

## No Ka'Oi All-Stars ...Something to cheer about

Story and photos by  
**Karen S. Spangler**  
Assistant Editor

**N**o Ka `O'i means "The Best" and the cheerleaders from No Ka `O'i All-Star Cheerleading lived up to that when they placed first in the Aloha International Spirit Championships which were held Feb. 18-19 at the Waikiki Shell.

The junior squad, 17 cheerleaders ranging in ages from kindergarten through sixth grade, competed against cheerleading squads from Hawai'i and the mainland to take home the first place win.

At the cheerleading competition, the squad was judged on motion, tumbling skills such as back handspings, sharpness of moves, and stunt sequences such as arabesque and scale.

Eight-year-old Katie Westfall, a third grade student at Pearl Harbor Elementary School, is one of the girls who balances on the top tier of the scale, supported by a base of fellow cheerleaders.

As she executes a delicate balancing act, Katie stands



The cheerleaders with the No Ka `O'i All-Stars learn and perfect cheerleading skills and techniques, including tumbling, dance moves and stunt sequences. The junior squad took first place honors at the Aloha International Spirit Championships held Feb. 18-19 at Waikiki Shell.

on one leg while she extends the other leg toward the ceiling.

The daughter of Navy Yeoman 1st Class Mark and Latasha Westfall, Katie has been cheering since she was five years old.

Prior to moving to Hawai'i, the diminutive,

blonde-haired girl cheered in Washington state. Here in Hawai'i, she has cheered for Pop Warner teams and the Village Park Warriors.

"Flying" (being the one in the air) during the stunts is Katie's favorite part of cheering. "Na Ka `O'i is really great because it teaches them commitment,

sticking with it until it's complete and making sure that it looks the best that it can be," said Latasha. "It really teaches them discipline," she added.

Another benefit of the association with Na Ka `O'i is more of a connection to the community, according to Latasha. "It makes me feel connected with this place that we're living in. It helps us to continue to support Katie in what she loves and helps give us a connection to the community outside of the military," she explained.

Kenyetta Smith, daughter of Navy Lt. Kenneth and Lisa Smith, is a third grade student at Holomua Elementary School. She has been cheerleading for almost a year and especially enjoys the dancing routines.

Alycia Rios is the daughter of Staff Sgt. Alfredo Rios - who serves with the U.S. Air Force at Hickam Air Force Base - and Sharron Rios. Alycia is a sixth grade student who is home schooled.

Before cheering with the No Ka `O'i team, she cheered with Na Ali'i and the Hickam Air Force Base youth league. A cheerleader for six years, one of her favorite things about cheerleading is the team spirit that the sport involves.

Na Ka `O'i was formed about two years by four mothers whose children cheered together in another cheerleading program. When that program disbanded, the keiki still wanted to do cheerleading and the moms decided to start another cheerleading program.

The moms - Carol Kekuawela, Debbie Sakamoto, Lisa Ching and Elgine Bergantios - explained that the organization's mission is "to support the sport of cheerleading in a friendly, fun environment."

"We are a close group of participants (and parents) and we love making new teammates and friends," they said.

Coaches for the team are Christianne Namocot, a Hawai'i Pacific University cheerleader, and Kanoe Pamaylaon, who is a former Radford High School cheerleader and a former Na Ali'i All-Star cheerleader.

The No Ka `O'i All-Stars is a competitive, all-star cheerleading group that strives to learn and perfect cheerleading skills and



Cheerleaders for the No Ka `O'i All-Star Cheerleading practice a dance routine as they prepare for an upcoming competition April 9-10 in Anaheim, Calif. The all-star group is a competitive cheerleading group that offers a co-ed program for youth ages 19 and under who are still in high school.

techniques, including tumbling, and to use those skills in competition.

There are 17 cheerleaders in the junior division, in grades kindergarten through sixth grade. The senior squad is comprised of 13 members in seventh through 12th grades.

The co-ed program is open to girls and boys age 19 and under who have not graduated from high school.

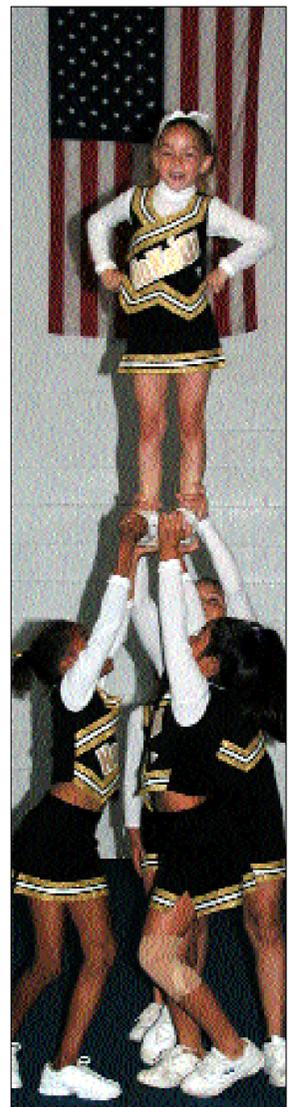
Tryouts are held during any regular Sunday practice session - from 4-6 p.m. for sixth grade and under and from 6-8 p.m. for those in seventh through 12th grade.

The squads practice at Island Tumblers Gymnastics, located at 94-475-B Ukee St. in Waipio Gentry not far from Costco. Instructors from the gymnastics school help the cheerleaders as they hone their skills in tumbling and other gymnastics moves used in the cheerleading routines.

The No Ka `O'i All-Star cheerleaders will perform a cheerleading exhibition at the state cheerleading championships for the ILH and OIA high school cheerleaders. That exhibition will be at 2 p.m. March 13 at the Stan Sherif Center at the University of Hawai'i.

Their next competition, which is open to all-star cheerleading groups throughout the nation, will be held April 9-10 in Anaheim, Calif.

For more information, call 220-4099 or email NoKaOiAllStars@hotmail.com.



Katie Westfall (top) executes a stunt as the cheerleaders practice a routine for an upcoming competition and exhibition.



Cheerleaders with the No Ka `O'i All-Stars perform a variety of dance and gymnastic movements and stunts. During one of the stunt sequences, the girls on the top tier do a scale (with leg extended in the air) as they practice for an upcoming all-star cheerleading competition.



Photo courtesy of Mardi Gras Follies

Mardi Gras is currently showing at The Banyans on Pearl Harbor every weekend through March 19.

## Enjoy evening out – with ‘Mardi Gras’

### MWR Marketing

“Laissez les bon temps rouler” is an expression often associated with Mardi Gras festivities that means, “Let the good times roll.” It conveys the “joie de vivre” (“joy of living”) attitude that saturates the world’s biggest party and is a good indicator of the kind of atmosphere you can expect at the 50th annual Mardi Gras Follies.

This year, the theme for the Mardi Gras Follies is “The Best of Mardi Gras” and showcases the best selections from the past 50 years of the Follies. The show is currently on stage at The Banyans every weekend through March 19.

The Mardi Gras Follies has been thrilling Pearl Harbor audiences since 1955. Originally, it was a Mardi Gras Ball fundraiser organized by the officers’ wives club. Over the past 50 years, the show has evolved into an annual Las Vegas-style event, led by director and former Honolulu showman Jack Cione.

Artiste extraordinaire Bill Doherty returns as costume designer for the show, creating lavish costumes and extravagant headpieces of elaborate feathers, crystals, sequins and fabrics.

The all-volunteer cast and crew of 50 (both military-affiliated and civilians) enchants audiences with singing and dancing in an amazing show that features carnival clowns, singers, dynamic dancers and beautiful showgirls in a fami-

ly-friendly revue.

The Follies is the primary fundraiser for the Pearl Harbor Performing Arts Association (PHPAA), a non-profit organization. Funds raised from ticket sales will be donated to benefit local military and civilian charities. Patti Chrzanowski, a PHPAA founding member and current president, said the best part of the event is “raising money for charities and having fun.”

The production this year will be bittersweet. When the curtains fall on the final show, it will mark the end of an era, for this will be the last of the Mardi Gras Follies. Chrzanowski and Cione will be retiring after devoting many years to the all-volunteer effort.

In addition to serving as association president and historian, Chrzanowski solicits advertising and is a dancer. “(The Follies) is a fantasy life. It takes great dedication and truly is a labor of love,” said Chrzanowski.

Tickets are available at a cost of \$35, \$45 and \$50 per person and offer an evening of entertainment - including a buffet dinner, the Mardi Gras Follies show, tax, tip and free parking. A portion of the cost is also tax deductible.

For more information or to make reservations, call 473-1706 between the hours of 10 a.m. and 1 p.m. on weekdays. You can also visit the Mardi Gras Follies Web site at [www.mardigrasfollies.com](http://www.mardigrasfollies.com) for more information.

## FFSC counsels on building stronger marriages

**Steve Buckley**  
Commander Navy  
Installations Millington Det.  
Public Affairs

The Fleet and Family Support Center (FFSC) offers no-cost marriage counseling to help Sailors communicate better with their spouse and build a stronger relationship.

FFSC has two different programs designed for married couples - a general education class on marriage and relationships, and clinical counseling services for marriage therapy.

“Successful marriages take a great deal of work and compromise,” said Cindy Jones, Fleet and Family Support Programs, Commander, Navy Installations Det. Millington, Tenn. “There are times in all relationships when things don’t run smoothly. But being a military spouse can add additional stress to a marriage.”

Some of the classes available at FFSC include relationship specific classes on communication and problem solving, as well as anger management, stress management, money man-

agement and parenting classes.

“The most common counseling request at FFSC is for marriage counseling, and often this is associated with problems unique to military couples - geographic moves, a lack of support systems or the absence of a spouse,” said Jones.

The licensed clinical counselors at FFSC teach couples to recognize each other’s role in the marriage, establish appropriate boundaries, and consider the needs and concerns of their partners.

“The individual defines their own problem and explores how they are communicating with their partner, looks at some alternatives and is encour-

aged to seek or define strengths in themselves and their partner,” explained Jones. “Then the counselor guides the couple toward identifying some possible solutions for that problem.”

Clinical counseling typically involves 12 or fewer one-hour sessions. Confidential counseling is available during the day and in the evening at some locations.

“If you have problems in a relationship, working with a counselor can help you communicate more effectively, solve conflicts and develop a more mutually satisfying relationship,” said Jones. “Just call your FFSC and schedule an appointment.”

Clinical counseling

“... if you have problems in a relationship, working with a counselor can help you communicate more effectively ...”

**Cindy Jones**  
Fleet and Family Support Center Programs  
Commander, Navy Installations Det. Millington, Tenn.

records are maintained separately in the FFSC and are not incorporated into an individual’s military medical record.

FFSC clinical counseling records are maintained in accordance with the privacy act.

Details discussed in counseling sessions are not shared with an individual’s command or others except in limited circumstances, such as when someone verbalizes a threat of harm to self or others.

During the initial session, the counselor explains fully any limits to the individual’s privacy and the circumstances under which the counselor is required to report information to the command or others.

There are 62 Fleet and Family Support Centers and 73 delivery sites worldwide.

For more information on FFSC programs visit [www.ffsp.navy.mil](http://www.ffsp.navy.mil) or call the Fleet and Family Support Center on Pearl Harbor at 473-4222.

For related news, visit the Navy Morale, Welfare and Recreation Navy NewsStand page at [www.news.navy.mil/local/navymwr](http://www.news.navy.mil/local/navymwr).

## Fun for keiki in the great outdoors

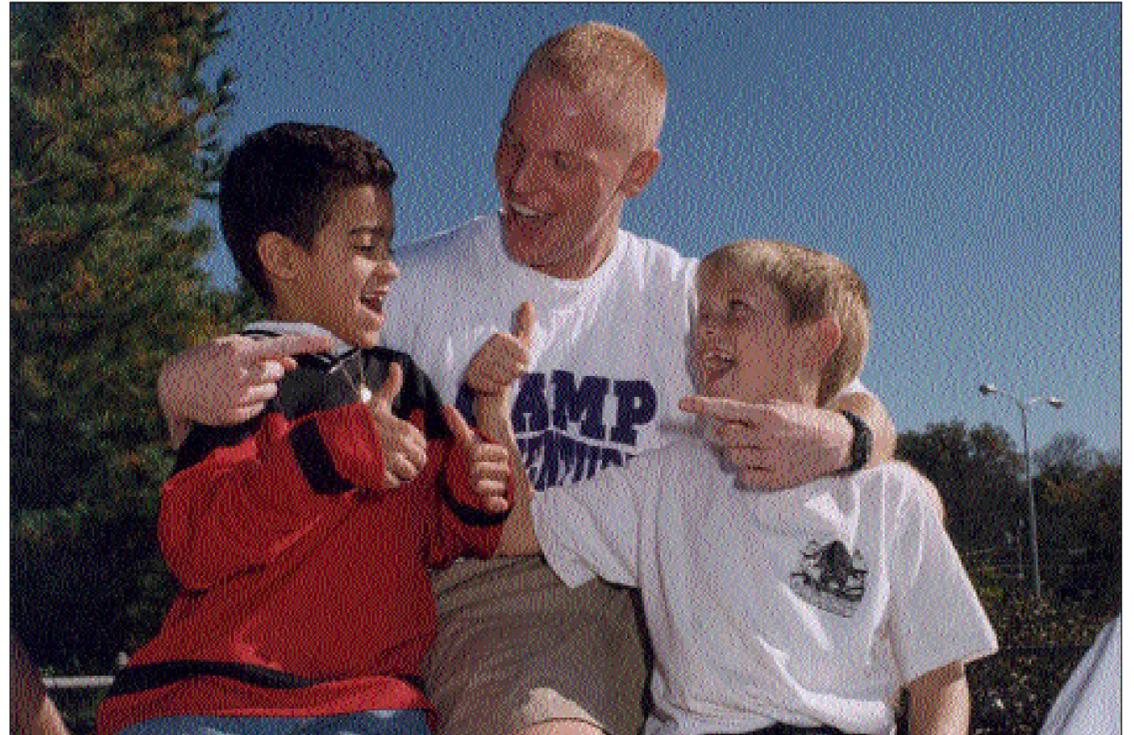


Photo courtesy of MWR

Registration is now ongoing for Camp Adventure spring break camp. The camp will run from March 21 - April 1 at Catlin and Iroquois Point clubhouses. Camp hours are from 6 a.m. - 6 p.m. Monday through Friday. The day camp is open to youth ages 5-12. Fees are based on total household income. For more information, call 421-1556.

# Pennsylvania girl sends shoes to children in Afghanistan

**Samantha L. Quigley**  
*American Forces Press Service*

Sometimes it takes a look from a different perspective to realize Americans take much for granted.

Taylor Barth, a sixth grader from Murrysville, Pa., got a glimpse of a different perspective from a friend, U.S. Army. Capt. Kevin Higgins. Higgins told Taylor about Afghan children he saw who didn't have some things considered part of everyday life here.

"My friend Kevin Higgins said that the children there had no shoes and I should try to do something about it," Taylor said. "We have all this kind of stuff, like great kinds of shoes and stuff they don't. And they should have the chance to have those kinds of great things."

Taylor, 11, wanted to do something to help, and suggested sending used shoes to Afghanistan.

"It was a small idea. ... at first it was just Kevin felt bad that he saw these kids barefoot and he mentioned it to her," Taylor's grandmother, Barb Barth, said. "She said, 'Grandma, can I mail my old shoes to



Photo courtesy of Danise Pruzinsky

(From left) Kelsey Barner, Erica Gaussa, Taylor Barth, Nicole Hockenbury and Michael Gaussa, all members of a youth group at Newlonsburg Presbyterian Church, pose for a photo with shoes they've collected to ship to Afghanistan. The kids, at the urging of 11-year-old Taylor, collected just over 300 pairs of "gently worn" shoes.

him?" So we e-mailed him and asked him and he said he would love it," Barth said.

Higgins was thrilled with the idea, she said.

Taylor started collecting shoes from her friends and her own home. She bought other shoes that were "in good use" from a local thrift shop.

She didn't stop there. An active participant in the Newlonsburg Presbyterian

Church's youth group, she told her peers about her plan to send shoes to Afghanistan.

"(Taylor) ... came into youth group one day and we had some prayer request time," said Danise Pruzinsky, the youth director for the church. "She brought up this situation and told the kids she was sending some of her shoes from home over and asked if anybody else would want

to do it.

"They just started talking and looked at me, and I said, 'Well, you could ask the whole church if you wanted to,'" she said.

And that's just what happened.

The administrative board at the church approved of the plan, but said she'd have to wait until after the holiday season.

When the holidays

ended, Taylor addressed her congregation during Sunday services.

According to Pruzinsky, each of the two services draws approximately 250 people. That didn't faze Taylor, though.

"I knew they wouldn't criticize my idea 'cause we were in church," she said.

Pruzinsky said the whole middle school youth group pitched in and decorated collection boxes, handed out fliers and helped pack up the shoes they collected.

"They just all felt like they were part of it," she said. "They brought in shoes, they told their friends (and) people in the community found out by word of mouth."

"We had people actually send in checks ... to help pay for the shipping," Pruzinsky said.

The collection officially ended Feb. 13. Pruzinsky said Taylor had hoped to get 50 pair of shoes.

She was in for a surprise. "We finished collecting the shoes last Sunday and we collected 288 pairs of shoes," Taylor said.

Even after packing 22 boxes of shoes, the project wasn't finished. The youth group spent one of their meetings filling out customs forms.

Now the shoes are on their way to Afghanistan. The other 14 pair of shoes that Pruzinsky received at the church Feb. 16 will have to be sent separately.

When they get there, they don't go from the box to the children, Taylor said.

"(The soldiers) hand them to the elders of the village and then the elders pass them out to the children," she said, adding that Higgins will have to pass off his shoebox duties. "He's going to leave (Afghanistan) soon, but we sent (the shoes) to another soldier that was there," Taylor said.

Taylor has always shown leadership qualities, Pruzinsky said. So her decision to help the children of Afghanistan was not surprising. "I was just shocked at ... her persistence and her willingness to just keep going," Pruzinsky said.

Grandma's reaction was a bit more sentimental.

"I am just really proud of her," Barth said. "I'm really glad that (the youth group) thought ... of people they're never going to meet. ... It was a good connection. She's learned a lot about the world through Kevin and I think it's enriched her life, too."

## Commissaries promote awareness of Military OneSource program

**Bonnie Powell**

(Bonnie Powell is assigned to the Defense Commissary Agency.)

Need advice on consumer debt? Feeling depressed? Help is on the way. Military OneSource is the newest member of the military family support team, and commissaries are stepping up to the plate to help increase awareness of the program.

Provided by the Defense Department at no cost to service members and their families, Military OneSource is available 24 hours a day, seven days a week on the Web.

Users need only type "military" for the user ID and "onesource" for the password to gain entry to the site.

"Military members who forget how to log in to this great resource will be reminded while they are shopping in their local commissary the next few months - and even after they get home," said Patrick B. Nixon, acting director and chief executive officer for the Defense

Commissary Agency. "The reminders will come in the form of posters in stores, pins on cashiers and even OneSource messages on our grocery bags."

The Pentagon's steward of communities and families said the exposure the commissaries can give Military OneSource will be a big boost for the program.

"Commissaries have a tremendous amount of visibility in the military community," said John Molino, deputy undersecretary of defense for military community and family policy. "So putting the OneSource message in front of millions of commissary customers should help increase awareness of this valuable source of help for military families."

Nixon voiced the Defense Commissary Agency's dedication to the people the agency serves.

"Our 272 commissaries worldwide have a commitment to being actively involved in the military community," said Nixon, "and we share DoD's interest in making sure we do whatever we can to get the word out to military shop-

pers with a need for this service."

Military OneSource on the Web contains a wealth of information and advice as well as pointers to services ranging from counseling either by phone or in person by masters-level consultants, to information on family support, emotional support, debt management, and legal issues, among other topics, all at no cost to the service member.

Once on the Web site, to protect confidentiality, users will be asked only for their branch of service and installation.

"Formerly, Military OneSource was service-specific," said Molino. "Now the information is all on one Web site, available at one common phone number and part of one great family service."

Military OneSource also can be reached toll free at (800) 342-9647 from the United States or (800) 3429-6477 from outside the United States, using country-specific access codes. The Web site also directs users to toll-free help lines for the United States and overseas.

## Navy Exchange lowers prices even further on many children's items

**Kristine M. Sturkie**

*Navy Exchange Service Command Public Affairs*

For 2005, the Navy Exchange has new, lower everyday pricing throughout its kids' departments.

"We have lowered our prices even more on our top children's vendors," said Barbara Divjak, the Navy Exchange Service Command's (NEXCOM) divisional merchandising manager for children's clothing. "We don't want our military families to have to wait for a sale to purchase the name brand clothing they need."

Customers will get 30 percent off everyday manufacturer's suggested retail prices on select name brand apparel and sleepwear for boys, girls and infants.

Customers will also find lower prices on children's clothing, including denim and twill long leg pants. Shorts, toddler shorts and pique polo shirts have been lowered, as have cotton pocket T-shirts. Nylon windbreakers and toddler windbreakers are also reduced.

In addition to children's clothing, the Navy Exchange has also lowered the price on many of its best selling furniture and items most needed for infants. The price on a five-in-one convertible crib with the conversion kit has been lowered. Other select items have also seen a reduction in price.

"By lowering our everyday prices even further, we're able to pass extra savings to our military families," said Divjak. "The Navy Exchange's mission is to provide quality goods and services at a savings and to support quality of life programs. I think our customers will agree that the Navy Exchange now offers even greater savings than before



U.S. Navy photo by Lacy Lynn

A Navy spouse shops for children's clothes with her son at the Navy Exchange.

on the items they need for their families."

The latest NEXCOM pricing survey, as reported in December 2004, shows that customers save an average of 21.2 percent on the products they purchase from the Navy Exchange. When sales tax savings are factored in, customers save an overall average of 25.9 percent.

## Myths and realities about acquaintance rape

### Fleet and Family Support Center

Naval Station Pearl Harbor

A large portion of the population holds a set of beliefs and misunderstandings about acquaintance rape. These flawed beliefs serve to have an effect on the way acquaintance rape is dealt with on both personal and shared levels. These assumptions can present serious obstacles for victims as they attempt to cope with their experience and recovery.

**Myth 1:** A woman who gets raped usually deserves it, especially if she has agreed to go to a man's house or park with him. Reality: No one deserves to be raped. Being in a man's house or car does not mean that a woman has agreed to have sex with him.

**Myth 2:** If a woman agrees to allow a man to pay for dinner, drinks, etc., then it means she owes him sex. Reality: Sex is not an implied payback for dinner

or other expense no matter how much money has been spent.

**Myth 3:** Acquaintance rape is committed by men who are easy to identify as rapists. Reality: Women are often raped by "normal" acquaintances that resemble "regular guys."

**Myth 4:** Women who don't fight back haven't been raped. Reality: Rape occurs when one is forced to have sex against their will, whether they have decided to fight back or not.

**Myth 5:** Intimate kissing or certain kinds of touching mean that intercourse is inevitable. Reality: Everyone's right to say "no" should be honored, regardless of the activity that preceded it.

**Myth 6:** Once a man reaches a certain point of arousal, sex is inevitable and they can't help forcing themselves upon a woman. Reality: Men are capable of exercising restraint in acting upon sexual urges.

**Myth 7:** Most women lie

about acquaintance rape because they have regrets after consensual sex. Reality: Acquaintance rape really happens - to people you know, by people you know.

**Myth 8:** Women who say "no" really mean "yes." Reality: This notion is based on rigid and outdated sexual stereotypes.

**Myth 9:** Certain behaviors such as drinking or dressing in a sexually appealing way make rape a woman's responsibility. Reality: Drinking or dressing in a sexually appealing way are not invitations for sex.

If you, or someone you know, has been the victim of sexual assault, please contact one of the following agencies for assistance: SAVI 24-hour crisis pager, 576-9634; Tripler Army Medical Center (emergency room), 433-6629; or NCIS, 474-1218. For more information, call Louella Cazimero-Bactad, SAVI coordinator, at 473-4222, ext. 245.

## Domestic violence training video takes two awards

### JO1 John Osborne

Naval Personnel Development

Command/Task Force EXCEL Public Affairs

The Center for Personal Development (CPD), in conjunction with Navy Personnel Command (NPC), captured first place awards for the video production "Domestic Violence: Breaking the Cycle" at the Department of Defense (DoD) 2003-2004 Visual Information (VI) Production Awards ceremony held at the Pentagon's "Hall of Heroes" on Feb. 9.

The video not only garnered top honors in the training category, but was also deemed the best of all 51 submissions when it was voted VI Production of the Year.

The production awards program's principal purpose is to recognize effective use of the production medium. This year's awards were presented by Lawrence Di Rita, assistant secretary of the defense for public affairs "The Production of the Year Award was a pleasant surprise," said Jack Watts of CPD, who served as the military technical advisor on the video. "It was a six-month collaboration between CPD, the Family Advocacy Program of NPC, Naval Media Center in Anacostia, (Naval Air Station) Oceana's Medical Center, Fleet and Family Support Center of Hampton Roads and CreativEdge Productions, who actually produced the video. Everyone's help was invaluable to the success of this training."

While winning the award was a nice side ben-

efit, Watts stressed that the main reason for the video is to educate Sailors and make them savvy about the effects of domestic violence. He said the video has powerful potential to serve as a training lesson for every Sailor who wears a uniform. The training covers everything from military protective orders to the effects that being a witness to domestic violence can have on children, who often continue the cycle of passing on violent tendencies to the next generation.

"We wanted to show Sailors that domestic violence is a crime that doesn't do anyone any good," Watts explained. "We wanted to make sure people are able to recognize the traits, whether they are victims or potential offenders, because stopping domestic violence is everyone's responsibility. We wanted to clearly demonstrate that offenders are held accountable and at the same time show that the Navy wants them to receive treatment."

In addition to being part of the 2004 General Military Training curriculum, the video was delivered to each FFSC. VHS copies can be ordered free of charge through the Defense Automated Visual Information System/Defense Instructional Technology Information System at <http://afishp6.afis.osd.mil/dodimagery/davis/> using the PIN 806706.

To learn more about stopping domestic violence in the Navy, visit the Navy Fleet and Family support programs Web site at [www.ffsp.navy.mil](http://www.ffsp.navy.mil).

## Celebrating heritage



U.S. Navy photo by Lacy Lynn

Felicia Carr performs a spiritual praise dance at Sharkey Theater for Naval Station Pearl Harbor's African-American Heritage Observance. The ceremony featured a poetry reading, two acapella vocal performances and a historical timeline of African-American achievements. Four Tuskegee Airmen also talked about their experiences during World War II and answered questions from civilians and Sailors.

# MWR

## Movie Call

**Sharkey Theater**  
Naval Station Pearl Harbor  
(473-0726)

**FRIDAY**  
7:00 p.m. Are We There Yet? (PG)  
**SATURDAY**  
2:30 p.m. Racing Stripes (PG)  
4:45 p.m. In Good Company (PG 13)  
7:00 p.m. Closer (R)  
**SUNDAY**  
2:30 p.m. Racing Stripes (PG)  
4:45 p.m. Are We There Yet? (PG)  
6:30 p.m. Elektra (PG 13)  
**THURSDAY**  
7:00 p.m. Phantom of the Opera (PG 13)  
\$3 adults; \$1.50 children (6-11)

**Memorial Theater**  
Hickam Air Force Base  
(449-2239)

**FRIDAY AND SATURDAY**  
7:00 p.m. Hide and Seek (R)  
**SUNDAY**  
7:00 p.m. Hide and Seek (R)  
**WEDNESDAY AND THURSDAY**  
7:00 p.m. Alone in the Dark (R)  
\$3 adults; \$1.50 children (6-11)

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

**FRIDAY AND SATURDAY**  
7:00 p.m. Coach Carter (PG 13)  
**SUNDAY**  
7:00 p.m. Assault on Precinct 13 (R)  
**THURSDAY**  
7:00 p.m. In Good Company (PG 13)  
\$3 adults; \$1.50 children (6-11)

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

### CAMP ADVENTURE SPRING BREAK CAMP

Registration for Camp Adventure spring break camp is now ongoing. The camp will run from **March 21-April 1**. Camp hours are from 6 a.m.-6 p.m. Monday through Friday and will be held at Catlin and Iroquois Point Clubhouses. Day camp is open to patrons ages 5-12. Fees are based on total household income. For more information, call 421-1556.

### KRSOC 25TH ANNIVERSARY CELEBRATION AND MWR EXPO

Kunia Regional Security Operations Center (KRSOC) will celebrate 25 years of cryptologic excellence from 11 a.m.-2:30 p.m. **today** at the athletic complex. The anniversary celebration and MWR expo will feature activities, prizes, food and entertainment for the whole family. For more information, call 473-0606.

### PH ATHLETICS SCHEDULE

- Intramural soccer league begins **March 5**. Games will be played at Ward Field.
- Intramural softball league begins **March 8**. Games will be played at Millican Field.

The leagues are open to active duty only from Pearl Harbor, Barber's Point, NCTAMS, West Loch and NSGA Kunia. Registration and

participation is free. For more information, call 473-2494 / 473-2437.

### PEE WEE BASKETBALL

Registration for pee wee basketball will be from 9 a.m.-5:30 p.m. **March 4-25** at the youth sports office, building 3456 on Main Street, just off Valkenburgh. Children between the ages of three and five years are eligible to register. At the time of registration, parents should bring player's birth certificate, current sports physical (dated no more than one year ago) and a \$35 fee, which includes T-shirt, medal and certificate. The league is open to family members of active duty, retirees, reservists and DoD civilians. For more information, call 474-3501.

### YOUTH FITNESS ORIENTATION

Youth fitness orientations will be offered **March 5** at Bloch Arena and **March 12** at Power Point. The orientations take youngsters ages 10-15 on an educational tour of Navy fitness centers. The free tours are held the first and third Saturday of each month. Parent's attendance is required. Register by the Thursday prior. To register or for more information, call 473-0793.

### RAINBOW BAY MARINA REGATTA AND FAMILY FUN DAY BARBECUE

Rainbow Bay Marina regatta and family fun day barbecue will be held from 9 a.m.-4 p.m. **March 19**. The free, fun in the sun event will offer a variety of family activities. Sail the historic waters of Pearl Harbor, try the ancient Hawaiian sport of outrigger canoeing or test your skill in kayaking and paddleboating. For

those who are not up to that kind of exertion, the marina staff will offer a piloted harbor cruise. Or enjoy the party from the shore and watch the boat races, jump in the bounce house or enjoy a meal at the local-style barbecue. The event is sponsored by USAA. For more information, call 473-0279.

### DEEP-SEA FISHING

Catch the big fish aboard the "Coreene C," a 47-foot sport fishing boat that holds the I.G.F.A. World Record for unlimited class: an 1,805-pound blue marlin. Full- and half-charters are offered. The cost includes bait, tackle and equipment. For more information on fees and departure times, call the marina at 473-0279 or Captain Joe Irvin at 386-9024. For more information, call 473-0279.

### INTRO TO FITNESS

Intro to Navy Fitness will show you how and why you must include cardio, strength, flexibility and nutrition to live a longer more productive life. Commands may request specific dates and times to fit any schedule. For more information, call 473-FITT.

### YOUTH STRENGTH PROGRAM

A youth strength program is offered for youth ages 10-13 from 3-4 p.m. Tuesdays and Thursdays at Bloch Arena.

The workout includes a cardiovascular warm-up, strength exercises, stretching techniques and nutritional tips. Registration requires a healthy history and Par-Q form. The cost is \$25 per month. Register at Bloch Arena or call 473-0793 for

more information.

### MASSAGES BY "THE LOTUS TOUCH"

Want to improve circulation, increase flexibility, release muscle tension and receive a greater sense of well-being? Try "The Lotus Touch." Patrons can enjoy a hot and cold stone massage which includes face, neck and shoulders. A 75-minute treatment costs \$90. Other treatments are available for as low as \$15. Appointments are available at Bloch Arena and Power Point Fitness Centers. For more information, call Ruby at 386-4812.



- **March 5:** Kailua Beach tour, \$45, 8:30 a.m.
- **March 6:** Beach Bum Day, free, bring money, 10 a.m.
- **March 9:** Game Show Night, free, 6:30 p.m., Beeman Center.
- **March 11:** Blue Hawaii dinner and show, \$40, 4:30 p.m.
- **March 12:** Introductory surfing lessons, \$3, 10 a.m.
- **March 13:** Grand Circle Island Tour, \$25, 9 a.m.
- **March 16:** Black out bingo, free, 6:30 p.m.

### Weekly events:

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



**Alone in the Dark:** A detective travels to Shadow Island to solve the mystery of a friend's death. He discovers the secrets of the Abskani, an ancient tribe that worshiped demonic forces.

**Are We There Yet?:** When Suzanne's work keeps her in Vancouver for the holiday, Nick offers to bring her kids to the city. The kids are determined to turn the trip into a nightmare.

**Assault on Precinct 13:** A cop-killer and mobster are brought into a Detroit precinct. By nightfall, the remaining cops and prisoners find themselves fighting for their lives against a group of rogue cops.

**Closer:** Closer is the story of four strangers and their instant attractions and betrayals. The couples find out that love can disappoint when one of them experiences an affair.

**Coach Carter:** Ken Carter, who oversees Richmond High School's basketball program, found himself in the center of controversy when he locked out his entire varsity team in order to motivate them to improve their grades.

**Elektra:** Elektra becomes an assassin trained by a crew of killers. Their leader sends her on a mission to kill Mark Miller and his daughter. However, Elektra befriends her would-be victims and defends them from ninja assassins.

**Hide and Seek:** As a widower tries to piece together his life in the wake of his wife's suicide, he discovers that his daughter finds solace by creating a maniacal imaginary friend with a terrifying vendetta.

**In Good Company:** Dan is demoted from head of ad sales in a corporate takeover. His new boss, Carter, is half his age. Dan and Carter's relationship is thrown into jeopardy when Carter begins an affair with Dan's daughter.

**The Phantom of the Opera:** See Review

**Racing Stripes:** A circus accidentally leaves behind a baby zebra. He is rescued by a horse farmer, whose farm borders a racetrack, where thoroughbreds compete. From the first moment Stripes lays eyes on the track, he knows that he could leave all those other horses in the dust.

### JO3 Ryan C. McGinley The Phantom of the Opera

Andrew Lloyd Webber's "The Phantom of the Opera" is an acquired taste. Those who don't like musicals or the play will find the strenuous two and one half hour film a chance to catch up on sleep. Those die-hard fans of the musical, will find the film staying true to its stage production and building upon the visual beauty which film can produce.

There is no debate about the illustrative style Joel Schumacher employs, using rich color and dreary harsh shadows to create a unique mis-en-scene. Each frame is a captivating picture unto itself, strung together beautifully into a cohesive unit of celluloid.

Yet visual style is the only new addition from stage to film. The story follows the same path, with a few slight changes noted for climactic effect. There is no reinvention of characters or plot lines, but simply the same story told on the screen. Those who love the play will most likely love the movie.

Schumacher directs a cast of relative unknowns, except for the lovely Minnie Driver. Most audience members will not recognize one major star, and probably rightly so. A big name star in a movie such as this would only distract from other more important elements. Each actor does a fine job - not noteworthy, but not terrible.

The film basically treads lightly and stays true, so as to not upset the fans. The only major standout is the visual nature. To say this film is good or bad is tricky, and depends upon prior experience and tastes. Phantom is put together, shot, acted and scored well, but all of that doesn't matter if an audience members taste in musicals is limited.

If you liked the musical, then you will like the movie. If you don't like musicals, you are not going to like the movie. If you have never seen the musical, then it's worth the price of admission.

**OVERALL RATING:**

# Community Calendar

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

**A Red Cross babysitting course** will be offered **March 5** to youth ages 11-15. The cost is \$35 and pre-registration is required. For more information or to register, call 449-0166 or stop by the Red Cross office at 655 Vickers Ave., building 1105.

A variety of paintings will be on display for an art show at The Mall rotunda **through March 6**. Pieces will include handmade oil paintings of landscapes, seascapes, harbors, cottages, still life, Hawaiian art and impressionist.

**The Mardi Gras Follies** is currently on stage for its 50th anniversary and final curtain call on weekends **through March 19** at The Banyans at Naval Station Pearl Harbor. The Las Vegas-style song and dance revue is the main fundraiser for the Pearl Harbor Performing Arts Association (PHPA) at Naval Station Pearl Harbor. Tickets are available at a cost of \$35, \$45 and \$50 per person and offer an evening of entertainment - including a buffet dinner, the Mardi Gras Follies show, tax, tip and free parking. A portion of the cost is tax deductible. For tickets, call 473-1703 on weekdays between the hours of 10 a.m.-1 p.m. You can also visit the Mardi Gras Follies web site at [www.mardigrasfollies.com](http://www.mardigrasfollies.com) for more information.

Expectant parents can learn everything they need to know about labor and delivery at **prepared childbirth classes** which will be offered on Saturday mornings at Armed Services YMCA at Naval Station Pearl Harbor. The classes will meet from 10 a.m.-noon for four weeks. The next session is scheduled to begin **March 5**. The cost for E-1-E-5 is \$55. The cost for those who are E-6 and above and all officers is \$65. For more information, call 473-3398.

**USS Chicago Ohana Wives Club** will hold a fundraiser (McTakeover) from 5-8 p.m. **March 15** at the McDonald's at the Moanalua Shopping Center. During the three-hour time span, spouses from the USS Chicago Ohana will work behind the counters at McDonald's to raise money for the ohana wives club. The club will receive 20 percent of the proceeds made during that three hours. The event is the club's biggest fundraiser for the year. For more information, call 421-1566.

The annual Hickam/Pearl Harbor **American Red Cross Volunteer Recognition Ceremony** will be held from 10 a.m.-noon **March 18** at The Banyans at Pearl Harbor. The lunch is complimentary for volunteers and \$12 for guests. For more information or to make a reservation, call 449-0166.

**A free scrapbooking class** will be offered **March 22** at the Armed Services YMCA at Naval Station Pearl Harbor. The class will introduce the basics needed to create beautiful scrapbooks for those cherished family photos. For more information or to sign up, call 473-3398.

Learn **Hawaiian quilting** and how to make a treasured family heirloom from Linda Yamamoto, a quilter with many years of experience. The class begins **March 24** and will meet from 9:30-11:30 a.m. on Thursday at Armed Services YMCA at Naval Station Pearl Harbor. The cost of

the class is \$24. A list of supplies will be provided upon payment of class registration. For more information or to reserve a spot, call 473-3398.

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

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

**Sea World San Diego** is offering free admission throughout 2005 for all active duty military and up to three dependents. For more information, visit <http://www.herosalute.com/cavatz/index.html>.

**The USS Chafee Ohana** meets at 7 p.m. the first Tuesday of each month at the community center in Pearl City housing. Child care is provided at a cost of \$2 for the first child and \$1 for each additional child. For more information, call 780-4132 or contact [chafeehana90@yahoo.com](mailto:chafeehana90@yahoo.com)

The **Navy Exchange Appliance Store** has a new home, located in building 70 at the corner of Radford Drive and Bougainville Drive. It is open from 9 a.m.- 9 p.m. daily. For more information, call 421-1495.

Bring your child's most recent report card to the Navy Exchange to register for the **Project A-OK** program. Good grades could win your child \$5,000, \$3,000, \$2,000 or \$1,000 in U.S. Savings Bonds. For more information, visit the NEX customer service department at The Mall rotunda.

How to contact **TriWest/TRICARE services** - Beneficiaries can contact TriWest with enrollment; Primary Care Manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their web site at [www.triwest.com](http://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, non-commercial 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.