

WOWWW

“... Women underestimate the value of lifting weights and are afraid that if they lift weights they will become muscular or masculine, which is not the case ...”

Lauren Betz
fitness specialist

Women on Weights program offers proper technique, training

Story and photos by JO3 Ryan C. McGinley
Staff Writer

Morale, Welfare and Recreation has started a monthly program for women at Bloch Arena, designed to introduce them to the fitness room and teach them how to exercise all of their muscle groups with free weights and machines.

“Women underestimate the value of lifting weights and are afraid that if they lift weights they will become muscular and masculine, which is not the case,” said Lauren Betz, fitness specialist and teacher for the class. “Weight-bearing activities for females are especially important because we need to maintain bone mass.”

The introductory class aims to orient women with the weight room, something Betz said is difficult because of a stigma associated with it.

“When anyone walks into a fitness center, everything is dark in color and you can’t distinguish pieces of equipment from one another,” she said. “We’re trying to get women very comfortable with the floor so they can go in there and use all the weight machines and not feel uncomfortable, self-conscious or unsafe. It can be very intimidating. So part of the goal of the class is to break down that stigma, get them used to being in there and have them feel some type of belonging or ownership.”

She said women could be very unsettled by the atmosphere because they believe everyone is looking at them.

“There’s also a stigma that you have to be fit and thin to go into the weight room, which isn’t true,” said Betz. “I always tell women, guys are not looking at you, they’re looking at themselves in the mirror.”

The program started out as a one or two-day class, growing to a one-month class (or eight sessions for four weeks), which focuses on beginners but also accommodates intermediate and advanced students as well.

“The idea is that they leave with something they can actually put into practice right then and there,” said Betz.

She said training with weights was important because it was one of the only ways to build or maintain bone mass. She also said training with weights helps to decrease body fat. Without getting bigger, students are able to see muscle tone and definition better as the body fat decreases.

The program costs \$40 for the eight sessions, which meet Wednesdays and Fridays from 8:30 to 9:30 a.m.

“It’s the most affordable way to get trained,” said Judy Kosaka, regional fitness director. “You’re working with a group and you are going to meet friends, and maybe a partner to train with. It makes you feel good about yourself and it increases your self esteem.”

Kosaka also said another benefit of the program was the time coincides with the day care program at the Child Development Center.

“We want to try and meet the needs of all of our clientele,” she said.

Betz said fitness and weight training were very important not only for women, but men as well to improve their quality of life.

“Fitness is important because it improves your physical appearance, it improves your physical function, it improves your mental function, it improves your mood and your ability to cope with problems and stress and it improves your job performance,” she said.

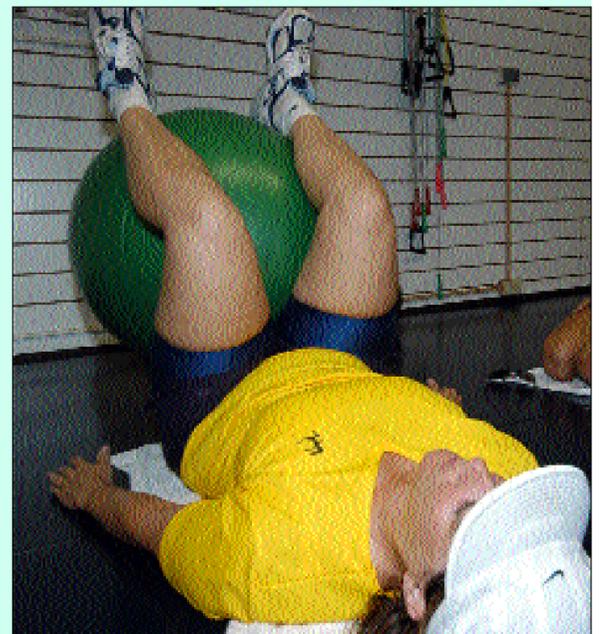
A new four-week class will begin June 1 at Bloch Arena. For more information or to register for the class, call 473-0793 or visit the front desk.



A military family member works out on a weight machine at Bloch Arena. The Women on Weights program introduces students to the equipment and teaches them how to use free weights and machines properly to enhance their workout.



Lauren Betz, instructor for the Women on Weights program, teaches a student how to lift free weights at Bloch Arena. The program introduces women to both free weights and machines to maximize their workouts.



A woman uses a ball to work out at Bloch Arena. The Women on Weights program is offered every month, and includes eight sessions of introductory training.

Culinary Specialists rewarded with knowledge

Story and photos by
JO3 Ryan C. McGinley
Staff Writer

Naval Station Pearl Harbor held a culinary institute training session at the Silver Dolphin Bistro May 9 – 20 for 17 culinary specialists, as a reward for their winning the 2005 Captain Edward F. Ney Award (Runner-Up Ashore)

for food service excellence.

Michael Harants, corporate chef for Naval Supply Headquarters in Mechanicsburg, Pa. taught the class, which featured education on a variety of topics and foods to serve Sailors.

"This session is continued education in culinary arts as their reward for being a Ney award winning galley," said

Harants. "The outcomes are trying to build on the Sailors' fundamental knowledge and to help improve the quality of life of the people who come here to eat."

The class featured Sailors from Pearl Harbor and two Sailors from the first place Ney award winner from Yokosuka, Japan.

"This is my first Ney award in the Navy so it's great," said Culinary Specialist 1st Class Alex Celaya, who is stationed in Yokosuka. "I'm very happy to be here and I have learned so much information."

Sailors learned mostly new techniques and foods that they would not normally cook in ashore or afloat commands.

"They are learning some things that they may not normally do in their galley, but it's applicable whether it's ashore or afloat," said Harants. "The things that I have taught them do not require special ingredients. Its stock items that they usually carry, and are things easily made in an afloat community."

"Its good to learn new things, so then we can bring what we learned to the fleet," said CSSN Angel Marte, assigned to USS Lake Erie (CG 70).

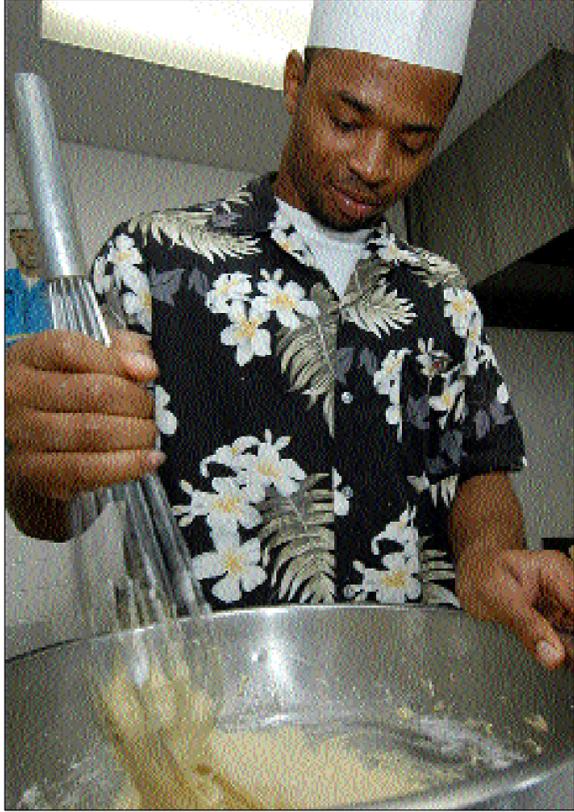
All of the Sailors agreed the class broadened their knowledge of the culinary arts, and gave them the knowledge to produce a better quality food for their shipmates.

"The class is teaching us how to put out better quality food for our Sailors," said CS2 Tanya Sylvester, assigned to Naval Station, Pearl Harbor. "They come here to eat and we want it to be top quality food."

"We're here to help better ourselves and our career, by



CS2 Jamie Velasco, assigned to the Regional Food Service Office on Pearl Harbor, mixes dough in preparation to make sourdough bread.



CSSN Love King, assigned to the Silver Dolphin Bistro galley on Pearl Harbor, mixes batter in preparation to make pastries.

being a Navy culinary specialist," said CSSN Love King, assigned to Naval Station, Pearl Harbor. "It's good for everybody to learn new skills."

Harants said he hopes Sailors gain knowledge and techniques from the class, and continue to produce quality food for their Sailors.

"They're an award winning galley and they need to serve award winning food," said Harants. "I hope the Sailors are able to build on the skills they already possess and after this kind of continuing education, that they continue to serve really great food."



CS1 Alex Celaya, assigned to the galley in Yokosuka, Japan, cuts dough in preparation for making pastries.

STORY IDEAS? Email: hnn@honoluluadvertiser.com **Hawaii Navy News**

'Healthy Alternatives' initiative increases efforts to improve nutrition

Hugh Cox

Navy Environmental Health Center Public Affairs

A partnership is currently in place between the Navy Environmental Health Center (NEHC) and the Navy Exchange Command (NEXCOM) to promote healthier snack foods in the Department of the Navy's (DON) vending machines.

Identified by the "Healthy Alternatives" logo, DON vending machines now carry a wider variety of healthy snacks for Sailors and Marines to choose from.

"The benefits of the Healthy Alternatives Initiative has the potential to be realized Navywide, as I discovered while working with our Special Forces population,

where the use of dietary supplements is a huge issue," said Lori Tubbs, a registered dietitian and nutrition program manager for NEHC. "Adding calories to the diet is all that is needed for most individuals who exercise or perform their mission at a high physical intensity level, and providing calorie-rich, yet nutrient-dense snacks in vending machines makes sense. Research shows that eating a balanced recovery meal within an hour after strenuous exercise benefits the body tremendously."

Originally, the program was based on substituting high-fat and high-calorie snack foods with lower-fat and low-calorie foods. As diet fads changed from low fat to low carbohydrate over the past few years,

the program focus now is geared toward increasing the availability of overall nutrient-dense snacks.

Other program improvements include providing performance-based foods, such as sport bars and other higher-calorie snacks that replace adequate calories when meals are skipped. This is particularly applicable to Special Forces troops.

In October 2004, NEHC provided NEXCOM vending managers with specific guidelines to be used for salty snacks, trail mixes, sugary snacks and sport bars. The criteria were established under the guidance of Dr. Kenneth Cooper, Institute of Medicine and National Academy of Sciences. The guidelines will assist vending managers in selecting product lines from new and current distributors and to inform current vendors of products that can be tagged "Healthy Alternative."

This will guarantee Sailors and Marines that all tagged items meet specifications and will avoid questionable snack purchases by service members taking accountability of their health and wellness.

NEXCOM and NEHC are currently working on an initiative to increase visibility of products offered by commercial Branded Food partners located within NEX food courts. This initiative will assist customers with menu selections.



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

Operations Specialist 2nd Class (SW/AW) JD McCoy, assigned to Naval Station Pearl Harbor, purchases a snack from an NEX vending machine.

Sailors treated to pier bash



Photo courtesy of MWR

Morale, Welfare and Recreation hosted a Fleet Bash for USS Port Royal (CG 73) May 10. Navy Hawai'i MWR initiated the Fleet Bash program in March to identify the recreational needs of the active duty Sailors and commands. After completing a brief survey, the Sailors were treated to a free barbeque lunch, rock wall climbing, tricycle races, joust competitions, free prizes and a host of other games.

STORY IDEAS?

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

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

Hawaii Navy News

Breast cancer awareness highlighted in May

JOSN Heather Weaver
*National Naval Medical Center
 Public Affairs*

During Breast Cancer Awareness Month in May, health care providers at the National Naval Medical Center (NNMC) are reminding women that early detection is a key to survival.

Every three minutes, a woman is diagnosed with breast cancer, which is now the leading female cancer diagnosis, according to the American Cancer Society.

"Early detection is your best protection," said Barb Ganster, a nurse case manager for the hospital's Breast Care Clinic. "The sooner we can detect it, the sooner we can treat you."

Early detection can be tricky, but the breast care center staffs recommend a process women can follow to protect themselves.

"Our first recommendation is for women to do a breast self-exam on a monthly basis one week after starting their menstrual cycle," Ganster said. "If post-menopausal, women should choose one day each month to do the exam."

Self-exams should start in a woman's early 20s, according to the American Cancer Society.

To perform a breast self-exam, a woman should lie on a flat surface and place a pillow or folded towel under her left shoulder. She should place her left hand behind her head, making sure her shoulder is raised high enough for her left breast to be centered on top of her chest, falling neither to the center nor toward the armpit. According to Dr. Prabhavathi Nama, a medical consultant for the Women's Health Committee at NNMC, this arrangement distributes the breast tissue as evenly as possible and makes it easier to feel for lumps or abnormalities.

The best way for women to check themselves is to use two or three fingers and use the sensitive, flat inner surfaces of her fingers, according to Nama.

The American Cancer Society suggests the vertical-linear method of breast self-examination. Start the exam in the underarm area and move fingers downward until reaching the area below the breast. Move fingers slightly to the right, then examine tissue back up toward the top

of the breast. Continue this motion until the whole breast is examined, feeling for any masses or change in the breast tissue.

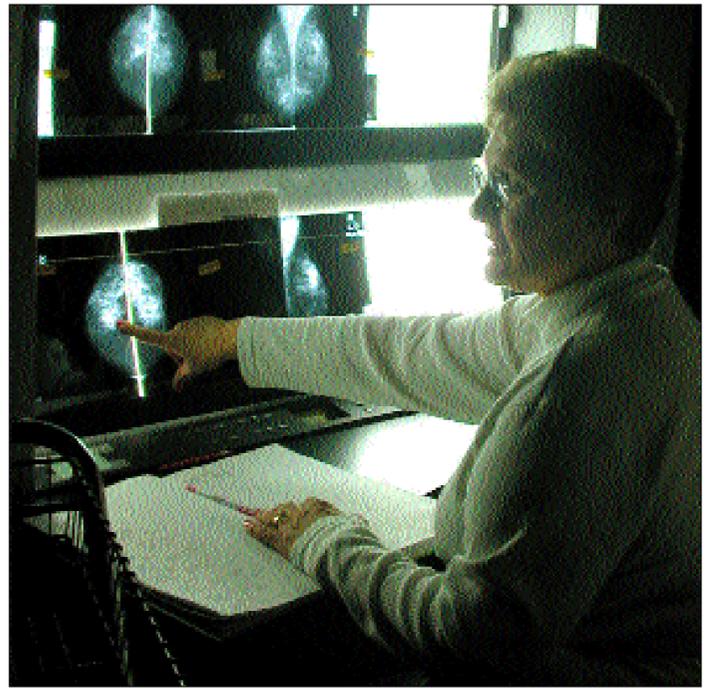
"It's important women examine the entire area around their breasts," Ganster said, "including the armpit."

Breast cancer does not always appear as a lump, Ganster said. Women should also stand in front of a mirror with their hands behind their heads looking for abnormal skin changes in the breast or armpit during the monthly self-examination. They should also be aware of nipple-fluid discharge, rashes, inflamed skin or any other abnormality.

Women over 40 should have a mammogram annually. A woman with a family history of breast cancer should begin mammograms 10 years prior the family member's age at the time of diagnosis.

Ganster also recommends that men who have a family history of breast cancer also be aware of any changes, because they can also develop the disease.

"If any abnormality is detected, the woman [or man] should see a health care provider immediately," said Ganster.



U.S. Navy photo by OS2 Class Wendy Kahn
 Barbaranne Foster, imaging specialist at Bethesda Medical Center, reviews a patient's x-ray in the new Breast Care Imaging Center.

Department of Defense committed to meeting military childcare needs



U.S. Navy photo by PH1 William R. Goodwin
 Signalman 3rd Class Maurice Hill says hello to his son after his ship, USS Crommelin (FFG 37) returns from deployment.

American Forces Press Service

The Defense Department is actively engaged in improving childcare services for military parents, a top Pentagon official said May 5.

John M. Molino, deputy undersecretary of defense for military community and family policy, said the largely single, military barracks-dwelling is a thing of the past.

"Today's military is different," Molino said. "A little more than 50 percent of the force is married, and about 44 percent of the

force have children ranging in age from infants to college students. Each family has individual needs, and different kinds of needs based on their age group.

"We have to accommodate those needs because we are sending people around the world where they are away from their families, from grandparents and from other traditional means of support," he continued. "We are also deploying more people than in the recent past, and when you do that, you create a single-parent family overnight. More often than not, that single par-

ent has a job, a job they may need to survive," he said. DoD is trying both to reinforce programs that have been working successfully and to come up with creative solutions to help with new or anticipated needs, Molino said.

Extended deployments for large elements at an installation place an increased burden on those who have stayed behind, Molino noted. "Work hours are extended, duty days are extended, and we need extended childcare hours because these people are simply at work for a longer day than they were before," he said.

Molino said two military installations, one in Virginia and one in Hawai'i, have child care 24 hours a day, seven days a week. "It's very innovative, very successful and very popular," he said.

Many military parents need childcare for the short term only - parents who are in training, or who just need a few hours to shop, to go out with friends, or simply take a break, Molino noted. "We are providing that in many areas," he said, "as well as going 'beyond the gate' to see what options are available in the community, and how existing services may

be subsidized for families who are unable to take advantage of service provided on the installation."

Molino said all of the childcare initiatives available to active duty servicemembers also are available to those in the Guard and Reserve.

"If servicemembers are going to be successful in their careers, if they are going to stay in the military, they need to know that the military is an environment friendly to families, friendly to children, and an environment that will facilitate their career aspirations. That is key," he said.

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

FRIDAY

7:00 p.m. The Ring 2 (PG 13)

SATURDAY

2:30 p.m. Fever Pitch (PG 13)

6:00 p.m. Advanced Screening
The Longest Yard
(PG 13)

SUNDAY

2:30 p.m. Beauty Shop
(PG 13)

4:45 p.m. Guess Who
(PG 13)

6:45 p.m. The Upside of
Anger (R)

THURSDAY

7:00 p.m. Guess Who
(PG 13)

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

Memorial Theater

Hickam Air Force Base
(449-2239)

FRIDAY

7:00 p.m. Fever Pitch (PG 13)

SATURDAY

7:00 p.m. Fever Pitch (PG 13)

SUNDAY

7:00 p.m. The Upside of
Anger (R)

WEDNESDAY

7:00 p.m. The Upside of
Anger (R)

THURSDAY

7:00 p.m. Fever Pitch (PG 13)

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

Sgt. Smith Theater

Schofield Barracks
(624-2585)

FRIDAY,

SUNDAY AND

THURSDAY

7:00 p.m. Beauty Shop
(PG 13)

SATURDAY AND

WEDNESDAY

7:00 p.m. Sin City (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

- **May 25:** Hiker safety workshop, 6:30 p.m., free. Register by **May 23.**

- **May 28:** Kahana Valley hike, 8:30 a.m., \$5. Register by **May 25.**

- **May 28:** Learn to Surf workshop, 9:30 a.m., \$15. Register by **May 25.**

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

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

SWIMMING LESSONS

Swimming lessons for youth ages three and older will soon begin at MWR pools at Pearl Harbor, NCTAMS and Barbers Point. The sessions will be offered through **May 26** from 3:30-4:30 p.m. on Tuesdays and Thursdays. Saturday sessions will be offered throughout the month of May at 9 a.m. on Saturdays. The cost for the weekday sessions is \$32; the fee for the Saturday sessions is \$16. For more information, call 473-0394.

LEARN TO DIVE

Learn to dive with instruction from Ocean Concepts Scuba and Water Sports Adventure Center. The center will offer a PADI open water diver course (one-week group pro-

gram starting every other Monday. The next class are scheduled for **May 21.** A PADI rescue diver course, emergency first responder (EFR)/DAN oxygen provider course will be offered **June 20.** The one-week course will offer three certifications. Ocean Concepts offers daily boat dives, transportation from Pearl Harbor, air fills, equipment rentals and repairs. There is flexible scheduling for courses. The center is open daily, 8 a.m.-7 p.m. Monday-Friday and 8 a.m.-5 p.m. Saturday, Sunday and holidays. For more information, call 422-5990.

OCEAN SAFARI

- **May 22:** Kayak trip to Chinaman's Hat (family trip)

- **May 26:** Snorkeling trip to Hanauma Bay

All trips must have five or more participants. All trips depart at 9 a.m. from the outdoor adventure center. The cost for all trips is \$20 per person. Reservations must be made four days prior to the scheduled trip date. Transportation and equipment will be provided. A valid I.D. is required. For more information, call 306-8848 or 473-1198.

SUPER GARAGE SALE AND CRAFT FAIR

MWR will sponsor its Super Garage Sale and Craft Fair from 8 a.m.-noon **May 21** at Richardson Field. There will be bargains and unique items for sale. It's also a good way for vendors to turn clutter into cash. For those who wish to register to participate as a vendor, the cost for each 10-foot-by-10-foot spot ranges from \$8-\$10 for garage sellers and \$17-\$22 for crafters/businesses. Visit any Navy ITT office or www.greatlifehawaii.com for information or a registration form. Future garage sale dates are **Aug 13** and **Nov 5.**

BABYSITTING CERTIFICATION CLASS

A babysitting certification class will be offered from 9 a.m.-3 p.m. **May 21** at Catlin Clubhouse. The cost for the class is \$10 per participant or points can be earned to help defray the cost. The class is open to military or DoD family members ages 12-18. For more information or to register, call 421-1547.

ANNUAL HEALTH AND FITNESS FAIR

May is Fitness Month. The annual Health and Fitness Fair will be held from 10:30 a.m.-1 p.m. **May 25** at Bloch Arena. Attendees can try and taste the latest health and fitness trends. Several vendors, including local running, swimming, health food shops, etc. will be available to show their products and services. For more information, visit the MWR website at www.greatlife-hawaii.com or call 473-0793.

NBA PLAYOFFS AND FINALS

Watch the NBA Playoffs and Finals at Club Pearl's Pool & Pizza at Naval Station Pearl Harbor. The regular season is over and the playoffs have started. Times of games vary and will be announced and posted. Then be on hand when the conference champs battle for the big win. For more information, call 473-1743.

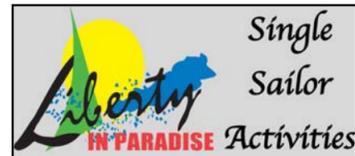
TENNIS LESSONS

Spread the "love" by signing yourself and a friend up for tennis lessons. Tennis lessons are available year-round at Wentworth tennis courts. For more information, call the Wentworth Pro Shop at 473-0610.

CATERED EXPERIENCE

The team of professionals at CATERED EXPERIENCE can lend their expertise in planning your next spe-

cial occasion with menus, locations and ideas for your wedding, conferences, picnic, retirement celebrations and more. They offer many alternatives to meet all tastes and budgets. The summer special offers a 10 percent discount of certain party menus through August. Patrons can also receive 50 percent off when ordering a decorated sheet cake. The offer is good for all authorized patrons. For more information, visit www.greatlifehawaii.com or call 473-1706.



- **May 20:** Polynesian Cultural Center, \$32.

- **May 21:** Insomniac movie night at LIP, 11 p.m., free.

- **May 22:** Movies on the beach in Waikiki, 5 p.m. bring money.

- **May 22:** Waikiki Art Fest, 9 a.m., free.

- **May 25:** Comedy night at Beeman Center, 7 p.m., free.

- **May 27:** Memorial Day weekend camping trip, time/cost to be announced.

- **May 28:** Paintball at Bellows, 10 a.m., \$25.

- **May 29:** Bodyboarding at Bellows, free.

- **May 31:** Movie at Ward Center, 6 p.m., bring money.

Weekly events:

Sunday: Chess tournament, 6:30 p.m.

Monday: WWE wrestling, 6:30 p.m.

Tuesday: 8-Ball tournament - 7 p.m.

Wednesday: Game show - 6:30 p.m.

Thursday: 9-Ball Pool tournament - 7 p.m.

Community Calendar

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

Blood pressure screenings will be held from 11 a.m.-2 p.m. every Friday in May at the following locations:

Today - Navy Exchange Rotunda

May 27 - Schofield Barracks Commissary

The annual MCBH (Marine Corps Base Hawai'i - Kaneohe) **Job Fair** will be held from 9 a.m.-noon **today** at Kahuna's - the Enlisted Club, Marine Corps Base Hawai'i - Kaneohe. The job fair is open to all military and DoD/Coast Guard identification card holders with base access; this includes spouses and family members, active duty personnel, retirees, reservists and DoD/Coast Guard employees. The job fair provides an opportunity for job seekers to network with local and government agencies and apply for job vacancies. Attendees should bring resumes and dress appropriately. Due to the professional nature of this event, children will not be admitted. This event is jointly sponsored by the Marine Corps Base Hawai'i's Marine and Family Services and the Joint Employment Management System (JEMS). For more information, visit www.JEMSHawaii.com and click on job fair/events from the side menu or contact Roberto Katekaru, at 257-7790.

The **USS O'Kane Family Support Group (FSG)** will hold its final FSG activity from 4-6 p.m. **May 21** at the Pearl Harbor Chapel Annex. For more information, call Audra at 630-4111 or e-mail Kim at okaneohana@yahoo.com.

The **Surface Navy Association (SNA) Pearl Harbor Memorials Relay** will begin at 7 a.m. **May 30.** The five-hour relay will benefit the many local memorials honoring our fallen heroes. This year's proceeds will go to the USS Oklahoma Memorial. The course is approximately 3.2 miles around historic Ford Island, passing memorials to the USS Arizona, USS Utah, USS Missouri and others. Water and sports drinks will be provided. All participants will receive a T-shirt and a commemorative "plank owner" certificate. A map of the course is available at www.ussmissouri.org/relay. Only advance entries are permitted, no race day entries. There is a \$25 fee per team member or participant. For more information, call 488-1391.

The Honolulu Zoo will host **Military Appreciation Day at the Zoo** from 10 a.m.-4 p.m. **June 4.** The special event for military personnel and their families will offer free admission to all military ID card holders - active, Reserve, Guard, retired and dependents. There will also be free lunches for the first 5000 military ID card holders. The event will feature entertainment and activities for the entire family. There will be a brief ceremony from 11-11:30 a.m. with the mayor of Honolulu and the Royal Hawaiian Band. Military Appreciation Day at the Zoo is sponsored by USO Hawai'i, City and County of Honolulu and Chamber of Commerce of Hawai'i.

The NEX offers congratulations to first grader Drew Carpenter, the latest winner of a \$2,000 savings bond from the **A-OK program.** Customers can bring their child's most recent report card to the Navy Exchange to

register for the Project A-OK program. Youth 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 in The Mall rotunda.

For the protection of NEX shoppers, **security measures** mandate that bags, purses or personal bags larger than 12 inches by 12 inches will not be allowed in the Navy Exchange. The NEX thanks patrons in advance for their cooperation.

The 2005 Shop NEX **"shop and win"** bumper stickers are available at any Navy Exchange location. NEX patrons can place a bumper sticker on their car for a chance to win a \$25 gift certificate from the Navy Exchange; winners are selected weekly. Winners are then entered in a grand prize drawing for a \$2,000 shopping spree at the NEX.

The NEX Autoport offers **free brake inspections** from 8 a.m.-4:30 p.m. Monday through Saturday.

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 their Web site at <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

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

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



Beauty Shop: Gina Norris has moved to Atlanta so her gifted daughter can attend a music school and make a name for herself at a posh salon. But when her boss takes credit for her work, she leaves the salon to open a shop of her own.

Fever Pitch: See Review

Guess Who: Percy is taking no chances with his daughter Theresa's future. Even before he meets Simon, her latest boyfriend, Percy has him checked out. On paper, he passes with flying colors -- great job, good investments and a promising future. But there's one thing the credit report didn't tell him: Simon is white.

The Ring 2: Rachel Keller moves to Astoria, Ore., with her son, Aidan, to escape their memories of what happened. When a few locals start dying, however, and a videotape reappears, Rachel becomes aware that the creepy Samara is back and after Aidan.

Sin City: Sin City is a violent city where the police department is as corrupt as the streets are deadly. There's the street thug Marv whose desperate quest to find the killer of a prostitute named Goldie will lead him to the foulest edges of town. Inhabiting many of those areas is, a photographer in league with the sordid ladies of Sin City, headed by Gail who opens up a mess of trouble after tangling with a corrupt cop by the name of Jackie Boy. Finally, there's Hartigan, an ex-cop with a heart problem who's hell-bent on protecting a stripper named Nancy.

The Upside of Anger: Terry is left to raise her four headstrong daughters when her husband unexpectedly disappears. Things get even more hectic when she falls for her neighbor Denny, a once-great baseball star turned radio D.J. This leaves her daughters out on a limb, they are forced to juggle their mom's romantic dilemmas as well as their own.

JO3 Ryan C. McGinley

Fever Pitch

"Fever Pitch" is the story of a Boston Red Sox fan. More aptly, a fanatic named Ben, played inappropriately by Jimmy Fallon of Saturday Night Live. Ben is more than a fan, but an extremist whose whole life revolves around the team. His apartment looks like a merchandise store, filled with every tacky little item engraved with the team's insignia. It's more than an obsession for him. It's a way of life.

He moonlights as a high school teacher during the day, and meets a business executive in Lindsey (played by Drew Barrymore), who leads a very different life. They hit it off, fall in love, and then they deal with his fixation. She does not understand why he would rather go to spring training in Florida than meet her parents. Go figure.

Oh those Farrelly brothers. The ones who brought us "Dumb and Dumber," "Stuck on You" and the slightly better, "There's Something About Mary." In their latest episode, they tone down the crude and disgusting humor a bit in favor of a slightly better script, which aims more toward touching the heart and mind, rather than trying to get you to throw up the popcorn you just ate.

The film is supposed to be about love and relationships, exaggerating those little idiosyncrasies in people to make a defining point about men and women. What it fails to do is really reach its audience. Sure it's a step in the right direction for Peter and Bobby (mainly because of the screenwriters), but "Fever Pitch" still fails on so many levels.

Add Jimmy Fallon, the copycat who is trying desperately to reach the level of Adam Sandler, and the film barely makes mediocrity. It's a story so engrossed in its own cast and events that it fails to deliver the dialogue and meaning. The Farrelly brothers choose stunts and tactics over words and emotions, playing more toward an audience, which was hoping for something altogether different.

OVERALL RATING: 4 out of 5 stars

FFSC offers free clinical counseling services to Sailors, family members

Commander Navy Installations Public Affairs

Sailors looking for solutions to life problems can take advantage of no cost counseling services provided by licensed clinicians through the Fleet and Family Support Center (FFSC).

It is estimated that Sailors may save between \$7-11 million annually in out-of-pocket expenses by seeking FFSC counseling services.

"Counseling sessions at the FFSC are part of the military benefits package, and are free to service members and their families," said Brenda Holbrook, quality assurance specialist for Fleet and Family Support programs, Commander Navy Installations (CNI) Detachment, Millington, Tenn. "This is a significant cost savings to Navy families, because such services in the private sector can be very expensive and may not be covered under TRICARE."

FFSC clinical providers have at least a master's degree in a mental health related field, such as social work, psychology, marriage and family therapy or counseling, and are licensed by a state to provide independent clinical practice in their field.

The clinical providers conduct individual, couples, family and group counseling to address relationships, crisis intervention, stress management, depression, grief after loss, occupational and family issues. Most FFSC counseling lasts between three to eight sessions.

"The FFSC provides short term, solution-focused counseling services for commonly occurring life problems," explained Holbrook. "You might just be feeling overwhelmed or stressed by something and need someone to talk to. Counseling gives Sailors and their families the opportunity to look at things objectively -- to problem solve in order to help themselves."

Clinical counseling records are maintained separately in the FFSC and are not incorpo-

rated into an individual's military medical record. FFSC clinical counseling records are maintained in accordance with the Privacy Act. Details discussed in counseling sessions are not shared with an individual's command or others except in limited circumstances, such as when someone verbalizes a threat of harm to self or others. During the initial session, the counselor explains fully any limits to the individual's privacy and the circumstances under which the counselor is required to report information to the command or others.

"Self-referrals are the standard procedure," said Holbrook. "Just call your FFSC and schedule an appointment."

There are 62 Fleet and Family Support Centers and 73 delivery sites worldwide. For more information on FFSC programs or to locate the nearest center, visit www.ffsp.navy.mil or call their 24-hour information and referral hotline at 800-FSC-LINE.

Boutiki presents checks to charities



U.S. Navy photo by J02 Devin Wright

Capt. Ronald R. Cox, chief of staff, Navy Region Hawai'i and commanding officer, Naval Station, Pearl Harbor presents a check to Ashley Slabik, with Lifestyles, Insight, Networking, Knowledge and Skills May 13. The Boutiki, which is run by volunteers, donates a large part of their profits to charitable organizations throughout Oahu.

New law to affect SGLI payments, premiums

Donna Miles

American Forces Press Service

Defense and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Servicemembers' Group Life Insurance.

The \$82 billion supplemental legislation signed into law by President Bush May 11 increases maximum SGLI coverage to \$400,000 and provides payouts of up to \$100,000 for servicemembers with traumatic injuries, explained Stephen Wurtz, the VA's deputy assistant director for insurance.

The increased SGLI coverage will take effect Sept. 1, and the so-called "traumatic SGLI" benefit, December 1. Wurtz said the legislation directs that both benefits will be retroactive to Oct. 7, 2001.

Traumatic SGLI benefits will be retroactive for troops who have lost limbs, eyesight or speech or received other traumatic injuries as a direct result of injuries received during Operation Iraqi Freedom or Operation Enduring Freedom. The benefit does not apply to servicemembers suffering from disease.

The retroactive coverage increase is payable as a result of deaths in either operation,

or under other conditions prescribed by the secretary of defense, Wurtz said.

Servicemembers enrolled in the SGLI program will notice an increase in their premiums when the increases take effect. The traumatic SGLI benefit will be rolled into the basic SGLI program and will likely cost about \$1 a month, Wurtz said.

Troops opting for maximum SGLI coverage -- \$400,000 vs. the current \$250,000 - will see their monthly premiums increase from \$16.25 to \$26, Wurtz said. This is based on the rate of 6.5 cents per \$1,000 of insurance coverage.

SGLI coverage is currently available in \$10,000 incre-

ments, but as of Sept. 1, the increments will increase to \$50,000.

Because the rates have not changed, servicemembers who retain \$250,000 or less coverage will see no increase in their premiums, Wurtz said, except for the \$1 "traumatic SGLI" premium.

While these expanded benefits will be provided retroactively, affected servicemembers won't be charged retroactive payments, he said. DoD will absorb that cost.

In a new twist introduced through the supplemental legislation, troops with dependents must get their spouse's approval to purchase less than the full amount of

SGLI coverage. In the case of members who are not married, notice will be provided to the designated beneficiary when the member purchases less than the maximum coverage.

The new traumatic SGLI benefit is designed to provide "a quick infusion of cash" for cash-strapped families of troops recuperating from traumatic injuries received in the line of duty, Wurtz said.

Compensation will range from \$25,000 to \$100,000, and is designed to help families of severely wounded troops leave their homes and jobs to be with their loved one during recovery.

While VA staff members

consult with DoD to write regulations that will put the new SGLI benefits into effect, Wurtz said, "lots and lots of details have to be worked out."

Among outstanding issues is the fact that the expanded SGLI coverage is part of the supplemental legislation package that funds operations only through Sept. 30. That's 30 days after the new SGLI limit takes effect and two months before the traumatic SGLI benefit begins.

Wurtz said VA is confident Congress will resolve this issue before there's any lapse in coverage. VA will continue to oversee and control the SGLI program.