

# Sunset Celebration

## MWR to host annual celebration in honor of Military Family Appreciation Month

Christa Black Thomas

MWR Quality of Life Marketing

Morale, Welfare and Recreation (MWR) at Naval Station Pearl Harbor is scheduled to host a Sunset Celebration on Nov. 18 to commemorate Military Family Appreciation Month and show appreciation for the efforts of the family members and the significant roles that they play.

November is Military Family Appreciation Month. Designated by the Secretary of Defense, it is a time to recognize and honor military family members for the contributions and sacrifices that they make, remaining flexible and selflessly giving of themselves to support their active-duty family member.

A variety of activities will be held at the Sunset Celebration on Ford Island, near the Navy Lodge, including games, food booths, live entertainment and a free movie. The event kicks off at 4 p.m. with live entertainment until 6:45 p.m. Starting at 7 p.m., the Disney film, "Herbie Fully Loaded," (rated G) will be shown along with free popcorn and beverages during the movie.

Scheduled highlights of the day's events will include:

- 4:30 p.m.: Raggs Kids Club Band on tour, presented by Armed Forces Entertainment (AFE).
- 5:15 p.m.: Mrs. B's Storytime ... with a Twist.
- 6:15 p.m.: Polynesian Cultural Center performing Polynesian and fire-knife dancing.
- 7 p.m.: "Herbie Fully Loaded," showing on the big screen.

Attendees can also enjoy the bounce houses, games, relays, crafts, face painting and balloon twisting, the Home Depot Kids Clinic, and samples of Coldstone Creamery (compliments of the Salt Lake location).

In addition, attendees to the day-long celebration can take a brief tour of the newest Navy Lodge and register to win a one-night stay in a luxury room. Sponsors will offer prizes, including a beach wedding vow renewal ceremony from The Romance Specialist.

The event is open to all military-affiliated personnel and their sponsored guests and is presented by MWR and the Navy Lodge. For more information, call 473-0606 or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com).



Photo by Amiee Huepenbecker

A toddler plays with a large beach ball at the 2004 Sunset Celebration. The event is open to all military-affiliated personnel and their sponsored guests and is presented by MWR and the Navy Lodge.

## Mrs. B brings story time with a twist to Pearl Harbor

Karen Spangler

Assistant Editor

If you think that you are too old for storytime...think again. Zany characters and crazy voices – all unique and original – are the trademark of Mrs. B as she brings her story time...with a twist...to children (and grownups) across the nation.

Carrie Blake-Brekke, also known as Mrs. B., will be one of the guest performers at the Sunset Celebration on Nov. 18, sponsored by Morale, Welfare and Recreation (MWR) for Navy Region Hawai'i, which will be held at the Navy Lodge on Ford Island. The event will commemorate Military Family Appreciation Month. Mrs. B. will present her entourage of comical storybook characters beginning at 5:15 p.m.

Children aren't the only ones who are entertained by Mrs. B's outrageous songs and hilarious antics. Adults are also in stitches as they listen to her unique tales and new spins on classic fairy tales.

One of Mrs. B's newest songs is for military families and is called "We Are Free." Mrs. B. explained that the song is performed by a little girl whose father is stationed at Hickam Air Force Base (AFB), but currently deployed in Afghanistan.

The background vocals are sung by all military children of service members stationed at Luke AFB in Arizona. "It is a poignant song about children who have the task of saying farewell to their parents who are deployed, sent on missions, hardship tours, etc."

"I wrote it after Maj. Blake, my own children's father, left for his third hardship tour in Korea two years ago," said Mrs. B., who presents the song with the help of a little girl puppet from her puppet entourage.

During previous trips to perform in Hawai'i, Mrs. B. has presented another song that she wrote especially for military children. Called "We're Military Kids – What'chu Think About That," an excerpt of the lyrics from the jammin' song goes like this:

"Don't mess with my daddy, airman outta' Hickam  
Or my Pearl Harbor mama. They can

really kick 'em.

They're on the line protecting our freedom.

Serving our nation because we really need 'em.

We're military kids. What'chu think about that?"

"Returning to any military installation for performances is a high point for me. Military children carry such an unsung burden for our country. It is an honor for me anytime I have the opportunity to honor them with a performance, and Pearl Harbor and Hickam AFB hold a special place in my heart," explained the storyteller extraordinaire.

"These children watch their moms and dads leave. That's a huge demand on these children," said Blake-Brekke. "They're extraordinary children, all of them."

Blake-Brekke, aka Mrs. B., never planned to be a professional storyteller. But when she got her first guitar at the age of 11, she said she started writing ridiculous songs. When she became a mother and began telling her children stories, she admitted that she became bored with the same old thing. "I decided to mix it up a little bit," she said. That's when Blake-Brekke took on a new persona and delighted her children with her crazy voices and zany characters as she gave the classic fairy tales a new twist.

Blake-Brekke said she didn't think anyone would pay for such nonsense, but the popularity of Mrs. B. and her storytelling antics has grown. So far, she and her sister Jodi Melton have released several children's books, all best sellers. Jodi has been drawing comical characters for about as long as Carri has written silly songs, and is the illustrator for all of the books produced from Carri's songs.

In addition to "We Are Free," Mrs. B.'s newest books with CDs include "Juanita Maria Sophia Bug Diva," a tale about a sassy, high-maintenance bug, and "Grab That Book," encouraging children to read. They are also working on "Bedtime with Mrs. B." and hope to have that out in time for Christmas.

For more information about her schedule of appearances and to hear excerpts of songs about Mrs. B.'s clever, creative, comical characters, visit her Web site at [www.mrsbstorytime.com](http://www.mrsbstorytime.com).



Photo by Amiee Huepenbecker

Mrs. B. and her entourage of zany, comical characters will present Mrs. B.'s "storytime...with a twist" at the 2005 Sunset Celebration.



Photo by Amiee Huepenbecker

Children at the 2004 Sunset Celebration enjoy the activity tables which featured modeling clay with cutouts, bead stringing, a water table and a sand table.

# COMPATRECON Wing Two reaches out to local school

J02 Corwin Colbert

Staff Writer

Commander, Patrol and Reconnaissance (COMPATRECON) Wing Two Sailors have taken Kaneohe Elementary School under their wings.

Since the school has been the adopted school of the command, COMPATRECON Wing Two is expecting to exceed 2004's mark of 245 person-hours to improve the quality of life for the staff and children that attend the school.

On Wednesday, Aviation Warfare Systems Operator 1st Class Quentinpar Salinas of COMPATRECON Wing Two and coordinator of the command's adopt-a-school program participated in physical education with the children.

"Today we are going to play soccer," said Salinas. "But first, we need to do some calisthenics."

Salinas said physical education is important even at a young age.

"The children normally get recess. However, recess normally consists of a snack and talk time outside," he said. "We help the children stay physically fit. We do

a fun day twice a year where we set up stations and do different activities such as pushups and sit-ups."

The children stormed the basketball court screaming and yelling to spend time with the Sailor.

"Oh yeah, the children are very comfortable with us now," said Salinas. "We move up in rank. Now we are called uncle."

Salinas had a tough challenge at hand, taking care of more than 30 children. He said he normally has help, but they had military obligations.

"It's going to be tough today, but it is worth it," Salinas said.

School Principal Mitchell Otani said their dedication is why the Sailors are very special to the Sailors.

"These great Sailors are making time in their busy schedules to spend some time with the children," said Otani. "The children understand this and enjoy the time they do get to spend with the Sailors."

"Military life is not easy and for them to give back to the community is wonderful," said Otani. "They are great role models,

something the children need."

The children loved doing push-ups sit-ups and mountain climbers. They giggled and laughed during the whole exercise.

Salinas then took the kids to the soccer field and let them play soccer.

"The most important thing is making sure no one gets hurt," he said.

It was a fun morning for the children and Salinas said that was the icing on the cake in regards to the volunteering.

"We do manual labor for the school as well," he said. "In the past, we have done beautification projects and other work."

"The Sailors have installed benches, painted and done many community relation projects," said Otani. "Many times over, we appreciate what the Navy does for us. I was the vice principal of Hickam Elementary School and I learned to appreciate those who serve."

"The reward for us is interacting with the children," said Salinas. "Anytime we can be here, we see we put smiles on the children's faces."



U.S. Navy photo by J02 Corwin Colbert

Aviation Warfare Systems Operator 1st Class Quentinpar Salinas of COMPATRECON Wing Two and coordinator of the command's adopt-a-school program demonstrates proper sit-up technique with the children on Nov. 2.

# Additional motorcycle safety courses now offered



U.S. Navy photo by PH3 Sara Coates

Fire Control Technician 1st Class Michael Medina, assigned to Naval Submarine Training Center Pacific, secures his motorcycle safety gear before riding on Naval Station Pearl Harbor.

Rodd H. Johnson

Navy Region Hawai'i Safety

Additional motorcycle safety courses have been added for military personnel and their family members who plan to operate a motorcycle on Naval Station Pearl Harbor.

According to Juan Reyes, safety engineer at Navy Region Hawai'i's safety office, "Pearl Harbor has greatly increased the number of motorcycle courses available. Any military personnel, their family members or DoD employees can sign up today and usually get into a course within 30 days." He suggested that

they check the Web site [www.hawaii.navy.mil](http://www.hawaii.navy.mil) and click on base support and safety department.

John Schultz, traffic safety specialist, noted that there are two rider courses available. "The basic rider course (BRC) is a two-day course intended for riders with limited experience on their own motorcycle. The experienced rider course (ERC) is a one-day course intended for riders who need to certify, update or refresh their skills on their own motorcycle," explained Schultz.

These are the required courses for anyone operating a motorcycle on base.

Personal protective equip-

ment is always required: DOT-approved helmet, eye protection, long sleeved shirt or jacket (reflective vest at night and a brightly-colored, long sleeved shirt or jacket during the day), long pants, full-fingered gloves and sturdy over-the-ankle footwear.

"Riders enjoy the opportunity to spend a day or two improving their skills under the expert guidance of our certified Motorcycle Safety Foundation rider coaches," said Bill Maxwell, lead traffic safety specialist. "Many riders returning to motorcycling after several years really enjoy the opportunity to refresh their skills," he added.

As classes fill to capacity, more courses are scheduled. If any command, ship or submarine with 8-12 riders wants to schedule a BRC or ERC during a specific week, they should call (808) 474-3447 ext. 246 for more information.

Do you need this required course to ride in paradise? Want to avoid those "involuntary dismounts"? Spending the workday riding your motorcycle to attain a higher level of motorcycle skills is one way to accomplish the goal of reducing the probability of crashing and the resulting consequences, according to the region safety specialists.

# Beware of spot delivery trap

**Navy Legal Service Office  
Pacific Detachment Pearl  
Harbor**

Driving off the lot in a shiny new ride is a quintessentially American experience. Little compares to the new-car feel, the new-car smell and the cool comfort of knowing your next breakdown is probably at least 100,000 miles away.

What the naive car buyer may not realize, however, is that an ambush may lurk around the corner. "Spot-delivery" (also known as "yo-yo financing") exploits the pleasures of the new-car experience to squeeze an extra profit out of the transaction – a profit often amounting to more than a thousand dollars.

A dealer "spot-delivers" a vehicle by encouraging a customer to take possession without finalizing important financing terms. Often, the terms are left blank or left subject to a contract "addendum" or "conditional sale rider" clause the customer unwittingly signs.

The customer is then allowed to leave with the impression that financing has already been approved, or shortly will be. In any case, the result is the same. Some days later, the dealer calls back to inform the customer he was not approved for financing at the rate discussed. The customer, at once in love with the new car and embarrassed at his "bad credit," quickly agrees to whatever terms the dealer arranges.

Spot-delivery can be a predatory lending practice. While reputable dealers abound, the unfortunate reality is that some unscrupulous and overly aggressive sales people still engage in the

practice. Moreover, Hawai'i law (H.R.S. § 437-31.5) declares vehicle purchase agreements "void" where a customer's financing is disapproved.

Hoping an honest party happens to be on the other side of a car-buying transaction is thus a poor strategy. Doing one's homework in advance is really the only reliable way to assure the expertise and confidence necessary to drive away not only with a great car, but with the well-earned satisfaction of a winning negotiation. Keep the following in mind when venturing onto dealer turf:

- Understand how dealers make money. Dealers typically seek profit in four areas: (1) on the sale of the automobile, (2) on service agreements and other incidentals, (3) on trade-ins and (4) with financing. Dealers will often attempt to identify which of the above is important to a potential buyer, make a concession on one point to garner a sale, but seek to recover the lost profit in the other areas. Thus, a winning customer strategy involves forcing fair, but separate negotiation on each thoroughly-researched area.

- Attempt to obtain financing from a source other than a dealer. View financing agreements as just one more product a dealer sells, in addition to automobiles. In fact, dealers often make more money selling these "RISCs" (retail installment sales contracts) in secondary markets than they do on car sales. Obtaining financing from your bank or an on-line source is almost always the prudent course.

- Be on guard for the "spot delivery." Never accept the vehicle until all terms are

fully delineated – no blanks. If spaces are left blank because they are not relevant to your transaction, line them out. Read the entire agreement carefully before signing. Don't feel embarrassed to ask for a thorough explanation of each term that may be unclear. If you're not satisfied the explanation comports with the written terms, walk away. Never rely on oral promises that may conflict with written terms.

Remember you have the right to have an independent third party (an attorney) review the contract before you sign, and it's free. NLSO PAC DET can review a contract in as little as 15 minutes. Having a lawyer review the contract can point out potential pitfalls. It is still your decision to accept or reject proposed financing, but know what you are buying. Reputable dealers will provide you copies of standard sales contracts and financing contracts for review by Navy attorneys. If they will not, should you buy there?

Do not be fooled by thinking you won't get the same deal if you have the contract reviewed. Most dealers will hold a vehicle for a reasonable amount of time for you to review paperwork and obtain financing. You are the customer - assert your rights or buy elsewhere.

To access the free legal services at the Naval Legal Services Office at Pearl Harbor, call (808) 473-5982, extension 312, to set up an appointment with a legal assistance attorney, or visit the office (building 1746) during walk-in hours, 9 – 11 a.m. Tuesday/Thursday or 1 p.m. on Wednesdays for estate planning.

## Families, pets get in the spirit of Halloween



Photo courtesy of Forest City Residential Management

Hagen, patriotically displaying a mini USS Nimitz, competes in a Halloween costume competition for pets sponsored by Forest City Residential Management on Oct. 28. Hagen, who won various prizes especially for dogs, is owned by Chief Aviation Electronics Technician (AW/NAC) Daniel Atkinson.

## Veteran's Day 2005

**Veterans' Day will be observed throughout the nation on Nov. 11. The following events will be held locally in tribute to the veterans of America's wars:**

**9 a.m. -**

**Wahiawa Community Parade, California Avenue.**

**10 a.m. -**

**National Memorial Cemetery of the Pacific (Punchbowl).**

**Noon -**

**Battleship Missouri Memorial, a moment of silence will be observed. Complimentary admission and flag-raising privileges to all American veterans, including active-duty personnel.**

**1 p.m. -**

**Governor's Ceremony, Hawai'i State Cemetery at Kaneohe.**

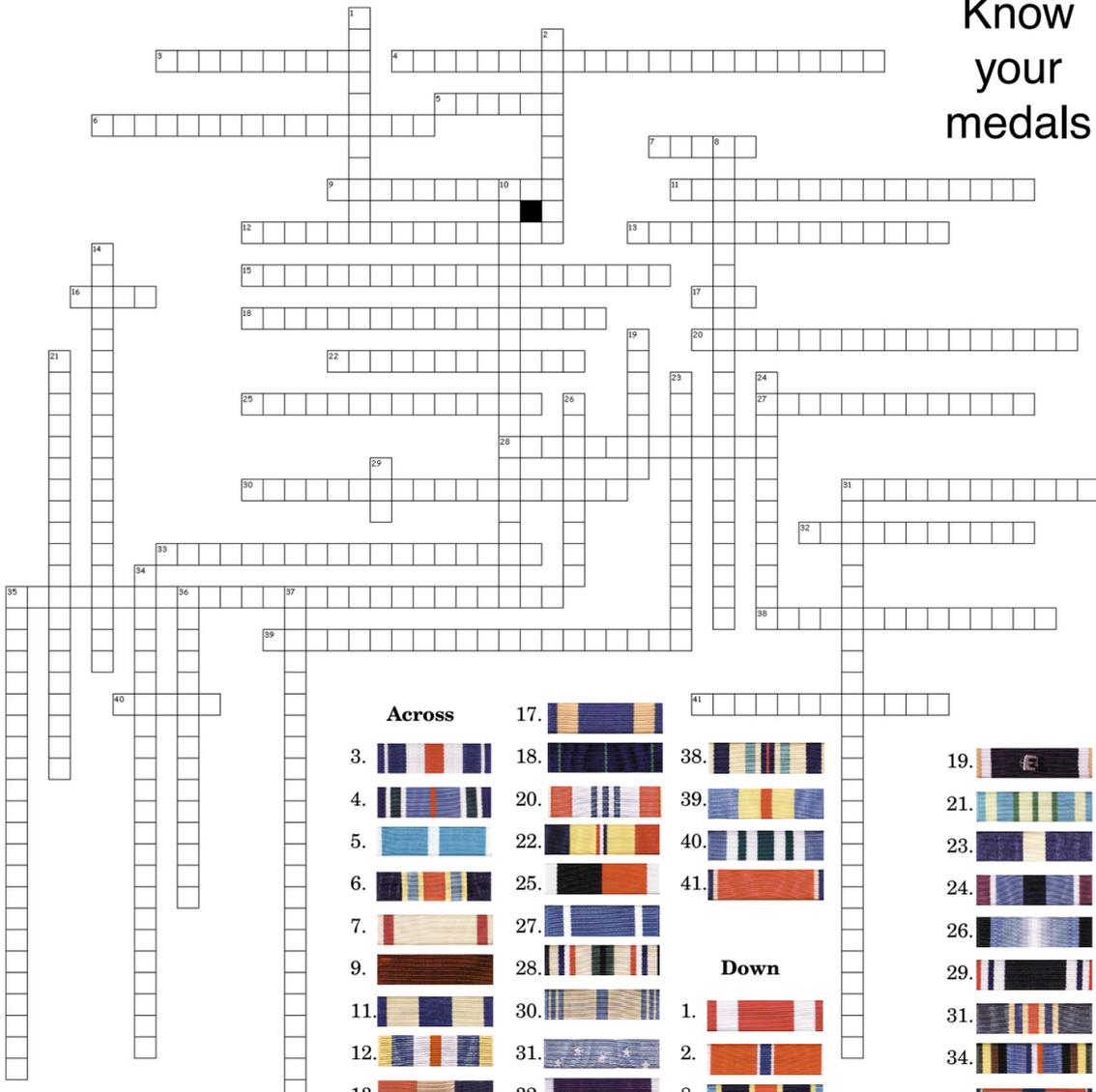
**Nov. 12:**

**4 p.m. -**

**Sunset on the Beach Tribute to Veterans, Waikiki Queen's Surf Beach. Performance by Air Force's "Hana Hou" Band at 5 p.m. Movie starts at sunset time. Movie to be announced.**

# Skylark Central

## Know your medals



- |               |  |     |  |             |  |
|---------------|--|-----|--|-------------|--|
| <b>Across</b> |  | 17. |  | 41.         |  |
| 3.            |  | 18. |  | 38.         |  |
| 4.            |  | 20. |  | 39.         |  |
| 5.            |  | 22. |  | 40.         |  |
| 6.            |  | 25. |  | 41.         |  |
| 7.            |  | 27. |  | <b>Down</b> |  |
| 9.            |  | 28. |  |             |  |
| 11.           |  | 30. |  | 1.          |  |
| 12.           |  | 31. |  | 2.          |  |
| 13.           |  | 32. |  | 8.          |  |
| 15.           |  | 33. |  | 10.         |  |
| 16.           |  | 35. |  | 14.         |  |
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|               |  |     |  | 36.         |  |
|               |  |     |  | 37.         |  |

"Grading Ghost"



## Know your Navy

In 1945, Ensign Jake C. West was the first to make a jet landing on board what U.S. carrier?

Last week's question...

On Oct. 28, 1886 the president of the U.S. accepted the Statue of Liberty on behalf of the U.S. and said in part: "We will not forget that liberty has here made her home; nor shall her chosen altar be neglected." Who was it?

Answer - Grover Cleveland

## Movie Call

Sharkey Theater  
Naval Station Pearl Harbor  
(473-0726)

## TODAY

7:00 p.m. Just Like Heaven (PG 13)

## SATURDAY

2:30 p.m. The Brothers Grimm (PG 13)  
4:45 p.m. Supercross (PG 13)  
6:45 p.m. Lord of War (R)

## SUNDAY

2:30 p.m. The Cave (PG 13)  
4:45 p.m. Supercross (PG 13)  
6:30 p.m. Just Like Heaven (PG 13)

## THURSDAY

7:00 p.m. Lord of War (R)

Memorial Theater  
Hickam Air Force Base  
(449-2239)

## TODAY

7:00 p.m. The Exorcism of Emily Rose (PG 13)

## SATURDAY

2:00 p.m. Tim Burton's Corpse Bride (PG)

2:00 p.m. The Exorcism of Emily Rose (PG 13)

## SUNDAY AND THURSDAY

7:00 p.m. The Exorcism of Emily Rose (PG 13)

## WEDNESDAY

7:00 p.m. Flight Plan (PG 13)

Sgt. Smith Theater  
Schofield Barracks  
(624-2585)

## TODAY AND SATURDAY

7:00 p.m. Just Like Heaven (PG 13)

## SUNDAY AND THURSDAY

7:00 p.m. Roll Bounce (PG 13)

## WEDNESDAY

7:00 p.m. Cry Wolf (PG 13)

*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

• **Nov. 12:** Goat Island exploration, 9 a.m., \$12. Register by **Nov. 9.**

• **Nov. 13:** Kamananui Valley tour, 8:30 a.m., \$7. Register by **Nov. 17.**

• **Nov. 19:** Learn to Surf workshop, 9:30 a.m., \$15. Register by **Nov. 16.**

• **Nov. 20:** Mount Olomana trail hike, 8:30 a.m., \$7. Register by **Nov. 17.**

### YOUTH INLINE HOCKEY

Youth inline hockey teams are forming **now** at Pearl Harbor. Practices are held at 6 p.m. on Wednesdays and at 5 p.m. on Fridays at Boards & Blades Skate Park. Teams compete in the Oahu Inline Hockey League. All inline hockey equipment is provided courtesy of Boys & Girls Clubs of Navy Hawai'i youth sports department. For more information, call 474-3501.

### POKER TOURNAMENT

Put your poker skills to the test at the Texas Hold 'Em Poker Tournament at Pearl Harbor. Qualifying rounds will be held **today, Nov. 18 and 25** at Club Pearl Paradise Lounge on Naval Station Pearl Harbor. The tournament is open to active-duty personnel from all branches of the U.S. mil-

itary. Free entry is limited to the first 320 registrants each night. Registration begins at 5 p.m. at the event with play beginning at 6 p.m. Qualifying round winners will receive various electronics prizes such as Apple iPods, DVD players, Sony Playstation portables (PSP), TVs and more. A minimum of 10 qualifiers each round will advance to the finals. The final round will be held at 6 p.m. **Dec. 2** at Beeman Center at Naval Station Pearl Harbor. The tournament winner will receive the JN Chevrolet jackpot valued at over \$1,500. For more information, call 473-2582 or 473-4279.

### BASKETBALL AND CHEERLEADING REGISTRATION

Basketball and cheerleading registration for Boys & Girls Clubs of Navy Hawai'i leagues will be held through **Nov. 23**. Registration is open to children born between 1990-2001. The \$60 fee includes uniform and trophy. To register, bring a current physical (dated no more than a year ago) and birth certificate to the youth sports office, building 3456. Leagues are open to family members of active duty, retirees, reservists and DoD civilians. For more information, call 474-3501.

### SPECIAL LUAU PRICING

Now through **Nov. 30**, take advantage of Germaine's Luau Armed Forces Special. It includes an "all you can eat" buffet and tickets for the show at a cost of \$30 for adults. Tickets can be purchased at any Navy ITT office. For more information, call 473-0792.

### MWR SUPER GARAGE SALE AND CRAFT FAIR

More than 150 vendors will sell their products at the Navy Region

Hawai'i MWR Super Garage Sale and Craft Fair, which will be held from 8 a.m.-noon **Nov. 5** at Richardson Field. Admission is free. The event is open to the public. For more information, call 473-0606.

### MILITARY FAMILY APPRECIATION MONTH - NOVEMBER SPECIALS

The following November specials will be offered at MWR activities during Military Family Appreciation Month:

- ITT Offices: Regal/Signature Theater tickets are available for purchase. Buy three, get one free.
- Sharkey Theater: Free drink with purchase of a large popcorn every Friday.
- Sam Snead's Tavern: Month long dining specials.
- Outdoor Adventure Center: Free family hike to Makapu'u on **Nov. 19**, plus 10 percent off all equipment rentals.
- Rainbow Bay Marina: Free family sailing clinic **Nov. 5, 6, 19 and 20.**

Pick up the November/December issue of "Liberty Call" or visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for a complete list of specials and accompanying details.

• **Nov. 13:** Family Day, 9 a.m., \$20. Register by **Nov. 10.**

• **Nov. 17:** Surfing, 9 a.m., \$20. Register by **Nov. 14.**

• **Nov. 20:** Beach Day, surfing, bodyboarding, barbecue, 9 a.m., \$25. Register by **Nov. 17.**

• **Nov. 27:** Surf kayaking, 9 a.m., \$20. Register by **Nov. 24.**

### VETERANS DAY AT RAINBOW BAY MARINA

In honor of Veterans Day on **Nov. 11**, enjoy free cake and cookies at Rainbow Bay Marina. The hours are

from 9:30 a.m.-6 p.m. Refreshments will be served while quantities last. For more information, call 473-0279.

### ADVANCE SCREENING AT SHARKEY THEATER

Be among the first on the island to see the full-length feature of "Yours, Mine and Ours" at 6 p.m. **Nov. 12.** See what happens when you combine 18 children, two families and one force of nature. Visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) for the complete schedule and call 473-0726 for movie listings.



- **Nov. 4:** JN All Military Poker Showdown at Club Pearl, free.
- **Nov. 5:** Paintball, depart from LIP at 9 a.m., \$20. Register by **Nov. 3.**
- **Nov. 6:** Surf lessons, depart from LIP at 10 a.m., \$7.
- **Nov. 7:** Monday Night Football, 6:30 p.m., free.
- **Nov. 8:** LIP Birthday Bash, cake and ice cream at 6:30 p.m., free.
- **Nov. 9:** "There's Something Going on at Beeman," activities/games at 6:30 p.m., Beeman Center, free.

### Weekly events:

**Sunday:** Chess tournament, 6:30 p.m.  
**Monday:** WWE wrestling, 6:30 p.m.  
**Tuesday:** 8-Ball tournament - 7 p.m.  
**Wednesday:** Game show - 6:30 p.m.  
**Thursday:** 9-Ball Pool tournament - 7 p.m.



**The Brothers Grimm:** Jake and Will Grimm travel from village to village pretending to protect townsfolk from enchanted creatures. They are put to the test, however, when they encounter a real curse.

**The Cave:** A rescue team is sent down into the world's largest cave system to try to find the spelunkers who first explored its depths.

**Cry Wolf:** The Liar's Club has spread an online rumor that a serial killer committed a recent murder and is planning to strike again.

**The Exorcism of Emily Rose:** Emily believed she became possessed. After medical care fails, she turned to her faith. In the care of her priest, she dies and he goes on trial for her death.

**Flightplan:** Flying at 40,000 feet in a state-of-the-art E-474 aircraft, Kyle faces every mother's worst nightmare when her six-year-old daughter Julia vanishes without a trace mid-flight from Berlin to New York.

**Just Like Heaven:** A man falls in love with a female spirit he encounters in his home. The dilemma is that the woman has been in a coma for months and, unless he does something, she'll be taken off life support.

**Lord of War:** See Review

**Roll Bounce:** X and his friends, who rule their local rink, are shocked when their home base goes out of business and head over to the Sweetwater Roller Rink.

**Supercross:** Two brothers overcome emotional and physical obstacles to achieve success in the competitive world of Supercross racing.

**Tim Burton's Corpse Bride:** Set in a 19th century European village, this stop-motion, animated feature follows the story of Victor, a young man who is whisked away to the underworld and wed to a mysterious Corpse Bride, while his real bride, Victoria, waits bereft in the land of the living.

JO3 Ryan C. McGinley

### Lord of War

As Nicolas Cage's character Yuri Orlov states in the opening voice-over of "Lord of War," there is approximately one gun for every 12 people on the planet. His question is, "How do we arm the other 11?" This sort of satirically daunting sentence sums up the entire film, an often times comical and often times frightening look at the world of arms dealers.

Director Andrew Niccol tells the story of Orlov, an immigrant from the Ukraine who quickly learns the rules of America and where the money lies. Orlov is, among other things, a master salesman and begins a career in arms dealing by using charm, personality and above all, bribes.

The film is a brilliantly strung together piece of storytelling, which takes a page or two from "Catch-22" in telling the narrative of a man who does the unthinkable. Orlov has sold guns to "every army but the Salvation Army." He sells to friends of the U.S., foes of the U.S. and everyone in between. He's there to make a profit. As a government agent candidly points out to Orlov, "I'd tell you to go to hell, but I think you're already there."

The film pokes fun at the whole scenario while at the same time revealing the true horror involved with the business. It teeters back and forth between sanity and madness, comedy and horror, all the while showing a man who validates putting an AK-47 into the hands of a 12-year-old boy. He validates it so well that you find it hard to argue with him.

The film is a striking view of a world many know little about. Niccol could have done better by exploring more of the terror involved with gun running, and less about Orlov. But as it stands, "Lord of War" is entertaining, funny and sometimes terrifying. You start to laugh and then remember what you're laughing at, and it's not funny at all.

**OVERALL RATING:** ★★☆☆☆

# Community Calendar

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

**Pouhala Marsh Work Days** have been scheduled for cleanup and removal of pickle weeds at the north end of Pearl Harbor's West Loch. The project will cover a Hawaiian fish pond and coastal marsh of about 70 acres. Volunteers are needed for the following dates and times: 8:30-11:30 a.m. **Nov. 5** and **Dec. 3.** Anyone who is interested in participating should call 473-1203 or e-mail [adeline.lopes@navy.mil](mailto:adeline.lopes@navy.mil).

Learn about a career as a special agent with the Federal Bureau of Investigation (FBI) at an **FBI career seminar** from 10-11 a.m. **Nov. 7** at Marine Corps Base Hawai'i - Kaneohe, building 267, room 2. A special agent from the FBI will be available to answer questions from attendees. To make reservations to attend the seminar, call the USM-CBH Personal Services Office at 257-7790/7795. For more information, call Special Agent Kal Wong at 566-4488.

Former prisoner of war (POW) and inspirational speaker, Capt. Gerald Coffee (U.S. Navy retired), will be honored as the 2005 American Patriot of the Year at the **American Patriot Award Benefit Dinner on Nov. 11** at the Coral Ballroom of the Hilton Hawaiian Village. The award will be presented by the Honolulu Council of the U.S. Navy League. A 28-year Navy veteran, Coffee distinguished himself during the Cuban Missile Crisis in 1962 and during the Vietnam War. In February 1966 while flying combat missions over North Vietnam, his reconnaissance jet was downed by enemy fire and Coffee was captured. He was held a prisoner for seven years in the communist prisons of North Vietnam. Proceeds from the benefit dinner will support programs for men and women in the sea services - Navy, Marine Corps, Coast Guard and Merchant Marine. Tickets for the black tie gala event are \$150 per person. Sponsor tables of 10 are available at the admirals' level at \$5,000, the captains' level at \$3,500 and the commanders' level at \$1,500. Reservations may be made by calling the Honolulu Council office of the Navy League at 422-9404 or via email at [navyleague@hawaii.rr.com](mailto:navyleague@hawaii.rr.com). For more information, visit [www.PacificRegionNavyLeague.org](http://www.PacificRegionNavyLeague.org).

Meet etched-glass artist, **Gary Oda**, at the NEX Hawai'i from 11 a.m.-1 p.m. **Nov. 12.** Receive a 20 percent discount on all Arts Hawai'i merchandise between **Nov. 9-13.**

A committee consisting of members of the U.S. Navy, Marine Corps and Coast Guard is working on a one-day symposium to proactively educate, identify and address issues that face all women (junior and senior) in today's sea services. Survey takers are needed to help the committee plan for the **2006 Sea Services Women's Leadership Symposium** which will be held March 21, 2006 at Marine Corps Base Hawai'i - Kaneohe Bay. The symposium will focus on mentoring and professional development through inspirational and informative speakers, panelists and break-out sessions. The theme of the symposium is "Make A Difference." To take the survey, go to <http://tinyurl.com/araat>. The deadline to complete the survey is **Nov. 18.** The primary target audience for the symposium consists of female enlisted and officer active duty, reserve members and retirees from the U.S. Coast

Guard, Marine Corps and Navy. The secondary target audience consists of male enlisted and officer active duty or reserve interested in challenges/issues affecting women. There are also volunteer opportunities. If you are interested in helping with the conference or for more information, contact HMC Celeste at [holly.celeste.hickam.af.mil](mailto:holly.celeste.hickam.af.mil) or at 448-1616 or OSC Tortora at [diane.tortora@navy.mil](mailto:diane.tortora@navy.mil).

The Muscular Dystrophy Association (MDA) is seeking Navy volunteers to help with the **MDA dinner and auction** to be held **Nov. 19** at the Sheraton Waikiki Hotel in Waikiki. The evening's activities include a silent auction and a live auction. Volunteers are needed to assist with the auctions. MDA will provide a free dinner to each volunteer. For more information, call 593-4454.

Registrations are now being accepted for the **Armed Forces Communications Electronics Association (AFCEA) TechNet Asia-Pacific Golf Tournament 2005**, which will be held **Dec. 9** at the Kaneohe Klipper Course, Marine Corps Base Hawai'i - Kaneohe Bay. The tournament will be in a scramble format with four-player teams. Prizes will be awarded for closest to the pin, longest drive and hole-in-one. Registration on tournament day begins at 9:30 a.m. The tournament will begin with a shotgun start at 11 a.m. and an awards banquet will begin at 5 p.m. Entry fees are \$55 for active duty enlisted military, \$65 for active duty military officers and retired military, \$70 for DoD employees and \$75 for civilians and contractors. For more information, call Danny Matsuura at 659-1416 or email at [dannymatsuura@att.com](mailto:dannymatsuura@att.com).

The **Battleship Missouri Toastmasters Club** meets from 5:30-7:30 p.m. the **first and third Thursday** of each month at the Battleship Missouri Memorial. At a Toastmasters meeting, members learn how to communicate and how to work as a team. The club also teaches such speech techniques as how to vary the approach to suit the needs of different people, whether the speech is a presentation to an audience or a committee for a fundraiser. Better communication is one meeting away. For more information, contact Steve at 722-4178 or Annette at 383-0977.

The **NEX guest policy** welcomes guests of authorized patrons. To protect NEX privileges, only the primary cardholder (active duty or retired member) and spouse may sponsor guests and those guests are limited to two per authorized cardholder.

The Navy Exchange is **accepting applications** for a variety of positions. NEX employment applications are available at the application drop boxes located in the main rotunda and the second floor by the registers. Completed applications may be dropped off at those same drop boxes.

The local chapter of **TOPS (Take Off Pounds Sensibly)** meets at the Armed Services YMCA at Alimau military housing. Weigh-in is from 5:30-6:15 p.m. The meeting starts at 6:15 p.m. and ends at 7 p.m. TOPS Club, Inc. is a nonprofit, noncommercial weight-loss support organization with thousands of associate chapters in the United States and Canada. Members learn about nutrition, portion control, food planning, exercise and more in weekly meetings. Weigh-ins, group feedback and support help members to achieve their goals. Visit the Web site at [www.tops.org](http://www.tops.org) or call (800) 932-8677. For more information about the local chapter, call Delcie Akau at 623-1404.

## Help for post traumatic stress - TRICARE offers behavioral health benefits

### TriWest Healthcare Alliance

For the military, Post-Traumatic Stress Disorder (PTSD) is an occupational hazard. Exposure to extreme psychological trauma, such as combat, serious accidents or natural disasters, can cause a medical condition called PTSD, Post-Traumatic Stress Disorder.

PTSD symptoms can develop and continue long after the traumatic event is over and the danger has passed. Frequently, an individual's attempts to control symptoms are unsuccessful, leading to feelings of incompetence or being out-of-control.

Common PTSD symptoms include:

- Persistently re-experiencing the traumatic event (nightmares, flashbacks, hallucinations, delusions).

- Experiencing persistent symptoms of increased arousal not present before the trauma (irritability, agitation, difficulty concentrating, exaggerated startle response).

- Making efforts to avoid stimuli associated with the trauma.

- Exhibiting numbing of general responsiveness (avoiding talking about the

trauma, less interest in past enjoyable activities, isolation or detachment).

PTSD can cause problems for combat veterans returning home and for their family members.

Veterans may feel threatened even though safe in their own homes. They may avoid doing things they previously enjoyed with their family because places or situations resemble traumatic events they've experienced.

Family members may misunderstand the changes in the behavior of their loved ones and think that they are responsible.

#### Seeking treatment

Those on active duty are sometimes reluctant to seek treatment because of perceived barriers. They may believe they would be seen as weak, that unit leadership might treat them differently, that members of their unit might lose confidence in them, or that seeking treatment could hurt their career.

It is most important for service members and their families to know that effective treatment can lessen the symptoms of PTSD and help the service member reintegrate back into his or her home.

#### TRICARE can help

TRICARE offers help for

beneficiaries with PTSD in its comprehensive behavioral health care coverage for medically necessary services.

To save money, beneficiaries are encouraged to seek behavioral health care from a military treatment facility (MTF), when available, or from a TRICARE network provider. Special referral and authorization requirements are in place for behavioral health care services.

Active duty service members must receive behavioral health care services at an MTF when available. If the services are not available there, the MTF can refer the active duty service member to a civilian provider. If enrolled in TRICARE Prime Remote, they may receive authorization from their service point of contact for civilian behavioral health care.

A TRICARE Prime beneficiary (other than active duty service members) may receive the first eight behavioral health outpatient visits per fiscal year from a TRICARE network provider without a referral from the primary care manager (PCM) or prior authorization from TriWest. After the first eight visits, the provider must receive prior



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

Sailors returning to Pearl Harbor from a deployment could be exposed to extreme psychological trauma, which can lead to post traumatic stress.

authorization from TriWest. These rules also apply to beneficiaries enrolled in TRICARE Prime Remote for active duty family members.

Beneficiaries using TRICARE Extra or TRICARE Standard may receive their first eight behavioral health outpatient visits per beneficiary per fiscal year without prior authorization from the regional contractor. After the first eight visits, the provider must receive

prior authorization from TriWest. Beneficiaries are encouraged to obtain care from a TRICARE network provider to reduce their out-of-pocket expenses under the TRICARE Extra option.

For more information about treatment options, providers or prior authorization requirements, contact TriWest at 1-888-TRICARE (1-888-874-9378). TRICARE benefit information can also be found at [www.triwest.com](http://www.triwest.com) and

[www.tricare.osd.mil](http://www.tricare.osd.mil).

Information about PTSD can be found on the National Center for PTSD Web site at [www.ncptsd.org](http://www.ncptsd.org).

Soldiers and family members may go anonymously to the Military One Source Web site at [www.military-onesource.com](http://www.military-onesource.com) or the National Military Family Association Web site at [www.nmfa.org](http://www.nmfa.org) for resources and information on PTSD and other service-related issues.

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