on an island in Pearl Harbor, the Naval Brig Pearl Harbor houses prisoners before and after court dates and aims to correct behavioral problems.

Naval Brig Pearl Harbor is a joint service establishment located on Ford Island and is the only military correctional facility on Oahu.

"We support all of the services," said Lt. Randy Langlitz, officer in charge Naval Brig Pearl Harbor. "We incarcerate service members from all branches of service who are in the pre-trial phase and need to be in a secure facility before their trial. We also hold people who have already been sentenced for short periods of time," said Langlitz.

The brig holds prisoners for up to six-months before their trial and up to six months after their trial. For sentences over six months prisoners are sent to larger facilities like Miramar or Leavenworth.

The brig is separated into two sections, secured and non-secured. The non-secured side of the brig is called the correctional custody unit (CCU). CCU is a program specific to the Navy. The program is for

Sailors E/3 and below who may have lost some of their military bearing since boot camp.

"These guys aren't locked up," said Culinary Specialist's Senior Chief (SW/AW) Kenney Girdener of Naval Brig Pearl Harbor. "They can run away at anytime if they wanted. But if they fail the program they are almost always separated from the Navy. They are not bad Sailors, they have just fallen off track by not showing up to morning musters, underage drinking or an unauthorized absence. Those are the type of infractions that land these Sailors in here and we give them the additional training they need for 30 days in a boot camp like environment. This program has a 98 percent success rate as far as repeat offenders," Girdener said.

One inmate at the CCU says he has learned more military bearing in the four days since he arrived than he did in boot camp.

"I was caught drinking underage," said the inmate. "I broke the rules and I got caught. I don't blame the Navy for sending me here. This place is a lot like boot camp for me in the sense that I want to leave here as soon as possible. Even though I don't like it here I've learned that I do want to be a Sailor, something I wasn't convinced of at boot camp."

The secured side of the brig is for service members who have more serious uniformed code of military justice offenses.

Upon arrival at the secured area of the brig, prisoners are given a Naval

Brig Pearl Harbor prisoner handbook and locked in a cell for 72 hours. At the end of the 72 hours they are given a test. If the inmate passes with a 90 percent or higher, they are released into general population.

Life for inmates at the brig can be summed up in a word.

"Routine," said Aviation Boatswain's Mate 1st Class (AW) Bemon Leopoldo, head security officer Naval Brig Pearl Harbor.

Monday through Saturday, lights are out at 9:30 p.m. and reveille is at 4:30 a.m. On Sundays inmates are given the luxury of waking at 5:15 a.m. They take part in physical training at 6:15 a.m. By 8 a.m. they spend the day cleaning the facility.

"Our goal is to re-train and return the optimum of these prisoners to full active duty," said Leopoldo. "We also want those who are being separated to be productive citizens. We believe this intense, structured environment helps them achieve that. We also provide liaisons for each branch of the service as well as counselors to help them deal with life at the brig, because it's not easy," he said.

Naval Brig Pearl Harbor is the largest waterfront brig in the Navy with the ability to hold up to 120 prisoners.

It is run by 62 service members from each branch of the military. For more information on the Naval Brig Pearl Harbor, visit their Web site at <http://www.pearlharbor.navy.mil/brig.html>.



U.S. Navy photo by JO2 Devin Wright

A prisoner stands at parade rest for the morning head count at the Naval Brig Pearl Harbor.



Naval Brig Pearl Harbor guards help service members find their military bearing through tough love. It is run by 62 service members from each branch of the military.

Photo composite by JO3 Ryan C. McGinley

Commentary

Spouse to Spouse

Andrea Kane

ablekane@verizon.net



All you need is love

I was in class a few months ago talking to another girl about having children. She was upset that her daycare was so expensive and she had no control over the cost and she couldn't really afford it and didn't really like the people who ran it, but felt she had no other option. There are always options, I told her, it just depends on what you want to do. She informed me that was easy for me to say since my husband is a chief and "we got it like that." I laugh thinking back about that conversation. It is not money that raises a child, but time and love and sacrifice. If you are thinking about staying at home with your child or having another child, consider this: what are you willing to give up in order to raise your child?

I am a housewife. Dress it up with any of the new fancy names that people tend to want to do, but the job is still the same. Oh yeah, I've got my own company and I make my own money outside of the military paycheck, but I am still a housewife. I proudly wear the "H" on my forehead and dare anyone to make less of the job I perform. Don't get me wrong - initially, I did not take to this career.

After a lifetime of thinking like a feminist, I thought I was doing all women an injustice by loving my husband and my child and deciding to stay at home instead of remaining in the "rat race." I didn't get arrested in the early '90s, marching through the streets of New York and Washington, D.C. demanding equal rights and an end to patriarchy, only to be subjected to making dinner for a man and caring for my own child. I mean, that's why they have day care and housekeepers. I thought the role of housewife was degrading and slave-like; I thought someone else should be responsible for raising my child. When I dropped my daughter off and heard the day care provider playing a rap song, I knew things had to change.

Our daughter started kindergarten last year and I had thought I would find

a job once she began school. School starts at 7:45 a.m. and lets out at 2:15 p.m. and earlier on Wednesdays. Okay, I thought I would work part-time at night. Well, tae kwon do runs until five and my husband doesn't get home sometimes until six or later. Plus, who would make dinner, help Jane with her homework, get her washed up and ready for bed?

I became angry. Why couldn't I do it all? Why couldn't I be at home with my child, keep a home for my husband and be happy? Well, as my mother so simply told me over the phone, I already had this. I wake up and walk across the hall into my office, I take my kid to school and pick her up and still have dinner ready when Joe comes home. Yes, I argued, but I don't have a job. No, she replied, you have a life, be thankful.

When I was active duty, I worked an eight to 10-hour day. As a housewife, my work is never done. I'm up at 5:30 or six in the morning and work sometimes into the wee hours of the next morning. But my life has never been more full and I have never been happier. I am thankful that I have a husband who loves me. I am thankful that I have a healthy child who thinks she's 21 instead of five.

Our life is not easy, but it is the life we created in order to have the life we want. I want to raise my child and as we discuss the possibility of adding another to our home, it is with a sparkle in my eye that I arrange my life around my child, instead of arranging the child around my life.

So think about the joys of being a military spouse, the privileges we have that others take for granted. We don't make a lot of money, we move every three years, our spouses work odd hours and we're often away from our family and friends. But we have an opportunity to create a home and a life for our children that others only dream of having. Take advantage of that opportunity and think about what you're willing to give to have the life you want.

Applications now being accepted for military engineering summer camp

Lacy Lynn
Staff Writer

High school students interested in a military engineering or architecture career can now apply for the Society of American Military Engineers' (SAME) Navy Seabee and Air Force Academy Annual Engineering and Construction Camps through the SAME Honolulu Post.

"It's a great opportunity for those interested in engineering as well as those interested in a career in the military to get a taste of a real engineering and construction experience," said Lt. Greg Jennings, student construction camp coordinator for the SAME Honolulu Post.

The post is sponsoring two high school students this year, one to attend the Navy Seabee camp in Port Hueneme, Calif. and one to attend the Air Force Academy camp at Colorado Springs, Colo.

According to the SAME Web site, the camps are "designed to provide high school students with an opportunity to obtain hands-on experience in 'real world' engineering and construction skills."

The Air Force Academy camp is held from July 5-11 and hosts 60 students from around the world to live and work on site; the Navy Seabee camp is held from July 23-29 and hosts 40.

At the camps, SAME professionals, Navy Seabees and U.S. Air Force Academy staff supervise students in hands-on engineering and construction activities. The program also provides evening panels with representatives of architecture/engineering firms, construction companies and military leaders.

Christopher Aguilar, a junior at Waimea High School on Kauai, attended the Navy Seabee camp last year.

"The activities that required teamwork, such as the shed



Courtesy of SAME Seabee Construction Camp and SAME Honolulu Post

Students at Navy Seabee Annual Engineering and Construction Camp compete in a shed construction event. Sheds are donated to Habitat for Humanity.

building contest, [were] probably the best part of the camp for me," said Aguilar, who hopes to attend a service academy and become a computer engineer.

Aguilar encourages other students to apply because, he said, "I had a great time at camp and I think that most people would enjoy it as well."

To apply, students must:

- Have completed the freshman or sophomore year of high school and have an expressed interest in applying to a service academy or ROTC program or the student must have completed the junior year of high school and have already applied for entry to a service academy or ROTC program.

- Be on a high school track that will provide a basis for attending an accredited engineering college or university (i.e., taking appropriate math and science courses).

- Have an expressed intent to pursue a degree in architecture, engineering or a related field.

- Have demonstrated leadership characteristics through participation in extra-curricular activities, sports and/or community activities.

- Be physically fit (i.e., not be dependent on medical care or treatment that would be difficult to administer in a

field environment).

- Be of high moral character.

- Not have any physical limitations, including, but not limited to, the following: a requirement to take mandatory medication that requires special handling; sprained joints; or neck, shoulder or back injuries.

For the two sponsored students, the SAME Honolulu Post will pay airfare and half of the \$500 camp registration fee before students attend camp.

After successfully completing camp, students will be reimbursed for the other half of the registration fee.

Applications and information are available at <http://www.same.org/camps>.

Students must fully complete the student application form, emergency treatment authorization form and the medical release form for the camp in which they are interested.

Applications must be received by April 22 for consideration by the Honolulu Post board of directors. Send completed packages to:

SAME Engineering and Construction Camp, c/o Lt. Greg Jennings, 400 Marshall Road, PWC Compound, building X-11, Pearl Harbor, HI 96860.

Reagan, San Diego Post Office host namesake stamp dedication

Lt. Suzanna Cigna

USS Ronald Reagan Public Affairs

Congressmen Duncan Hunter and Duke Cunningham joined USS Ronald Reagan (CVN 76) Commanding Officer Capt. James A. Symonds and San Diego Postmaster Carol Conroy in a special stamp dedication ceremony Feb. 18.

The event, honoring the life of the nation's 40th president, Ronald Reagan, took place in the aircraft carrier's hangar bay at Naval Air Station North Island and was one of several nation-

wide stamp ceremonies that began Feb. 9.

"The United States Postal Service is honoring the man who was known by his fellow Americans as the great communicator," said Conroy in delivering her remarks. "As a communicator, Ronald Reagan understood the value of the written word - the handwritten word."

"Perhaps that's why he wrote and mailed more than 10,000 letters during his incredible lifetime," Conroy continued.

"As he was a man of letters when few are these days, it is fitting that we take time on his

ship to dedicate a new stamp to the memory of our great American hero, President Ronald Reagan," said Symonds in his remarks.

It is the tradition of the postal service to honor prominent Americans with a stamp no sooner than 10 years after their death.

The single exception to this policy is for a U.S. president, who may be honored with a postage stamp on the first birth anniversary following death.

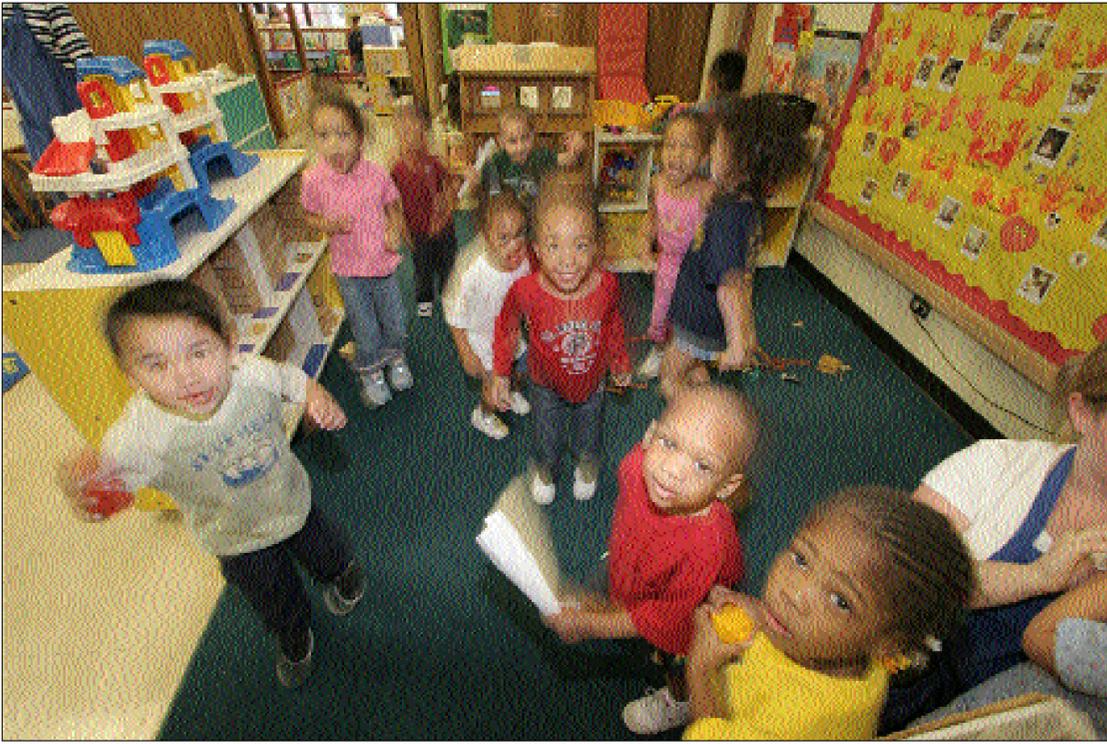
Reagan, who served as 40th U.S. president, from 1981 until 1989, was born Feb. 6, 1911.



Photo composite by JO3 Ryan C. McGinley

Stamp dedication for President Ronald Reagan took place on his namesake CVN 76.

Dancing, jumping and singing to their own tune



U.S. Navy photo by PH1 (AW) William R. Goodwin

Navy children jump, dance and sing as part of their daily routine at the Child Development Center on Pearl Harbor.

Plan for a fun but safe St. Patrick's Day

Dan Steber

Naval Safety Center Public Affairs

The Naval Safety Center has joined the National Highway Transportation Safety Administration (NHTSA) and other federal, state and local highway-safety and law-enforcement officials across the nation to remind Sailors, Marines and civilians to act responsibly this St. Patrick's Day and use designated drivers if they plan to drink.

The campaign's theme this year is "Friends Don't Let Friends Drive Drunk This St. Patrick's Day - Designate a Sober Driver BEFORE the Parties Begin." That message is consistent with the Naval Safety Center's efforts to reduce alcohol-related mishaps.

"St. Patrick's Day has become a big night out for many Americans, particularly young adults," said Capt. Bill Glenn, director of Shore Safety programs at the Naval Safety Center. "But it also is a very dangerous night out

because of impaired drivers. That's why we are joining NHTSA and other groups in reminding all of those who seek a little 'luck of the Irish' to heed the information in NHTSA's 2005 St. Patrick's Day Mini-Planner and not to depend on luck."

This effort, like the recently completed "Complete the Pass" campaign, is aimed at reducing alcohol-related deaths and injuries that often occur around St. Patrick's Day. NHTSA reports that 32 percent of all traffic fatalities on the nation's highways around St. Patrick's Day in 2003 were the result of impaired drivers with blood-alcohol content levels of 0.08 percent and above.

"A good plan is necessary, whether you are just meeting a few friends after work at a local bar or will be part of a large St. Patrick's Day event," said Bonnie Revell, a traffic-safety specialist at the Naval Safety Center. "If you plan to drink, follow NHTSA's theme, and never drive while impaired or let your friends drive if you think they are impaired."

Fleet and Family Support Center offers classes to deal with stress

Fleet and Family Support Center

What is stress?

Many people would respond saying it's a crying baby or it's payday with more bills than money or it's visiting in-laws. Actually stress is not the thing that is happening to us, although it may surely seem like it.

Stress is our own response to the stressor. The "demand" or stressor can be any kind of change, a threat or a challenge, which requires us to adapt. Stress can be good (called "eustress") when it helps us perform better, and we hardly notice that, or it can be bad ("distress") when it causes upset or makes us sick.

What are the causes of stress?

The causes of stress are

known as "stressors" or "triggers" and there are two kinds: external and internal.

External stressors include:

- Physical environment: noise, bright lights, heat, confined spaces.
- Social (interaction with people): rudeness, bossiness or aggressiveness on the part of someone else.
- Organizational: rules, regulations, "red tape," deadlines, low morale.
- Major life events: death of a relative, lost job, promotion and new baby.
- Daily hassles: commuting, misplacing key and car breakdowns.

Internal stressors include:

- Lifestyle choices: caffeine, not enough sleep, overloaded schedule.
- Negative self-talk: pessimistic thinking, self-criti-

cism, over-analyzing.

• Mind traps: unrealistic expectations, taking things personally, all-or-nothing thinking, exaggerating and rigid thinking.

• Stressful personality traits: type A, perfectionist, workaholic and pleaser.

What are common symptoms of stress?

- Physical: fatigue, headache, insomnia, muscle aches/stiffness (especially neck, shoulders and low back), heart palpitations, chest pains, nausea, trembling, sweating and frequent colds.
- Mental: decrease in concentration and memory, indecisiveness, mind racing or going blank, confusion, loss of sense of humor.
- Emotional: anxiety, nervousness, depression, anger, frustration, worry, fear, irri-

tability, impatience, short temper.

• Behavioral: pacing, fidgeting, nervous habits (nail-biting, foot-tapping), increased eating, smoking, drinking, crying, yelling, swearing, blaming and even throwing things or hitting.

What are some ways to manage stress?

- Change lifestyle habits.
 - Decrease caffeine (coffee, tea, colas, chocolate).
 - Eat a well-balanced diet, eat less junk food, eat slowly.
 - Regular exercise (at least 30 minutes, three times per week).
 - Adequate sleep (figure out what you need, then get it).
 - Recreation time (do some-

thing enjoyable for yourself every day).

• Relaxation exercises (deep breathing, meditation, self-hypnosis).

Change stressful situations.

- Use better time and money management.
- Be more assertive.
- Problem-solve.
- Consider changing or leaving a job or a relationship.

Change your thinking.

- Look at things more positively.
- See problems as opportunities.
- Refute your own negative thoughts.

Diversion and distraction.

Take a time-out, anything from a short walk to a vacation, to get away from the things that are bothering you. This will not resolve the problem, but it gives you a break. Then, you can return to deal with issues feeling more rested and in a better frame of mind.

The Pearl Harbor Fleet and Family Support Center (FFSC) offers a monthly stress management class at the FFSC, building 193.

The next two classes are scheduled from 4:30-7 p.m. March 8 and from 8-11 a.m. April 12. For more information or to register, call 473-4222 or register on-line at www.greatlifehawaii.com.

Battleship Missouri Memorial's 'Truman Line' now offers Navy meals

USS Missouri Memorial Association

For the first time, visitors to Pearl Harbor have the opportunity to experience the same meals enjoyed by U.S. Navy Sailors. The Battleship Missouri Memorial opened its famed Truman Line to the public on Feb. 19. The menu features various beef, chicken and fish dishes, along with vegetables, mashed potatoes and gravy, all served piping hot aboard America's last battleship.

The Truman Line was so named due to President Harry S. Truman's fondness for dining with the enlisted Sailors during his cruise aboard the USS Missouri in 1947. Located on the ship's enlisted mess deck, it has not served "customers" since the ship was decommissioned in the early 1990s.

President Truman will be forever linked with the battleship Missouri, often referred to as the "president's battleship." When the Missouri was launched on Jan. 29, 1944, Truman, still a

senator from Missouri, spoke at the launching ceremony for the Mighty Mo as his daughter, Margaret, christened the ship with a ceremonial bottle of champagne.

In 1947, President Truman, his family, staff and press stayed aboard the USS Missouri during their return from signing the "Rio Pact."

During their first meal on the enlisted mess deck, President Truman and his family were offered a place at the head of line, but to the delight of the hard-working Sailors who had been waiting in line for their food, Truman refused, allowing the Sailors to go first. It was at this time that the Truman Line earned its name.

Margaret Truman Daniel, now a best-selling mystery writer living in New York, remembers not the meal so much as the hundreds of Sailors who joined her for lunch that day. "It was fun," she said. "I was the only woman around."

"The tireless efforts of our staff, volunteers and donors have

allowed us to re-open the Truman Line," said Don Hess, president and chief operating officer of the USS Missouri Memorial Association. "We are proud to offer our visitors the opportunity to walk in the footsteps of a president who forever endeared himself to the Sailors of the Mighty Mo."

Also on Feb. 19, which marks the 60th anniversary of the WWII ground invasion of Iwo Jima, the Missouri unveiled a flight simulator that mimics missions flown in support of the invasion.

For a fee of \$5, visitors are able to experience a WWII-era Seahawk aircraft mission during the Battle of Iwo Jima. First flown in 1944, the Seahawk was a type of Navy floatplane. During World War II, the Missouri had up to three Seahawks that 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

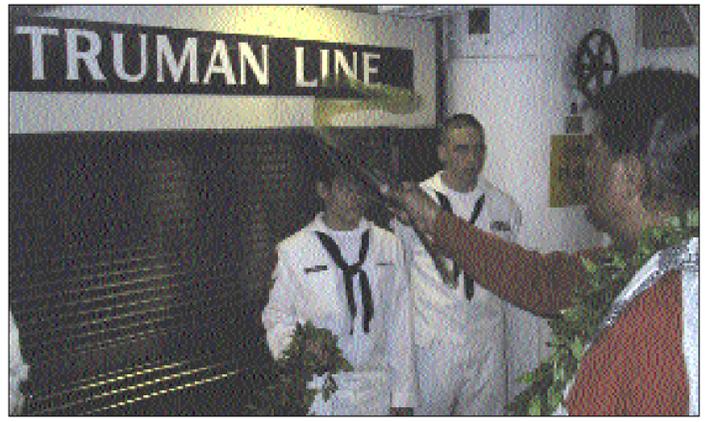


Photo courtesy of the USS Missouri Memorial Association

On Feb. 19, the Battleship Missouri Memorial opened its famed Truman Line to the public. Kahu (Hawaiian priest) Kauila Clark performed a ceremonial blessing of the Truman Line at its official re-opening.

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 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 personal have seen.

For more information, call (808) 423-2263, 1-877-MIGHTY-MO, or visit www.ussmissouri.org.

Housing asks to keep information updated

Karen S. Spangler

Assistant Editor

Family housing officials remind Navy housing residents of the requirement and the importance in keeping their information updated. This includes projected rotation dates (PRDs), new orders/change of duty stations, home and work telephone numbers as well as an updated page two.

Keeping service members' files updated is even more essential as the Navy moves toward its goal of privatization and downsizing and it provides housing management with vital information.

It is also important that housing residents provide written notice 30-45 days in advance prior to vacating government housing.

After an "intent to vacate" notice is filed with the Navy Family Housing Office or Forest City, the sponsor will be given a copy of the appropriate cleaning responsibilities.

After the intent to vacate notice is received, a preliminary inspection will be scheduled. At the preliminary inspection, a housing inspector will provide specific guidance to the resident regarding maintenance and cleaning policies and



Photo courtesy of Forest City Residential Management

DeBoRah Robertson-Nero of Forest City Residential Management provides customer service to Thurman and Sheila Winkler as they file an intent to vacate notice.

responsibilities.

Housing officials note that the advance vacate notice is critical in ensuring that they are able to meet inspection dates.

For more information, call the housing office at 474-1800. Residents who live in PPV housing should call the Forest City Neighborhood Management Office at 423-7711.

TSP 'open season' sessions stop July 1

Department of Defense

Defense Department civilians and service members building tax-free retirement accounts through the Thrift Savings Plan soon will be able to change their investment options at any time instead of just twice a year.

Current biannual TSP "open season" investment-choice windows will end July 1, said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council. TSP participants, she noted, will be able to switch their retirement account options at any time.

"There's not going to be the two 'open seasons' during the year," Fenton explained, where people can sign up for the retirement savings/investment program, change their contribution levels, or change investment options.

Military people and civilians covered by the Civil Service Retirement System can contribute up to 10 percent of their paycheck to establish tax-free retirement accounts that grow from accumulated savings and investments in bonds, stocks and international funds. Employees covered by the Federal

Employees Retirement System can contribute up to 15 percent in 2005. From 2006 on, no limit will apply to any military, CSRS or FERS participants in TSP.

Another TSP change also slated to start July 1 gives participants the choice of having a financial manager automatically adjust how funds are invested as market conditions change.

"They'll move you from equities to bonds when you need to," Fenton explained, noting such a practice should assist participants in maximizing their TSP contributions.

Service members have been eligible to establish tax-free TSP retirement accounts since January 2002, Fenton said.

Establishing TSP accounts is a good idea even for those military members who don't serve long enough to qualify for a pension, Fenton pointed out. TSP funds accumulated during military service, she added, can be transferred to participating federal agency TSPs if a departing service member takes a government civilian job.

And, TSP savings can also be rolled into non-government civilian employers' IRA retirement accounts, Fenton said.

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

FRIDAY

7:00 p.m. Coach Carter
(PG 13)

SATURDAY

2:30 p.m. Racing Stripes
(PG)

4:45 p.m. Beyond The Sea
(PG-13)

7:00 p.m. Closer (R)

SUNDAY

2:30 p.m. Racing Stripes
(PG)

4:45 p.m. Coach Carter
(PG 13)

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

THURSDAY

7:00 p.m. Coach Carter
(PG 13)

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

Memorial Theater
Hickam Air Force Base
(449-2239)

FRIDAY AND SATURDAY

7:00 p.m. Coach Carter
(PG 13)

SUNDAY

7:00 p.m. Assault on Precinct 13 (R)

WEDNESDAY

7:00 p.m. Assault on Precinct 13 (R)

THURSDAY

7:00 p.m. In Good Company
(PG-13)

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

Sgt. Smith Theater
Schofield Barracks
(624-2585)

FRIDAY

7:00 p.m. Elektra (PG-13)

SATURDAY AND SUNDAY

7:00 p.m. Racing Stripes
(PG)

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

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

INTERNATIONAL FLIRT NIGHT AT CLUB PEARL

Club Pearl will host International Flirt Night on **Feb. 26**. Doors open at 8:30 p.m. For more information, call 473-1743.

WEIGHT MANAGEMENT

Get in shape with Navy Fitness Center's weight management program beginning **March 1** at Bloch Arena. The six-week program is offered from 6-7:30 p.m. and includes a full physical assessment, nutrition education, cardio and weight training exercises, flexibility and behavior modification, all under the guidance of a certified fitness specialist. The class will incorporate heart rate monitor training for effective results and help participants to learn behavior modification skills to keep the weight off for a longer, healthier lifestyle. The cost is \$75. Visit Bloch Arena to register. For more information, call 473-0793.

CAMP ADVENTURE SPRING BREAK CAMP

Registration for Camp Adventure spring break camp is now ongoing. 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 ages 5-12.

Fees are based on total household income. For more information, call 421-1556.

KRSOC 25TH ANNIVERSARY CELEBRATION AND MWR EXPO

Kunia Regional Security Operations Center (KRSOC) will celebrate 25 years of cryptologic excellence from 11 a.m.-2:30 p.m. **March 4** at the athletic complex. The anniversary celebration and MWR expo will feature activities, prizes, food and entertainment for the whole family. For more information, call 473-0606.

PH ATHLETICS SCHEDULE

- Intramural soccer league begins **March 5**. Games will be played at Ward Field.

- Intramural softball league begins **March 8**. Games will be played at Millican Field.

The leagues are open to active duty only from Pearl Harbor, Barber's Point, NCTAMS, West Loch and NSGA Kunia. Registration and participation is free. For more information, call 473-2494 / 473-2437.

PEE WEE BASKETBALL

Registration for pee wee basketball will be from 9 a.m.-5:30 p.m. **March 4-25** at the youth sports office, building 3456 on Main Street, just off Valkenburgh. Children between the ages of three and five years are eligible to register. At the time of registration, parents should bring player's birth certificate, current sports physical (dated no more than one year ago) and a \$35 fee, which includes T-shirt, medal and certificate. The

league is open to family members of active duty, retirees, reservists and DoD civilians. For more information, call 474-3501.

YOUTH FITNESS ORIENTATION

Youth fitness orientations will be offered **March 5** at Bloch Arena and **March 12** at Power Point. The orientations take youngsters ages 10-15 on an educational tour of Navy fitness centers. The free tours are held the first and third Saturday of each month. Parent's attendance is required. Register by the Thursday prior. To register or for more information, call 473-0793.

RAINBOW BAY MARINA REGATTA AND FAMILY FUN DAY BARBECUE

Rainbow Bay Marina regatta and family fun day barbecue will be held from 9 a.m.-4 p.m. **March 19**. The free, fun in the sun event will offer a variety of family activities. Sail the historic waters of Pearl Harbor, try the ancient Hawaiian sport of outrigger canoeing or test your skill in kayaking and paddle-boarding. For those who are not up to that kind of exertion, the marina staff will offer a piloted harbor cruise. Or enjoy the party from the shore and watch the boat races, jump in the bounce house or enjoy a meal at the local-style barbecue. The event is sponsored by USAA. For more information, call 473-0279.

DEEP-SEA FISHING

Catch the big fish aboard the "Coorene C," a 47-foot sport fishing boat that holds the I.G.F.A. World Record for unlimited class: an 1,805-pound blue marlin. Full- and

half-charters are offered. The cost includes bait, tackle and equipment. For more information on fees and departure times, call the marina at 473-0279 or Captain Joe Irvin at 386-9024. For more information, call 473-0279.

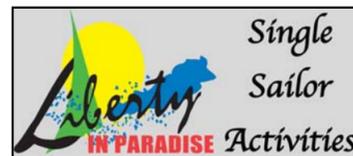
INTRO TO FITNESS

Intro to Navy Fitness will show you how and why you must include cardio, strength, flexibility and nutrition to live a longer more productive life. Commands may request specific dates and times to fit any schedule. For more information, call 473-FITT.

YOUTH STRENGTH PROGRAM

A youth strength program is offered for youth ages 10-13 from 3-4 p.m. Tuesdays and Thursdays at Bloch Arena.

The workout includes a cardiovascular warm-up, strength exercises, stretching techniques and nutritional tips. Registration requires a healthy history and Par-Q form. The cost is \$25 per month. Register at Bloch Arena or call 473-0793 for more information.



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.



Assault on Precinct 13: A notorious cop-killer and mobster are brought into a Detroit precinct during a blizzard. By nightfall, the remaining cops and prisoners find themselves fighting for their lives against a group of rogue cops intent on taking down Bishop before he testifies against them.

Beyond the Sea: A swooning study of "Mack the Knife" singer Bobby Darin (Kevin Spacey) specifically, and his relationship with his wife Sandra Dee (Kate Bosworth).

Closer: Closer is the story of four strangers and their chance meetings, instant attractions, and brutal betrayals. The couples find out that love can disappoint when one of them experiences an affair. The characters ponder, is there such a thing as instant passion?

Coach Carter: See Review

Elektra: When Elektra is released from the hospital after a near-death experience, she becomes an assassin trained by a crew of killers. Their leader sends Elektra on a mission to kill Mark Miller and his young daughter. Soon, however, Elektra befriends her would-be victims and defends them both from Kirigi's ninja assassins.

In Good Company: Dan is demoted from head of ad sales in a corporate takeover. His new boss, Carter is half his age. Dan can't afford to lose his job in the wave of corporate layoffs. Dan and Carter's relationship is thrown into jeopardy when Carter begins an affair with Dan's daughter.

Racing Stripes: A circus accidentally leaves behind a baby zebra. He is rescued by a horse farmer whose farm borders the Turfway Racetrack, where thoroughbreds compete for horse racing's top honor. From the first moment Stripes lays eyes on the track, he knows that he could leave all those other horses in the dust.

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." Jonathan is at first skeptical, but then becomes convinced EVP is real.

JO3 Ryan C. McGinley

Coach Carter

"Coach Carter" is a clichéd nightmare. Ken Carter is a man living in Richmond, Calif. He debates whether to take a job as the head coach of the local high school's basketball team. The school has little funding, so the principal can offer nothing more than a \$1,500 stipend and long hours for about four months, teaching undereducated, underprivileged boys how to play basketball.

Of course our hero takes the job. He faces adversity through the players, teachers, principal and parents all at once, with the notion that the 'student' in 'student-athlete' comes first. What a notion. Of course no one else thinks so, and thus the battle ensues.

"Coach Carter" could be an after-school special if not for Samuel L. Jackson. There is nothing special about this film, from the cinematography (which looks like a fourth-grader shot it) to the mistimed score to the childish editing. Random crowd shots and stationary scoreboard shots are thrown into the film so haphazardly that it's a wonder the filmmakers ever got through pre-production and storyboard design.

Yet with every cloud, or thunderous storm in this case, there is a silver lining and that is Samuel L. Jackson. Working off a semi-decent script, Jackson turns every cheesy, corny monologue into a powerfully gut-wrenching reality. The actor has a keen and outstanding sense of articulation and delivery, which could make basket weaving sound interesting. If any other actor were delivering the lines, audience members would be laughing, but when Jackson speaks, we sit up and listen.

The film is a technological mess, with a half-decent script carried all by Jackson on his shoulders. There is only one reason, and one reason alone to see this film. Audience members have seen the story before and know what's going to happen. But with Jackson as "Coach Carter," the mediocrity seems to disappear as we sit on the edge of our seats grasping at each word that leaves his mouth.

OVERALL RATING:

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.

The Mardi Gras Follies is currently on stage for its 50th anniversary and final curtain call on weekends **through March 19** at The Banyans at Naval Station Pearl Harbor. The Las Vegas-style song and dance revue is the main fundraiser for the Pearl Harbor Performing Arts Association (PHPA) at Naval Station Pearl Harbor. Tickets are available at a cost of \$35, \$45 and \$50 per person and offer an evening of entertainment - including a buffet dinner, the Mardi Gras Follies show, tax, tip and free parking. A portion of the cost is tax deductible. For tickets, call 473-1703 on weekdays between the hours of 10 a.m.-1 p.m. You can also visit the Mardi Gras Follies web site at www.mardigrasfollies.com for more information.

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 Tuesday, **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.

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. on Thursday 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

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.

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>.

The USS Chafee Ohana meets at 7 p.m. the first Tuesday of each month at the community center in Pearl City housing. Child care is provided at a cost of \$2 for the first child and \$1 for each additional child. For more information, call 780-4132 or contact chafeeohana90@yahoo.com

The **Navy Exchange Appliance Store** has a new home, located in building 70 at the corner of Radford Drive and Bougainville Drive. It is open from 9 a.m.- 9 p.m. daily. For more information, call 421-1495.

Bring your child's most recent report card to the Navy Exchange to register for the **Project A-OK** program. Good grades could win your child \$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.

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.

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.

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.

Racquetball hinders – understanding the rules and avoiding frustration



Photo courtesy of MWR
Frank Bantell demonstrates a racquetball return.

Frank Bantell
MWR

The furious sport of banging a hollow rubber ball around as fast and hard as you can swat may seem pointless to some, but to those who appreciate the skilled activity and lightning reflexes it takes, this is a game for champions.

Anyone who has played racquetball has inevitably “replayed” at a point due to a funny bounce or an opponent getting in the way. With the proper understanding and knowledge of the rules of racquetball as they apply to hinders, better calls can be made and

frustration can be minimized.

There are two types: replay hinders and penalty hinders. These were called dead ball and avoidable hinders for those of you who remember. The easy way to think of these is how they affect the scoring in the game – replayed hinders result in the “replayed point” and penalty hinders result in the loss of the rally for the person committing the penalty hinder.

A key point to remember when assessing hinders is the level of the player’s ability. A penalty hinder for an open player may be a replay hinder for a C

player. The call has to be based on the situation.

For instance, an open player may have been able to return the ball and the C player (at a lower skill level) probably would not be able to return the ball for a given situation. Each would probably result in a different call based on the player’s ability. This is where judgment and experience come into play.

Equipped with this new or refreshed knowledge of hinders, you should feel confident stepping on the court, making quality calls and having fun playing the greatest racquet sport on the planet with minimal frustration. Remember to

Seven causes of replayed hinders

- Court irregularities
- Ball hits opponent
- Body contact
- Screen ball
- Backswing hinder
- Safety holdup
- Other interference

Nine causes of penalty hinders

- Failure to move
- Stroke interference
- Blocking
- Moving into the ball
- Pushing
- Intentional distractions
- View obstruction
- Wetting the ball
- Apparel or equipment loss

always have fun and wear eye protection at all times.

For information about racquetball events, such as lessons, clinics and tournaments, call 473-0610. For questions regarding racquetball, email Frank Bantell at fbantell@teamektelon.com. A free racquetball clinic will be offered beginning at

5:30 p.m. March 25 at Bloch Arena racquetball courts.

Those who plan to participate should register by March 23 by calling Wentworth Pro Shop at 473-0610.

(Frank Bantell is the racquetball professional at the Pearl Harbor Racquet Club.)

February is Healthy Heart Month

Angelita L. Graf

Naval Health Clinic Hawai'i

Another year has come and gone, but heart disease and stroke continues as the nation’s leading killer for both men and women among all racial and ethnic groups.

In 2000, almost one million Americans died of cardiovascular disease (CVD) accounting for 39 percent of all deaths in the United States.

Elevated blood pressure and cholesterol levels are major independent risk factors for CVD and occur simultaneously in about 30 million adults annually.

Among several modifiable or behavioral risk factors, obesity, physical inactivity, and smoking also increases your risk of developing CVD.

Some factors that increase your risk of high blood pressure are:

- A family history of high blood pressure.
 - Aging.
 - Race - African Americans are more likely to develop high blood pressure, more often have severe high blood pressure, and are more likely to develop the condition at a younger age.
 - Drinking more than three alcoholic beverages a day.
 - Being overweight or obese.
 - Lack of exercise or physical activity.
- Let’s talk about cholesterol:

- Heart disease is the nation’s number one killer.
- Nearly 105 million Americans ages 20 and older have high cholesterol and more than half are women.

Some of the cholesterol in our blood comes from the foods we eat. The rest is made in the body, which means family history of heart disease can be an important factor despite how much you weigh or what you eat.

Less than half the people who qualify for cholesterol-lowering medicine are being treated and among those prescribed for treatment, only half are still taking their medications six months after initial diagnosis.

Lifestyle modification helps, but many people at an increased risk need to complement these changes with medication.

There is good news. Naval Health Clinic Hawai'i through health promotion offers a variety of programs to help gain control and decrease your risks of heart disease: tobacco cessation class, healthy heart class, nutrition/weight management class, diabetes self-management class, health fairs providing information, free blood pressure screenings and cholesterol screenings

To register for a class or to schedule an appointment, call NHCH central appointments: Makalapa BHC, 473-0247; Kaneohe Bay BHC, 257-2131; and NHCH health promotion, 471-WELL (9355).

Maintaining a healthy checking account

Frank Tomaszewski

Fleet and Family Support Center

Many of us have had a checking account since entering military service. But just because we’ve had one for years, that doesn’t mean that we manage it properly. Sure, more than half (almost 57 percent) of us regularly balance our checkbooks, but that still leaves 43 percent of us who don’t. These six simple steps can help you keep your checking account under control:

1. Keep good records. The more informed you are about your checking account, the better equipped you’ll be to read and analyze your bank statement. That means keeping track of account activity. You can keep a handwritten record of transactions using the register that comes with your checks. Have a record of every check, deposit and electronic fund transfer involved with your account.

2. Open your mail. When the bank statement arrives, open it and put your record keeping to good use. It’s better to examine your bank statement sooner than later for two reasons. First, banks usually will disavow errors if they are reported more than 60 days after you received the statement. Second, the fewer days that pass between when the bank issues a statement and when you read it, the more in sync your records will be with the bank’s numbers.

3. Spend quality time with your account. Most people will scan their statement, but spending quality time with your account is also important. Go over the deposits and the checks. Check all checks from your bank state-

ment against your check register. Check off all checks.

4. Call your bank immediately if you find a problem. You’ll be glad you closely followed your account’s paper trail if you find yourself in a situation like one encountered by a financial planner. The financial planner received a notice from her bank saying that her youngest son’s checking account was overdrawn by 56 cents. It wasn’t much, but it didn’t sound right. When she called the bank, an officer there told her the account wasn’t in arrears. The story had a happy ending (the bank acknowledged its mistake), in large part because she was paying attention and immediately acted on a discrepancy.

5. Check daily balance summaries. Many people don’t need to analyze their daily balance summaries. However, there are exceptions: consumers with interest bearing accounts or those who must maintain a minimum average balance.

Folks that fall into these categories may want to keep closer tabs on daily balances to make sure their accounts are in compliance or to make sure they are paid the appropriate amount of interest.

6. Keep tabs on your account between statements. OK, maybe only obsessive people review their accounts daily via phone or the Net. But periodic checking on your account between printed statements does sometimes make sense.

Most of these tips don’t take much time. And once they become a part of your financial routine, you’ll find it’s easy maintaining a healthy checking account.