



Master's Program

Swimming made simple

Above: Ensign Dustin Riley practices the butterfly stroke at a Master's Program practice at Richardson Pool.

Story and photos by **JOSN Ryan C. McGinley**
Staff writer

One swimmer comes to work out for a triathlon and another swimmer comes because she's pregnant and her doctor recommends it. One swimmer comes for Search and Rescue Swimmer (SARS) practice and another swimmer comes to compete. The one thing they all have in common, though, is that they love to swim. The Master's Swim Program offers all of them the opportunity to do that.

The MWR-sponsored Master's Swim Program was officially established just a few weeks ago with the United States Master's Association. It is the fifth Master's Program on Oahu and the only military program on the island, said Candace Mazurek, head coach of the Master's Program.

What is a Master's Swim Program?

"It's really just a swimming program for adults," said Mazurek. The program is available to active duty, reserve, DOD civilians, retirees, dependents and spouses over the age of 18.

"There's a 65 and over group," Mazurek stated cheerfully. "When you do relays, you could be an 18-year-old on a relay with someone who's 60. So you have such a wide range. Anybody from a really basic beginner to really advanced people who have gone to Olympic trials before swim masters."

Mazurek swam in both high school and at Wayne State University, a Division II college. She has taught swimming since the age of 17 at all levels - from recreational swimming to the professional level, including teaching at high schools and universities. She is certified as a lifeguard, water safety instructor, holds both a USA coaches' card and a United States Masters Swimming coaching card, and is a member of the American Swim Coaches Association.

The program focuses on the primary strokes of competitive swimming: freestyle, backstroke, breaststroke and butterfly. "We'll help people with their stroke technique or even just learning how to do the strokes," said Mazurek.

"I have SARS swimmers come that want to learn how to do better sidestroke and I'll help them with that, too," said Claire Kawagishi, assistant head coach.

Practices range from 1,000 meters (40 laps) for beginners, to almost 4,500 meters (180 laps) for the more advanced swimmers. Mazurek said the best part of the program is that it accommodates every skill level. "That's the great thing about masters swimming ... it is really flexible."

"But [the Master's Program] is more than that," said Mazurek.



Above: Ensign Dustin Riley assumes the starting position on the block and awaits the whistle to take off.

"You get a lot of uniqueness in how they're training."

Some of the swimmers come to the program to train for triathlons, or physical fitness tests, or simply because they love to swim and were searching for an aerobic workout. Swimmers even come to the Master's Program to meet new people who enjoy a similar interest, said Mazurek.

"My goal for the people that come here is just to become better swimmers, get faster, better (their) stroke techniques, but also to enjoy the sport of swimming. I want them to swim for life," said Mazurek.

So why swim?

"Swimming is the best sport to work out your entire body," said Mazurek. "You work out your muscles, your lungs, your heart, everything. It's low impact ... so it's a great workout for anybody."

Mazurek also explained that one swimmer comes to the Master's Program because she's pregnant and her doctor recommends it. Doctors also recommend swimming for people who are overweight or have heart problems.

"If you're able to swim laps and you want to come in and get in better shape, swimming is the best way to train everything," said Mazurek.

The program is open to all branches of the military. Mazurek said there are swimmers who come from as far away as Kaneohe Bay.

"I'd like to see people come down from all the branches of the service and become a part of the program," said Mazurek.

Practices are at the Richardson Pool on Mondays, Wednesdays and Fridays from 5 a.m. to 7 a.m. and Monday through Friday from 6:30 p.m. to 8 p.m. According to Ensign Dustin Riley, the program is great because it's an effective way to work out and it's available before he goes to work.

Swimmers can attend as many practices as they want. Mazurek said some swimmers come only in the morning or evening, and some even come during Richardson's open swim from 11 a.m. to 1 p.m. The coaches provide a hard copy of the practice for those who can only come during the open swim.

The first scheduled meet is the Hawai'i International Master's Swim Meet, which is held in June at the University of Hawai'i. Mazurek hopes to have a military meet in September, inviting other similar teams to the island.

To swim in the competitions, a swimmer must register with the Master's Association. The registration fee is \$25, which includes a Master's magazine subscription and insurance, said Mazurek. However, swimmers do not have to register to practice with the team.

Mazurek said that whether you want to compete or just come to the practices, the Master's Program is a great way to help you get in shape and have some fun.

"I want the guys and girls that come in here to have a good experience and I want other people to see that and want to be a part of it," said Mazurek.

For more information on the Master's Program, contact Candace Mazurek at 349-0868 or call Richardson Pool at 471-9181.



Above: Andy Bates takes a breath while completing a lap of the freestyle stroke. Right: OS3 Jeff Frick comes up for a breath while practicing the breaststroke.



Right: HMC(SW) Paula Africa continues her freestyle stroke after completing a flip turn. The purpose of the Master's Program is to make a swimming program available for those above the age of 18 who love to swim and enjoy working out.



Right: Ensign Dustin Riley practices diving off the starting blocks at Richardson Pool. The program has swimmers who swim constantly and those who are just starting out and are looking for an aerobic workout.



Left: Andy Gjelsteen surges ahead while working on his butterfly stroke.

Commentary

Window on Pearl Harbor

Karen S. Spangler, Assistant Editor

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Searching for a copy of 'Football for Idiots' ...

It's that time of year again – when fans across the island and throughout the nation will be glued to their television sets for the big game – as Super Bowl XXXVIII plays out.

I enjoy sports – the competitive spirit, the thrill of it all as the teams meet each other on the playing field, the adrenaline rush when the score is tied or close, and the race to win while in the race to beat the clock.

I even enjoy a good football game – the stomping, cheering and whistling of the enthusiastic crowd as the players charge down the field to make a touchdown – along with the tactics, turns and tumbles that are all part of a hard-fought football contest.

But I have to admit that I don't totally understand the game. Some of the finer points of the game elude me and I have been known to misinterpret some of the plays. (This became readily apparent on those occasions when I have exuberantly stood up, cheered, whistled and clapped – only to find out that the call that was just made was against the team I was rooting for. But I have learned how to avoid this embarrassment – I simply wait until the fans seated around me are standing and cheering before I let my exuberance show.)

But at least I have learned to "talk the talk." (See how many football terms I have used in this column.) Another one of my more embarrassing football moments was when I innocently asked a male fan, "Where is the dugout?" He immediately choked up with laughter before explaining that "baseball players sit in a dugout; football players are on the bench."

It didn't seem to me that the "seating arrangements" should be that big a deal, but in my quest to make sure that I can talk the lingo, I filed this away for future reference.

Perhaps one reason that I don't totally understand the game of football is because some of the things that they do during the game just don't make a lot of sense to me. In other words, they defy female logic. As we know, female logic and male logic are just a little different.

Let me give you an example. The quarterback passes the football to the wide receiver. As he grabs the ball from midair, he is tackled by a player from the opposite team. Still clutching the ball, he falls down on the field, the pigskin buried beneath his well-padded form. And suddenly, there is a melee of players, all jumping on top of each other until there is a huge pile of human bodies. Why? I'm told that this is done to make sure that the "ball

doesn't get away." This makes no sense to me. Do they really think that little football can escape once a couple big, brawny football players have jumped on top of it? Does it take all of those players to ensure that the ball stays put? I don't think so.

It also seems to me that the referees spend an awful lot of time throwing little white flags all over the field, then running around and picking them up. They also spend considerable time walking up and down the sidelines with tall markers that they jam violently into the ground every few yards. It just seems that all of this amounts to a lot of time lost that could be better spent actually playing the game. But football is a violent game – maybe these are ways to relieve stress?

And what's with that little "dance" that the players do when they finally manage to run into the end zone (she said, as the language of football just rolled off her tongue)? Is there a reason for it? Does the touchdown not count until the little dance has been properly executed?

And why are there rules against roughing the kicker and roughing the quarterback? Football is a ROUGH game. Aren't they supposed to play rough? Isn't the intent to get a little rough, thereby achieving the end result – to win?

The whole philosophy behind "downs" is also a bit confusing for me. I know that it takes four first downs – but to do what? And more importantly, how can all four of them be FIRST downs? Wouldn't they be first down, second down, third down, fourth down – you can see where I'm going with this.

There's another ritual in the game of football that I don't quite get. Why is it that all of these manly men are constantly patting each other's behinds all through the game? You don't see this ritual in baseball or basketball or soccer – so I think that this is probably something about football rituals or practices that I don't understand.

But I do enjoy a good football game – perhaps I can gain a clearer understanding of the game by reading "Football for Idiots" – and then I will be able to appreciate the finer points of the game.

By the way, who's playing on Sunday?

For all of you fans, enjoy the Superbowl – along with the camaraderie and the snacks that go along with Superbowl Sunday – and have a fine Navy day here in paradise.

We welcome comments from readers. If you have comments, please send them to: Karen.spangler@navy.mil.

Play the game, score success

JO2 Jessica B. Davis

U.S. Pacific Fleet Public Affairs

The sweat is trickling down his forehead, his palms are clammy, he's about to make a decision as the team waits. Leadership and team sports might be more closely related than you might think.

A leading petty officer and a quarterback are required to lead their teams in the right direction. Sailors playing team sports can benefit through the Navy's sports programs by learning to build management and leadership skills.

"Team sports give people the chance to learn to trust their teammates," said Dr. Linda Bunker, sports psychologist at the University of Virginia. "[Competitors] learn when they need to take responsibility."

According to Bunker, leadership skills are formed in competitive sports by learning to deal with winning and losing, trusting others, learning to make adjustments to different situations and learning how to communicate with others in a productive, not destructive, manner.

Sailors can grasp these leadership skills by participating in Navy sports. The Navy offers an array of competitive sports including college level at the Naval Academy and Morale, Welfare and Recreation (MWR) through all-Navy and intramural sports programs.

"Sports is a good team-building activity," said Lt. Elizabeth Greenway, physical therapist for the Sports Medicine and Reconditioning Team Center. "The social environment of being around other people makes a [Sailor] more well-rounded."

Well-rounded Sailors have taken their leadership skills from playing sports and applied them to their careers.

"The Navy reinforced my love for athletics," said Roger Staubach, a Cincinnati native. "The Navy actually improved my feelings about being a quarterback for the Dallas Cowboys as far as my leadership role."

Staubach won the Heisman Trophy in 1963 while playing for the U. S. Naval Academy. Although he was drafted by the Dallas Cowboys in 1964, the year before he graduated, he



Photo by PH1(AW) William R. Goodwin
Games like football, seen here at Pro Bowl 2003, can be great teambuilding tools.

didn't begin playing until 1969 due to his Navy commitment. During his five year naval career, as a supply officer, some of which was spent in the Vietnam War, he used his annual leave to attend practices and training camps with the Cowboys.

"Football encompasses the attributes of teamwork perseverance and just hard work," Staubach said. "To be successful at something, you have to work at it."

After leading the Cowboys to two Super Bowl titles, the six-time Pro-Bowl player used skills he learned in the Navy and on the football field to start a small real estate company. In the last 25 years, his company has grown into worldwide leader in real estate.

Leadership is an important part of advancement and relationships with co-workers. Sailors work hard every day to meet the challenges of being in a leadership role with days filled with meetings, training, being responsible for others and much more.

For junior Sailors looking to build management skills, like Staubach, getting involved in sports can be the first step.

"Some Sailors, playing team sports, don't have any authority at work," said Wade Ichiyama, assistant athletic director for MWR on Pearl Harbor. "But when they have authority to coach for their command, it gives them the opportunity to show their leadership qualities."

"The Navy taught me a lot about trust, hard work, teamwork and perseverance," Staubach said. "Those are also qualities that are in athletes."

MWR

Movie Call

Sharkey Theater, Pearl Harbor
(473-0726)

FRIDAY
7:00 p.m. The Last Samurai (R)
SATURDAY
2:30 p.m. The Haunted Mansion (PG)
4:30 p.m. Stuck on You (PG 13)
7:00 p.m. Something's gotta give (PG 13)
SUNDAY
2:30 p.m. Love Don't Cost a Thing (PG 13)
4:45 p.m. Honey (PG 13)
6:45 p.m. The Missing (PM)
THURSDAY
7:00 p.m. Paycheck (PG 13)

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

Memorial Theater, Hickam AFB
(449-2239)

FRIDAY
7:00 p.m. Paycheck (PG 13)
SATURDAY
7:00 p.m. Something's Gotta Give (PG 13)
SUNDAY
7:00 p.m. Something's Gotta Give (PG 13)
WEDNESDAY
7:00 p.m. Mona Lisa Smile (PG 13)
THURSDAY
7:00 p.m. Mona Lisa Smile (PG 13)

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

Sgt. Smith Theater, Schofield Barracks
(624-2585)

FRIDAY
7:00 p.m. Stuck on You (PG 13)
SATURDAY
2:00 p.m. The Last Samurai (R)
SUNDAY
7:00 p.m. The Last Samurai (R)
WEDNESDAY
7:00 p.m. Stuck on You (PG 13)
THURSDAY
7:00 p.m. The Last Samurai (R)

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



The Haunted Mansion: Real estate agent Jim and his family visit an old mansion, thinking they're just stopping by to check out the property. But soon they end up stranded there, along with 999 creepy ghosts.

Honey: Honey Daniels is an up-and-coming choreographer who finds her career in jeopardy after she refuses to reciprocate the sexual advances of a music-industry bigwig. Determined to pick herself back up, Honey goes back to the inner-city of her youth with plans of starting a dance school.

The Last Samurai: Tom Cruise plays a 19th-century American military officer who travels to Japan to help organize and teach the emperor's troops during a time of feudal conflict on the island. As he learns more about the samurai, the traditional protectors of feudal lands, he comes to understand and appreciate the complicated system of honor under which they live.

Love Don't Cost a Thing: Alvin stars as a brilliant but awkward teenager who seizes a golden opportunity when popular cheerleader Paris wrecks her parents' car and is strapped for cash. Alvin pays Paris to pretend to be his girlfriend with hopes of elevating his social standing.

The Missing: Maggie struggles to raise her two daughters on her own. When one of them, Lily, is kidnapped by a psychopath who has been murdering young teenage girls, Maggie must turn to her father, with whom she had a falling-out long ago, for help.

Mona Lisa Smile: 1953 America was a time ripe for change for women and when Katherine arrives to teach art history at Wellesley College, she finds the institution drowning in outdated morals.

Paycheck: Michael has his memory erased by his employer as a security precaution once he's completed special projects. After finishing his latest, he receives not his usual lucrative paycheck, but an envelope containing 19 items, including ticket stubs, bus tokens, and other reminders he sent himself before the procedure.

Something's Gotta Give: Harry has his world turned upside-down when he has a heart attack while visiting his girlfriend's home and is left in the care of her mother.

Stuck on You: Matt Damon and Greg Kinnear star as conjoined twins, one of whom has dreams of making it big in Hollywood. When they arrive in town, they're cast on a television show.

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.

LIFEGUARD CLASSES

Lifeguard training classes will be held at Richardson Pool now until Feb. 12. For more information or to register, call Towers Pool at 471-9723.

INLINE SKATING LESSONS

Inline skating lessons are offered from 4-5 p.m. every Tuesday and Thursday at Boards & Blades Skate Park. The cost is \$5 and includes all required equipment. For more information or to register, call the skate shop at 473-3295.

WATER AEROBICS AT SCOTT POOL

Looking for a low impact workout that produces high impact results? Water aerobics is the answer. Classes are held from 9-10 a.m. Monday, Wednesday and Friday at Scott Pool. The cost is \$2 per class, but the first class is free. For more information, call Scott Pool at 473-0394.

CALLING ALL KINGPINS

Check out the bowling events at Naval Station Bowling Center. Regularly held activities include:

- Active duty patrons bowl free from 11 a.m.-1 p.m. every Monday.
- Kids bowl free (one per paying adult) starting from 6 to 10 p.m. every Monday evening.
- Pick-a-price Tuesdays are from 10:30 a.m.-3 p.m. Bowlers can try their luck and pick the price for games from 50 cents to \$1.50. For more information, call 473-2651.

SLIP INTO BOAT SLIPS

Well appointed with many amenities, boat slips at Rainbow Bay Marina are open to active duty, retirees, reservists and DoD employees. Slips are \$4.50 per foot/per

month for military and \$5 per foot/per month for all others. For more information, call the marina at 473-0279.

SKATE PARTIES

Boards & Blades Skate Park is available for keiki birthday parties. The staff will outfit them in the latest skating gear. For more information, call 473-3295.

COACHES NEEDED - BASKETBALL AND BASEBALL

Boys & Girls Clubs of Navy Hawai'i is looking for volunteer coaches. There are several children who are interested in participating, but there are not enough volunteer coaches. No experience is necessary. If you have a few hours to spare, call 474-3501.

WAHINE SUNSET SAILING

It's ladies night every Tuesday at Rainbow Marina. Join other military and DoD ladies as they hone their skills on the Rhodes 19 and Club 420s. The fun starts at 4:30 p.m. and the cost is \$5 per boat. For more information, call 473-0279.

GET YOUR HEAD UNDER THE HOOD

Go to any Navy Region Auto Skills Center (Pearl Harbor, West Loch or NCTAMS) for expert guidance on engine tune-ups, oil changes, etc., from the highly-trained staff. Auto repair diagnostics are available for most vehicles. For more information, call 471-9072.

FREE SAILING LESSONS

Single and unaccompanied Sailors can learn to sail for free from 1-5 p.m. every Saturday and Sunday at Rainbow Bay Marina. To reserve your spot, call the marina at 473-0279.

GET AWAY AT THE BEACH

Rent a Barbers Point beach cottage

for a relaxing mini-vacation. The cottages feature one, two or three bedrooms, are fully furnished and have all the amenities needed for a comfortable stay away from home. Cottage reservations are accepted at the ITT office at The Mall at Pearl Harbor. Advance reservation categories apply, so plan accordingly. For more information, call Information, Tickets and Tours at 422-2757.

MILITARY COMMAND FITNESS PROGRAMS

For some variety in the PT routine, try water sports at the Rainbow Bay Marina. The exercise routine includes 1.5-mile race course, lap swimming, kayaking, canoeing, sail boating and concludes with perhaps a picnic at a party patio. All water activities are supervised by the MWR staff. To schedule a date for your command, call 473-0284.

PLACE TO PARTY

Having a party too big for your home? Rent a neighborhood community center. The centers offer facilities that provide all of the amenities needed to host a birthday party, wedding or perhaps a promotion reception. Navy family housing residents are eligible to reserve the community center in their housing areas up to six months in advance. For more information, call Community Central at 471-8658.

SAM SNEAD'S TAVERN

Sam Snead's Tavern at Navy-Marine Golf Course offers a friendly, relaxing atmosphere with great food and features the only open-fire oak grill in the islands. Every Monday, keiki 12 years old and younger can enjoy a free meal from the keiki menu. There is one free keiki meal offered per paying adult. Sam Snead's Tavern is open daily for lunch and dinner from 11 a.m.-10 p.m. For more information, call 421-SAMS (7267).



Sundays: Movie and popcorn, 7:30 p.m.

Mondays: NFL football and pupus, 6:30 p.m., free.

Tuesdays: 8-Tournament, 7 p.m., free.

Wednesdays: Ping Pong Tournament, 6 p.m., free.

Thursdays: Movie and popcorn, 7:30 p.m.

Liberty in Paradise (LIP) activities are geared toward single and unaccompanied service members. Payment should be made at least three days prior to the event. All activities depart from LIP. To sign-up or for more information, call 473-4279.

LIBERTY AT BEEMAN CENTER

Sundays: NFL football, 5 p.m.; movie and popcorn, 7:30 p.m.

Mondays: NFL football live satellite broadcast, 3 p.m.; re-broadcast and free pupus, 6:30 p.m.; 8-Ball Pool Tournament, 7 p.m., \$5 for active duty/\$8 for all other authorized patrons.

Tuesdays: Karaoke with Bill at 7:30 p.m.

Wednesdays: (first and third) Open mic jam, 7 p.m.; (second and fourth) XBOX HALO Tournament, 7 p.m., \$5 for active duty/\$8 for all other authorized patrons.

Thursdays: (first and third) Game Show, 7:30 p.m.; (second and fourth) Movie and popcorn with Trivia Contest at intermission, 7:30 p.m.

Fridays: 9-Ball Pool Tournament, 7:30 p.m., \$10 for active duty/\$15 for all other authorized patrons.

Saturdays: College football on the big screen at 11:30 a.m.; Karaoke with Bill at 8 p.m.

Community Calendar

Here's a look at off-duty events happening on Oahu's military bases for service members and their families.

To get your activity or event featured in the Community Calendar, e-mail your requests to the editor at hnn@honoluluadvertiser.com or fax submissions to Hawai'i Navy News at 473-2876.

Deadline for submissions is Thursday for the following week's issue. Items will run for four consecutive weeks on a space available basis (see footnote numbers after each event). After four weeks, they should be updated and resubmitted to HNN.

MISCELLANEOUS

BLOOD DRIVES

- Feb. 3: 9 a.m.-noon, JICPAC.
 - Feb. 6: 9 a.m.-noon, COMSUBPAC, Squadron 1.
 - Feb. 10: 9 a.m.-noon, 3rd BDE, D Quad, Schofield Barracks.
 - Feb. 13: 9 a.m.-noon, COMSUBPAC, Squadron 1.
 - Feb. 19: 9 a.m.-noon, COMPACFLT, Pearl Harbor.
 - Feb. 20: 9 a.m.-noon, COMSUBPAC, Squadron 1.
 - Feb. 26: 9 a.m.-noon, Hickam Community Center, Hickam AFB.
- For more information, call 433-6148.

TECH SHOW

Demos on the latest in technology along with knowledgeable representatives will be at the ATC Tech show from 10 a.m.-2 p.m. Feb. 5 at The Banyans at Pearl Harbor. Extensive catering will be served. The event is free to all personnel and there will be on-site registration. The Tech Show will also be held from 10 a.m.- 2 p.m. Feb. 4 at the Sunset Lanai, building 500 at Camp Smith and from 10 a.m.- 2 p.m. Feb. 3 at the officers' club at Hickam AFB. For more information, call 1-888-282-2262 or email info@atc-expo.com. Information is also available by visiting the Website www.atc-expo.com/shows. (2)

HEROES' PASS AT MIGHTY MO

The USS Missouri Memorial Association, caretaker of the Battleship Missouri, is offering the Heroes' Pass, allowing Hawai'i residents to give friends and family a free pass to America's last and greatest battleship. Exclusively for kamaaina, the \$15 pass provides unlimited admission to the Battleship Missouri

Memorial for the pass holder for one year, plus numerous additional savings such as:

- \$10 off the memorial's explorer's or captain's tours.
 - One free chief's guided tour when purchasing one at the regular price of \$6.
 - 10 percent off retail purchases from the ship's gift store.
- Heroes' Passes are available for purchase at the Battleship Missouri Memorial. Admission for kamaaina is usually \$10 per adult. For additional information, call 454-1434 on Oahu, toll free at 1-877-MIGHTYMO, or visit www.ussmissouri.org. (3)

VOLUNTEERS NEEDED FOR VGAL PROGRAM

Volunteers are needed to serve as volunteer guardian ad litem (VGALs) for Hawai'i's First Judicial family court. VGALs serve as advocates for abused and neglected children who are in the family court system. Free training is provided. Volunteers must enjoy working with children and be able to confront difficult issues. The next training class is scheduled to begin in January 2004. For more information, call the VGAL program office at 538-5930. (3)

MANAGERIAL ECONOMICS DEGREE

The University of Oklahoma offers a master of arts in managerial economics and a master of public administration. The school's non-thesis programs can be completed in about 18 months and one-week classes are TDY/TAD friendly. For more information, contact the OU Hickam office at 449-6364 or aphickam@ou.edu or visit the website at www.gouou.edu. (3)

SHIP/SUBMARINE OHANA

USS HOPPER OHANA

The USS Hopper Ohana will hold its monthly meeting beginning at 6:30 p.m. Feb. 3 at the fellowship hall at the Pearl Harbor Base Chapel. The activity for the event will be making valentines with the children. The ohana will discuss the cookbook and upcoming events. Childcare is available free of charge. The ohana will host its monthly breakfast club beginning at 9 a.m. Feb. 21 at the Shorebirds in Waikiki. The breakfast

is Dutch treat. For more information, email hopperohana70@yahoo.com or call Sabrina at 499-0555. (2)

USS LAKE ERIE OHANA

The USS Lake Erie Ohana (family support group) will meet at 5:30 p.m. Feb. 10 at the Pearl Harbor Chapel. Refreshments will be available. A discussion of ideas for the upcoming year will begin at 6 p.m. Childcare will be available. For more information, call Chris at 689-0980. (1)

NEX

ANNUAL INVENTORY

The Navy Exchange will conduct its annual inventory during the last week of January, affecting hours of operation. On Feb. 1, the NEX will close at 6 p.m. Closing times for other NEX operations are as follows:

- **Closing at 6 p.m. Jan. 30**
Wahiawa Mini Mart
Iroquois Point Mini Mart
Pearl City Mini Mart

- **Closing on Jan. 31**
Makalapa Mini Mart, 9 a.m.
Kunia Mini Mart, 2 p.m.
Autoport, 2:30 p.m.
Home Gallery, 6 p.m.

- **Closed on Feb. 2**
Outdoor Living Center
Pet Stop
Barking Sands

NAVY LODGE HAWAII NOW OPEN

Hawaii's first Navy Lodge is now open and accepting reservations. Navy Lodge Hawai'i, located on Ford Island, offers spacious rooms with amenities that include fully-equipped kitchen, satellite television with DVD, daily maid service and laundry facilities. For reservations, call 1-800-Navy-Inn. (1)

I LOVE COUNTRY CAFÉ AT THE MALL

I Love Country Café, the newest food court restaurant at The Mall at Pearl Harbor, is now open. The restaurant is open at 7 a.m. and offers a wide menu selection for breakfast, lunch and dinner. (1)

VALENTINE'S DAY FLOWER ORDERS

The NEX Flower Shop offers specials on roses, but all orders must be placed by Feb. 7 to meet the deadline for Valentine's Day. Orders can be picked

up at the NEX Flowers headquarters by The Mall gas lanes, or delivery is available for select areas. Teleflora Wire Service is available worldwide. For more information, call 421-3419. (1)

ARMED SERVICES YMCA

ALIAMANU LOCATION:

The Aliamanu (AMR) branch of the Armed Services YMCA is located at 1875 Aliamanu Drive, Honolulu, Hawai'i 96818. The phone number is 833-1185, fax 834-3631, email is ASYMCAAMR@aol.com. Hours are 8 a.m.-1:30 p.m. Monday through Thursday.

LAMAZE CLASSES

Lamaze classes provide information and instruction on everything you need to know about childbirth. The next class will be held Feb. 26-April 1 and meets from 7-9 p.m. every Thursday for six weeks. Payment and reservations are required by Feb. 19. For more information, call 833-1185. (2)

KEIKI CARE CLASS

Keiki Care classes provide childcare training, first aid and CPR certification for teenagers who would like to be babysitters. Upon successful completion of the course, the student will be placed on the Super Sitters' List. To sign up or for more information, call 833-1185. (2)

WELCOME BABY

All expectant and new moms are invited to attend the Welcome Baby support group which meets twice a month. Children are welcome to attend. For more information or to reserve a spot, call Terri or Susan at 363-1897. (2)

CHILDREN'S WAITING ROOM

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 place an appointment should call 833-1185. (3)

Mardi Gras Follies debuts Feb. 27, box office now open

Karen S. Spangler
Assistant Editor

The 49th Annual Mardi Gras Follies, a presentation of the Pearl Harbor Performing Arts Association, will open at The Banyans at Naval Station Pearl Harbor on Feb. 27. Tickets for the lavish, Las Vegas-style singing and dancing revue are now on sale at the Follies box office at The Banyans from 10 a.m.-1 p.m. on weekdays.

Veteran showman Jack Cione returns for his 19th year as the show's artistic director. This year's revue will pay tribute to America's military forces with a salute to the red, white and blue performed by a cast of more than 50 performers.

Over half of the cast and crew are military-affiliated, either active duty, veterans or retired. The talented cast of the Follies includes long-time performers with the show as well as newcomers who dream of performing on

stage. Follies stars include entertainers of all ages – in addition to active duty and retired military, military family members, DoD civilians and residents from the local community prepare for the annual show.

"For our performers, it is truly a labor of love," said Cione, noting that the cast dedicates numerous hours in rehearsals for the musical revue.

Bill Doherty, who designs and creates the glamorous showgirl costumes and headpieces used in the revue, has spent countless hours fashioning the costumes for this year's production.

One of the specialty numbers highlighting this year's Follies will be a Korean festival selection, paying tribute to the 100th anniversary of Korean immigrants in Hawaii.

The Follies extravaganza will open with "At the Copa Cabana" and the show's musical smorgasbord will also feature "Under the Sea" from the Little Mermaid.



Photo courtesy of the Pearl Harbor Performing Arts Association Performers from the annual Mardi Gras Follies.

The Follies production offers a glitzy, musical extravaganza for the entire family. The Mardi Gras Follies is the main fundraiser for the Pearl Harbor

Performing Arts Association (PHPAA), a nonprofit organization that contributes thousands of dollars each year to local military and civilian charities.

Patti Chrzanowski, one of PHPAA's founding members and the association's current president, discussed the devotion that cast members have to the production. "The best part of it is that we are doing it as a service to others. We have the satisfaction of knowing that we are raising money for deserving non-profit organizations and having a great time doing it," she said.

She described the Follies as a project that takes about nine months of preparation, planning and rehearsing. And then the anxiously-awaited event is born on stage – for enthusiastic audiences who have the opportunity to enjoy the colorful, musical cabaret show without ever leaving the islands. The unique presentation is the only one of its kind in Hawaii.

Thanks to the efforts of the Pearl

Harbor Performing Arts Association and its devoted performers and members, the Mardi Gras Follies will take center stage for its 49th year with performances beginning Feb. 27. Performances will be held every weekend through March 27.

Tickets are available at a cost of \$35, \$45 or \$50 per person and offer an evening of entertainment - including a buffet dinner, the Mardi Gras Follies show, tax, tip and free parking. A portion of the cost is also tax deductible. For tickets, call 473-1703. Mardi Gras Follies T-shirts are also for sale at a cost of \$15.

If you have an interest in the theatre, the arts or fundraising and would like more information about how to become a member of the Pearl Harbor Performing Arts Association, call 487-2546.

You can also visit the Mardi Gras Follies website at www.mardigrasfollies.com for more information.

Shipmates: A father, son share their experiences in the Navy

JOSN Jason McCammack
USS Carl Vinson Public Affairs

Since the Navy's inception during the Revolutionary War, sons have followed in their seafaring fathers' footsteps to serve their country. Rarely, though, are a father and son presented with the challenge and opportunity to work together on the same Navy ship.

Master Chief Avionics Technician (AW/NAC) Carl Bailey II, aircraft intermediate maintenance department's leading chief petty officer, and his son, Aviation Electrician's Mate Airman Carl Bailey III, are both currently deployed in the eastern Pacific aboard USS Carl Vinson (CVN 70).

The Baileys' story begins in Imperial Beach, Calif., just south of San Diego. This small town, the most southwesterly city in the continental United States, was home for the Bailey family. Master Chief Bailey, son of a Marine master gunnery sergeant, was faced with the challenge of raising his son in a single-parent home and meeting his duty as an often-deployed Sailor.

"The Navy has always been a tremendous fac-

tor in my son's life," said the younger Bailey. "My fellow Sailors played a big role and always lent a hand when I needed them. You could say that he was partly raised by other chiefs and master chiefs, because when I was deployed, they were the ones I often depended on to look after him."

Despite the predominant role the Navy played in his youth, the elder Bailey didn't dream of becoming a Sailor when he was growing up.

"I never really considered it until I turned 18," said the young airman.

"He won't come out and say it, but I think Sept. 11 was a turning point that made him consider his options more closely," said the elder Bailey. "He started talking about joining the Navy that same week."

Following the younger Bailey's high school graduation, he was off to Navy boot camp in Great Lakes, Ill.

Father counseled son on his Navy options. He advised him to pick a rate where he would receive training in a technical skill. Initially, Airman Bailey chose a rate different than that of his father, but he soon found himself training to do the same work as dad.

It wasn't long before the Baileys found themselves in a unique situation. The elder Bailey was working in his office aboard Carl Vinson when he got e-mail from the aviation electrician detailer. The detailer asked the elder Bailey if he was interested in getting another airman for his department and was given the name of this prospective Sailor. The seasoned master chief couldn't help but laugh.

"Initially I was in shock," he said. "I told him, 'I need another airman in my department, but you should really know that the Sailor you're talking about sending is my son!'"

"First of all, I had to talk to the powers that be on the ship, as well as in my department. I hadn't really seen this kind of situation before, and I wasn't even sure if it was allowed. I was assured that it was legal, so we went ahead with it."

Since the younger Bailey reported for duty aboard the "Gold Eagle" in October, both Baileys have faced a period of adjustment.

"I knew it would be harder for my son than it would be for me," said Master Chief Bailey.

"I really wanted to make it clear in the de-

partment that the chiefs and first class petty officers would give my son no special treatment," he said. "It really hasn't been a big issue for me, because he asks for no favors and has really become his own Sailor. It's like I told him before he got here, 'You've got to ride your own horse,'—and that is just what he's done."

Things haven't been quite as easy for the son. His friends and peers needle him by insinuating that he has it easy because his father is a master chief petty officer and is the highest-ranking enlisted Sailor in AIMD.

"Yeah, I take a little heat, but it's in good fun — no big deal," said Airman Bailey.

With one at the top of the enlisted ranks and the other Bailey just getting started in his naval career, father and son don't cross paths at work very often. The two men maintain a professional relationship on the job, but there is no mistaking their special bond.

When his Carl Vinson assignment comes to an end, the elder Bailey will return to the rescue swimmer community where he worked for more than 20 years, while the younger Bailey will continue his tour aboard Carl Vinson.

