

## Traditions...



Te Ranga Tahī students watch a demonstration on weaving leaves into bracelets. Te Ranga Tahī teaches its students traditional Polynesian skills like weaving, including how to make the costumes they wear for performances. The students range from age 3 to age 16.



A Te Ranga Tahī student practices her Tahitian dance with a sand bag tied around her waist. The bag trains her how to balance her hips and evenly distribute weight for a circular motion.

### Te Ranga Tahī

- Saturday mornings from 10 a.m. to noon at Pearl Harbor Elementary school.
- Current Te Ranga Tahī students range from 3 years up to 16 years of age.
- Hawaiian hula, Tahitian dance, Samoan fire knife dancing and a variety of traditional cultural crafts.

For more information, contact Kamaile Viena at 486-8508.

## Te Ranga Tahī helps kids learn about Hawai'i's heritage, culture

Story and photos by  
JO1 Daniel J. Calderón  
Editor

Navy and local kids on Oahu can learn the dances and traditions that were old when the United States of America was born.

Te Ranga Tahī, a local halau, teaches kids how to perform Hawaiian hula, Tahitian dance, Samoan fire knife dancing and a variety of traditional cultural crafts.

"I teach because it's something I love," said Kamaile Viena, Te Ranga Tahī's dance instructor. "I enjoy being with kids, teaching them to dance, teaching them about the Hawaiian culture and teaching them how to make their costumes."

Viena said the halau is unlike many others since dancers make their own costumes.

"They learn to stitch and embroider traditionally," she said. "A lot of local groups don't do this. They paint or screen the images on. None of this," she said pointing out the outfits on the dancers, "is store bought. It's all hand made. It's part of the dance experience."

Viena said making the costumes by hand gives dancers a greater appreciation for the culture behind the stitching and it also makes the costume more valuable.

"When they learn to make the costume, they learn how to take care of the costume," she said. "They take good care of it."

Symbology is a big part of the Te Ranga Tahī visual identity. Dancers' costumes are adorned with the halau's symbol and with its colors.

The fern is our symbol," explained Viena "It

stands for life and our children are full of life."

The Te Ranga Tahī colors are green, black and yellow.

"Green stands for life," Viena said. "Yellow is for a sunny countenance. We have no grumpy dancers here," she laughed. "And black is for discipline. It takes work to achieve your goals."

For younger dancers, parents get together and create the costumes. They say it helps strengthen their bonds and create more of a sense of family that is the basis of a traditional halau.

"It's a good way for us to meet. It brings us closer together as a halau," said Susan Abrego. "Kamaile is in charge of teaching. She teaches me first. For some reason, I tend to pick it up quickly."

Her 10-year-old daughter has been dancing since 2000.

"She wanted to do extracurricular activities, but she's not into sports," Abrego explained. "Kamaile and Rick [Kamaile's husband] worked at [the school] teaching Hawaiian studies and we've been doing this ever since. In the beginning, she wasn't really into this. Now, it's a part of her life. Hopefully, wherever we move, she can continue."

Wanda Kenly, another Navy spouse, and her daughter have been involved with Hula for the past two and a half years.

"She loves it," Kenly said. "She just loves to dance. Now she has something, a skill that is a part of her that a lot of people don't have. When she's a grandmother, she can bring the



Two Te Ranga Tahī dancers practice their Tahitian otea dancing for an upcoming performance

picture book out and show her grandkids and say, "This is me."

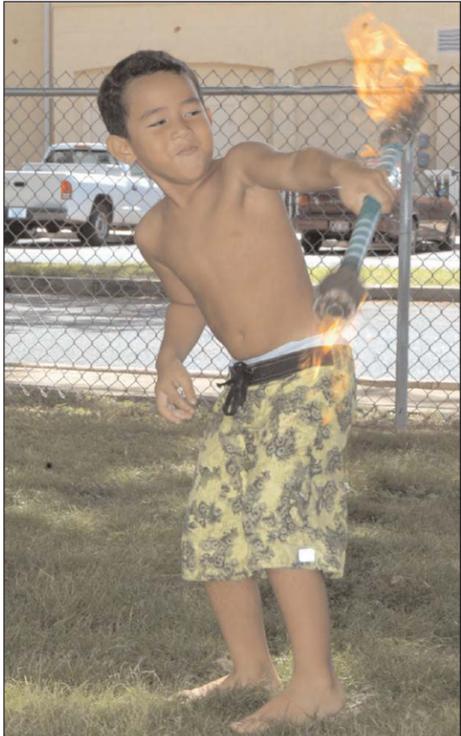
Currently, Te Ranga Tahī students range from 3 years up to 16 years of age. Viena's fire knife dancers are also young. At one practice there were two — one age 5 and the other was 6. Each had been practicing since around age 3. According to Viena, Te Ranga Tahī means "Children who perpetuate our future," or "Children of the future."

"It's what we believe," she said. "The children have to remember our past to take it into the future."

Te Ranga Tahī practices Saturday mornings from 10 a.m. to noon at Pearl Harbor Elementary school. For more information, contact Viena at 486-8508.

### PEARL HARBOR ELEMENTARY SCHOOL

Te Ranga Tahī practices weekly at Pearl Harbor Elementary School



A 5-year-old fire knife dancer works on his performance at a Saturday morning practice session for Te Ranga Tahī. The halau teaches hula, Tahitian dance and fire knife dancing as part of its commitment to passing on Polynesian cultural traditions to its students.



A young fire knife dancer brings his lit fire knife close to his mouth while practicing his performance technique.

# Window on Pearl Harbor

Karen S. Spangler, Assistant Editor

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## Keeping in touch...promises to keep

Keeping in touch with family and friends who live a distance away has certainly been part of my plans. But performing a daily juggling act – trying to balance a job, parental responsibilities, the children's school activities, along with a myriad of other tasks and events – has kept me very busy and time seems to fly by.

On a recent Sunday afternoon, with the realization that not weeks - but months - had passed by since I had talked with my Aunt Ruth, I picked up the telephone and dialed her daughter's number in Ohio.

After a few rings, a woman answered. It was my aunt and she was happy to hear from me. "I was just thinking about you," she said enthusiastically, then promised, "I've been meaning to sit down and write you a letter. I promise that I'm going to sit down and write you a letter."

The conversation wasn't very long and Auntie, who will soon turn 82, continued to iterate how happy she was that I called and that she would soon write me a letter. Time had changed many things – and I found myself regretting the weeks and months and years that had gone by almost without my noticing, time that I had made little contact with my distant relatives and friends.

Learning from my cousin that my Auntie had been diagnosed with Alzheimers', I knew that things would never be quite the same – gone were the days when Auntie and I would spend hours on the telephone. I had spent many conversations updating her on all of the things that the children and our family were doing. She shared all of the news about neighbors and friends I had known before moving from my hometown in Pennsylvania.

Gone were the days when Auntie and I would spend the day cruising from shopping mall to shopping mall, making a purchase here and there, stopping to eat lunch, spending an entire day on a "girls' day out" excursion.

Auntie had always been a special part of my life – she was married to my mom's brother and she and my Uncle Tom had been like a second mother and father to me. And after I lost my mother in 1990, Auntie stepped in to help fill the emptiness that I felt.

I remembered all of the times that Aunt Ruth came to visit when I was living in far-away places – Florida, Virginia, even Hawai'i. She loved to travel and to sightsee and I made certain that she saw all of the places and events that were representative of the area and took her to sample foods from our favorite restaurants.

She loved Hawai'i and we had a great

time touring the island and delving into the local culture and visiting world-famous scenic spots.

We shared an avid interest in the family genealogy – and would constantly search old historical records and share our new finds with each other. But I knew that now Aunt Ruth could no longer pursue her hobby and the genealogical discoveries that she had passionately found were now relegated to a spare room at the home where she lived with her daughter and son-in-law.

Memories came flooding back – of all of the outings and trips and good times that I had shared with Aunt Ruth and her family. I also remembered that Aunt Ruth was quite strict and I didn't get away with much. There were times that I didn't quite make it home from a date before my midnight curfew and had to ring the doorbell. Aunt Ruth would meet me at the door with a stern look on her face and an even sterner scolding.

She made me do things that I didn't want to do – and now, I am appreciative for those "nudges," for those things that she forced me to learn and do are now an integral part of my life.

And I remembered that throughout my life, she had always been there for me – always offering moral support and praise, always interested in my children and their accomplishments, and always eager to take a car, a bus, a plane or a train to visit me wherever I happened to be.

There were always cards and notes and letters – sometimes with a photo included or an interesting genealogical find – reminders that her thoughts and sentiments followed me wherever I went.

Our communications in more recent years had been sporadic – and I felt sad that I had not managed much more than a Christmas card, a birthday card, a Mother's Day remembrance and an occasional phone call.

As our short conversation ended, I told Aunt Ruth that I loved her and she assured me once again that she would sit down and write me a letter. "I will write to you soon and I'll call again soon," I promised her.

Although even at the age of 82, her spirit is indomitable, I was aware of her frailty. I regretted the time that had slipped quickly by – moments that could never be recaptured. It became even more important to me to take advantage of the opportunities to keep in touch, albeit from a distance.

I vowed that I would keep my promise to Auntie to write to her and call her soon – and that is a promise that I will keep.

Have a fine Navy day!

## New gift cards available at NEX

Lacy Lynn

Staff Writer

With the holiday season fast approaching, Navy Exchange Service Command (NEXCOM) is making gift giving easier by introducing new rechargeable Navy Exchange (NEX) Gift Cards.

The plastic cards, implemented in August, are meant to replace the Navy Exchange's paper gift certificates.

"The Navy Exchange worldwide adopted the Gift Card because of the ease of use and acceptability that similar cards have shown to nearly every other major retailer," said Bill Maxwell, Front End Operations Manager, Navy Exchange Pearl Harbor.

Gift cards can be used just like cash for nearly all merchandise and service purchases in any NEX worldwide except food court and gas purchases. Purchases can also be made at the NEX online using the account number on the back of the card.

NEX Gift Cards can be purchased in amounts from \$5 - \$1,500 and can be recharged with additional money. The NEX Gift Cards can be purchased by cash,



Photo by Lacy Lynn

Gift cards can be used just like cash for nearly all merchandise and service purchases in any NEX worldwide.

check, Visa, Master Card, American Express or Military Star card at any NEX.

"Simply select a card off of the rack or display and hand it to the cashier and let him or her know how much you would like to put on to the card," said Maxwell.

Only authorized NEX customers can buy or use the card. (active duty military, retirees, reserves, national guard personnel, Department of State Officials serving in foreign countries, and dependents of the preceding).

"The gift card is fast and easy to use, just swipe the card at the end of the transaction," said Maxwell.

According to Maxwell, the card is a good gift for a hard to please family member.

"They can get a haircut, buy a candy bar or a DVD, and keep the balance for another day," suggested Maxwell.

The card is also reloadable, so customers can add more money at any time. Users can check the remaining balance on the card by asking a cashier at the NEX or by calling toll free at 1-877-839-7114.

## Baby delivered by flashlight during hurricane power outage

Rod Duren

Naval Hospital Pensacola Public Affairs

An obstetrician assigned to Naval Hospital Pensacola became the first physician in the hospital's history to deliver a baby by flashlight after Hurricane Ivan left the hospital without power for several hours Sept. 18.

According to hospital officials, in the wake of the storm, Pensacola had been operating off power supplied by two generators. However, on the third day, the generators failed in the midst of delivering a baby, putting the obstetrician, staff and mother-to-be in the dark.

Navy obstetrician Lt. Cmdr. Dennis Atienza's patient had been laboring for several hours when the lights went out. She was too close to delivering to move her, so Atienza and his team rounded up four flashlights and held them over the doctor's shoulders so he could see.

"She had been in pushing for an hour and

a half ... and was stressed ... and exhausted," said Atienza.

However, according to Atienza, lighting wasn't the staff's only concern. Due to the power outage, the medical team did not have access to an electronic fetal monitor.

"We were concerned that we weren't able to monitor the status of the baby with the exception of a portable battery-operated Doppler (that gives indications of fetal heart-beat)," said Atienza.

Fortunately, all went well. At 7:59 p.m., the hospital welcomed aboard a new baby boy.

"The crew was so fast to assist and did a fantastic job," said Atienza.

The Surgeon General of the Navy, Vice Adm. Donald Arthur, visited Naval Hospital Pensacola Sept. 24 meeting Atienza and the rest of the hospital's staff who have carried on the mission of Navy Medicine during northwest Florida's adverse weather conditions which included an estimated \$1 million in damages to the hospital.

# Iraqi children get a kick out of soccer equipment donation

**Pfc. Brian Schroeder**

*Special to American Forces Press Service*

Troops from the 425th Civil Affairs Battalion, attached to the 1st Cavalry Division, visited children in a local community recently to drop off new soccer balls.

Thirty Iraqi children were outfitted with brand new soccer equipment, donated by a group of 50 residents in the Tulsa, Okla., area. Holly Nester, an employee of WilTel Communications, organized a fund drive to purchase the equipment for the kids. She gathered more than \$1,500 in donations to purchase soccer balls, socks, shin guards, cleats and water bottles, and to cover shipping costs for the equipment.

Nester was born in Kuwait and was raised in Iran until the late 1970s. She approached Sgt. Richard Porter, 425th battalion sergeant, and an employee of WilTel at their Los Angeles office, with the idea of donating soccer equipment to Iraqi children.

"Holly said she has many fond memories of growing up and playing soccer with the local kids in her neighborhood," Porter said. "She said that she wanted to do something soccer related



U.S. Army photo by Pfc. Brian Schroeder. Spc. Zachary Reisz plays soccer with an Iraqi child.

for a few Iraqi children.

"Holly approached me for help because of where I am stationed and the nature of my job," Porter continued. "We gave her contact information of a local Iraqi, who could receive the donation. The gear was then shipped directly to our contact in the village, who then delivered everything to the team's coach for distribution to the players."

Most of the projects civil affairs soldiers undertake are funded through the Commander's Emergency Response Program funds. These projects include providing water pumps and generators or refurbishing schools in local Iraqi communities. Other items given

to Iraqi citizens, such as shoes, clothes or soccer equipment, are paid for through individual or group donations.

Maj. Robert Misajon, the battalion's team leader, said that soldiers cannot ask for donations directly.

"The more direct the donors can be with the locals is better, because we can't ask soldiers to solicit donations," he said. "In this case they asked us where they could send the equipment and we put them in touch with a local national who they shipped the equipment to directly. Holly said she wants to keep sending more stuff, and with the connection she made with the local national, she will be able to."

Civil affairs soldiers' mission in Iraq is to provide a liaison between the host country and the military, and to make immediate improvement in the quality of life for local citizens. Porter said that by shipping directly to a local community leader, the Iraqi citizens feel involved in helping their own village.

"With this project, we were not the ones handing out the stuff," Porter said. "We basically put it into the hands of the Iraqis."

(Army Pfc. Brian Schroeder is assigned to 10th Mountain Division Public Affairs Office.)

## Arizona Sailor interred at memorial



U.S. Navy photo by PH3 Victoria A. Tullock

Navy Region Hawai'i Command Master Chief Luis R. Cruz and Force Master Chief Michael Banko, present flags to David and Tony Czarnecki, the sons of Chief Machinist's Mate Anthony Francis Czarnecki during a burial at sea ceremony aboard the USS Arizona Memorial. Czarnecki and his brother Stanley were among 36 sets of brothers assigned to Arizona during the December 7, 1941 attack on Pearl Harbor. Czarnecki's brother was killed in the attack and Czarnecki's last wish was to be returned to USS Arizona to be with his brother and shipmates upon his passing.

# Navy teens gain valuable work experience through MWR

**Christa Black Thomas**

*Quality of Life Marketing*

Forty-seven Navy teens throughout Navy Region Hawai'i gained work experience and training through the 2004 Navy Morale, Welfare and Recreation (MWR) Teen Summer Employment Program (SEP). Navy-wide, 442 teens worked in various MWR programs, such as fitness centers, the Child Development Centers, youth sports, outdoor recreation, marina and aquatics.

The goal of SEP was to provide practical, vocational training for teens within MWR. Jen Hogan, Teen Center lead and SEP coordinator, said there has been positive feedback from program managers on SEP.

"The teens were an integral part of our workforce," Hogan said. "Since it was a RIMPAC year, they received a more intense cross-cultural experience than teens at other bases."

Sara Goodwin, Youth Sports coordinator, said her teen hire, 15-year-old Sacred Hearts Academy junior Meagan Morrison, worked out well. "Meagan's dad is our little league



Photo by Jen Hogan

Yuriko Wilson, a summer 2004 teen hire, assists toddlers during lunch.

president, so she volunteered with us last summer as an assistant coach for the coach pitch team. This summer she got paid to do the same thing she volunteered for last year," Goodwin said.

Some of Morrison's duties included player registrations, preparing the dugout and working with the Kids Fit program. Morrison had a really good time and learned a lot.

"The program helped me transition into working. This was my first job and I really enjoyed working with the 2-4 year olds," Morrison said.

The teens, who must be eligible



Photo by Jen Hogan

Summer teens working for MWR during the summer at Scott Pool pose at a thanks for everything summer bash.

MWR patrons, went through the job interview process and were chosen for the program. Not only is interviewing and obtaining employment an important milestone that the SEP helps teens achieve, it also helped reinforce the values and life skills that can produce confident,

competent young men and women.

Exit surveys were given to each participant asking them what they learned. Comments were wide-ranging, yet positive. Here are some examples of the teen volunteer's feedback:

- "By working at this job I

became more familiar with the real working life. I got to learn about all the new responsibilities you have to take on in becoming an actual worker."

- "I learned how to dress for an interview."

- "I learned how to be responsible, and I also learned how difficult work can be sometimes. I also learned to work with different people."

- "The summer teen hire program has given me a passion, which I shall preserve in the future."

Boys & Girls Clubs of Navy Hawai'i incorporate materials, such as Career Launch and Job Ready into their programs. Job Ready, used during the teen hire program, incorporates interviewing, customer service, handling difficult situations, scheduling, financial management and more.

"It was a wonderful opportunity for all involved and we hope we get the opportunity to host a program like this next year," Hogan said.

For more information on Boys & Girls Clubs of Navy Hawai'i, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com) or call 471-8914.

# Why I Serve: Midshipmen's hard work made Academy attractive

**Rudi Williams**

*American Forces Press Service*

"I wanted to be a part of that honor (and) tradition and a part of young people who wanted to serve their country, work together and cared for each other so much," said Midshipman First Class Maia Molina-Schaefer about her impression of the U.S. Naval Academy.

"It astounded me that people my age, at such a young age, were working so hard to serve their country and doing it with such hard work," she noted.

Molina-Schaefer is the first woman in U.S. Naval Academy history to compete in and win the annual brigade boxing championship.

She was one of four Hispanic women highlighted as an upcom-

ing leader in the Hispanic community during a Washington symposium recently.

She said her trek to the academy, in Annapolis, Md., was inspired while she was in high school after being recruited for a rowing team.

While attending rowing classes and walking around the academy's campus, she said, she was in awe of all the midshipmen, both men and women, walking with such pride and honor.

In her life after the academy, Molina-Schaefer hopes to become an intelligence officer and eventually a military attaché with the Marine Corps ground forces.

"I want to work in foreign embassies and not only represent my service but my country as well internationally," she said.

Molina-Schaefer said in high

school she was convinced that she was destined to become a professional musician and entertainer.

But that all changed after she became involved with the rowing team, acting as a coxswain, the person who steers the rowing shell and calls out the rhythm for the crew.

"A week at the Naval Academy rowing camp convinced me that the Naval Academy was my college choice," noted Molina-Schaefer.

Today she is the public affairs and communications director of the Naval Academy Foreign Affairs Conference, 6th Battalion adjutant, and a member of the Women's Glee Club and the Latin American Studies Club.

"To date, the Naval Academy has been my greatest achievement in life," she said.



Photo by Rudi Williams

(From left) Cadet First Class Jessica C. Tomazic, Cadet First Class Cindy Nieves, Cadet First Class Lily Zepeda and Midshipman First Class Marie Molina-Schaefer who is the first woman in Naval Academy history to compete in and win the annual brigade boxing championship.

# MWR

## Movie Call

Sharkey Theater  
Naval Station Pearl Harbor  
(473-0726)

### FRIDAY

7:00 p.m. Little Black Book (PG-13)

### SATURDAY

2:30 p.m. Yu-Gi-Oh (PG)

4:30 p.m. Alien Vs Predator (PG-13)

6:45 p.m. Without A Paddle (PG-13)

### SUNDAY

2:30 p.m. Princess Diaries 2: (G)

5:00 p.m. Collateral (R)

7:15 p.m. The Exorcist, Beginning (R)

### THURSDAY

7:00 p.m. Open Water (R)

\$3 adults; \$1.50 children (6-11)

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

Memorial Theater  
Hickam Air Force Base  
(449-2239)

### FRIDAY

7:00 p.m. The Exorcist, Beginning (R)

### SATURDAY AND SUNDAY

2:00 p.m. Superbabies: Baby Geniuses 2(PG)

7:00 p.m. The Exorcist, Beginning (R)

### WEDNESDAY AND THURSDAY

7:00 p.m. Suspect Zero (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. Alien vs Predator (PG-13)

### SATURDAY

2:00 p.m. Without A Paddle (PG-13)

7:00 p.m. Alien vs Predator (PG-13)

### SUNDAY

7:00 p.m. Open Water (R)

\$3 adults; \$1.50 children (6-11)

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

## OUTDOOR ADVENTURE EVENTS

• **Oct. 13:** Bike Repair Workshop II, 6-9 p.m., \$5. Register by **Oct. 11.**

• **Oct. 16:** Aihualama Trail hike, 8:30 a.m.-3:30 p.m., \$5. Register by **Oct. 13.**

• **Oct. 16:** Hanauma Bay night snorkeling, 6-10 p.m., \$8. Register by **Oct. 13.**

• **Oct. 17:** Moke Island kayak exploration, 7:30 a.m.-3:30 p.m., \$15. Register by **Oct. 13.**

- **Oct. 23:** Makapu'u moonlight stroll, 6-11 p.m., \$5. Register by **Oct. 20.**

- **Oct. 23:** Intro to Spear Fishing Workshop, 10 a.m.-3 p.m., \$25. Register by **Oct. 20.**

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

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

### WALLYBALL TOURNAMENT - DOUBLES ONLY

A wallyball tournament, doubles only, will be held **Oct. 13.** The tournament location will be announced. Divisions will include men's and women's, A, B and C. The cost is \$5

per team. Register by **today** at the Wentworth Pro Shop. For more information, call 473-0610.

### FREE THEATER TICKETS

Hawai'i Theatre, proclaimed as the "Pride of the Pacific," will host Military Appreciation Night beginning at 7 p.m. **Oct. 14.** William Shakespeare's "A Midsummer's Night Dream" will be performed by the Artists Repertory Theater, featuring actors from the Central Dramatic Company of Vietnam. Tickets for the above event are limited and will be available for pick up at ITT at Bloch Arena on a first come, first served basis. (There is a limit of two tickets per DoD cardholder.) For more information, visit the MWR website, call ITT at 473-1190 or call MWR at 473-0606.

### LIBERTY IN PARADISE GOES TO MAUI

Single Sailors can enjoy the view of the islands from 10,000 feet atop the volcanic landscape of Haleakala. Experience Old Lahaina, travel the road to Hana, unwind on black, red or gold sand beaches and take a dip in the seven sacred pools. A trip to Maui is planned for **Oct. 15-17.** For more information or to make reservations, call 473-4279 or stop by Liberty in Paradise.

### FREE GOLF CLINICS

A free golf clinic will be offered at Navy Marine Golf Course. NMGC will host "Those 'Tough to Hit' Long Irons" on **Oct. 16.** Register at the NMGC pro shop. For more information, call 471-0142.

### SUPER BRAWL 37

Super Brawl 37 will be featured **Oct. 16** at Hawaiian Waters Adventure Park. The fun starts at 5 p.m. and the first bell is at 7:30 p.m.

In the mega-main event, Atlanta's Jason "Mayhem" Miller will battle Hawai'i fan-favorite and U.F.C. veteran Ronald "Machine Gun" Jhun for the 170-pound world title belt. There will be nine other bouts, music, entertainment and barbecue plate lunches. Military, police and fire personnel pay \$20 for general admission. Cabana and ringside seats are also available. Tickets are on sale at the Navy ITT offices. For more information, call 473-0792/422-2757.

### WINTER AND SPRING LITTLE LEAGUE REGISTRATION

Registration for minors, majors and juniors for winter and spring little league will be held **through Oct. 22** at the youth sports office. The season begins in November. Registration is open to children born between August 1990-July 1997. The cost is \$100 for minors, \$100 for majors and \$120 for juniors.

Please bring participant's birth certificate and a current physical (dated no more than one year ago) to registration. Visit greatlife-hawaii.com for the complete schedule or call 474-3501 for more information.

### BOWL FOR A BUCK

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

### FOOTBALL FIX

Enjoy **Sunday morning** football at Sam Snead's Tavern beginning at 7 a.m. Enjoy the game on a large plasma screen TV. Breakfast and drink specials are available. For more information, call 421-SAMS.

### MONDAY NIGHT FOOTBALL AT POOL & PIZZA AND OCEANS CPO

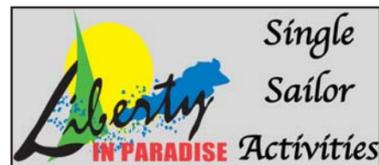
Fans can enjoy Monday night football at Pool & Pizza and Oceans CPO Club. Watch the game live at 3 p.m. via satellite at Oceans CPO. The Primetime Pigskin Party starts at 6:30 p.m. AT POOL & PIZZA with free pupus, games and prizes at halftime. For more information, call 473-1743.

### MASTERS SWIM PROGRAM

The Masters Swim Program can help swimmers prepare for a marathon, develop their technique or just improve their stamina. The swim program is for advanced swimmers. Schedule is as follows:

- Richardson Pool, 5-7 a.m. and 6-8 p.m. Monday, Wednesday, Friday.
- Kona Breeze Pool, 5-7 p.m. Monday-Friday.

For more information, call 471-9181.



- **Oct. 8:** Snorkeling, 10 a.m., \$5.
- **Oct. 9:** Dole Maze, 10 a.m., \$6.
- **Oct. 10:** Plantation Café, 5 p.m., bring spending money.
- **Oct. 11:** Talent contest, 5 p.m., \$2.

### Weekly events:

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

# Community Calendar

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

Scratch and save **CFC Benefit Ticket 2004** for the chance to save five percent to 50 percent off your purchases at Navy Exchange on **Oct. 25-26.** Tickets are \$3 and go on sale **today** at all NEX locations. Money raised from the ticket sales will be contributed to the Combined Federal Campaign fund. (Some restrictions apply to what the tickets can be used for.)

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 **Oct. 9.** Those interested in attending the next class should contact the VGAL program staff as soon as possible. For more information, call the VGAL program office at 538-5930.

**USS Lake Erie Ohana Support Group** will hold a bake sale from 9 a.m.-1 p.m. **Oct. 9** at the Pearl Harbor NEX. Support the bake sale by purchasing your favorite goodies; donations are also welcome. The ohana will meet at 6:15 p.m. **Oct. 14** at the main chapel at Pearl Harbor. Free childcare will be provided. For more information, call 392-8487.

The **USS O'Kane Family Support Group (FSG)** Ohana will host a play date for families from 10 a.m.-noon **Oct. 9** at Hickam Park, next to the gym on Vickers Avenue. Bring keiki, snacks, drinks and sunscreen. The ohana will hosts its annual Halloween party from 2-4 p.m. **Oct. 23** at the Pearl City Peninsula Community Center. The event will include a keiki costume contest, pumpkin decorating contest, games and more. For more information, contact okaneohana@yahoo.com.

**USS Crommelin Family Support Group** will host a day in the sun and water lounging poolside beginning at 11 a.m. **Oct. 10** at Hale Koa pool nearest to the ocean. RSVP to the FSG at crommelinfsg@yahoo.com. The next meeting of the support group will be held at 6:30 p.m. **Oct. 18** at Pearl Harbor Memorial Chapel. A guest speaker from Fleet and Family Support Center will discuss homecoming or post-deployment concerns or issues. Childcare will be provided at a minimum donation of \$1 per child. For more information, email the FSG at crommelinfsg@yahoo.com or call Athena at 623-4973.

**NAVSTA Open Golf Tournament** will be held beginning at 11:30 a.m. **Oct. 15** at Navy Marine Golf Course. The tournament will be in scramble format. There will be 18 four-person team spots. Prizes will be awarded for first and second place as well as two nearest the pin prizes and two longest drive prizes. The registration deadline is **Oct. 10.** For more information or to register, call MACM Elkins at 330-8846 or email at jeffrey.elkins@navy.mil . Enjoy a **hula performance** by local performing group Halau Hula Ka Malama Kukui O Na'auauo at 1 p.m. **Oct. 23** at the NEX.

Meet **local artists** on **Oct. 22-23** at the NEX:

- Ocean photographer Jon Mozo will sign autographs

from 7-9 p.m. **Oct. 22.**

- Carol Lee-Arnold, representing Lee Ceramics, will be at the NEX from 10 a.m.-2 p.m. **Oct. 23.**
- From Arts Hawai'i, artist Gary Oda, known for his glass etchings, will make a special appearance from 11 a.m.-2 p.m. **Oct. 23.**
- Kim Taylor Reece, known for his pictures that capture the beauty of the ancient hula, will sign autographs from 1-3 p.m. **Oct. 23.**

Attend a **stamping demo** and learn how to make holiday cards from 10 a.m.-noon **Oct. 16** at the NEX near the small appliances area. Supplies will be provided to all participants, but seating is limited. To reserve your space or for more information, call Lori at 423-3305.

A **cooking demo** featuring chef Elmer Guzman, cooking and signing autographs, will be held from 10:30 a.m.-12:30 p.m. **Oct. 23** in the small appliances department of the NEX. Guzman's cooking demo will demonstrate how to prepare local favorites.

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-TRI-WEST (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.

**T.O.P.S. (Take Off Pounds Sensibly)**, a nonprofit, noncommercial weight-loss support group, meets every Wednesday at the Armed Services YMCA, Aliamanu location. Weigh-in begins at 5:30 p.m. and the meeting starts at 6:15 p.m. Membership fees are low and includes the T.O.P.S. magazine. There are also incentive programs offered. The first meeting is free.

T.O.P.S. in Hawai'i is a support group for helping members Take Off Pounds Sensibly. The group recently held its state convention and crowned the state queen. She had lost all her weight by the end of December 2003 and lost 163 pounds. The first meeting of T.O.P.S. is free. If you need support in your weight loss efforts, the group offers low monthly fees and a low joining fee. Call Delcie at 623-1403 for information on the several chapters and meeting places on the island. For more information, call Delcie at 623-1403.

**Navy Lodge Ford Island** offers 150 affordable, comfortable, air-conditioned suites and rooms. Amenities include a swimming pool, a large meeting room, mini mart and a landscaped courtyard. Each room features satellite TV, DVD/CD player, direct-dial telephone service and a kitchenette, complete with microwave and utensils. To make reservations or for more information, call 440-2290.

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



**Alien Vs. Predator:** An ancient pyramid is discovered in the ice of Antarctica, and scientists investigating discover something worse: two races of aliens battling for domination.

**Collateral:** Max, who drives a cab, gradually realizes that the passenger he's been driving around is a hit man. Max has to figure out how to prevent the killer from knocking off his last victim.

**Exorcist, The Beginning:** This prequel recounts Father Merrin's early-20th-century journey to Africa, where, while doing missionary work as a young priest, he has his first encounter with Satan.

**Little Black Book:** Stacy is confounded by her boyfriend's unwillingness to talk about his previous relationships. She sneaks a look at his palm pilot, scores the names of his exes, and sets up interviews with them in an effort to get closer to her man.

**Open Water:** See Review

**Princess Diaries 2: Royal Engagement:** Mia is ready to begin her duties as princess of Genovia, but she soon learns that Clarisse needs her to take over as queen. But Genovian law states that all queens must be married, so the search for the perfect groom begins.

**Superbabies: Baby Geniuses 2:** The baby geniuses find themselves in a race against time, to stop the villainous Bill Biscane, from using his state-of-the-art satellite system to control the minds of the world's population.

**Suspect Zero:** An FBI agent investigates the murder of a salesman, which turns out to be the first of three killings. He tries to find the link between the victims that will lead him to their killer.

**Without a Paddle:** Three lifelong friends go into the wilderness in search of lost treasure. They find themselves hunted by two backwoods farmers.

**Yu-Gi-Oh! the Movie:** After the conclusion of the Battle City Tournament, an ancient evil has awakened. Anubis has returned for revenge.

JOSN Ryan C. McGinley

### Open Water

Everyone remembers the scene in "Jaws" when Roy Scheider's character is throwing chum in the water and that ferocious mechanical shark pops his head out to the sound of that unforgettable score. "Open Water" is not that movie. It is a lesson in the quasi-Freudian theory that what you can't see is scarier than what you can.

Susan and Daniel leave the hustle and bustle of their daily lives filled with cell phones and computers to take a nice vacation. They schedule themselves on a scuba diving trip and before long, find themselves left in the 'open water' because of a complex miscout on their guide boat.

What follows is two people bobbing in the middle of the ocean, having to deal with jelly fish, cold water, sharks and themselves.

It's a quiet movie, with no discernable bumping score or steady shark shots. The married couple goes through emotions of fear, panic and blame, yelling at each other and confessing their love the next moment. The dialogue is real, something any person might say in the face of death. What the movie fails to do is grasp the outstanding opportunity it creates for its characters by delving into the dialogue fully. Director Chris Kentis creates an opportunity to examine the human psyche but simply dabbles and then cuts away to random animal shots.

He succeeds at creating an interesting movie (despite the lack of ending) but leaves the audience wanting to know more about how its characters (or any of us) might react.

"Jaws" was made famous by "seat jumping" moments and a big mechanical shark. "Open Water" takes the route of probing the idea of not being able to see what's below your feet. Each is unique, and "Open Water" almost reaches the level of great, but tires and drowns just as it starts to get good.

**OVERALL RATING:**

# Savings keep increasing for Navy Exchange customers

**Kristine M. Sturkie**

*Navy Exchange Service*

*Command Public Affairs*

An independent survey conducted for the Navy Exchange Service Command (NEXCOM) in July showed customers save even more money than before when shopping at their Navy Exchange (NEX).

According to the survey conducted by QRS Corporation, customers save a record 21.2 percent when shopping at NEX. When sales tax savings are factored in, customers save an overall average of 25.8 percent.

This figure tops the before-tax savings of 20.6 percent QRS Corporation determined customers saved on the study conducted in February 2004.

"On two recent surveys, customers have rated their satisfaction with Navy Exchanges extremely high," said Rear Adm. Robert E. Cowley III, commander, NEXCOM. "First, this independent survey shows our customers save 21.2 percent on purchases made in the Navy Exchange.

"In addition, the most recent

Defense Manpower Data Center Status of Forces survey indicates active-duty Sailors are significantly more satisfied with the Navy Exchange than their active-duty counterparts are with their respective service exchanges," he said. "Both these surveys indicate that we continue to enhance the quality of life for our Navy Family."

The savings didn't surprise Aviation Electronics Technician Airman Robert Rubano, a customer at NEX Oceana in Virginia Beach, Va.

"You just can't beat the prices here," said the 26-year-old Rubano, who just completed his first year in the Navy. "I'm a savvy shopper who doesn't make a lot of money so we look for the best prices we can find."

To determine the savings amount, QRS Corporation compared the prices on a variety of products in eight regions throughout the United States.

The savings found in each region were Bethesda, Md., at 21.8 percent; Everett, Wash., at 20.4 percent; Great Lakes, Ill., at 18.6 percent; Jacksonville, Fla., at 21.2 percent; Norfolk, Va., at 20.8 percent; Pearl Harbor at 24



Photo by Lacy Lynn

Kate Steel, a Navy spouse, shops for clothing at the Pearl Harbor Navy Exchange, where customers save average of 24 percent when compared with outside retail outlets.

percent; Pensacola, Fla., at 18.9 percent; and San Diego at 23 percent.

The same items were surveyed from region to region and included items such as major appliances, consumer electronics, furniture, clothing, housewares, sporting goods, jewelry, and lawn and garden.

Navy Exchange prices on more than 350 items were compared to those of major retailers, like Wal-

Mart, K-Mart, Circuit City, Target, Home Depot, Dillards, Sears, Eckerd, Barnes and Noble, and Office Max.

In each of the 34 different departments shopped throughout the store, Navy Exchange saved customers money.

In boys clothing, the savings are 33.4 percent; in girls clothing, the savings are 30.7 percent; in hardware, the savings are 28.3 percent; in ladies, the savings are

29 percent; in men's clothing, the savings are 33 percent, in sporting goods, the savings are 24 percent; and in electrical appliances, the savings are 16 percent.

Rubano, who is in the final days of aircraft avionics school before joining the crew of the aircraft carrier USS Eisenhower (CVN 69), said he really liked the NEX price matching policy.

"We buy everything here," Rubano said. "My wife is three months pregnant with our first child, and we've already bought almost everything we need, including the crib, all at the Navy Exchange. I even eat lunch here in the food court every day."

According to Cowley, the mission of the Navy Exchange is to provide customers with quality goods and services at a savings and to support quality of life programs.

"We're doing a great job at fulfilling that mission," said Cowley. "However, we will continue to work even harder to increase the savings our customers receive. Any money we can save them is putting more money in their pockets to spend on other things. That's important to us."

# Mammograms: Not just once, but regularly for a lifetime

**Mary Sullivan**

*National Institute of Health*

Confused about when to start and how often you should have screening mammograms to detect breast cancer? You don't have to be.

For most women, the National Cancer Institute recommends regular screening mammograms every one to two years starting in their forties or older. Women at increased risk may need to follow a different schedule based on their doctors' recommendations. Routine mammograms are the best way to detect breast cancer early, before a lump is felt and when treatment is most likely to be effective. Regular mammograms are especially important as women grow older, since most breast cancer occurs in women over 50.

In 1997 alone, approximately 180,000 women in the United States were diagnosed with breast cancer, and about 44,000 died from the

disease. Detecting breast cancer at the earliest possible stage is the best thing you can do to increase your chances of surviving the disease.

To help women get the facts, NCI has developed information and materials about mammograms, including information about the risk factors for breast cancer (See side bar) and screening recommendations for women of different ages. Consider the following facts about breast cancer:

**FACT:** Except for skin cancer, breast cancer is the most frequently diagnosed cancer in women in this country. Breast cancer is second only to lung cancer in cancer-related deaths.

**FACT:** A woman's risk for breast cancer increases with age and continues to increase over her lifetime (See charts).

**FACT:** Most women who get breast cancer have no known risk factors, such as family history of the disease.

**FACT:** Scientific studies have shown that regular screening mammograms can help

decrease the chance of dying from breast cancer. The benefits are greater for women over the age of 50, although women in their forties who have regular mammograms also may have a reduced risk of dying from breast cancer.

Women no longer need to be confused about following the best recommendations for detecting early breast cancer. Increasing your chances of survival from breast cancer could be as simple as "getting the facts." --a report from the NIH Word on Health, June 1998

To get answers to your questions about cancer and to obtain free copies of NCI booklets on breast cancer and mammography, call NCI's Cancer Information Service at 1-800-4-CANCER (1-800-422-6237); TTY 1-800-332-8615. Cancer information for the public is also available on the NCI website at <<http://www.nci.nih.gov>>, (select Information for Patients, Public, and the Mass Media; select Public; then click on the "About Mammograms" button).

## Risk Factors for Breast Cancer

- You've had breast cancer before.
- Your mother, sister, daughter or two or more close relatives, such as cousins, have had breast cancer.
- You've been diagnosed with another type of breast disease or you've had two or more breast biopsies for benign disease, even if no abnormal cells were found.
- You are 45 years of age or older and have at least 75 percent dense breast tissue on a mammogram.
- You had your first child at age 30 or older, or have never had children.
- You've received chest irradiation for conditions such as Hodgkin's disease at age 30 or younger.



