



jazzercise

Fun fitness for everyone

Story and photos by Karen S. Spangler
Assistant Editor

If you're looking for a fun way to get fit, consider Jazzercise. Combining a variety of elements, including dance, resistance training, pilates, yoga and kick-boxing – all geared for everyone, regardless of age, gender, or fitness level – Jazzercise will make you sweat. But while you're sweating, you'll have fun.

Mary Johnson should know. She has taught Jazzercise for 14 years, eight of them at Pearl Harbor. Her students have encompassed a range of ages, occupations and interests, but according to Johnson, there is a common denominator.

"Jazzercise is for everyone. I have students in my class who are in their teens and in their 70s," she noted. "Jazzercise is an effective total body conditioning program. Jazzercise provides benefits for people of all ages which include improved cardiovascular fitness, increased energy, strength training for your muscles, improved overall flexibility, balance and well being," she explained.

A pert, energetic redhead, Johnson leads the class through an intensive 60-minute workout, stopping only briefly to drink water or change the music. The wife of a submariner whose Navy career has spanned 25 years, Johnson admits that Jazzercise has been a big help in dealing with her husband's nine deployments. She attended her first class in Washington, D.C. 22 years ago at the urging of her sister-in-law and hasn't stopped since. She has also "Jazzercised" through three children - ages 21, 19 and 17 – and through military moves from state to state. She has been known to drive more than 25 miles to take or teach Jazzercise classes.

"I love it. It's the best thing I ever started doing," said Johnson, who is a registered nurse at Tripler Army Medical Center in addition to balancing the responsibilities of a family and a Jazzercise instructor.

Another appeal of Jazzercise, according to Johnson, is the music and choreography. "The easy to follow choreography is innovative and reviewed by exercise physiologists employed by Jazzercise, Inc. before it is released every 10 weeks to the more than 5,000 instructors internationally," she explained. "Our music is current – ranging from pop, techno, hip hop, r and b, country, funk, punk and contemporary jazz."

Jazzercise, now celebrating its 35th year, was created by Judi Sheppard Missett and is touted as the world's leading dance-fitness program. More than 5,800 instructors teach 20,000 classes weekly worldwide.

Mary Kline, assistant instructor for the class and a Navy spouse, has been doing Jazzercise for about 14 years and has taught the exercise for about two years. "If people want to try something different in an exercise program, they should try Jazzercise," she commented. Explaining that part of the appeal of Jazzercise is that it can be modified for participants who are older or who are at a lower fitness level, she said that the range of the participants in the class are from the early 20s to the early 70s. And fun is a big part of the equation.

"Jazzercise is about fitness, friendships and fun," Kline said. "I love the music and love to work out and love the people. It's all about having fun," she added.

Many of the students in Johnson's class have been devotees of Jazzercise for years. Leslie Bransfield, a young Navy wife with four children – ages seven, five, three and six months – worked out to Jazzercise throughout her pregnancies and up until about three weeks before she gave birth. Bransfield explained that she has done Jazzercise for seven years and "likes the different kinds of music offered in the Jazzercise routines and the people."

For Evelyn Maldonado, wife of a retired Navy Sailor, the exercise program was something she decided to try out when she was recuperating from a back injury. That was two years ago and she has been exercising to the aerobic dance form ever since. "It's a custom exercise. You can modify it to whatever you can do," she noted.

It's important to emphasize that Jazzercise isn't just for women. Although the name might not conjure up images of a heavy-duty,



Mary Johnson, left, leads a Jazzercise class. The class can be modified for all fitness levels. Morning classes are offered at Hale Moku Community Center. A Jazzercise instructor for 14 years, Johnson emphasizes that Jazzercise isn't just for women and is beneficial for people of all ages and fitness levels.

sweaty workout, don't be fooled. The 60-minute workout is an intensive, high-energy, fast-paced aerobic challenge for even the fittest gym jockey.

CS1 (SW) Terry Moller, a leading petty officer cook aboard USS Paul Hamilton, attends Johnson's Jazzercise class whenever his ship is in port. For now, he is the only man in the class, but Moller emphasized that the benefits of Jazzercise includes everyone.

"It's for everybody. You feel good by the time the hour session is over," he noted. He added, "It takes the stress and tension away and you feel good about yourself and it energizes you."

According to Moller, Sailors who are shipboard could easily benefit from such an aerobic program.

"It would be good to bring Jazzercise on ships. It would motivate people. They would be energized and able to work and function and perform their jobs better," he recommended.

Johnson also pointed out the benefits of Jazzercise for Sailors and other military members. "Running can be monotonous whereas Jazzercise provides an alternative exercise program that is fun and works your entire body," she stressed. "Jazzercise will help an individual reduce stress and improve their cardiovascular fitness. Weights can be added as an option in all strength training routines," she continued.

Another benefit of Jazzercise is availability. "An important note for military personnel is that Jazzercise is available all over the United States and internationally wherever they may be stationed," Johnson explained.

Johnson has just announced her upcoming class schedule. Effective Aug. 16, the morning Jazzercise

classes will move back to Hale Moku Community Center and will be offered at 8:45 a.m. Mondays, Tuesdays, Wednesdays and Thursdays. She holds evening classes at 5:45 p.m. Mondays and Fridays at Moanalua Middle School and at 5:30 p.m. Wednesdays at Moanalua Middle School.

So while the Jazzercise students are huffing and puffing, groaning and grunting, straining and sweating to the beat of hip hop, country, punk and contemporary jazz, are they having fun while they're accelerating their fitness levels? Just look at those smiles!

Jazzercise classes in the Pearl Harbor area

• **Morning classes:**
8:45 a.m. Mondays, Tuesdays, Wednesdays and Thursdays – Hale Moku Community Center

• **Evening classes:**
5:45 p.m. Mondays and Fridays - Moanalua Middle School
5:30 p.m. Wednesdays - Moanalua Middle School.

For information on other locations, call Johnson at 455-5981.



(Left) Evelyn Maldonado works with hand weights as part of the Jazzercise routine.

(Right) Leslie Bransfield steps to the rhythm of the music offered at Jazzercise.





Lewers Street Jazz Loft

JOSN Ryan C. McGinley

When the sun goes down over the shores of Oahu, a small and quaint loft opens its doors, allowing the sounds of jazz to permeate through the streets of Waikiki. The sounds are uncommon for an area built around Hawaiian and Asian culture, but its distinction and beat are nevertheless addictive and soothing. The Lewers Street Jazz Loft provides, young and old alike, a serene environment in which to unwind from the tensions of their daily lives.

Upon walking into the establishment, located at 226 Lewers St. in downtown Waikiki, the dim bluish green lights provide a peaceful atmosphere devoid of any stereotypical characteristics associated with normal clubs or bars in the area. Couches, love seats and comfortable chairs masked with flower-printed cushions make up most of the seating; however, bar stools are available for those who long to feel uncomfortable. Couples sat embraced in each other's company like they were in their own homes, with drinks at their sides, conversing and enjoying the music. There is no dancing in the Jazz Loft for there is not enough room, but a wiggling of the foot or a tapping of the fingers to the catchy beats are not an uncommon sight.

The actual bar is quite small, boasting no beer taps (bottled beer only) and only the essential alcohols needed to make typical drinks. However, the attraction to this unique bar is not the alcohol, but the music and setting that it provides to its patrons.

The Buddy Makapagal Jazz Quartet offered the entertainment on this night,

but numerous bands perform gigs Wednesday through Saturday for the loft. The foursome made up of a keyboard, bass guitar, trombone and trumpet played traditional jazz music from all eras. From Louis Armstrong (which the singer had an uncanny resemblance to) to Willie Nelson, the band provided instrumentals as well vocal songs that provided a good background for the bar without being too meddlesome. The just-right volume allowed those who wished to just listen to the music to do so, without intruding on the conversations of those wishing to chat with their spouse or date.

The band interacted well with the crowd, allowing a more comfortable and homey feel. It would not be a stretch to associate the loft with a place "where everybody knows your name."

The crowd varied from older to even the young twentysomethings who enjoyed a night out with their spouse or date. The diversity overall with the jazz loft was quite impressive, with nary a Charles Bukowski to be found in any corner.

There is no cover for the Lewers Street Jazz Loft, but there is a one-drink minimum, which is acceptable given the quality of music provided for the patrons.

Overall, the Lewers Street Jazz Loft provides Sailors and their spouses or dates a relaxing and comfortable atmosphere in which to enjoy good jazz music and spend a night of tranquility, rather than fighting the clubs or crowds.

So the next time the sun goes down over the shores of Oahu, follow the notes of Benny Goodman, Miles Davis and Louis Armstrong to the Lewers Street Jazz Loft, and relax.

PREVENT course helps Sailors make right choices

JO1 Mike England

Naval Air Station Jacksonville Public Affairs

The Navy has created the Personal Responsibility and Values: Education and Training (PREVENT) course to provide Sailors with the necessary education and training to be viable, personally responsible, contributing members of the Navy.

Sailors who attend the three-day course actively participate in an open learning environment studying four training modules and receiving skill training to assist in the management of life's challenges. To ensure active participation, the course material is facilitated rather than lectured.

"PREVENT is facilitated, not taught, which means we serve more as intermediaries between the students rather than instructors," said PREVENT facilitator Jean O'Connor. "We don't teach our students anything they don't already know. We simply ask them what their values are, and if those values are going to help them accomplish what they want to do with their lives."

PREVENT students are facilitated through four different modules throughout the course. Each module emphasizes a typical problem area for young Sailors.

The alcohol misuse and drug use prevention module teaches participants the basic attributes of alcohol and drugs, as well as their effects. Emphasis is placed on responsible use of alcohol along with zero tolerance when it comes to drug use.

"PREVENT was designed with young Sailors in mind, but it also fulfills Florida's alcohol education requirement for first time drunk driving offenders free of charge," said PREVENT Program Coordinator Rita Smith.

The interpersonal responsibility module focuses on the Sailors actions, communications and acceptance of the consequences of their actions. Students learn about sexual harassment, family, spouse and child abuse, as well as the precursors and appropriate responses.

"The number of Sailors involved in domestic violence has steadily increased over the past few years, so we adjusted the course to better meet the Navy's needs," Smith said. "Fifty-eight percent of all domestic violence incidents are connected to alcohol in some way. We thought it was important to show our students the correlation between alcohol and violent behavior."

Students learn to assess their current financial status on a variety of dimensions through individual and group exercises during the personal finance module.

They're also taught how to generate a budget-based spending awareness, learn the common money traps, and the special challenges to Navy personnel.

The health and readiness module focuses on the student's responsibility for their own well being. A unit on suicide, which emphasizes the Sailor's role, is part of the examination of mental fitness and stress management.

Sexually transmitted diseases, the role of communications, the impact of alcohol and prevention strategies, are covered in the sexual health and responsibility section. Participants review the Navy's policies on fitness standards and responsibility issues for nutrition, weight and sleep.

The goal is to enhance knowledge, recognition of areas for improvement, motivation for behavior change and reinforcement of healthy choices.

While the course hits on many of the problems that can plague a young Sailor, there is the same underlying theme to every module.

"The main goal of the course is to get Sailors to think about the choices they're making," Smith said. "Most conflicts, whether they are violent or non-violent, internal or external, are centered on differences in values."

"Sailors need to make choices that mirror their own values and that don't sabotage whatever it is they want to accomplish in life," said Smith.

Sailors needed for occupational surveys

Lt. Susan Henson

Naval Personnel

Development Command

Public Affairs

Sailors still have time to complete occupational task surveys concerning how they perform their Navy jobs and help shape the future of individual ratings and specialties.

The Navy Manpower Analysis Center (NAVMAC), in coordination with the Naval Personnel Development Command's Learning Centers, is conducting the surveys, which are available for many ratings on Navy Knowledge Online (NKO) at www.nko.navy.mil.

The survey results will allow the Navy to validate occupational data - the actual work Sailors perform - with the goal of capturing the tasks and associated jobs in each

rating and specialty.

By doing so, the Navy will gain a broader picture of the work Sailors perform, and the NAVMAC team will be able to identify similar functions and consolidate training, saving money as a result.

"It's extremely important for Sailors to participate so that there can be an accurate collection of information," said Lt. Cmdr. Brian Willemsen, program manager, NAVMAC Occupational Standards at Navy Manpower Analysis Center in Millington, Tenn. "The collected data affects the future of the Navy and how the Navy will classify the workforce of the future. Currently, the Navy defines work only associated with ratings. Using the data developed through the survey, we will be able to define all Navy work, irrespective of rating," said Willemsen.

Since being announced in April, thousands of Sailors have logged onto their Learning Center page on NKO to complete their surveys, spending about 30 to 45 minutes on each.

To participate, Sailors need to have been serving in their rating for 90 days or more, and should select jobs that most closely correlate to their current assignment.

Individuals serving in specialty jobs will complete only specialty surveys, not those of their source ratings. These include instructor duty and recruit division commander, for example.

Commands with limited Internet access can obtain surveys on CD from the respective learning center. For technical difficulties, NAVMAC has set up a help desk. Call (901) 874-6372 (DSN 882) or (901) 874-6353 (DSN 882).

Great Life Hawai'i photo winner!



Photo of baby on Waikiki Beach by Diane Kenny on her family's first day in Hawai'i MWR will sponsor another Great Life Hawai'i photo contest at a later date. More information will be provided as it is available.

MWR sponsors 'Return to Readiness' course

MM3 Greg Bookout

Staff Writer

The Morale, Welfare and Recreation program is currently sponsoring a Return to Readiness course for Sailors to increase physical fitness and help personnel improve on the semi-annual physical fitness assessment through a balanced strength and cardiovascular training program.

The program was started as a result of growing numbers of PFA failures and overall dropping PFA scores region-wide.

"We had the commands coming to us with increasing numbers of active duty failures," said Tracy Navarrete, the regional fitness specialist for Pearl Harbor. "One larger region command had 253 failures alone."

Active duty commands region-wide began to seek help, starting with fitness manager Navarrete at Bloch Arena.

As a result, Navarrete and MWR collaborated to create a program stressing a balanced strength and cardio-vascular exercise schedule promoting a complete whole body cardio-enhancement system.

The region includes Pearl Harbor (Bloch Arena), Barbers Point, Ford Island, West Loch, and the Naval Computer and Telecommunications Area Master Station Pacific.

Classes are offered at Bloch Arena Monday through Friday starting at 5:30 a.m. and running throughout the day with the last class starting at 2:45 p.m. A class is also available on-location at NCTAMS at 6:30 a.m.

The program involves a variety of workouts targeting agility, strength, endurance and overall wellness.

"We do circuit training, running, a high intensity yoga and cycling course, and endurance, strength and power (ESP)," said Navarrete. "This is a great change from just



U.S. Navy photo by MM3 Greg Bookout
Joey Appold and other participants take part in a cycling session as part of MWR's 'Return to Readiness' course.

doing the boring push-ups, sit-ups, and run. We try and make it fun. We are here to help and encourage, not to pick on people."

While some people go to the gym often, the majority of them only focus on one activity such as lifting weights, aerobic workout or running. The combined program incorporates all three, stressing proper technique in each.

"We have a lot of guys who can run, but they are over body fat requirements due to improper

training, i.e., just lifting or just running and not doing a combination of a strength-cardio workout," said Navarrete.

Master-at-Arms 3rd Class Warren Summers, physical training coordinator for security command shift two, expressed the validity of the class for everyone eligible.

"I would recommend the class for people as an entirety," said Summers. "It's a good motivator to get up and do it if there is a professional instructor, and it's free. I have seen some guys drop from over 20 minutes to 12 to 15 minutes on the [1.5 mile] run in a period of only four or five months."

Lauren Betz, an MWR personal trainer, said many people have the ambition to get in shape, but lack direction in doing so.

"Obviously opening a facility with the expectation that people will use it doesn't work," said Betz. "People need guidance and motivation to stay fit. The majority of the people in the program want to stay in the Navy and are motivated and just need a little help getting back on track."

"Within this group, they have dropped an average of one minute, 24 seconds on the run and some have lost 10 to 30 pounds over the past few months," she said.

Many people who have regularly attended the class said that the program is continually improving and that the program will yield positive results.

"My personal belief is that any person that attends this class will benefit tremendously from it. The personal trainers are superb," said Engineman 2nd Class Billy Tope from Naval Station Pearl Harbor, Arizona Detachment. "Since I started the class, I have lost about two and a half inches of natural waist, I have lost about four and a half percent total body fat, and added about four inches of bulk in the chest."

Trained physical fitness professionals administer the program. The trainers, Navarrete, Betz, Michelle White and Jessica Duncan are

all certified personal trainers with group and cycling training qualifications. Each staff member is also qualified to perform CPR.

The staff prepares a workout routine over a month's period, which incorporates all types of activities to increase interest and participation. The program is tailored to find each person's style and help him or her to better perform based on his or her own abilities.

"With this method, you don't have to think about it [working out]," said Navarrete. "We tell you how to do it correctly. We are all human. This makes it easier to push harder and get into shape."

Currently, commands participating include the Intermediate Maintenance Facility Shipyard, Naval Station Port Operations, Medical, dental, security, legal and various afloat commands during in port periods.

While those Sailors currently assigned to the Fitness Enhancement Program (FEP) are required to attend four times per week, the class is available at no cost for any active duty in the region.

"We stress a minimum of three times per week and a maximum of six," said Navarrete. "Sailors may come in for a less structured run or light workout and sign in on Saturday."

The 'Return to Readiness' program started several months ago and continues to build a reputation as a successful physical training program with a growing number of success stories throughout the area.

"Everyday someone has given positive feedback about the program," Betz stated. "We are fortunate here to have command support and are able to help people who otherwise might fall through the cracks."

"Our real goal is to see these guys pass two PFAs, graduate from the FEP program, and maintain that level of fitness," Betz continued.

For more information on the 'Return to Readiness' program, contact Tracy Navarrete at 473-3488.

Good email practices are key to keeping computers safe

Lacy Lynn

Staff Writer

With the increase in identity theft, Internet scams and the annoying pileup of spam, good email practices can help computer users protect themselves and their computers - both at home and at work.

Existing technology such as firewalls and anti-virus software can defend your home computer from malicious programs and keep your Department of Defense (DoD) office computer safe from infected files that may be transmitted by disks or through emails sent from home.

But, as Michele Evans, DoD information security contractor, warned, "Anti-virus products can only detect what they know about...use your discretion to determine when it is safe to read your email."

With a large volume of mail, it is harder to determine what is safe so a good first step is to reduce the amount of mail received. Use a junk mail filter to slow the flow of spam.

Many spam emails contain HTML links to images which can send a request to a web server so spammers can tell from server log files who viewed their emails.

Also, do not use "unsubscribe" links

How to report email scams and spam

- Report the spam to the ISP - yours and the sender's. Often the email address is "abuse@[your ISP's name].com" or postmaster@[your ISP's name].com. The ISP may be able to stop further spam.

- Report the problem to the FTC. Send the actual spam item to spam@uce.gov. Be sure to include the full email header so that your complaint can be followed up. If your complaint has to do with "remove me" or "unsubscribe" offers not working, complete and submit the FTC's complaint form at www.ftc.gov.

in spam messages. Spammers include these links to appear reputable and to confirm your email address, either to send more spam or collect a list of addresses to sell.

Since just viewing an email may send a message back to spammers, disable the preview pane and do not use the "next" button to move to new messages.

According to the Federal Trade Commission's (FTC) Website, users should maintain two email accounts. Using a free account (like Hotmail or Yahoo!) for shopping online, signing up for web services and other public uses keeps spam out of private and business email accounts.

Although technology can help,

common sense is also a good line of defense.

Look at subject lines before opening messages and be wary of unrecognizable addresses or text garbled by random words and extra spaces, letters or numbers.

Also beware of subject lines that are suspicious, odd or seem too good to be true, such as promises of free money or perfect health, arriving in your inbox.

Do not open messages with attachments unless you know the sender and are expecting the attachment.

According to Rich Thompson, network security officer for Navy Region Hawai'i, even attachments from a known sender might contain mali-

cious code.

Programs and programmers can "spoof" or imitate another email address by getting the address from an infected computer's address list or off a Website and sending email as that user, Thompson added.

According to the FTC, "Computer security experts estimate that as much as 30 percent of all spam is relayed by compromised computers," which means that junk email can be sent through any user's computer if it is left logged on to the Internet.

The FTC warns that you should be careful not only of what you receive through email, but also what you send.

In one consumer alert, the FTC advises computer users to never "email personal or financial information. Email is not a secure method of transmitting personal information."

One of the dangers of sending private information over email is "phishing" where scam artists pose as financial institutions or reputable businesses like Microsoft or Ebay and request users' personal information.

A good rule, according to Thompson, is: "If you don't ask for something, don't give anything out." He added that reputable companies would not ask for social security

numbers, PINs or other private information through email.

Some email hoaxes, like the Teddy Bear Virus, trick users into damaging their own systems.

According to Microsoft's Website, this email advises customers to delete the Microsoft Debugger Registrar for Java, a valid Windows file named Jdbgmgr.exe.

The email claims the program's bear icon is evidence the user's computer is infected with the "virus" and users should delete it immediately.

A good rule is: "If you ever get an email that says absolutely do this, right now, to your computer, don't do it," said Thompson, which means do not forward chain letters or respond to or participate in email hoaxes and scams.

With a combination of technology and common sense, email users can avoid becoming victims of spammers, scam artists and malicious programmers who pursue their targets through email.

Free antivirus software for Department of Defense employees is available from a DoD computer at https://infosec.navy.mil/ps/?t=av/av.tag&bc=av/bc_nortonsw.html. Download Symantec Client Anti-Virus 9 and FireWall 7. Then burn to a CD and take it home to load.

Humane Society offers pet care for deployed service members

JO2 Devin Wright

Staff Writer

The Hawaiian Humane Society has established Pets of Patriots, a program designed to provide pet care assistance for military personnel deploying on short notice.

Service members who need immediate pet care can leave their pets with community volunteers who have contacted the Hawaiian Humane Society and are interested in providing temporary foster care for the pets of patriots.

According to a Hawaiian Humane Society spokesperson, in the past, service members leaving on such short notice simply released their pets from their homes and the animals were left to fend for themselves on the streets.

"Service members were relinquishing their pets because they felt they had nowhere to turn and had no other choices," said Kelli Nitahara, Hawaiian Humane Society outreach coordinator. "This program is important to service members because it was designed specifically with their needs in mind. The program was created to ensure that military pet owners, despite emergency deployments, can continue to keep their pets."

For military members and their families, who fear a short notice deployment, the Pets of Patriots program offers comfort.

"My husband is on a ship and I plan on going to Japan soon," said Aii Gleridor, a Navy spouse. "If he had to deploy on short notice, we are



U.S. Navy photo by JO2 Devin Wright
Aii Gleridor, a Navy spouse, plays with her dog Soffi in the Moanalua Terrace neighborhood. Gleridor fears that deployment will leave their dog Soffi without proper care.

glad there is a way to find quality pet care for our dog Soffi because she is a part of our family. The Hawaiian Humane Society has a good

reputation, so we would feel comfortable with leaving Soffi in foster care should the need arise."

Gleridor walks Soffi once

in the morning and lets her play with other dogs in her neighborhood in the evening. She believes Soffi would need to maintain this type of exercise and routine in the event she and her husband were away. This is something Gleridor feels a kennel just can't offer.

"When we're away for the day, we leave Soffi inside the house," said Gleridor. "We have an exercise routine that she is used to. I think that if we were to have to leave her in a cage at a kennel, the stress would really get to her."

"In foster care, Soffi would have an opportunity to stay in a home environment, exercise and eat as she is used to," said Gleridor. "That would relieve some of the stress of us being away."

The foster care is provided by community volunteers who have contacted the Hawaiian Humane Society with an interest in providing temporary foster care for the pets of patriots.

If the family seeking foster care has more than one pet, all efforts will be made to keep pets together in the same foster home, but it will ultimately be the decision of the community volunteer.

All of the pet's financial needs are usually taken care of by the pet owner. All financial responsibilities should be agreed upon by both parties prior to deployment.

To sign up as a volunteer for foster care or for more information, call Kelli Nitahara at 946-2187, ext. 217.

NMCRS honors its volunteers

Special to Hawai'i Navy News

The Navy Marine Corps Relief Society honored its volunteers at a ceremony held July 21 at Kailua Beach.

Barbara Guervil, Andrea Trelles and Denise Walker were recognized for 50 hours of service. Francesca Dykman, Kay Feegle and Nathan Moore gave more than 100 hours this quarter. Addie Yates and Tanya Hertel were rewarded for more than 300 hours of service. Darcy Segobia, Sarah Bass and Brianna May all crossed the 500-hour mark; Sheri Alova and Tami Lewton were recognized for 600 hours of service. Darlene Morehead, Mary Bouchard and Margy Metzler were feted for 1,000 hours of volunteer service.

The Navy Marine Corps Relief Society also recognized two special volunteers as Volunteer of the Second Quarter - Brianna May from the Pearl Harbor office and Kay Feegle from the Kaneohe office.

Amidst the food, laughter and volleyball, however, was a hint of sadness as NMCRS bid aloha to one of its finest volunteers. Mrs. Margy Metzler will soon be off to Okinawa, Japan with her husband, Capt. Metzler, of the Navy Dental Clinic.

Margy has spent the last year serving as the chairman of volunteers and has done

an exceptional job. She has also logged many hours as a caseworker and receptionist. The NMCRS staff admitted that her "slippas" will be very hard to fill.

Besides the over 1,000 hours Mrs. Metzler has logged at the relief society, she also found time to serve on last year's board for the Joint Women's Conference. She even found time to help out this year's board, teaching such activities as lei-making.

According to NMCRS officials, Margy is never without a smile and her dedication and kindness have been felt throughout the entire NMCRS family. She has consistently represented the core ideals of the society. For her superior service, she was given the Meritorious Service Award. This is the highest recognition a NMCRS volunteer can be awarded. "She was extremely effective in recruiting, training and retaining volunteers. She went out of her way to assure excellent volunteer support and recognition," said Paul Belange, director. "It is not without tears that we say goodbye to such a wonderful lady. Hawai'i's loss will certainly be Japan's gain," he commented.

If you would like more information or would like to volunteer with NMCRS, call 423-1314 or 254-1327. The organization is always looking for a few good volunteers.

NIH launches expanded health information Web site

National Institute of Health

The National Institutes of Health announces the launch of an expanded health information Web site, available at: <http://health.nih.gov/>. The site now offers links to a wider range of NIH's valuable resources, features colorful images to highlight an intriguing range of useful features, and gives readers the chance to test their health knowledge.

Visitors can still access the popular A to Z listing of health topics, browse topics by body location/systems, or use the main search box. Favorite health databases, such as Clinical Trials, MEDLINEplus, and PubMed, remain one click away.

"NIH is the nation's medical research agency and has long been considered a highly trusted source of health information," said Dennis Rodrigues, NIH Web site manager. "As more than half of American adults use the Web to access health information, we are pleased to be able to expand our services and provide 'one-stop shopping' for valuable information from across the more than two dozen institutes and centers that comprise NIH."

The Web site includes three colorful new feature sections. Healthy Lifestyles highlights links to popular topics such as seasonal health concerns, nutrition and weight loss.

Research In Action links users to cutting-edge scientific information on topics such as stem cells and genetics, and provides readers with an opportunity to meet scientists ranging from high school students to Nobel laureates.

Now Online emphasizes interactive features and Web exhibits such as the Portion Distortion quiz, the Household Products Database and the Milk Matters campaign. The new "Take a Quiz" box challenges viewers to test their knowledge with a series of continually rotating true/false questions on hot topics such as diabetes, osteoporosis, cancer prevention and heart disease.

The newly expanded NIH health information Web site has information geared for the whole family, including kids, teens, parents and seniors. Educators, clinicians and researchers will continue to find the site a valuable resource of tools and guidelines.

MWR

Movie Call

Sharkey Theater, Pearl Harbor
(473-0726)

FRIDAY

7:00 p.m. Spider-Man 2
(PG 13)

SATURDAY

2:30 p.m. Garfield (PG)
4:30 p.m. Stepford Wives
(PG 13)

7:00 p.m. Chronicles of
Riddick (PG 13)

SUNDAY

2:30 p.m. Around The World
in 80 Days (PG)

4:45 p.m. Dodgeball (PG 13)

7:00 p.m. Spider-Man 2
(PG 13)

THURSDAY

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

\$3 adults; \$1.50 children (6-11)
*Special: \$2 adults; \$1 children (6-11)

Memorial Theater, Hickam AFB
(449-2239)

FRIDAY, SATURDAY AND SUNDAY

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

WEDNESDAY AND THURSDAY

7:00 p.m. The Notebook
(PG)

\$3 adults; \$1.50 children (6-11)
*Special: \$2 adults; \$1 children (6-11)

Sgt. Smith Theater,
Schofield Barracks
(624-2535)

FRIDAY AND SATURDAY

7:00 p.m. Dodgeball (PG 13)

SUNDAY

7:00 p.m. Two Brothers (PG)

\$3 adults; \$1.50 children (6-11)
*Special: \$2 adults; \$1 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

• **Aug. 11:** Basic rock climbing workshop, 5:30 p.m., \$10. Register by **Aug. 9.**

• **Aug. 14:** Chinaman's Hat kayaking, 7:30 a.m., \$15. Register by **Aug. 11.**

• **Aug. 14:** Shark's Cove snorkeling, 8:30 a.m., \$12. Register by **Aug. 11.**

• **Aug. 15:** Mountain horseback riding, 2:30 p.m., \$55. Register by **Aug. 11.**

• **Aug. 18:** Advanced rock climbing workshop, 5:30 p.m., \$10. Register by **Aug. 16.**

• **Aug. 21:** North Shore tandem skydiving, 8 a.m., \$135. Register by **Aug. 18.**

• **Aug. 21:** Surf kayaking workshop, 9 a.m., \$15. Register by **Aug. 18.**

• **Aug. 22:** North Shore shark watching, 10 a.m., \$65. Register by **Aug. 18.**

• **Aug. 25:** Rappelling and rope-work workshop, 5:30 p.m., \$10. Register by **Aug. 23.**

• **Aug. 28:** Kahuku Point beach hike, 9 a.m., \$5. Register by **Aug. 25.**

• **Aug. 28:** Three Ledges snorkeling, 9:30 a.m., \$12. Register by **Aug. 25.**

FAMILY BOWLING NIGHT OUT

A family bowling night out will be held from 5-9 p.m. **today** at

Rainbow Lanes Bowling Center at NCTAMS. Kids bowl free with each paying adult (one free child per adult, please). For more information, call 653-5576.

ROUND ROBIN TENNIS DOUBLES CHALLENGE

A free round robin tennis doubles challenge will be held **Aug. 9** at Wentworth tennis courts. Participants should register by **today**. Prizes will be awarded to top finishers. All authorized MWR patrons ages 18 and older are invited to participate. A minimum of eight players is required for the challenge. For more information, call 473-0610.

BACK-TO-SCHOOL JUNIOR TENNIS TOURNAMENT

A back-to-school junior tennis tournament has been slated for **Aug. 14-15** at Wentworth tennis courts. Participants should register by **Aug. 9**. Boys and girls ages 10-18 are invited to compete in this 'singles only' tournament. There will be novice and intermediate levels. For more information, call 473-0610.

HYSL FLAG FOOTBALL AND CHEERLEADING

Registration for HYSL flag football and cheerleading will be held through **Aug. 13** at the youth sports office. Eligible participants must have been born between 1988-1998. The cost is \$60 and includes uniform and trophy. Practice begins in September and games are in October/November.

To register, parents should bring the child's birth certificate and current physical dated no more than one year ago. Parents should also bring their child to get proper sizing for shirts or uniforms. For more information, call 474-3501.

YOUTH FITNESS ORIENTATION PROGRAM

A youth fitness orientation program will be offered at 9 a.m. **Aug. 7** at Bloch Arena, and at 9 a.m. **Aug. 14** at Power Point at Barbers Point. This program is designed to familiarize youth ages 10-15 with the fitness facility. Visit www.greatlifehawaii.com for complete details on this program. To register or for more information, call Bloch Arena at 473-0793 or Power Point at Barbers Point 682-5243.

SUPER GARAGE SALE

Dig through your closets, rummage through your storage shed and get ready for the next super garage sale event on **Aug. 14**. Visit any Navy ITT office or www.greatlifehawaii.com for a participant application. Slots are filling quickly. For more information, call 473-0606.

BARBERS POINT TUESDAY SCRAMBLE

A scramble three-person blind draw golf tournament will be held every Tuesday afternoon at Barbers Point. The competition (nine holes) begins at 4 p.m. with check-in at 2:30 p.m. The cost is \$20 for authorized patrons and \$25 for each guest. The fee includes cart, green fees and prizes. For more information, call 682-1911.

CHILD CARE

Looking for quality childcare services? Call the Navy CDC Kidsline at 471-KIDS (5437). The facilities are accredited by the National Association for the Education of Young Children and are located at the corner of Nimitz Highway and Camp Catlin Road

(building 4). Or, become a CDH child care provider. Stay at home while providing childcare for military and DoD personnel. The next scheduled class is **Sept. 13-17** (apply by **Aug. 13**). For complete registration requirements, call 471-8444, ext. 207.

JUNIOR GROUP GOLF LESSONS

Junior group golf lessons are offered at Barbers Point Golf Course. The lessons, for youth ages 12-17, concentrate on swing fundamentals, correct grip, stance, alignment and swing techniques. Classes are available on Wednesdays, Saturdays and Sundays. For more information or to sign up, call 474-6838.



- **Aug. 6:** Sea Life Park tour, 10 a.m., \$20.
- **Aug. 7:** Haleiwa Town day trip, 10 a.m., \$2.
- **Aug. 10:** Glow in the Dark pool tournament, 6 p.m., \$3.
- **Aug. 13:** Fear Factor Liberty Style, 1 p.m., \$5.
- **Aug. 14:** All night movie marathon, 11:30 p.m., \$3.
- **Aug. 15:** Chess tourney, 6:30 p.m., \$3.

Weekly events:

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

Community Calendar

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

Blood drives:

- **Aug. 12:** 10 a.m.-1 p.m., U.S. Navy, USS Buffalo, Wahaiawa.
- **Aug. 18:** 9 a.m.-noon, U.S. Navy, NCTAMS Wahaiawa.
- **Aug. 20:** 9 a.m.-noon, U.S. Navy, NCTAMS Wahaiawa.
- **Aug. 26** from 9 a.m.-noon at U.S. Air Force, Hickam Community Center. For more information, call 433-6148.

Story of the USS Liberty will air at 8:30 a.m. **Aug. 7** on Olelo Channel 54. The program will tell the story of the Navy intelligence ship USS Liberty which was attacked on June 8, 1967 by Israeli aircraft and motor torpedo boats during the Six-Day War between Israel and the Arab States. Thirty-four men aboard the Liberty died and 172 were wounded. The program will also include interviews with USS Liberty survivors. For more information, visit the USS Liberty Memorial Website at <http://www.usliberty.org/> or call Jesse Ponce de Leon at 941-7679.

The USS Crommelin Family Support Group (FSG) will hold a halfway picnic at 11 a.m. **Aug. 8** at Richardson Fields 7 and 8 (across from Aloha Stadium). Attendees should bring a potluck dish to share. There will also be a halfway dinner beginning at 5 p.m. **Aug. 14** at Sam Snead's. The cost is \$10 per person. Those who plan to attend should RSVP no later than **Aug. 10**. The FSG will hold its monthly meeting at 6:30 p.m. **Aug. 16** at the Pearl Harbor Chapel. Childcare will be provided for the meeting. For more information or to RSVP for the dinner, call Athena at 623-4973 or email crommelinfsg@yahoo.com.

CPO Selectees, Bravo Zulu. The Navy Exchange wants to celebrate your big career achievement. Visit the NEX Uniform Center for refreshments, giveaways and fun from 6-9 p.m. **August 10-11.**

A shark presentation will begin at noon **Aug. 15** at the Wyland Gallery at the Navy Exchange. Patrons can learn all about the wonderful world of sharks.

USS O'Kane Ohana will host an end of summer picnic from 1-4 p.m. **Aug. 15** at Honeymoon Beach on Hickam Air Force Base. There will be door prizes, games and fun for the entire family. The event is potluck; those whose last name starts with A-M should bring an appetizer or side dish. Those with last names starting with N-Z should bring a dessert. Families who plan to attend are asked to e-mail Kim at okaneohana@yahoo.com to RSVP and let her know what dish you will be bringing. The ohana is also hosting a food drive and asks attendees to bring non-perishable food to donate to the Food Bank. Volunteers are still needed to help with the picnic. Anyone who is interested in

volunteering should contact Kim at the above e-mail address.

USS Hopper Ohana will host its monthly breakfast club at 9 a.m. **Aug. 21** at the Eagle Cafe on Nimitz. Breakfast is Dutch treat. For more information, email hopperohana70@yahoo.com or call Sabrina at 625-5438.

Meet the author, James D. Hornfischer, author of "The Last Stand of the Tin Can Sailors," from noon-1 p.m. **Aug. 29** at the Navy Exchange book department. The book is a stirring account of the U.S. Navy's impossible victory during the Battle off Samar, October 1944.

COMPACFLT Officers Spouses' Club will host its annual Aloha Welcome Coffee from 10 a.m.-noon **Sept. 4** at the Nimitz House on Makalapa. Membership is open to any spouse of an officer or spouse of a civilian GS-7 or above, active duty, retired or deceased. For more information, call 423-0068.

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.

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

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.



JOSN Ryan C. McGinley

Spider-Man 2

Never (with the exception of "The Godfather Part 2") has a sequel lived up to its predecessor. The simple fact is that the individuality and uniqueness - the awe of the film is gone. If you have never seen something, the initial amazement elevates it to a level never again achieved by any filmmaker. "Spider-man 2" is no exception, but Sam Raimi is to be commended for coming pretty close.

While the original can't compare to Tim Burton's "Batman," it certainly was a comic book adaptation of a higher caliber than most, with great special effects and an interesting storyline that balanced each other extremely well. "Spider-man 2" is no different, spending an equal amount of time with Spider-man as it does with Peter Parker. Comic book readers will be proud, and audiences won't be disappointed with this sequel.

The story progresses quite nicely with Peter Parker realizing that with great power there is a lot of responsibility, and it's something he is not quite sure he wants to handle. Peter is working two jobs and going to college now, all the while trying to protect the city. He finds difficulty in all of them, yet is unwilling at first to give anything up. He misses classes, gets fired from his job as a pizza delivery boy and also loses his job as a photographer for Spider-man.

The film blends nicely the torment he goes through with Mary Jane and his best friend Harry Osborne, who still thinks Spidey killed his dad. Doctor Octopus, a new villain emerges, and the film is set for a barrage of touching moments and exciting action scenes that surpass the first.

What the film lacks is a more sophisticated script that doesn't dummy down to the likes of eight-year-olds, who Raimi feels must learn a lesson. That aside, "Spider-man 2" is a movie worth seeing, and one that takes steps towards greatness, where Daredevil and the Punisher stumbled and fell.

OVERALL RATING:

Around the World in 80 Days: Passepartout steals a valuable jade Buddha and then seeks refuge in the traveling companionship of an eccentric inventor who has taken on a bet that he can make it around the world in 80 days.

The Chronicles of Riddick: Riddick, on the run from mercenaries eager to claim the price on his head, seeks refuge on the planet of Helion, only to discover he's walked into a world in chaos.

Dodgeball: When corporate workout center Globo Gym moves to town, locally-owned fitness center Average Joe's loses business. Faced with going under, the crew enters a high-stakes dodgeball tournament in order to save their local gym.

Garfield: Garfield's owner takes in sweet but dimwitted pooch Odie, turning Garfield's world upside down. But when the pup is kidnapped, Garfield feels responsible and springs into action to return the pup.

The Notebook: A man reads a faded notebook to the woman he regularly visits. His words bring to life the story of a couple who are separated by World War II, then passionately reunited seven years later, after they have taken different paths.

Spider-Man 2: See review

The Stepford Wives: Joanna and her husband move into the suburban community of Stepford, where she soon notices that the housewives seem too perfect. After some investigation, she uncovers the town's secret.

Two Brothers: Twin tigers are born in French Indochina and are soon captured. They then find themselves reunited - but as forced enemies, pitted against each other in a fighting match.

White Chicks: Two FBI agents try to get back into their boss's good graces by taking on a job guarding two New York City hotel heiresses from a kidnapper. They go undercover, dressing up as the titular "white chicks" to solve the crime and rescue the victims.

STORY IDEAS?

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

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

Hawai'i
Navy News

'Mighty Mo' crew honors research committee founders

Special to Hawai'i Navy
News from McNeil-Wilson

Japanese Navy World War II veteran Kensuke Sato, a volunteer researcher at the Battleship Missouri Memorial, requested a piece of the Battleship Missouri's teak deck before his return to Japan, not expecting to visit Hawai'i again for nearly a year. Although it is customary for distinguished individuals to receive such an honor, Missouri staff could not tell him about a surprise presentation being planned in which he and two other volunteers would be receiving commemorative teak planks.

Sato, Edwin Kawahara and Tadafumi Sugiyama are the founding members of the USS Missouri Memorial Association's historical research committee. Kawahara is a U.S. Army World War II veteran and Tadafumi Sugiyama, while age 15 in 1944 Japan, was removed from school and forced into military service during the war. Although they fought on different sides, now they work as part of a team to ensure that the stories of World War II are preserved for future generations. Their joint accomplishments range from identification of a kamikaze pilot who struck the USS Missouri, to groundbreaking research into the presence of Commodore Matthew C. Perry's flag at Japan's World War II surrender on the Missouri.

When Missouri staff learned that Sato (or "Sato-san," as they fondly call him) would soon be leaving for an extended period, they decided it was time the three founding members received recognition for their hard work and successes while researching the past, and given their own commemorative planks constructed from pieces of the Missouri's deck.

On July 14 the three men were given the personalized planks, presented by retired U.S. Navy Vice Admiral Robert K.U. Kihune, chairman of the USS Missouri Memorial Association. Kihune also read from commendation letters from Hawai'i

Governor Linda Lingle and Awards of Merit from Honolulu Mayor Jeremy Harris, commending each of their founding members for their selfless work and achievements on behalf of the association.

A portion of Governor Lingle's commendation letter reads: "The State of Hawai'i values your contributions toward the accurate recording of events that have shaped the world of today. Your findings allow us to meet the future strengthened by the knowledge of the past."

"I have never felt bad about being defeated by the United States," Sato said, as translated by Kawahara. "It is all in the past. The work we do now is more important for the sake of peace."

Kawahara said, "The Missouri brought us all together and I think the result has been gratifying."

Kawahara met Sato and Sugiyama while volunteering as a tour guide on the decommissioned Missouri, which is a memorial today on Battleship Row in Pearl Harbor. The historical research committee was formed in 1999, the same year that the memorial opened for tours, and is now led by the ship's historian and curator, Mike Weidenbach.

Highlights of the historic research committee's past and ongoing work includes:

Research into the Kamikaze attack on the USS Missouri:

The committee successfully conducted research into the previously unanswered question regarding the identity of a kamikaze pilot who struck the USS Missouri during the battle of Okinawa. The pilot died and was later buried at sea as commanded by the USS Missouri's captain at the time, William Callaghan.

The committee determined the exact location and time of the kamikaze strike and finally the identity of the 13 pilots who attacked the U.S. fleet during the battle, with one name and attack time coinciding with the strike on the Missouri.



Photo courtesy of the USS Missouri Memorial Association
(Seated from left) Tadafumi Sugiyama, Kensuke Sato and Edwin Kawahara received personalized Mighty Mo planks, and commendation letters from Hawai'i Governor Linda Lingle and Awards of Merit from Honolulu Mayor Jeremy Harris for their selfless work and achievements on behalf of the USS Missouri Memorial Association. Standing behind them are (from left) Mike Weidenbach, historian and curator for the association, and retired U.S. Navy Capt. Don Hess, president and chief operating officer of the association.

Research into Japan's copy of the Instrument of Surrender:

The committee realized the significance of the second instrument of surrender - the copy held by Japan - researched and pursued its current location in Japan, traveled to and made contact with Japanese officials, and ultimately acquired for the Battleship Missouri Memorial the only official copy of the original document outside of Japan.

Research into Commodore Perry's flag:

The committee found and connected links between Admiral Halsey's order to display Commodore Matthew C. Perry's flag aboard the USS Missouri for Japan's surrender. The same flag had been taken ashore by Commodore Perry nearly a century earlier at Tokyo Bay in 1853.

The committee further conducted research and determined that the Tokyo Bay anchorage location of the USS Missouri in

1945 was deliberate to coincide with that of Perry's anchorage. Members located the original Perry flag at the U.S. Naval Academy, photographed and acquired precise physical details, and then funded fabrication of a replica flag now installed on the Missouri's surrender deck.

Ongoing research into Pacific operations:

The committee continues to research and gather data about all Pacific war operations with the goal of establishing the USS Missouri Memorial Association as a historical resource of note in regards to information about World War II in the Pacific.

About the Historic Research Committee's founding members:

Edwin Kawahara — Born in 1917, Edwin Kawahara graduated from the University of Hawai'i in 1939 and joined the U.S. Army in 1941. On duty at Schofield Barracks on Dec. 7, 1941, he watched as Japanese formations

passed overhead, enroute to attack Pearl Harbor. He returned to Hawai'i at war's end, but was recalled to active duty in 1950 by special order of the war department to assist in the government of Ryukus' transition from military to civilian.

Kensuke Sato — Born in Yokohama, Japan in spring 1923, Kensuke Sato began work for Saito Export Company at age 14 before volunteering for the Japanese Navy in 1942. After graduating from gunnery school, he served aboard the Battleship Musashi, participating in battles in and around the Marianas and Philippines and attaining the rank of petty officer first class. Sato was onboard the Musashi as allied forces attacked and finally sank the massive battleship. His battle station during the attack was in the crow's nest, where he was given the job of spotting approaching allied aircraft and then signaling the gunners below.

After the ship sank, Sato survived by tying himself to a floating oil drum. Sato was later rescued by a Japanese naval vessel and served the remainder of the war ashore, manning shore batteries installed in caves above Tokyo.

Tadafumi Sugiyama — Born in Shizuoka Prefecture in Japan during winter 1929, Tadafumi Sugiyama was in middle school when the attack on Pearl Harbor took place.

His school studies were often interrupted by allied bombings and he and his classmates were pressed into emergency military service, manning anti-aircraft guns during the attacks. By 1945, Sugiyama was working at the Mitsubishi aircraft plant.

Located on historic Battleship Row in Pearl Harbor, the Battleship Missouri Memorial opened on Jan. 29, 1999. The 887-foot battleship served the United States in three wars - World War II, Korea and Desert Storm - over a five-decade span. It is best known as the site where Japan signed the Instrument of Surrender on Sept. 2, 1945, ending World War II.

