

Babies taking it in *stride*



U.S. Navy photo by J02 Devin Wright

Morale, Welfare and Recreation's new Stroller Stride program gives mothers and their babies a 50-minute power walk, where moms push their babies in strollers.

New MWR program provides fitness for moms, fun for babies

Morale, Welfare and Recreation has a new fitness program designed to provide fitness for moms and fun for babies. The Stroller Stride Program held a free demonstration Jan. 12 at Quick Field for interested mothers.

This 50-minute power walk, where moms push their babies in strollers followed by 10 minutes of abdominal and stretching exercises, provides a way to fit fitness into busy lifestyles. All classes are

taught by certified instructors and exercise tubing is provided to incorporate resistive exercises.

A physician's approval (usually at six to eight weeks postpartum) is recommended prior to starting the exercise class.

Babies may be any age as long as they stay in the stroller. Classes are held at Quick Field at Pearl Harbor Wednesdays from 8:30 to 9:30 a.m. The first class is free. Cost for subsequent classes is \$25 per month.



U.S. Navy photo by J02 Devin Wright



U.S. Navy photo by J02 Devin Wright



U.S. Navy photo by J02 Devin Wright

Mothers stretch with their babies at a free demonstration class of MWR's new program, Stroller Stride.



U.S. Navy photo by J02 Devin Wright

Classes also include 10 minutes of abdominal and stretching exercises, providing a way to fit fitness into a busy lifestyle.



U.S. Navy photo by J02 Devin Wright

A baby watches the participants at the Stroller Stride class.

Commentary

Window on Pearl Harbor

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Got resolutions?

Where did 2004 go? It doesn't seem possible that it could already be 2005.

And all of those new year's resolutions that I made at the beginning of 2004 – well, admittedly, my intentions were of the best, but just as I seemed to be rolling along quite smoothly and making progress, it was the holiday season and 2004 was almost at an end.

Actually, I knew that I was in trouble when all of the signs of the holiday season began appearing. It seemed like one minute, we were welcoming little "trick or treaters" at the front door and then, in the blink of an eye, the Salvation Army bell ringers were out in full force and the preparations and reminders of the Christmas season were everywhere. And was I ready? Of course not – breaking my previous year's resolutions that Christmas would not creep up and catch me off guard again.

Speaking of time, there is something about the concept of time that eludes me. Let me explain: There are 60 seconds in every minute, there are 60 minutes in every hour, there are 24 hours in every day, there are seven days in every week and there are 365 days in every year except for leap year when we have one additional day. My point: every year throughout my life, there have been exactly the same number of seconds, minutes and days. So why is it that every year goes by faster and faster? If it's the same amount of time, how can it go by faster? It isn't logical, but it at least seems that the older I get, the faster time seems to fly by.

But once again, it's a new year....2005....and time for a new start. So keeping in mind the advice that in order to be really committed to New Year's resolutions, it is necessary to write them down, I took pencil in hand and jotted down my resolutions for this year.

Some of them are actually continuations of last year's resolutions which I committed to early in 2004 and managed to make considerable progress through the year.

At the top of the list is my resolve to continue to be health-conscious, eat healthy (most of the time) and devote even more time and effort to an ongoing exercise program. And I read somewhere that chocolate is considered to be good for you. In 2004, I lost weight, became healthier and am now proudly wearing a smaller size. The quest will continue in 2005.

Another item on last year's list – to become more organized in every area, running the gamut of my stuff – still needs considerable work, but I have

made considerable progress. Files, clips, photos, closets, cupboards – yup, the list still seems endless. But one of these days in 2005 (a note of optimism), it will be wonderful to have all of my stuff organized and where I can easily find it. I'm sure that my children will really appreciate my efforts. I sense their frustration when they ask me where I put such and such and I can only answer with a blank stare. They will, I'm sure, also appreciate not having to spend precious minutes...hours...helping me to look for some "lost" item that I really need and must find quickly. Actually, I think that I've lost my credibility and no longer do they fall for my lame attempts to extricate myself from an awkward situation. The fact that they roll their eyes when I say, "Hmmm, it was just here a few minutes ago" or "I could have sworn this is where I put it" is a giveaway.

Also high on my list of resolutions for 2005 is the completion of my first novel. Based on my mathematical equation for 2004, i.e., a page a day times 365 days or so, my first novel should have been done and another at least in the beginning stages by the end of 2004. A page a day wouldn't seem like much, I rationalized as I made the resolution, but when you're staring at a computer screen, your mind is blank and you're trying to fill a whole page with words, it becomes an enormous challenge. So I didn't achieve this one, but I'm working on it. However, I did manage to write some short fiction and make a start on a novel so all was not lost.

I will continue my 2004 resolutions to explore even more of these lovely islands and visit places I haven't been and things I haven't seen here in paradise. I will spend even more time with my children because in just a couple short years – which I am sure will speed by – they will be "out of the nest" and off to college.

With the new year, I resolve to be even more thankful for my blessings and to expend more time and effort in living life, enjoying life and living each day to the fullest. I'm wise now and I know how this works – in the blink of an eye, it will be a new year, I'll be another year older, I'll find a few more wrinkles (hopefully, only a few), perhaps a few more gray hairs, and the realization that another year has gone by will again be hard to believe.

But for now, it's the beginning of 2005 and things are off to a great start - I'm off and running with my resolutions for the new year.

Got resolutions? Have a fine Navy day here in paradise and a wonderful new year!

Making a child's wish come true



U.S. Navy photo by PH2 (AW) John Looney

Cmdr. John W. Ailes, commanding officer of USS Chafee (DDG 90), gives Jesse Napolitano, a Make-A-Wish child, an honorary surface warfare pin. Jesse's wish was to tour Pearl Harbor, which was made possible by the Make-A-Wish Foundation and Navy Region Hawai'i. Jesse and his family toured the ship, visited the Bowfin Memorial and museum and visited the USS Arizona Memorial. Jesse is suffering from cystic fibrosis.

Navy "IDEA" project announced

Naval Supply Systems Command Corporate Communications Office

The Naval Supply Systems Command (NAVSUP), in cooperation with Commander, Navy Installations (CNI), launched a new idea management system demonstration project Jan. 18 called Navy IDEA.

The Web-based system, which will enable Sailors and Navy civilian personnel to contribute ideas, also features a suite of tools for collecting, evaluating, commu-

nicating, tracking, sharing and rewarding ideas. The program was developed in response to the Chief of Naval Operations' Guidance for 2004 that calls for revitalizing the Navy's beneficial suggestions program.

"Revitalizing the beneficial suggestions program is about much more than a new software application. It's about focusing and mobilizing the creativity of the entire Navy military and civilian workforce on converting Navy challenges to cost-effective and viable solutions," said Karen

Gadbois, NAVSUP's command information officer.

In support of its mission to improve installation effectiveness, CNI will be the first participant in the demonstration project. The project will kick off at CNI Headquarters, Commander, Navy Region Northeast and Naval District Washington. The demonstration will run through the end of April 2005.

For more information on Navy IDEA, contact Letitia Fuller at NAVSUP by phone at 717-605-9359, or by email at letitia.fuller@navy.mil.

Got Questions?

Write to us at hnn@honoluluadvertiser.com

Troops overwhelmed by pre-inaugural gala at MCI Center

Donna Miles

American Forces Press Service

Troops honored at a Jan. 18 "Saluting Those Who Serve" extravaganza at the MCI Center in Washington D.C. said they were overwhelmed by the outpouring of appreciation and support by celebrities, military and civilian leaders, and most of all, their commander in chief.

It felt like a tingle going up my spine," said Sgt. Darin Young, a Marine Corps Reservist assigned to a rations company, as he and an estimated 6,000 servicemembers, veterans, family members and guests filed from the huge sports arena following the show.

Young summed up the general reaction among troops feted during a two-and-a-half-hour program of music, videos and accolades for America's armed forces. "It made me feel very proud," he said.

Kelsey Grammer, star of the hit TV program, "Frazier," served as emcee for the gala, setting the tone for the afternoon by praising the men and women in uniform and thanking them for their service and sacrifice.

He also paid tribute to the

dozens of Medal of Honor recipients, as well as troops wounded in Iraq and Afghanistan and families of fallen troops, in the audience.

Country singer John Michael Montgomery offered a rendition of his "Letters from Home" hit, performed against a backdrop of videos showing deployed troops receiving letters and care packages from their loved ones.

Darryl Worley wowed the crowd with his performance of "Have You Forgotten?" a song that offers a stark reminder of the terrorist attacks against the United States that drove the country into the global war on terror.

"I just loved that song!" Defense Secretary Donald Rumsfeld said as he shook hands, posed for photos and signed autographs for troops following the event. "I could have listened to that five more times!"

Lee Greenwood, Country Music Academy male vocalist of the year, performed the "Battle Hymn of the Republic" and Latin-pop icon Gloria Estefan sang a soulful rendition of a song she wrote for her late father, a Vietnam veteran.

"We're very proud of all the sacrifices you make for this country," Estefan told the

crowd. "We will never take that for granted. We love you!"

Rhythm and blues vocalist Heather Headley and gospel great BeBe Winans rounded out the musical headliners, and military bands and drill teams from the Army, Navy, Air Force, Marine Corps and Coast Guard offered their own show-stopping performances.

The festivities included dramatic readings of letters sent home from veterans of wars from the Civil War to the global war on terror, presented by celebrities, including actors Karri Turner and Richard Roundtree, Miss USA Shandi Finnessey and former President George H.W. Bush.

"Saturday Night Live" star Darrell Hammond added levity to the event with impersonations of President Bush, Rumsfeld and former President Clinton. "The Late Show" host David Letterman offered a videotaped tribute to the troops, including a rundown of "10 Signs that Your Commanding Officer Might Be Nuts."

For Army Maj. Robert Sanchez, an intelligence officer slated to deploy to Afghanistan in three weeks, the gala proved to be the perfect send-off.

"What an opportunity - to sit here with my family and experience the gratitude of this administration and our commander in chief!" he said. "I absolutely loved it!"

"It feels wonderful," agreed Army Sgt. Andrew Butterworth, a Walter Reed Army Medical Center patient being treated after losing a leg in Iraq during a mid-November rocket-propelled-grenade attack. "What this tells us is that everyone is still standing behind us and appreciates what we do."

Petty Officer 2nd Class G.W. Odom, who traveled to the gala from the Branch Dental Clinic in Virginia Beach, said it "felt great" to know that in the midst of all the inaugural activity taking place in



Photo by Donna Miles

Gospel singer Bebe Winans sings a tribute to President Bush and the U.S. military on the stage of the MCI Center in Washington, D.C., during the "Saluting Those Who Serve" gala, Jan. 18. Also on stage are first lady Laura Bush, Vice President Dick and Mrs. Lynne Cheney, and a star-studded cast of celebrity performers and entertainers.

Washington, America's leaders chose to begin the festivities by honoring the military. "It's great to see them showing their support and to know that they haven't forgotten about us," he said.

Army Master Sgt. William Montrose, a member of 2nd Battalion, 3rd Special Forces Group at Fort Bragg, N.C., echoed their sentiments. "This shows the real appreciation that the administration has for the military," he said.

Marine Corps Sgt. Jean-Claude Gebara from the Marine Corps University at Marine Corps Base Quantico, Va. said the gala was particularly meaningful in light of the thousands of U.S. troops in harm's way waging the war on terror. "It's a true honor to be here," he said. "It feels great."

"We're really honored and touched to be here," agreed Army Staff Sgt. William Gadberry, a veteran of the war

in Afghanistan who serves with the 16th Ordnance Battalion at Aberdeen Proving Ground, Md. "I feel honored and privileged to be a part of it."

Airmen 1st Class Darius Perry and Jennifer Perry, a husband-wife Air Force family stationed at Dover Air Force Base, Del., called the gala a welcome reprieve from the 12-hour days they and many of their fellow servicemembers typically put in as they support the war on terror.

"It's a real honor to be here," Darius said. "It's a big deal to get to play a part in it."

Army Staff Sgt. Justin Grieve, a member of the 3rd U.S. Infantry Regiment, "The Old Guard," at Fort Myer, Va., said he wouldn't have missed the opportunity to attend the gala. "This is a once-in-a-lifetime kind of thing," said Grieve, who served three deployments to Iraq and

Afghanistan over the course of four years with the 101st Airborne Division (Air Assault).

"My only wish is that more Soldiers could have been here, especially those who are deployed."

In a sense, troops in Iraq and Afghanistan did get to participate, via satellite broadcasts to Baghdad, Iraq and Bagram Air Base, Afghanistan.

Staff Sgt. Justin Dierks from the Wyoming Air National Guard's 153rd Airlift Wing, who received a Purple Heart for wounds he received in Iraq, said the outpouring of support during the "Saluting Those Who Serve" event reinforced the importance of everything he and his fellow servicemembers are doing in support of the nation.

"It feels pretty good and motivates you to want to do it all again," he said.



Photo by Donna Miles

Marines stand at attention at the "Saluting Those Who Serve" gala during the playing of the Marines Hymn.

CEAP help available when life gets tough

Fleet and Family Support Center, Pearl Harbor

When life gets tough, help is available through the Civilian Employee Assistance Program (CEAP). Federally mandated, CEAP is a confidential program designed to assist civilian employees deal with life's problems.

"After the break up of my marriage, I just didn't care any more. I would forget to set my alarm clock at night and get to work late. I developed a bad attitude toward work and life in general. I wouldn't show up for work for days and finally my boss sent me to CEAP. I didn't want to go at first and then the CEAP counselor reminded me that I had 19 years invested in my career. Then I realized I was motivated to keep my job. My counselor and I worked on improving my attitude. I learned some more coping skills and I developed a better understanding of my family and myself. That was six years ago; I'm about to retire and I have a great relationship with my kids."

This is just one success story from a civilian who works for the Navy in Hawai'i.

CEAP can help with alcohol or drug abuse, marital, family and relationship concerns, medical or emotional illness, stress or work-related difficulties.

CEAP can provide solution-focused counseling to employees up to three sessions. There is no cost to the employee. If the situation is chronic or very specialized, the employee may be referred to a community resource.

Services provided by community resources are frequently paid for by the employee's health insurance and the employee is responsible for any additional out-of-pocket

expenses. The CEAP staff consists of two master's level licensed clinical social workers. They are credentialed by the Navy and authorized to provide professional counseling.

Cathy Heflin is a certified employee assistance professional and a board certified expert in traumatic stress. She has been with CEAP for the past six years. To contact her, call 473-4222, extension 239 or e-mailing cathy.heflin@navy.mil.

Larry Miller belongs to the Academy of Clinical Social Workers and his specialty is psychodynamic therapy. He has over 30 years of experience in a variety of treatment settings. His phone number is 473-4222, extension 259. Contact him by e-mailing larry.e.miller@navy.mil.

CEAP isn't just for counseling. It provides on-site training and offers classes in stress management, anger management, How to Deal With Difficult People, Improving Workplace Relationships or Preventing Workplace Violence. For more information, call the Pearl Harbor Fleet and Family Support Center's customer service desk (CSD) at 473-4222, extension 1. The CSD will direct you to the next available CEAP counselor.

If you are a civilian employee assigned to an activity serviced by the COMNAVREG HRO or the Pearl Harbor Naval Shipyard & Intermediate Maintenance Facility, both counselors are available for counseling and training. The CEAP counselors are located in the Pearl Harbor Fleet and Family Support Center (FFSC) at 820 Willamette St., building 193.

For more information on classes, workshops and groups available at FFSC to civilian employees, military and their family members, go to www.greatlifehawaii.com.

Local artist returns to Navy Exchange



Photo courtesy of NEX Marketing

Wyland's brushstrokes give life to a hawksbill turtle, the newest addition to his favorite mural, "Oceans Sanctuary" located on the ceiling of the Navy Exchange Hawai'i rotunda Jan. 17 during a three-day appearance. For the weekend, the rotunda was transformed into a miniature sophisticated art gallery showcasing sculptures and original fine art by Wyland. During Wyland's appearances, fans were treated to giveaways and drawings.

Schofield Barracks, Tripler to open new obstetrics and pediatric clinic February 1

Tripler Army Medical Center Public Affairs Office

A new Tripler Army Medical Center obstetrics/gynecology and pediatric clinic is scheduled to open at Schofield Barracks at 1 p.m. Feb. 1 with a ceremony and refreshments. The public is invited to attend.

The clinic, located within the Schofield Barracks health clinic, has been completely renovated and is situated in building 680 located to the right of the Schofield Barracks Troop Medical Clinic.

Everyone is invited to tour the clinic

from 11 a.m.-2 p.m. Jan. 22. Tours take approximately 10 minutes, said Lt. Col. Patricia A. Wilhelm, officer in charge and head nurse of the clinic. Wilhelm can be reached at 433-8174.

Services will be limited initially, but will include care for patients with uncomplicated pregnancies up to 40 weeks, well woman and well baby exams, and same day pediatric appointments, Wilhelm said.

Pediatric patients assigned to Tripler Army Medical Center, but whose families live closer to Schofield can make appointments by calling 433-6697, extension 1. Obstetrics

appointments are made through the mothers' medical support assistant at Tripler.

An obstetrics nurse practitioner and a pediatrician will see patients by appointment only between the hours of 8 a.m.-4 p.m. beginning Feb. 2. The clinic will eventually expand its services to meet the needs of the community.

ASSIST (Augmentation of Special-needs Services and Information to Students and Teachers) staff will also use clinic space to work with families. ASSIST is an innovative school-based telehealth technology.

MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

FRIDAY
7:00 p.m. Alexander (R)
SATURDAY
2:30 p.m. Shark Tale (PG)
4:30 p.m. Oceans Twelve (PG 13)
7:00 p.m. Blade Trinity (R)
SUNDAY
2:30 p.m. Shark Tale (PG)
4:30 p.m. Christmas With The Kranks (PG)
7:00 p.m. Alexander (R)
THURSDAY
7:00 p.m. The Flight of the Phoenix (PG 13)
\$3 adults; \$1.50 children (6-11)

Memorial Theater
Hickam Air Force Base
(449-2239)

FRIDAY
7:00 p.m. Closer (R)
SATURDAY
7:00 p.m. Closer (R)
SUNDAY
7:00 p.m. Closer (R)
WEDNESDAY
7:00 p.m. The Flight of the Phoenix (PG 13)
THURSDAY
7:00 p.m. The Flight of the Phoenix (PG 13)
\$3 adults; \$1.50 children (6-11)

Sgt. Smith Theater
Schofield Barracks
(624-2585)

FRIDAY
7:00 p.m. Ocean's Twelve (PG-13)
SATURDAY
7:00 p.m. Blade: Trinity (R)
SUNDAY
2:00 p.m. Ocean's Twelve (PG-13)
\$3 adults; \$1.50 children (6-11)

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

OUTDOOR ADVENTURE EVENTS

- **Jan. 29:** Hanauma Bay snorkeling, \$10. Register by **Jan. 26.**
- **Jan. 29:** Ka'ena Point Hike, \$5. Register by **Jan. 26**
- **Jan. 30:** Rabbit Island Kayaking, \$15. Register by **Jan. 26**

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

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

SPRING LITTLE LEAGUE REGISTRATION

The Boys & Girls Clubs of Navy Hawai'i are holding registration for all boys and girls interested in playing coach pitch, T-ball, major/minor or junior baseball. Registration will be held through **Jan. 28** at the youth sports office (building 3456) between 9 a.m. and 5:30 p.m. Eligible participants must be born between August 1990 and July 2000. The activity is open to family members of

active duty, retirees, reservists and DoD civilians. For more information on registration requirements and fee schedule, call 474-3501.

AEROBATHON

The MWR Aerobathon will be held from 8-10:30 a.m. **Jan. 22** at Bloch Arena. The free, non-stop workout will offer a sample of many different class formats and instructor styles. Refreshments will be served and prizes will be raffled at the end of the event. For more information, call 473-0793.

KIDS CLUB

The Kids Club at Bloch Arena is open for drop-in care for children while their parents work out. Hours are: 8:15-10:15 a.m. Monday-Friday, 4:15-7:15 p.m. Monday-Thursday and 8:45-11:45 a.m. on **Saturdays**. Slots are filled on a first come, first served basis. A nominal fee is required. For more information, call 473-0793.

FREE DAY FRIDAY

Free day Friday is offered from 6:30-10 p.m. every Friday at the sand volleyball courts near Wentworth Pro Shop. Teams are doubles and fours. All players are welcome to participate. For more information, call 473-0610.

NAVY FITNESS PERSONAL TRAINERS

Navy Fitness has certified personal trainers available to help patrons get their fitness

programs off the ground or to be coached on better techniques and training programs. Discounted prices are offered for group training as well as multi-pack purchases. For more information, call 473 FITT (3488).

SALSA DANCE CLASSES

Salsa dance classes are offered on Thursdays and Fridays at Bloch Arena Fitness Center. Samir Hana, instructor, teaches the latest dance styles, including merengue, cha-cha and cumbia. There is no partner and no experience necessary. Level I and II classes are available: Salsa (Level I): Thursday, 7:30 - 8:45 p.m.; Saturday, 5 - 6:15 p.m. Salsa (Level II): Friday, 7:30 - 8:45 p.m.; Saturday, 6:30 - 7:45 p.m. merengue/cha-cha/cumbia: Friday, 6 - 7:15 p.m. For more information, call 473-0793.

MESSAGES BY "THE LOTUS TOUCH"

Want to improve circulation, increase flexibility, release muscle tension and receive a greater sense of well-being? Try "The Lotus Touch." Patrons can enjoy a hot and cold stone massage which includes face, neck and shoulders. A 75-minute treatment costs \$90.

Other treatments are available for as low as \$15. Appointments are available at Bloch Arena and Power Point Fitness Centers. For more information, call Ruby at 386-4812.

WACKY WEDNESDAYS AT BEEMAN CENTER

Come to Beeman Center on Wednesdays and view local singles on the big screen. Meet local singles and enjoy a free barbecue. The fun begins at 6:30 p.m. For more information, call 473-2582.

BOWL FOR A BUCK

Bowl for a buck at Thunder Alley at Naval Station Bowling Center. The \$1 special is offered from 11 a.m.-2 p.m. every Wednesday and Thursday and until 11 p.m. every Friday night. For more information, call 473-2574.



- **Jan. 23:** Sea Life Park, \$13, 10 a.m.
- **Jan. 26:** Poor Boy BBQ, free, 5 p.m. (LIP)
- **Jan. 27:** Birthday Bash, free, (both)
- **Jan. 28:** Dave & Busters social, bring money, 6:30 p.m.
- **Jan. 29:** Bike and hike Kaa'awa Valley, \$50, 10 a.m.
- **Jan. 30:** Waimea Falls hike, bring \$, 10 a.m.

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 Drive:

Friends are asking the Navy community to participate in a blood drive for Lisa-Ann Burnett, a military spouse. She and her family are currently stationed at Pearl Harbor and she is an active member of the community. She works with children at Lehua Elementary School in Pearl City. Lisa-Ann is in desperate need of blood donations as she is suffering from lupus, which is taking its toll on her health. Blood donations are desperately needed and would be greatly appreciated. If you would like to help by donating blood or would like more information, call the blood drive center at Tripler Army Medical Center at 433-6148 or 433-6195.

Learn the latest 2005 beauty tips from cosmetics company representatives from 10 a.m.-6 p.m. **Jan. 17-23** at the NEX cosmetics department. Beauty consultants will be available from Estee Lauder, Clinique, Lancome, Shiseido, Elizabeth Arden and Fashion Fair beauty companies. To make an appointment, call 423-3313.

A free youth lacrosse clinic will be offered from 3-5 p.m. **Jan. 23** at Richardson Field on Naval Station Pearl Harbor. The clinic is open to girls and boys ages seven to high school age. Youth can register for the Aloha Youth Lacrosse Association's upcoming spring season. Those who attend should bring a mouthguard, water and tennis shoes or cleats. For more information, contact Rudie or Kiki at 548-0451 or visit the organization's Web site at www.alohayouthlax.com.

A CPR/first aid instructor course will be offered **Feb. 5, 11, 12 and 19** by the Hickam and Pearl Harbor chapter of the American Red Cross. The cost is \$188 for the course and books. The class fee can be waived for those who agree to be a volunteer instructor for the American Red Cross. Class size is limited and early registration is encouraged. For more information, call the ARC office at 449-0166.

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

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

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

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

The University of Oklahoma offers a master of arts in managerial economics and a master of public administration. The university's non-thesis programs can be completed in about 18 months. It also offers one-week classes that are TDY/TAD friendly. For more information, call 449-6364, email aphickam@ou.edu or visit their Web site at www.gouou.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.

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 Children's Waiting Room is a place where parents can drop off their children if they have a doctor's appointment. The Armed Services YMCA is in need of volunteers to keep this program running at Tripler Army Medical Center. The hours of the waiting room are from 8 a.m.-noon Monday, Tuesday and Thursday. Those who are interested in volunteering or who wish to make an appointment should call 833-1185.

The Pearl Harbor Aquatics Tsunami is a competitive swim team that practices daily at Richardson Pool. It is open to both military and civilian swimmers ages six years and up. The team is a USA swimming affiliate.

For more information, visit the team's Web site at www.tsunamis.homestead.com or contact at 471-9181 or email: phsc@inix.com.



Alexander: By the age of 32, Alexander the Great had amassed the greatest empire the world had ever seen. The film chronicles his journey from his youth to his lonely and mysterious death as a ruler of a vast state of Macedonia.

Blade: Trinity: See Review

Christmas with the Kranks: Luther Kranks decides to skip Christmas and go on a vacation with his wife, Nora. But when his daughter decides to come home for the holidays, he is forced to put Christmas back together.

Closer: An uncompromisingly honest look at modern relationships, Closer is the story of four strangers and their chance meetings, instant attractions, and brutal betrayals. Based on a play by Patrick Marber, the couples find out that love can disappoint when one of them experiences an affair. One man falls in love with his sweetheart at first sight, but, the characters later ponder, is there such a thing as instant passion?

Flight of the Phoenix: The film revolves around the plight of Captain Frank Towns, a pilot whose C-119 cargo plane full of oil workers could not withstand the violent winds of a desert sandstorm. Facing a brutal environment, dwindling resources, an attack by desert smugglers, they realize their only hope is to do the "impossible": build a new plane from the wreckage.

Ocean's Twelve: Danny Ocean and his crew, having successfully stolen \$150 million in the first film, jet to Europe with three new heists planned. Meanwhile, casino owner Terry Benedict is hot on their tail.

Shark Tale: The sea underworld is shaken up when the son of the shark mob boss is found dead and a fish named Oscar is found at the scene. He takes advantage of the situation and makes himself look like he killed the mobster.

JO3 Ryan C. McGinley

Blade: Trinity

The original "Blade" film was, charitably, mediocre at best. Then, for some bewildering reason, Hollywood made a sequel that wasn't much better. Now comes "Blade: Trinity," the third installment of the series, which transcends the word 'bad' to a whole new level. To say this series deserves a trilogy is like saying the world needs another "Rocky" film.

"Blade: Trinity" picks up with Blade being framed for the murder of a human he accidentally kills while hunting vampires. Thus the FBI, in a shoot 'em up action sequence, eventually captures Blade and takes him in for questioning. But a group of 'Nightstalkers' rescues Blade and sets in motion the real plot (if you can call it that), which is to take down the ultimate vampire, Dracula. See the vampires have awakened the invincible, original vampire to help them get rid of Blade once and for all. So, Blade teams up with the 'Nightstalkers' and ensuing action sequences and gun-fights splatter the screen like a bad Vin Diesel film.

To say there is any point to this film would jeopardize a person's sanity. The series is a waste of time, money and talent that could be used elsewhere to produce or enhance other projects. "Blade: Trinity" is an action movie, filled with cheesy one-liners and uninteresting characters, made for the sole purpose piggybacking off the moderate success of the first two films. There is not one decent aspect of the film to recommend. Even the action sequences are choppy, incoherent disasters, which look they were edited by a first year film student.

The only promising aspect of the film is Blade fights the vampire of vampires, Dracula. Hopefully, there will be no one left to fight and the series can end, much to the anticipation of thousands of moviegoers who choose to be entertained by something just a little bit intelligent and creative.

OVERALL RATING:

TRICARE offers range of mental health care options

TRICARE Management Activity

TRICARE beneficiaries who need assistance with depression, stress-related illness, chemical dependency, alcohol abuse problems or other related issues should know that TRICARE offers a wide range of mental health care services. Access to those services, also known as behavioral health care, is easy and convenient.

Beneficiaries who require emergency mental health services should immediately seek assistance at the nearest emergency room.

It is important that beneficiaries understand the requirements for accessing this benefit. All TRICARE beneficiaries are encouraged to receive care from their military treatment facility (MTF), when available. If services are not available at the local MTF, beneficiaries may seek care from a TRICARE-authorized behavioral health provider.

Active duty service members enrolled in TRICARE Prime Remote must obtain pre-authorization from the Military Medical Support Office (888-647-6676) before receiving any non-emergency mental health services.

All non-active duty beneficiaries may seek outpatient mental health services without referral or authorization for the first eight visits dur-

ing a fiscal year in order to receive TRICARE coverage. When TRICARE Prime beneficiaries go beyond eight outpatient visits in any given fiscal year, they must seek referral from their primary care manager (PCM) and authorization for continuation of mental health care services from their regional contractor.

Beneficiaries should check with their regional contractor to determine the process for obtaining outpatient mental health referrals and authorizations and TRICARE when seeking care for the ninth visit and beyond.

Certain outpatient services always require preauthorization including:

- Psychoanalysis
- Psychological and neuropsychological testing
- Electroconvulsive therapy

• Therapy sessions in excess of one hour. A physician referral is required prior to the initial evaluation and oversight must continue through the course of the therapy in order for TRICARE to cover:

- Licensed mental health counselor (LMHC) care
- Licensed professional counselor (LPC) care

All beneficiaries using TRICARE are responsible for contacting their regional contractor for a listing of additional preauthorization requirements. Marriage

counseling is not a TRICARE-covered benefit. Beneficiaries should seek assistance from installation or community social work services.

Inpatient mental health requirements for non-active duty beneficiaries differ based on the TRICARE coverage option. Beneficiaries enrolled in TRICARE Prime/Prime Remote require a primary care manager referral for all non-emergency inpatient mental health services. Prime beneficiaries must also ensure that inpatient mental health service in the TRICARE civilian network is pre-authorized (prior to admission) and seek continued stay authorization, when appropriate. Inpatient pre-authorization is also required for standard beneficiaries.

The pre-authorization and continued stay authorization requirements also apply to residential treatment center care, partial hospitalization program care and alcoholism detoxification and rehabilitation. All beneficiaries should contact TRICARE regional contractors regarding potential length-of-stay limits. TRICARE Standard beneficiaries living in an MTF catchment area must obtain a non-availability statement from their local MTF before being admitted as an inpatient for mental health services.

TRICARE for Life beneficiaries and others covered by

Medicare do not require TRICARE pre-admission and continued stay authorizations when Medicare is the first payer and has authorized the care. Prior to exhausting their Medicare inpatient mental health benefits, TRICARE for Life beneficiaries must contact their TRICARE contractor to obtain a continued stay authorization.

To be safe, beneficiaries should check with their regional contractor in advance of seeking non-emergency mental health care to ensure that authorization is not required. Regional contractor contacts are available at www.tricare.osd.mil.

One Source, a military Web-based information service for active duty service members and their families, also provides service-specific information regarding mental health care support programs. One Source can be reached by telephone or through the Web site for each service: One Source, a military Web-based information service for active duty service members and their families, also provides service-specific information regarding mental health care support programs. One Source can be reached by telephone or through the Web site for each service:

- Navy One Source at (800-540-4123) or www.navyonesource.com (user name: navy;



U.S. Navy photo
Hospital Corpsman Isabel Ramirez from Los Angeles, California prepares hundreds of prescriptions for Sailors.

- password: sailor)
- Marine Corps Community Services (MCCS) One Source (800-869-0278) or www.mccsonesource.com (user name: marines; password: semperfi)
- Army One Source at (800-464-8107) or www.armyonesource.com (user name: army; password: onesource)
- Air Force One Source at (800-707-5784) or www.airforceonesource.com (user name: airforce; password: ready)

Latest pricing survey shows customers continue to save money at Navy Exchange,

Kristine M. Sturkie
Navy Exchange Service
Command Public Affairs

The latest Navy Exchange Service Command (NEXCOM) pricing survey, as reported in December, showed that customers continue to save 21.2 percent on the products they purchase from the Navy Exchange.

When sales tax savings are factored in, customers save an overall

average of 25.9 percent.

"Our latest survey shows that we are consistently saving our customers over 20 percent when they shop at their Navy Exchange," said Rear Adm. Robert E. Cowley III, NEXCOM's commander. "For a typical family of four that spends \$1,500 a year at the Navy Exchange, that's nearly \$500 of additional savings in their pocket. That's significant when every dollar matters."

To determine the savings amount, QRS Corporation, the independent research firm that conducted the survey, once again compared the prices on a variety of products in eight regions throughout the United States. The savings found in Bethesda, Md. were 22.95 percent; Everett, Wash. were 20.26 percent; Great Lakes, Ill. were 23.21 percent; Jacksonville, Fla. were 19.44 percent; Norfolk, Va. were 19.41 percent; Pearl

Harbor were 22.93 percent; Pensacola, Fla. were 21.24 percent; and San Diego were 20.81 percent.

Navy Exchange prices on approximately 350 items were compared to those of major retailers like Wal-Mart, K-Mart, Circuit City, Target, Home Depot, Dillards, Sears, Eckerd, Barnes and Noble and Office Max.

In each of the 34 departments shopped throughout the stores, the Navy Exchange continues to save

customers money.

"Saving our customers money and providing for their quality of life is the reason the Navy Exchange exists," said Cowley. "We want to build a relationship with our customers so they will become our customers for life. To do that, we know that we must have the right products on the shelf, at the right quality and the right price. I think we are well on our way to doing just that," he added.