

The Lotus Touch

MWR offers a variety of therapeutic massages to pamper and rehabilitate

Story and photos
by JO2 Devin Wright

Editor

Morale, Welfare and Recreation offers service members massage therapy sessions at a variety of venues throughout Hawai'i.

According to Ruby Ahn, massage therapist for The Lotus Touch at Pearl Harbor and Barbers Point, massage therapy is a great way to relieve muscle tension, improve circulation, increase flexibility and reduce stress. Ahn's clients include accident victims, expectant mothers, athletes and those just wanting a relaxing massage.

Ahn believes massage not only helps physically but mentally as well.

"I look at the body much like an architect looks at a building," said Ahn. "If everything is not aligned and stacked properly you're going to have problems. Massage therapy can help realign your body and if you are physically realigned you become emotionally realigned as well. Many people look at massage as just an opportunity to relax, and it is, but it is much more than that. People get stressed and stress tightens your muscles. If you have that tightness worked out you will be more relaxed in body and in mind. It can be very spiritual," she said.

Ahn says those who exercise regularly usually need a massage once a month.

People with stressful jobs who may not find the time to exercise usually need a massage twice a month. Injury victims whose muscles have been traumatized often need a massage three times a month or more.

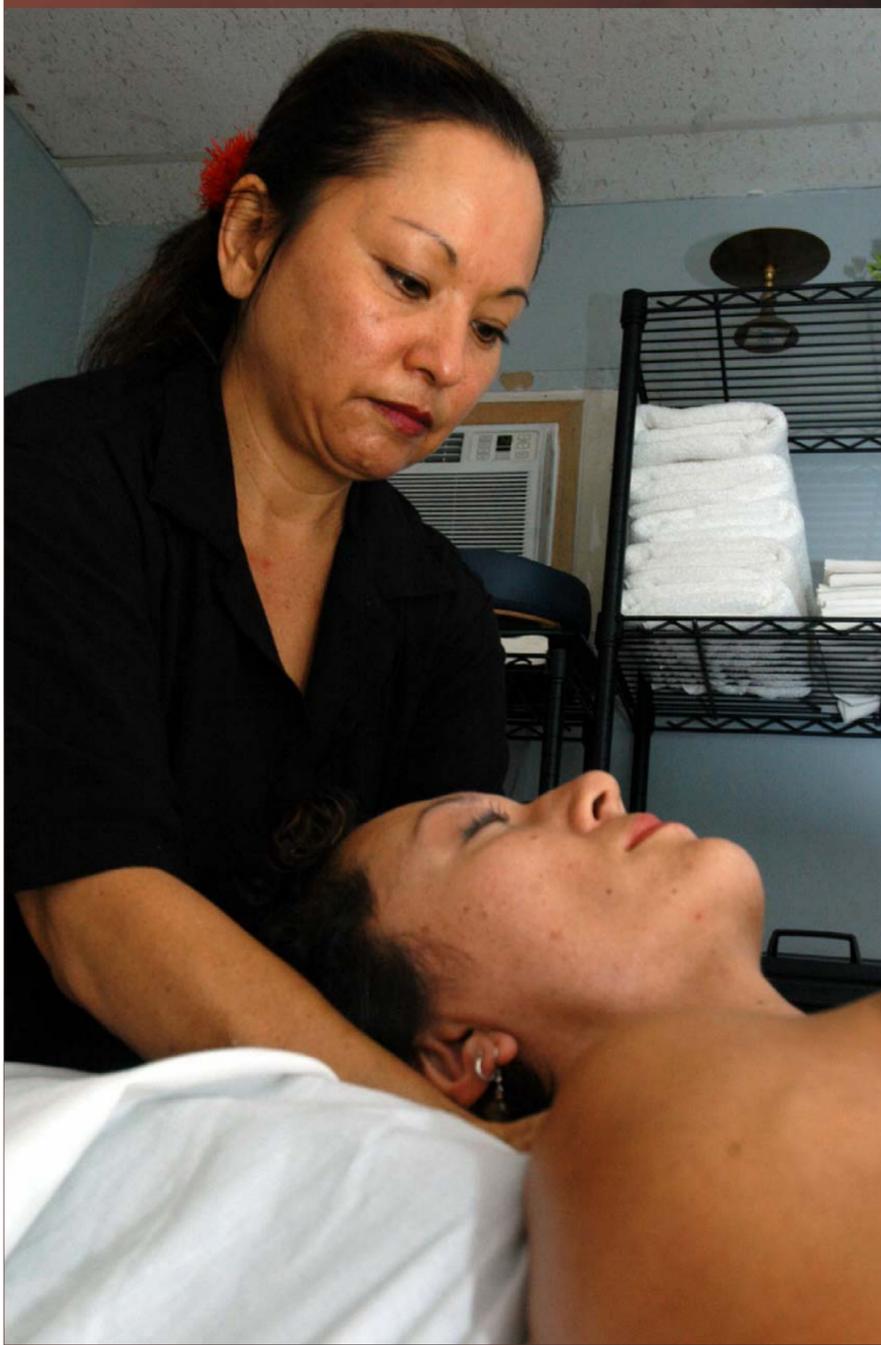
"I had spinal surgery," said Lana Hansen, the spouse of a service member. "I broke my neck so they had to remove a couple of my discs. Even before my surgery I noticed that massage really did help relieve the pain I was feeling. I work out regularly and develop knots in some of my muscle tissue and massage really help work those out. My husband and I are looking forward to having our first child so I also recently received my first prenatal massage."

Hansen says service members in Hawai'i are fortunate to have a massage therapist with the wide range of expertise available to them.

"I've been coming to Ruby for four years now," she said. "We are blessed to have someone with such a tremendous amount of knowledge in massage therapy. In Hawai'i there are many different therapists, but none as good as Ruby in my opinion," she continued.

For those who enjoy being pampered, The Lotus Touch also offers body, mind and spirit massages that includes a hot and cold stone combination facial and body massage.

For more information, visit www.greatlifehawaii.com or call 386-4812 to make an appointment.



What to expect

- *First time patrons of The Lotus Touch should familiarize the therapist with any current or past physical or stress related problems to help determine specific needs.*
- *Patrons will lie down under a cover on a padded massage table in a position explained by the therapist.*
- *The general areas of the body that will be included in a full body massage are the neck, shoulders, arms, hands, upper and lower back, buttocks, legs and feet.*
- *Patrons are encouraged to ask questions about certain techniques being used or about the massage in general.*
- *The Lotus Touch recommends a massage at least once a month for best results.*
- *Upon a doctor's approval, visit a massage therapist more often, once or twice a week for injury-related treatment.*
- *Massage therapy should be considered as part of a preventive health care program.*



U.S. Navy Photo by Laarni Gedo

Magic Johnson flashes his signature smile as he meets a Sailor at the NEX on Saturday. Johnson was at the NEX to promote his new basketball shoe line.

Magic dazzles fans at NEX Pearl Harbor

Laarni Gedo

NEX Marketing

The outpouring of fans at Navy Exchange (NEX) Pearl Harbor on Saturday proved that Hawai'i and its military community have a lot of love for Magic. Los Angeles Lakers legend, Earvin "Magic" Johnson, reciprocates the aloha.

"I've been coming to Hawai'i for 25 years," he said. Johnson's tie to the state is especially strong in Maui, where he holds an annual training camp for basketball hopefuls and dreamers. He said that real estate and family also brings him back to Hawai'i often enough that he knows how to get around town. "It's like coming home," Johnson said.

Johnson flew to Honolulu from Maui to promote his new line of shoes and apparel, Magic32. More than 350 people purchased Magic32 merchandise at NEX Pearl Harbor and stood in line hours before the event began.

Gas Turbine Systems Technician Mechanical 2nd

Class Randy Garces and his wife Mona, an NEX associate who had the day off, along with their daughter secured their place in line at 1 p.m. and waited two hours to meet the master of the "no-look pass" and other dazzling moves.

"My husband is a huge Lakers fan and is into collecting," Garces said. She explained that although Magic played in the NBA before her daughter's time, she is very much aware of who he is. "Magic was very social and down to earth and got personal with everybody. My daughter was so excited that he gave her a high-five. She told me 'So that's Magic, the legend.'"

At six-foot nine-inches tall, Johnson was the tallest point guard to play in the NBA during his basketball career. At that stature and moving as quickly as he did, his many fans truly believed it was magic.

Johnson's biggest fan that Saturday at the NEX was perhaps Master Sgt. Jon D. Saunders, USAF 349 honor guard superintendent, who flew over 2,000 miles just to get his autograph.

Saunders flew out of Travis AFB on Friday, and arrived in Marine Corps Base Hawai'i (MCBH) - Kaneohe at noon. He said that he then walked two miles to the bus stop, waited for 30 minutes and five hours later, found himself at the Navy Lodge on Ford Island.

The next day, Saunders took the shuttle to the NEX and waited in line for three hours. He was the first person to meet and get Johnson's autograph.

"I did it for many reasons," Saunders said. "I am from a suburb of Los Angeles and grew up watching the Lakers and seeing Magic at the Great Western Forum. I also have a poster of the 1985 championship team with three of the five Lakers starters' autographs already on it. When I heard of the chance to get his autograph, I started looking at the possibilities of getting over and everything worked out."

Saunders was amazed by Johnson's warmth toward his fans. "The whole experience was better than I thought it would have been, and I look forward to when I have it all framed and get to tell people about the day I met Magic Johnson."

Focusing on TRICARE's eye and vision benefits

Mark Jecker

TriWest Healthcare Alliance

No matter how well service members test on the annual eye exam, it's easy to be a little unclear about vision care, and reading every policy governing TRICARE's eye and vision benefits can make a person cross-eyed.

Here is a look at the policies that won't leave anyone red-eyed.

Focus on key facts about TRICARE's eye and vision coverage:

- TRICARE Standard, Extra and Prime active duty family members are eligible for one routine eye exam per year.

- Prescription eyeglasses or contact lenses are not a covered TRICARE benefit, except under very limited circumstances, such as corneal lens removal or treatment of infantile glaucoma.

- All Prime enrollees are

eligible for the enhanced wellness benefit, which includes an eye examination every two years and does not require a co-payment. Note: Eye examinations must be performed by a TRICARE network optometrist or ophthalmologist to be covered. No referral is needed when seeking care from a TRICARE network provider.

- Eye health of children up to age six is evaluated by their health care practitioners as part of the well-child benefit. The provider performs periodic eye and vision screenings for the child.

(Newborn screening is covered under the mother's maternity benefit.)

- Children between ages three and six are covered for two comprehensive eye examinations, which include screening for two common childhood disorders: amblyopia and strabismus (commonly referred to as "lazy eye").

- All TRICARE-eligible

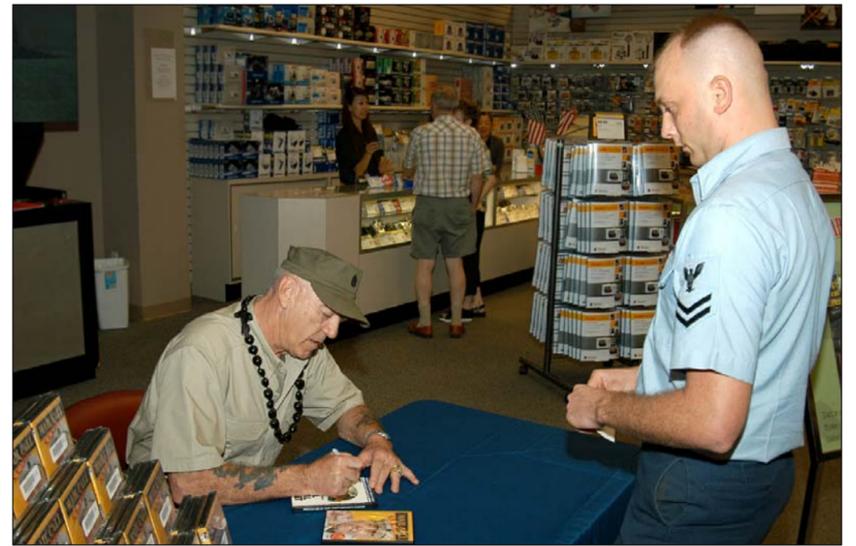
beneficiaries are covered for medically necessary eye examinations provided in connection with the medical/surgical treatment of a TRICARE-covered illness or injury. All beneficiaries also are covered for screens for any pathology, including refractive error. Standard or Extra beneficiaries are responsible for the appropriate cost-share and deductible for these services. Those using TRICARE Prime require a referral for medically necessary eye examinations.

- Retired service members and their families have no routine eye benefits under TRICARE Standard or Extra.

- Diabetic TRICARE beneficiaries of any age are encouraged to have an eye exam every year and are allowed an annual comprehensive eye examination.

Visit www.triwest.com or www.tricare.osd.mil or call 1-888-TRIWEST (1-800-874-9378) for more information.

Drop and give me an autograph!



U.S. Navy photo by PH3 Ben A. Gonzales

Aviations Electricians Mate 2nd Class Dustin Richmond, assigned to Pacific Missile Range Facility Hawai'i, receives an autograph from R. Lee Ermey, actor and host of the History Channel's show, 'Mail Call.' Ermey visited the Navy Exchange (NEX) as part of a visit to Pearl Harbor, Hawai'i during the show's taping at the USS Missouri.

Skylark Central

What submarine am I?

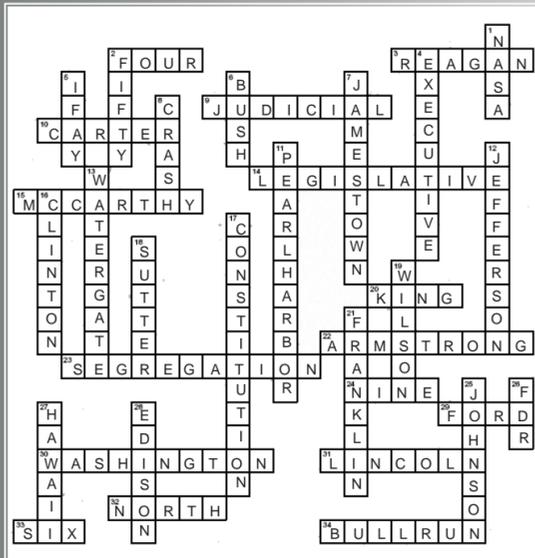
- Commissioned on 1 October 1958
- While home ported in Pearl Harbor, on 1 October 1959, scientific instruments were installed to assist in navigating under the polar ice.
- Returned to Hawai'i on Mar. 3, 1960 from arctic cruise of 11,000 miles, including 6,003 miles under the polar ice.
- First nuclear vessel to be refueled at Pearl Harbor shipyard
- Hull number is SSN-583



U.S. History

Crossword Puzzle Solution

- Across
2. Number of years between presidential elections.
 3. President who was a movie actor.
 9. Branch of government that interprets laws.
 10. President who had a peanut farm.
 14. The branch of the government that enacts laws.
 15. Held congressional hearings looking for communist spies in the government.
 20. Leader of civil rights movement, assassinated in 1968.
 22. "One small step for [a] man, one giant leap for mankind."
 23. Brown vs Board of Education was a Supreme Court case related to what?
 24. Number of justices on the Supreme Court.
 29. Introduced assembly lines and mass production.
 30. First U.S. president.
 31. President during the Civil War.
 32. A Marine on the National Security Council staff convicted for his role in the Iran-Contra scandal.
 33. How many years is a U.S. Senator's term?
 34. First major battle between Union and Confederate forces was at _____.



Know your Navy

What is the only nuclear submarine whose entire career was spent as a member of the Pacific Fleet?

Last week's question...

In July of this year Navy photographers, lithographers, draftsmen and journalists will merge into a new rating. What will the new rating be called?

Answer -
Mass Communications Specialist



MWR

Movie Call

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

TODAY

7:00 p.m. Casanova (R)
SATURDAY
2:30 p.m. Hoodwinked (PG)
4:30 p.m. Glory Road (PG)
6:45 p.m. The Last Holiday (PG-13)
SUNDAY
2:30 p.m. Hoodwinked (PG)
4:30 p.m. The Ringer (PG-13)
6:30 p.m. Underworld: Evolution (R)
THURSDAY
7:00 p.m. The Last Holiday (PG-13)

Memorial Theater
Hickam Air Force Base
(449-2239)

TODAY AND SATURDAY

7:00 p.m. Glory Road (PG)
SUNDAY & WEDNESDAY
7:00 p.m. Tristan & Isolde (PG-13)
THURSDAY
7:00 p.m. Glory Road (PG)

Sgt. Smith Theater
Schofield Barracks
(624-2585)

SATURDAY

7:00 p.m. The Last Holiday (PG-13)
SUNDAY
7:00 p.m. Hostel (R)
WEDNESDAY
7:00 p.m. The Last Holiday (PG-13)
SUNDAY
7:00 p.m. Hostel (R)

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

- **March 11:** Mountain bike ride, 8:30 a.m., \$10. Register by March 8.
- **March 12:** Alpine Tower, 9 a.m., \$20. Register by March 8.

INTRAMURAL SOCCER/SOFTBALL LEAGUES

The Intramural Soccer League at Naval Station Pearl Harbor begins **March 4**. The Intramural Softball League begins **March 7**. Come out and support your shipmates as they compete for bragging rights in the harbor. Leagues are open to active duty Navy Region Hawai'i personnel only. For more information, call 473-2494 or 473-2437 or visit www.greatlifehawaii.com.

SUPER GARAGE SALE AND CRAFT FAIR

The Navy Region Hawai'i Morale, Welfare and Recreation Super Garage Sale and Craft Fair will be held from 8 a.m.-noon **March 4** at Richardson Field. Sign up at any Navy ITT office or get a registration form at www.greatlifehawaii.com. For more information, call 473-0606.

PEE WEE BASKETBALL

Registration for Pee Wee basketball will be held **March 6-24** at the

youth sports office. The cost is \$35 and includes a T-shirt, medal and certificate. The Pee Wee sports program is designed for children ages three to five and is described by the staff at Morale, Welfare and Recreation as a unique, fun interactive parent/child experience. To register, bring a current (dated no more than a year ago) physical, payment and birth certificate. Programs are open to family members of active duty, retirees, reservists and DoD civilians. For more information, call 474-3501.

FAMILY FUN AND MOVIE NIGHTS

Navy Region Hawai'i's Morale, Welfare and Recreation will host free family fun and movie nights on a regular schedule on Fridays and Saturdays at various Navy installations. The events will feature a full schedule of family activities, including games, bounce houses and free cotton candy and popcorn. Children under 10 years of age must be supervised by someone 16 years or older. "Home on the Range," rated PG, will be shown at 7 p.m. **March 11** at Pearl City Community Center, preceded by games and family activities beginning at 4 p.m. "The Chronicles of Narnia," rated PG, will be presented **March 17** at NCTAMS Bowling Field near Wahiawa. There will be activities for families from 4 to 7 p.m. and the movie will begin at 7 p.m. For more information, call 471-8658.

SPRING BREAK CAMP ADVENTURE

Camp Adventure is back with activities and trips especially for kids (ages 5 - 12). Camp fees are

based on total household income. Registration is open to military and DoD family members. It will continue until all slots are filled. Camp dates are **March 20-31**. For more information, call 421-1556 or 499-2572.

FREE CONCERTS AT DUSK

A series of free concerts at dusk will be presented the fourth Friday of each month on the lawn behind The Banyans at Naval Station Pearl Harbor. The concert series will feature the Pacific Fleet Band and guest bands, presenting a variety of musical selections. Hosted by Navy Region Hawai'i's Morale, Welfare and Recreation, the first concert is scheduled for 6 p.m. **March 24** and will offer a variety of styles in traditional music, presented by the 35-piece Pacific Fleet Band Wind Ensemble. The next concert has been scheduled for 6:30 p.m. **April 28**. Those who plan to attend the concerts should bring lawn chairs or blankets and snacks in preparation for an enjoyable evening of music under the stars. For more information, call 473-0606.

ALL-NAVY BOWLING TEAM

The Hawai'i All-Navy Bowling Team will represent the Navy at the All-Military Tournament to be held **April 4-7**. For more information, call 473-2651.

FAMILY FITNESS FRIDAY

Family Fitness Friday Happy Hour will be offered from 5-6 p.m. on **Fridays** at Bloch Arena. The activity is free and provides an opportunity for families to work together on fitness goals, courtesy of

MWR. Participants can learn how to incorporate fitness together with their children, under the guidance of a certified fitness specialist. Workouts include a variety of equipment, appropriate skill level and partner exercises. The family fitness hour is open to parents and their children ages 10 and up (limited to no more than two children per adult). Reservations are recommended. For more information, call 473-0793.

WHALE WATCHING SPECIALS

Enjoy whale watching on a Pacific Splash Whale Watching cruise. Navy ITT offices have an assortment of cruise options to fit patrons schedules and budgets. For more information, call 473-1190.



- **March 4:** Paintball, leave LIP at 9 a.m., \$25.
- **March 5:** Surfing lessons and lunch, 9:30 a.m., \$7.
- **March 6:** WWE wrestling and free food, 5 p.m. at LIP.
- **March 8:** "There's Something Going on at Beeman," activities and games, 6:30 p.m., free.

Weekly events:

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



Casanova: When Giacomo Casanova discovered Francesca Bruni, he met his ultimate romantic match, succumbing to the only woman ever to refuse his charms--until he could prove himself to be the one man worthy of her romantic ideals.

Glory Road: The inspiring true story of the underdog Texas Western basketball team, with history's first all African American starting lineup of players, who took the country by storm, surprisingly winning the 1966 NCAA tournament title.

Hoodwinked: Furry and feathered cops from the animal world, Chief Grizzly and Detective Bill Stork, investigate a domestic disturbance at Granny's cottage, involving a girl, a wolf and an axe.

Hostel: Two adventurous American college buddies, Paxton and Josh, backpack through Europe eager to make quintessentially hazy travel memories with new friend Oli, an Icelander they've met along the way.

The Last Holiday: After being diagnosed with a fatal disease, a shy sales

clerk goes on a European vacation to live out the rest of her life. With nothing to lose—or so she thinks—her behavior becomes more irreverent and outrageous each day, only, to find out later she was misdiagnosed.

The Ringer: When Steve finds himself running last in the corporate rat race, he attempts to rig the Special Olympics by pretending to be intellectually challenged.

Tristan & Isolde: In the medieval legend of Tristan and Isolde, young lovers become doomed against the forces of royal politics. English knight Tristan wins the hand of the daughter of the Irish King, but the love threatens the truce between their two countries.

Underworld: Evolution: A war emerges between the aristocratic Death Dealers (vampires) and the barbaric Lycans (werewolves), stemming from an ancient feud between the two tribes. Selene, the beautiful vampire heroine, and Michael, the lycan hybrid, try to unlock the secrets of their bloodlines. Their forbidden love takes them into the battle to end all wars as the immortals must finally face their retribution.

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.

U.S. Coast Guard Academy Chorale - The 40-member U.S. Coast Guard Academy (USCGA) Chorale will perform at 7 p.m. **March 5** at Pearl Harbor Memorial Chapel. The concert is free. The group specializes in the performance of patriotic music and songs of the sea. The chorale travels annually to entertain people throughout the country. Appearances have included performances at the Super Bowl, the Senior Bowl in Mobile, the Annual Sea Fest in Miami, an All-Military Ball in Dallas, the Coast Guard Foundation Dinner in San Francisco, Disney World in Orlando and the Macy's Thanksgiving Day Parade in New York City. Academy singers have also performed for the Joint Chiefs of Staff, as well as for numerous presidential inaugurations. For more information, call the Pearl Harbor Memorial Chapel at 473-3971.

FBI Recruitment - Learn about the requirements for applying to the Federal Bureau of Investigation (FBI) by attending an FBI career seminar from 10-11 a.m. **March 6** at Marine Corps Base Hawai'i - Kaneohe (USMCBH), building 267, room 2. For reservations, contact the USMCBH Personal Services Office at 257-7790/7795. For more information about the FBI or the seminar, call Special Agent Kal Wong at 566-4488.

Army Community Theatre - Army Community Theatre (ACT) will hold auditions for its production of "Damn Yankees" at 7 p.m. **March 6, 7 and 8** at Richardson Theatre, Fort Shafter. The show, with music by Richard Adler and Jerry Ross, book by Douglass Wallop and George Abbott, runs May 11-27 at the venue, with all performances at 7:30 p.m. "Damn Yankees" will be directed by Jim Hutchison, with musical direction by Ernest Taniguchi and choreography by Marcelo Pacleb.

Keoki Kerr of KITV who performed in last season's "Miss Saigon" and most recently appeared with the Hawai'i Opera Chorus in "Rigoletto," will star as Joe Boyd, a middle-aged baseball fanatic who sells his soul to the devil in exchange for a winning season. For audition information, call ACT at 438-4480.

Learn from the Leaders - The third in a series of Learn from the Leaders events will be held from 10:30-11:30 a.m. **March 8** at The Banyans at Naval Station Pearl Harbor. Constance Lau, president and CEO of American Savings Bank, will be the featured speaker at the event which is hosted by Commander Navy Region Hawai'i's workforce development office. For more information, call 471-0225.

Pouhala Marsh Clean-up - Pouhala Marsh work days have been scheduled for **March 18, April 29** and **May 20** for clean-up and removal of pickle weeds at the north end of Pearl Harbor's West Loch.

The project will cover a Hawaiian fish pond and coastal marsh of about 70 acres. Volunteers are needed to help with the project from 8 to 11:30 a.m. Anyone who is interested in participating should call 473-1203 or email adelina.lopez@navy.mil or Pauline Kawamata at 955-0100, ext. 18.

Whale watching - Help the Hawaiian Islands Humpback Whale National Marine Sanctuary count whales **March 25**. Volunteers are needed to assist with the whale counting from 8 a.m. to 12:15 p.m. The count will be conducted at 65 different shore sites around Oahu, Kauai and the Big Island. The "gentle giants" return to Hawaiian

waters during the winter months to reproduce and nurse their young.

Those who wish to register to help with the whale watching count should call the following numbers: Oahu, 397-2651, ext. 253; Big Island, 1-888-55-WHALE, ext. 253; Kauai, 246-2860. For more information about the whale sanctuary, visit <http://hawaiiumpbackwhale.noaa.gov>.

NEX price matching - Through the Navy Exchange price matching policy, the NEX will match the price of any identical item sold in any local store. Customers may provide proof of the lower price and the NEX will match it. If the price difference is under \$5, the store will match it on the spot. Some restrictions apply to the policy. Please see a sales associate for more information.

Tax Center - The Pearl Harbor Tax Center, located in building 679, room 11, is open for walk-ins from 9 a.m.-4 p.m. Mondays and Fridays and from 9 a.m.-noon on Saturdays. Appointments can be made from 11 a.m.-6 p.m. Tuesdays and Thursdays and from 9 a.m.-4 p.m. on Wednesdays. For more information, call 473-4112.

Red Cross Volunteers - The American Red Cross needs volunteer instructors for cardio-pulmonary resuscitation (CPR) and first aid classes. Free training is provided. Volunteers must make a commitment to teach eight classes a year and have at least one year left in the area. For more information, call 449-0166.

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.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. For more information, call Delcie at 623-1403.

Free classified advertising for military in Hawaii Navy News

Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows: Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to lkanshi@honolulu.gannett.com), by phone at 521-9111 or by visiting www.honoluluadvertiser.com and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.