



A young box car racer lets his brake handle go and rushes down the track at the American Box Car Racing International track in Pearl City. The track hosts parties and open track time for Sailors, their families and civilians. The cars at the ABCRI track have no engine and are all gravity powered. Many of the cars were hand-built by island residents or sponsored by local businesses. Sailors who would like to purchase a kit from ABCRI can visit the track behind the Sam's Club on Acacia Road. They can either use the track's on-site facilities to build the car or take it home. ABCRI is a non-profit organization.



A young girl prepares to release her brake and begin a race at ABCRI's track. ABCRI has three separate track areas with four lanes on each track. Each of the race courses has nine to 12 curves in the track so drivers must learn to negotiate the curves if they are to win their race.

At a track tucked away behind Sam's Club in Pearl City, Sailors and their families can take racing...

Out of the box

Story and photos by
JO1 Daniel J. Calderón
Editor

A light breeze blows across the faces of the racers as they sit in their vehicles. Most of them are intense and focused on their goal – victory. One waves to his parents who are standing at the bottom of the hill just to the side of the track. Another wonders if they will be done in time to watch her favorite cartoon. The flag goes up, falls and the race is on. It's just another day of excitement at the American Box Car Racing International (ABCRI) track.

The track is a place Sailors and their families can enjoy a day of box-car racing or spend time building box cars with their families.

"It's good for military families because it gives them the opportunity to be involved with the local community," said B.C. Cowling, executive director for the ABCRI track. "It gives them a positive activity to enjoy with their kids."

The track is located on Acacia Road behind the Sam's Club in Pearl City. It is open on Wednesdays from 3-9 p.m., Fridays from 3-9 p.m., Saturdays from 1-5 p.m., Sundays from 1-5 p.m., and most holidays from 1-5 p.m. The track will operate on holiday schedule for Monday's Presidents' Day observance. Military families receive a 25 percent discount on the cost of open track racing. Anyone interested in more specific information can look up ABCRI's website at www.boxcarracing.org or call ABCRI's office at 947-3393.

"There are very few activities parents and kids can do side by side," said Cowling. "All of us at the track have heard from kids who tell us how great it is to be with their parents."

Cowling hopes to have volunteer help to begin a free Wednesday night racing league since he does not currently have the manpower to run the league.

During open track time, parents and their children are able to use one of ABCRI's box cars to race down one of the three hills. Each man-made hill has four racing lanes averaging over 400-feet long.

Cowling said the set up is unlike any other in the country. Most other box car racing tracks don't have the amount of turns and twists as the tracks

in Pearl City, which have between nine and 12 turns in each track.

Many of the cars themselves are custom built and painted on the island. Some are paid for by donation since ABCRI is a non-profit organization. The cars are powered by gravity and, as one individual who was on hand for a party at the track said, "sheer willpower." The cars have no internal motor, no engine and only a few moving parts. There is a brake lever for stopping and a steering wheel for negotiating the curves. The "sumo" cars are for younger racers so they can ride with their parents. The staff at ABCRI briefs each guest on safety rules before allowing them to ride the track. Staff members are made up of volunteers and full time staff.

"It's something fun," said Kelly Carrington, a 19-year-old Leeward Community College student. She is a member of the staff at ABCRI and began working there while attending Sacred Heart High School as a volunteer. "There are so many different things you can do here. You can build your own car, paint it, race it and meet lots of people."

Carrington's father is a retired photo officer who spent his last tour on the island and decided to remain in Oahu after his retirement.

"When your kids are involved with something very deeply, you become involved," said Colleen Carrington, Kelly's mother. Colleen is also on staff at the track.

Military families who want to build a box car can purchase a kit from the track. Then, families can either build the car at home or use the track's facilities to put the kit together.

"The military is giving a lot for their country," Cowling said. He said he enjoys providing a place where parents can spend "high quality" time with their children. "I just wish we could do more," he added.

As the sun begins to set and the racers get their one last race in, one looks up at the hill and remembers the day he's had rolling down that hill and rushing around the corners in the box car he built with his father. This boy's dad is on deployment and hopes to be coming home soon. The boy can't wait to spend more time racing the custom car he and his father built.



At a glance

The ABCRI Track is located on Acacia Road, behind Sam's Club in Pearl City. Hours of operation are:

- Wednesdays from 3 to 9 p.m.
- Fridays from 3 to 9 p.m.
- Saturdays from 1 to 5 p.m.
- Sundays from 1 to 5 p.m.
- Most holidays (including Presidents' Day) from 1 to 5 p.m.

The website for ABCRI is www.boxcarracing.org, or, for more information, call the track at 947-3393.

Military members receive a 25 percent discount off the cost of open track racing. Once a member purchases a pass the first time, he or she will receive a "track pass," which is good for an additional discount.



Sailors, their families and civilians can purchase box car kits at the ABCRI track and build them using the track's facilities. During construction, they can store the unfinished car at the track. They can also custom-paint their box car once they finish building it.

Commentary

Focus on Fun

Karen Spangler Assistant Editor

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Friday the 13th may be your lucky day ...

Today is Friday the 13th and if you suffer from paraskevidekatriaphobia, then today is probably not your favorite day. It's a big word, but simply means a fear of Friday the 13th.

The number 13 is itself considered bad luck. Building architects avoid numbering the 13th floor. Airlines avoid the 13th aisle in airplanes. And in the most common superstition regarding the number 13, Friday the 13th is considered a bad luck day.

Some people won't go to work on Friday the 13th, some won't eat dinner out on Friday the 13th, and there are many who wouldn't dream of setting an important date – such as a wedding date – on the supposedly ill-fated day. There are even some people who refuse to get out of bed on Friday the 13th.

Perhaps your apprehension of Friday the 13th isn't quite as drastic, but, just in case there's something to it, you aren't going to tempt fate. You're not alone – statisticians say that 21 million Americans, or an estimated eight percent, are in the grips of the old superstition.

A superstition is a belief, half-belief, or practice for which there appears to be no rational substance. According to some psychologists, "superstition provides us with an excuse for explaining away our mistakes and disgraces. In other words, it's an easy way to rationalize the screw-ups for which we ourselves are ultimately responsible." So if you get fired from your job today, or smash up your car, you might blame it on Friday the 13th. Another opinion offered by psychologists is that people have been told it will be a bad day, so they selectively remember all the bad events that occur throughout the day.

There are numerous theories about how the Friday the 13th superstition began and they are based on a variety of theological and cultural events. Throughout generations of history, "bad" things have been known to happen on Fridays. The number 13 also plays a relevant role as a harbinger of bad omens.

One theory about the origin of the Friday the 13th superstition stems from Friday, Oct. 13, 1307. On this date, the pope of the church in Rome, in conjunction with the King of France, carried out a secret death warrant against "the Knights Templar." The Templars were terminated as heretics, never again to hold the power that they had held for so long. Their grand master, Jacques DeMolay, was arrested and before he was killed, was tortured and crucified.

Another story in which the tradition may have its roots is a Norse legend that tells about 12 gods who were invited to a banquet at Valhalla. Loki, the Evil One, god of mischief, had been excluded from the guest list, but crashed the party anyway, bringing the total number of attendees to 13. Loki incited Hod, the blind god of winter, to attack Balder the Good, who was a favorite of the gods. Hod took a spear of mistletoe offered by Loki and obediently hurled it at Balder, killing him instantly. All Valhalla grieved. Although the

moral of this story might be, "Beware of uninvited guests bearing mistletoe," the Norse themselves apparently concluded that 13 people at a dinner party is just plain bad luck.

The fear of Friday the 13th stems from two separate fears -- the fear of the number 13 and the fear of Fridays. Both fears have deep roots in Western culture, especially in Christian theology.

Some say Friday's bad luck reputation goes back to the Garden of Eden. It was on a Friday, supposedly, that Eve tempted Adam with the forbidden fruit. According to tradition, the Great Flood began on a Friday; God tongued the builders of the Tower of Babel on a Friday; the Temple of Solomon was destroyed on a Friday; and Friday was the day of the week on which Christ was crucified.

There are numerous other notions about why Friday the 13th gets a bad rap. But the bottom line – no one really knows where the superstition had its beginnings.

The British government made an effort – 100 years ago – to dispel the widespread superstition among seamen that setting sail on Fridays was unlucky. A special ship was commissioned and named "H.M.S. Friday." They laid her keel on a Friday, launched her on a Friday, selected her crew on a Friday and hired a man named Jim Friday to be her captain. To top it off, H.M.S. Friday embarked on her maiden voyage on a Friday. Their efforts to quell the superstition backfired or maybe they tempted the fates just a bit too much...the ship was never seen or heard from again. Coincidence?

In more recent times, the flight of Apollo 13 in 1970 gave the date some added notoriety. Not only did the spacecraft bear the unlucky number, it started its ill-fated mission on a Friday the 13th, and almost all of the dates, names and times allegedly contained 13 or added up to 13 in some way.

Spilling salt, breaking a mirror, walking under a ladder, opening an umbrella inside the house, stepping on a crack, crossing the path of a black cat, Friday the 13th – are they really signs of bad luck or just superstitions?

If you are one of those who is really concerned about Friday the 13th, you only have two Friday the 13th days to worry about this year – today and Aug. 13.

On the other hand, Friday the 13th is considered the unluckiest of days unless you're born on this day. If you were born on this day, Friday the 13th is supposed to be your lucky day.

For whatever reason, even though Friday the 13th is usually my lucky day, I guess it wouldn't hurt to carry a four-leaf clover and a lucky penny, wish upon a star and keep my fingers crossed ... just for good luck.

Here's wishing you a lucky day on Friday the 13th 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.

Bowling center scores a winning game with ongoing renovations

JO1 Jim Williams

Feature Editor

The bowler steps up to the lane. He could be any Seaman Smith, Cmdr. Jones or Bob, the retiree. He casually glances left and right, takes three steps and proudly releases his fluorescent three-eyed juggernaut, which thunders down toward the 10 pale white targets. Suddenly an annoying little buzzer fills the air, letting everyone know that Smith, Jones or Bob has stepped over the foul line and this ball won't count.

While the buzzer may be the least popular renovation, it is one of many new changes at the Pearl Harbor Bowling Center.

The center is also putting in a new scoring system, adding new furniture, creating a party room and working on a new snack bar concept with faster service and several new items.

Anyone who has visited the center lately may have noticed the snack bar has been temporarily closed and replaced by a food wagon located outside (which still serves several items, including the fried rice omelet) and several of the lanes are temporarily out of commission, but the renovation project, called the "Orion concept" is expected to be completely finished by March 1.

While the bowling center currently offers several birthday party options that include bowling, shoe rental and a meal, as well as party supplies, the addition of the new party room is highly anticipated by the staff.

"We're going to have it all," said Millie Gomes, the center's director. "It's going to be kind of like a 'Chuck E. Cheese' type atmosphere. In addition to the bowling, including bumper bowling for the little ones, we have food, pool tables, pinball and several other games. We've got it all."

The bowling center also presents the cosmic bowling, or "Thunder Alley" as they call it, offering special sessions of a glow-in-the-dark play land every Saturday and Sunday night.



Photo by JO1 Jim Williams

ET1(SS) Edward Guttorsen bowls at the Pearl Harbor Bowling Center during the ongoing renovations. The renovation project is supposed to be completed by March 1.

The lights are dimmed, except for the black light reflecting neon colors on everything from pictures on the wall to the balls to the player's shoes, and the center turns up the music to create a dance club environment.

"It's all about having fun," said Gomes. "We dim the lights, turn on black lights and turn up the music to create a fun, party atmosphere."

With all of the programs and discounts offered in the past, combined with addition of the new renovations, Gomes says the Pearl Harbor Bowling Center is a great place for both experienced league players and new and prospective future bowlers.

"It doesn't matter if you're good or not. Bowling is really just about having fun."

The bowling center offers numerous special discounts available to military, family members, retirees, DoD civilians and sponsored guests. For more information, call 473-2574.

Pentagon decides against Internet voting

Jim Garamone

American Forces Press Service

The Defense Department is deep-sixing an Internet voting program over concerns about security, a Pentagon spokesperson announced last week.

The Federal Voting Assistance Program, which aids Americans serving overseas in the voting process, will not use the SERVE system in November. The acronym stands for Secure Electronic Registration and Voting Experiment.

"The department has decided not to use the SERVE program in the November elections because of our inability to ensure the legitimacy of the votes," the spokeswoman said. Deputy Defense Secretary Paul Wolfowitz signed the memo on SERVE Jan. 30.

The cancellation follows a report by four of the 10 computer security experts asked to test the system. Those four concluded the system did not ensure the legitimacy of votes. The report they issued said there were a number of ways that computer hackers could crack into the system.

Wolfowitz said he will reconsider his decision only if researchers can prove integrity can be maintained, the spokeswoman said.

The program is not new. In the 2000 election, counties in South Carolina, Texas, Utah and Florida participated in a proof-of-concept demonstration. A total of 84 voters in 21 states and 11 countries voted in those jurisdictions. DoD had hoped to expand the program to include about 100,000 voters.

The program was open to U.S. citizens who fall under the Uniformed and Overseas Citizens Absentee Voting Act.

Congress mandated the program in the fiscal 2002 National Defense Authorization Act. DoD will seek legislative relief from the project if it's needed.

The decision does not end Internet voting research, the Pentagon spokeswoman said. Research will continue. Under the project, eligible voters would have been able to register and vote electronically via any Windows-based personal computer with Internet access from anywhere in world. Seven states had signed up for the project: Arkansas Florida, Hawaii, North Carolina, South Carolina, Utah and Washington.

Overseas voters can still vote by regular paper ballots, or via fax. The Federal Voting Assistance Program has more information on its Web site, and service members also can contact their unit voting assistance officers.

Q & A with Hall of Fame coach Don Shula

JO1 Phil Hasenkamp
U.S. Pacific Fleet Public Affairs

When Coach Don Shula retired after the 1995 NFL season, his record spoke for itself: his 347 career wins as coach (including playoffs) and a winning percentage of .665 were both NFL bests. He took six teams to Super Bowl and won twice with Miami (in Super Bowls VII and VIII). He was four times named NFL Coach of Year - twice early in his career with Baltimore (1964 and '68) and twice again with Miami (1970 and '71). He led the 1972 Miami Dolphins to a 17-0 record, which is still the only undefeated team in NFL history.

As it turns out, Coach Shula has a lot in common with Navy leaders. He sat down with PACFLT Online and shed some light on his leadership style, how he handles pressure, and the ways he chooses to give back to the community.

PACFLT: You were a high profile, extremely successful head football coach for 33 years. How important has community involvement been for you over the years?

Shula: I think it's very important, and I've always tried to stress that to my players: try to give something back. We've been given an opportunity to be up on a stage and to influence a lot of people. I've tried to be a positive influence, and I've tried to stress to my players that if they're going to do something to influence young people, that they should do it in a positive way. And a lot of them have done that. A lot of them are involved in charities, and a lot of them are helping the youth as far as their activities are concerned. And I'm proud of them. But I have some people that I'm not so proud of. But overall, I think the NFL has done a great job, and I think my players have done a great job.

PACFLT: What is your favorite way of giving back to the community?

Shula: A lot of different ways. I have a breast cancer foundation that I founded after my late wife died of breast cancer, and I'm involved with the Boys and Girls clubs. I'm helping the underprivileged and the homeless. There are so many ways to give back to the community, and you have to pick the one you are the most comfortable with, and help in that area.

PACFLT: What do you think is more important, time or money?

Shula: It's time and money. By giving time, you can also help raise more money. There are many different ways to do it. Giving money is a good way to do it, but giving your time is a really good way to do it.

PACFLT: You have a lot of experience with performing under pressure. What do you think the key is to performing well under pressure?

Shula: Just having the confidence that you know how to do what you're expected to do. I think that if you over learn what your responsibilities are, and then you'll end up waiting for the big play or the big game to come to you. If you're not sure about your responsibilities, you'll be afraid you'll make a mistake, and focus on avoiding making mistakes, rather than making the big plays. So you have to have the attitude that 'yea, I'm going to make the play' rather than simply avoiding making mistakes.

PACFLT: In your experiences as a coach, what is your best leadership technique for dealing with people of different personalities?

Shula: That is what coaching is all about - getting into the heads of the people you're responsible for, and finding out the best way to motivate them. It's done in all different ways. Some people you pat on the back, and others you need to embarrass publicly. But you gotta know how to do it. And the coaches who figure out how to do it are the coaches who are going to win.

The team I had for the perfect season, 17-0, had a lot of different personalities. But the basic trait of all of those players was that they were intelligent, they were competitive, and they weren't afraid to go to work.

PACFLT: How important has mentorship been for you in your career?

Shula: I think it's very important. You want to learn from someone you really respect. I had the good fortune to work with some of the greatest coaches in the game, and it was important to learn from them. As a coach and a former coach, now I want to help young people move ahead. I want to give them the right example and the right experience so they can get the most out of their career.

COMSUBPAC Sailors give the gift of life

JO3 Corwin Colbert
COMSUBPAC Public Affairs

Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC) held a blood drive on Feb. 5 at Naval Station Pearl Harbor.

Hospitalman 1st Class Timothy Shaeffer, COMSUBPAC Force medical administrative assistant, and seven members of the Tripler Hospital pathology department coordinated the drive.

"This is the first time in a few years we have done a blood drive," said Shaeffer. "The purpose of having a blood drive is to support our servicemembers. Prior to the Korean War, in peacetime, the military bought blood from the American Red Cross. During wartime, the military drew from our servicemembers to support our people," said Shaeffer.

"During the Korean War, the Red Cross was not able to support the needs of the military and provide for the civilian sector at the same time, so the Department of Defense formed the Military Blood Program," he said.

According to the Eisenhower Army Medical Center's history of the Military Blood Program, it was eventually renamed as the Armed Services Blood Program (ASBP).

In support of ASBP's mission, the non-commissioned officer-in-charge of assistant of component processing at Tripler, Army Sgt. Robert Mims, said Tripler's goal is to meet the demands of supporting our servicemembers and their families.

"Our mission is to provide blood to our servicemembers and family members abroad," said Mims. "We provide,



Photo by JO3 Colbert

SK2(SS) Salvador Caballero from Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC) donates a pint of blood during a COMSUBPAC blood drive on Feb. 5. The drive was to support Tripler Army Medical Center's Armed Services Blood Program.

not only to the hospital, but also to where it is needed. If they need it, we send it. We have needed more blood since Operation Iraqi Freedom, but it is not limited to wartime use.

"We also use donated blood for people involved in car accidents and patients with other life-threatening cases," said Mims.

Eligible donors for the ASBP at Tripler consist of military members, military-sponsored family members, government employees and government contractors. The hospital supports all military members in the Pacific Rim.

COMSUBPAC donors took advantage of the opportunity and were willing to give up a pint of blood to help the cause. After they gave blood, they were given juice and an assortment of snacks.

Shaeffer said the desired quantity for the drive is 30 units or 30 pints.

"Our ideal turnout is about 30 units. That is about 10 percent of our staff. Each donor gives an equivalent to one pint of blood," said Shaeffer.

Setting the example, COMSUBPAC Chief of Staff, Capt. Bruce Smith, donated blood as well despite his busy schedule.

"I have a meeting in 20 minutes," he explained. "I donate because people need it. We can't make it, so give it," he concluded.

The pints came from new donors and veterans alike.

"This is my first time giving blood," said Yeoman 1st Class Kyle Kerbaugh. "My grandfather was dying of lung cancer and he needed a blood transfusion. However, the reason I am donating today is to help out others."

"I enjoy giving blood," said Chief Yeoman(SS) Ben Purvis. "I have been donating blood for a while now. I have no specific reason for donating, I just want to."

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Hawaii
Navy News

Navy set for NASCAR season

JO2 Chris Conklin
Commander, Navy Recruiting Command Public Affairs

The Navy and the FitzBradshaw Racing Team start a full racing season Feb. 14 at the Hershey's Kisses 300 in Daytona Beach, Fla.

The No. 14 Navy "Accelerate your life" Chevrolet Monte Carlo will race into the 2004 season driven by Casey Atwood. This racing season is expected to be a success, as the Navy has pulled out all the stops to make its association with the FitzBradshaw racing team the standard for military sponsorship in motor sports.

The Navy, who will be the primary sponsor for the FitzBradshaw team for the entire race season, also will have representatives tour the country with a number of new attractions recruiters can use to generate leads at major racing venues. These attractions include a show car, a NASCAR simulator and a recruiting booth that will allow recruiters to distribute information on Navy opportunities.

"We are excited about the 2004 NASCAR racing season and our partnership with the FitzBradshaw Racing Team," said Rear Adm. Jeffrey Fowler, Commander, Navy Recruiting Command. "NASCAR is a great American sport, a strong supporter of the military and has a strong Navy fan base. Being a part of this fast growing sport will allow us to tell young men and women about Navy career opportunities and



U.S. Navy file photo
 NASCAR driver Casey Atwood standing next to the Navy-sponsored "Accelerate your life" Chevrolet Monte Carlo. The Navy and its No. 14 car will kick off the racing season Feb. 14.

to establish Navy presence all across America," he said.

The racing show vehicle haulers are used as traveling billboards featuring the Navy Recruiting slogan "Accelerate your life," its toll-free recruiting phone number, 1-800-USA-NAVY and the recruiting Web site address, www.navy.com, making the most of the Navy/NASCAR partnership.

This is the second season for Navy sponsorship of the FitzBradshaw racing team. In the 2003 racing season, the Navy was a partial sponsor for the season, and primary sponsor on the No. 14 "Accelerate your life" car for nine races, including the July 4 Daytona Race.

The Navy considers its

sponsorship with NASCAR, America's fastest growing sport, a natural tie to the speed, agility and teamwork Sailors demonstrate every day in defense of our nation. The Navy is confident its association with NASCAR will provide another avenue to share its message of honor, courage and commitment with local communities and with a national audience.

"Being able to integrate our team into the sponsor's marketing, public relations and promotional initiatives is one of the aspects of NASCAR sponsorships that is so important," said co-owner Terry Bradshaw. "We want to be included in our sponsor's efforts; we want to over-deliver; we want to be successful together."

FFSC counseling: Proactive, professional and progressive

Fleet and Family Support Public Affairs

Americans in the civilian sector spend approximately \$7-\$11 million annually on professional counseling. Each session can cost between \$50 and \$150, or more. Fleet and Family Support Center (FFSC) offers counseling sessions as part of the military benefits package, and these sessions are offered at no cost to Sailors, their families and retired service members.

If service or family members are coping with the loss of a loved one, stressed about deployment or just want to improve personal skills, FFSC can help. Services include individual, marital and family counseling, support groups and crisis intervention.

"The proactive nature of the services and workshops makes the difference," said Lt. Cmdr. Alyce Campbell, director of the FFSC at Naval Air Station New Orleans. "Lots of good people would fall through the cracks without our assistance."

Campbell noted that FFSC services like counseling are not just for people going through a rough time, but for anyone who just needs some helpful advice.

"Sailors and their families can utilize counseling for common issues such as children having difficulty in school or problems at work," said Terri Rau, program manager for FFSC Professional Counseling in Millington, Tenn. "A misconception some Sailors have about the program is that you must be mentally ill."

When Sailors deal with stress-inducing situations, such as deployment or separation, there are many benefits from counseling. Talking to someone about problems – especially a professional who specializes in the challenges of the military lifestyle – can

"Lots of good people would fall through the cracks without our assistance ..."

Lt. Cmdr. Alyce Campbell
FFSC director at Naval Air Station New Orleans

provide insight on how to deal with that particular problem and greatly reduce anxiety.

"An advantage of talking with a counselor at the FFSC is that they know and understand the Navy," Rau said.

The FFSC provides one-on-one counseling scheduled at the Sailor's convenience. A referral is not necessary. All records are kept private and are not shared with commanding officers unless the problem has the potential to endanger others or the client, or if the problem affects the Sailor's duty. Otherwise, the information does not transfer to permanent medical records. Taking these precautions allows for the FFSC to safeguard information in compliance with patient privacy policies; it also fosters an environment for free expression by clients.

"Just because these services are free does not lessen the quality of professionals who conduct the counseling," Rau said. "It's a quality program that more Sailors and families should take advantage of."

There are 55 FFSCs and 67 delivery sites worldwide. For more information on the FFSC and programs like professional counseling, or to locate the nearest center, visit FFSC on the Web at www.persnet.navy.mil/pers66 or call the center's 24-hour information and referral hotline at (800) FSC-LINE.

Fisher House to offer free tickets

Sgt. 1st Class Doug Sample
American Forces Press Service

The Fisher House Foundation has created a new program called Operation Hero Miles, in hopes of giving away hundreds of free airline tickets to help reunite service members hospitalized due to their service in Operations Iraqi Freedom and Enduring Freedom, and their family members.

The foundation is best known for its network of 32 comfort homes that provide a place to stay for families of patients receiving care at military major medical centers and Veterans Affairs medical centers. The comfort homes are located throughout the country and overseas.

Foundation spokesman Jim Weiskopf said the tickets are available to service members undergoing treatment, as either an in- or outpatient at military and VA medical facilities as a result of their service in Iraq, Afghanistan and the surrounding area.

There are two categories of eligible recipients for the free airline tickets:

- Qualifying service men and women may be given a free round-trip airline ticket for a trip from

the medical center to their home and return if they are not eligible for government-funded airfare.

- Qualifying service men and women may be given free round-trip tickets to enable their family or close friends to visit them while they are being treated at the medical center.

Currently, all donated tickets are for flights marketed or operated by American Airlines, American Eagle and American Connection. The flights do carry some restrictions, including 14-day advance purchase, a Saturday night stay, a maximum stay of 30 days, and blackout dates.

Weiskopf emphasized that requests for tickets must originate with the service member and must be made at the medical center. He said the requests should be sent by fax to the Fisher House Foundation (301) 294-8562.

The Hero Miles program began in September out of concern that service members returning from Iraq and Afghanistan on rest and recuperation leave faced huge travel costs to get to their home destinations. Federal law prohibited the military from paying for domestic personal travel for service members or their families upon arrival in the United States or their home military installation.

Pearl Harbor helps grant a wish ...



Photo by JO3 Corwin Colbert
 Gabriel Benavidez and his father Richard give a thumbs-up after touring USS Pasadena (SSN 752) on Feb. 5. Gabriel, age six, has been diagnosed with terminal brain cancer. One of his wishes was to see a submarine and through the Make-A-Wish Foundation of America, Gabriel's wish came true.

MWR

Movie Call

Sharkey Theater, Pearl Harbor
(473-0726)

FRIDAY
7:00 p.m. The Lord of the Rings: Return of the King (PG 13)
SATURDAY
2:30 p.m. Cheaper by the Dozen (PG)
6:30 p.m. Free Sneak Preview 50 First Dates (PG 13)
SUNDAY
2:30 p.m. Teacher's Pet (PG)
4:45 p.m. Stuck on You (PG 13)
7:00 p.m. Mona Lisa Smile (PG 13)
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. The Lord of the Rings: Return of the King (PG 13)
SATURDAY
7:00 p.m. The Lord of the Rings: Return of the King (PG 13)
SUNDAY
7:00 p.m. Free Sneak Preview 50 First Dates (PG 13)
WEDNESDAY
7:00 p.m. The Lord of the Rings: Return of the King (PG 13)
THURSDAY
7:00 p.m. House of Sand and Fog (R)

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. Cheaper by the Dozen (PG)
SATURDAY
7:00 p.m. Free Sneak Preview 50 First Dates (PG 13)
SUNDAY
2:00 p.m. Peter Pan (PG)
WEDNESDAY
7:00 p.m. Cheaper by the Dozen (PG)
THURSDAY
7:00 p.m. Peter Pan (PG)

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



Cheaper by the Dozen: When a football coach is offered the job at Northwestern University, he sets out for Chicago with his wife and their 12 children.

50 First Dates: A veterinarian at an aquarium in Hawai'i falls in love with a girl with short-term memory loss, but he has to keep getting her to fall in love with him every time they meet in order for them to have a relationship, since she never remembers the last time she met him.

House of Sand and Fog: Massoud, despite a pretense of continued affluence, is barely making ends meet until he sees an opportunity in the auction of a house being sold for back taxes. It is a terrible mistake. The house has been improperly seized from its rightful owner, who decides to fight to recover it at any cost.

Lord of the Rings: Return of the King: Hobbits Frodo and Sam push farther into the land of Mordor to destroy the ring of power. Traveling with them, in an uneasy alliance, is the deceitful Gollum, who brings them to the very heart of Mount Doom.

Mona Lisa Smile: 1953 in 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.

Peter Pan: One night in their nursery, young London siblings Wendy, John, and Michael Darling encounter a strange flying boy, who invites them to soar with him to Neverland.

Stuck on You: Matt Damon and Greg Kinnear star as conjoined twins, one of whom has dreams of making it big in Hollywood.

Teacher's Pet: This is the story of a dog that is so curious about the world that he has taught himself how to read, and sneaks to school where he poses as a human.

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.

FRIDAY THE 13TH HOCKEY ALL-NIGHTER

Enter the "bloody elimination tournament" at the Friday the 13th hockey all-nighter at Boards & Blades skate park. Players of all levels are invited to the event from 8 p.m. to midnight. The cost is \$10 per player and includes gear and instruction. Register by Feb. 10. For more information, call 473-3295.

MONGOLIAN BARBECUE AT THE BANYANS

Mongolian barbecue will be offered at The Banyans from 5-8:30 p.m. Feb. 13. Stroll a raw buffet; fill your bowl with veggies, sauces and seasonings; queue-up at a central grill to select your meats and seafoods; and pass the creation to the cooks for a stir-fried treat. For reservations, call 473-1815.

CELEBRATE VALENTINE'S DAY

WIN A DATE WITH A CHEERLEADER

Score a date with a Tennessee Titan cheerleader playing Pearl Harbor's version of the Dating Game. All single Sailors are invited join in the fun at Club Pearl Paradise Lounge, starting at 8 p.m. Feb. 14. Free shuttle service from NCTAMS to Pearl Harbor begins at 4 p.m. For more information, call 473-4279.

VALENTINE'S DAY SAILING SPECIAL

Sail away with your sweetie on the harbor on Feb. 14. Receive a free box of chocolates with any two-hour boat, kayak, paddleboat or canoe rental. For more information or to make reservations, call Rainbow Bay Marina at 473-0279.

SWEETHEART SWIM

If you and your sweetheart each complete a 500-yard swim at an MWR pool on Feb. 14, you will receive one box of candy. For more information, call 473-0394.

VALENTINE'S DAY DANCE

A youth dance for ages 13-17 will be held on Valentine's Day at the Pearl City Community Center. The evening's fun starts at 7:30 and lasts until 11 p.m. There will be music, games and munchies. For more information, call 471-8914.

FREE GOLF CLINICS

Learn the basics or refine your game

at a free clinic that is open to the first 16 active duty Navy and their family members. The clinic will be held from 1-2 p.m. Feb. 14. For more information or to register, call the pro shop at 471-0142.

ADULT SAILING CLINICS

Join MWR at Rainbow Bay Marina every Sunday for sailing clinics. Learn some tricks and tips or just come to play. The schedule follows: Feb. 15, Rhodes 19; and Feb. 22, Columbia 22. The clinics are from 9 a.m. to noon every Sunday and are \$10 per clinic. For more information, call 473-0279.

PRESIDENTS' DAY CELEBRATION AT POOLS

In honor of George Washington and Abraham Lincoln's birthdays, visit any of the MWR pools on Feb. 16 and receive free cake and punch, while supplies last.

PRESIDENTS' DAY MARINA SPECIAL

Enjoy free paddle boating and kayaking from 11 a.m.-1 p.m. on Presidents' Day, Feb. 16, at Rainbow Bay Marina. Birthday cake and punch will be available. For more information, call 473-0279.

WENTWORTH CUP TENNIS TOURNAMENT

The Wentworth Cup Tennis Tournament will be held Feb. 20-22 at the Wentworth tennis courts at Pearl Harbor. Divisions include men's, women's and mixed - open, B and C. Each team match consists of one doubles and two singles. The maximum is four players per team in a double elimination format. The cost is \$5 per player. Register by Feb. 18 at the Wentworth Pro Shop. For more information, call 473-0610.

AFTER WORK SQUASH TOURNAMENT

An after work squash tournament will be held Feb. 23-27 at the Wentworth courts. Divisions include men's and women's - open, A, B and C. The cost is \$5 per player. Register by Feb. 18 at the Wentworth Pro Shop. For more information, call 473-0610.

ALL-NAVY TEAM TRYOUTS

Compete for a spot on the roster of the award-winning All-Navy Bowling Team. Compete with teams who represent other branches of the military as well as civilian teams. Tryouts start at 10 a.m. Feb. 18-20. There will be eight games per day; the cost is \$10 per day. For more information, call 473-2574.

TRAVEL AND TLA OFFICE NOW OPEN IN BLOCH ARENA

Visit MWR Travel Connections for your airline ticketing needs. Check out the new office now open in Bloch Arena

and enjoy some free cappuccino while making your travel plans to any destination in the world. There are no hidden fees or commissions. The office is open from 8 a.m.-6 p.m. Monday - Friday and from 8 a.m.-4 p.m. Saturday. For more information, call 422-0139 or email mwrkunia005@hawaii.rr.com.

COMMAND FUNCTION SPECIAL

MWR bowling and catering specials are offered from 11 a.m.-4 p.m. Tuesday through Friday at the Naval Station Bowling Center. The cost is \$10 per person. For more information or to make reservations, call 473-2574.

NAVSTA BOWLING CENTER SNACK BAR CLOSED FOR RENOVATIONS

The NAVSTA Bowling Center snack bar will be closed for approximately 30 days for renovations. In the meantime, patrons can visit the lunch wagon in front of the bowling center. Throughout the renovations, the bowling center will remain open its regular hours. For more information, call 473-2651.

WIN A DREAM DATE FOR TWO

Do you remember your most memorable first date? If you do, Navy Hawai'i MWR wants details. Enter the Dream Date Contest to create some more memories. The dream date grand prize: One night complimentary accommodations at the Miramar at Waikiki, including ocean view accommodations for two adults and a breakfast buffet for two adults. The second prize: Two tickets to the Paradise Cove luau, which includes the cash bar, buffet dinner and the Polynesian revue. The third prize: Two complimentary cocktail seating tickets to Blue Hawaii the Show at the Waikiki Beachcomber Hotel. To enter the contest, submit a letter (300 words or less) recounting your most memorable first date. Entries must be faxed to 474-5726 or emailed to Christa.Thomas@navy.mil no later than Feb. 11. There are no criteria or categories for the submission, except that it is true to the best of your recollection. Submissions will not be made public and winners will be notified and announced at the Feb. 14 screening of "Fifty First Dates" at Sharkey Theater. You need not be present at the screening to win. For more information on this event, call 473-2651 or visit the MWR website at www.greatlife.hawaii.com.

NORTH SHORE SHARK ADVENTURE

Check out the Galapagos and sandbar sharks three miles out from Haleiwa Harbor. Get up close and personal in the shark cage or observe these creatures from the boat. The cost is \$75 per person for the cage experience and \$40 per person for observers. Prices are good through Feb-

ruary. For more information, call the nearest IIT office: Pearl Harbor, 473-0792; NEX, 422-2757; NCTAMS, 653-5534, or Barbers Point, 682-2019.

VOLLEYBALL ON FREE-DAY FRIDAY

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



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 request 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. 19: 9 a.m.-noon, COMPACFLT, Pearl Harbor.
• Feb. 20: 9 a.m.-noon, COMSUB-PAC, Squadron 1.

• Feb. 26: 9 a.m.-noon, Hickam Community Center, Hickam AFB.
For more information, call 433-6148.

AFRICAN-AMERICAN HISTORY MONTH

The Joint Intelligence Center Pacific's African-American heritage committee is sponsoring a celebration to be held at the Banyan's ballroom Feb. 20. All military, Department of Defense and civilian personnel are cordially invited to attend the celebration and will be admitted at no charge to the formal program, which begins at 7:30 p.m. A dinner will precede the formal program. For reservations or more information, please contact Lt. Kevin Cox at 473-6877, CTR1 Cynthia Dodd at 473-6443 or SFC Jannecia Lawson at 473-6451.(1)

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.usmissouri.org. (2)

FATHER DAUGHTER DANCE

The Armed Services YMCA is holding the Fifth Annual Father Daughter Dance on March 13, proudly sponsored by the Armed Services YMCA. It will be held at the Marine Corps Base Hawai'i Officer's Club from 5 - 8 p.m. Included is a buffet dinner, door prizes, and entertainment. Ticket prices: \$7 for girls age four and under, \$14 for girls age 5-11, \$16 for girls age 12 and older and fathers. The father daughter dance is open to all ranks. For tickets and more information, call 254-4719. (2)

SHIP/SUBMARINE OHANA

USS HOPPER OHANA
• The USS Hopper Ohana will host its monthly breakfast club beginning at 9 a.m. Feb. 21 at the Shorebirds in Waikiki. The event is dutch treat. For more information, contact hopperohana70@yahoo.com or Sabrina at 499-0555
• The USS Hopper Ohana will hold its monthly meeting at 6:30 p.m.

March 2 at the fellowship hall of the Pearl Harbor Base Chapel. A guest speaker will discuss volunteer opportunities in the community. The ohana will also discuss the cookbook, Easter egg hunt and other upcoming events. Childcare is available free of charge. For more information, contact hopperohana70@yahoo.com or Sabrina at 499-0555 (1)

NEX

NAVY LODGE HAWAII NOW OPEN

Hawai'i'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. (3)

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. (3)

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. (3)

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.

T.O.P.S.

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. For more information, call Delcie at 623-1403. (1)

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. (1)

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. (1)

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. (1)

