

Website guides Sailors, families to a better

Quality of Life

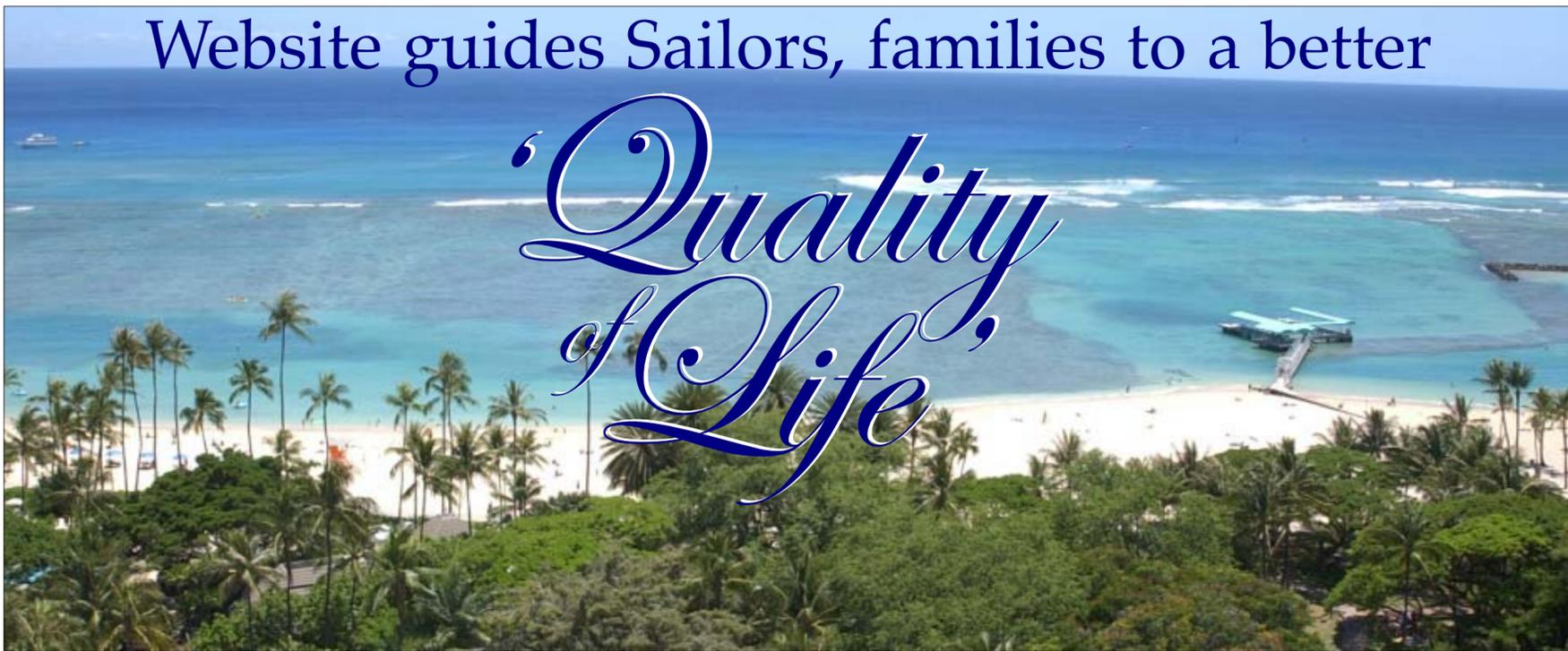


Photo by JOI Jim Williams

An overhead view of Waikiki Beach. Quality of Life's 'greatlifelifehawaii.com' Website delivers organized information to Sailors and their families, including a section on things to do and see around Hawai'i.

Christa Thomas
MWR QOL Marketing

Hawai'i is an amazing place to live and the quality of life that it offers its residents is unlike any other state in the union. Hawai'i can be paradise everyday, but there are many things to consider when PCSing to the islands. Before arriving on island, Sailors and families no doubt have many questions that must be answered - primarily, housing, family services, education or employment opportunities and, of course, recreation. Initially, the deluge of information can be overwhelming. The Quality of Life Division (QOL) of Navy Region Hawai'i has developed a comprehensive Website, www.greatlifelifehawaii.com, that delivers a wealth of well-organized and timely information to your fingertips. Greatlifelifehawaii.com has incorporated links to dozens of Navy and military resources, from Tricare to Tripler Hospital to the Navy Exchange, driver license information and public schools. It is a "one-stop shop" for accessing information on surviving and thriving in this island paradise.

New to Hawai'i?

Or maybe you've been around awhile and you've been tapped to become a sponsor for your command? The PCS transition may be made easier by accessing the many PCS-related links from bachelor and family housing, childcare and chapels to local weather forecasts, registering a vehicle or getting a Hawai'i driver's license. There is also extensive information on basic allowance for housing rates, TLA-approved facilities and ap-

plying for housing online.

Family Services

The Fleet & Family Support Center page has a wide-ranging list of the services available for active duty Navy, Marines and Coast Guard, retirees and family members. Deployment support, clinical counseling, career support and retention, financial planning, general military training and retired activities are but a few of the topics that are covered by the website. They have made the intake process much easier by supplying downloadable forms for many of their programs.

Looking for employment?

Click on greatlifelifehawaii.com and you will find the Joint Employment Management System. JEMS is a joint military venture designed to link job seekers from the military community to employers who have job openings in Hawai'i. There are several other links to sites for job opportunities. At certain sites, you may apply for

jobs, build a resume, register for job skills classes and workshops or explore federal, state, local and private sector career options that match your interests. John Mosby, military family member, found his job by using this website after PCSing here with his wife.

"It has a lot of good information in one place," Mosby said. "I know a lot of parents who use this site to find out the Little League schedules at the Boys & Girls Club."

Morale, Welfare and Recreation

GreatLifeHawaii.com is your window to an impressive array of recreational adventures, special events, dining activities and much more. It is a "one-stop" for all that is current with Navy MWR. The homepage of this Website is a valuable resource for finding out what is happening with any MWR activity. Do you need to know what's playing at the Sharkey Theater or what days Pilates classes are held? Do you want to know where the folks at the

Outdoor Adventure Center are hiking this weekend or what time Sam Snead's Tavern closes? All of this information and more is just a click away. There is also a subscriber page for users to directly receive information on activities that are of most interest.

According to J. Rogers Patrick, QOL director, "The inception of this site came about after five divisions (bachelor housing, galleys, MWR, FFSC and Family Advocacy) merged to form QOL in 2000. For customer ease and convenience, five sites became one - greatlifelifehawaii.com. The future will present added features and benefits for

all our website subscribers, including online registration, couponing and enhanced navigation."

The latest Ohana survey shows that the Internet is the preferred method of receiving information. Jeffrey Harris, QOL marketing director, confirms that greatlifelifehawaii.com averages 10,000 hits each week with the special events page receiving the most visits and the most downloaded file is the Liberty Call newsletter.

As most web surfers know, the primary strength of the Internet is also its primary weakness - the sheer volume of information that is available. With its multiple links and clean, uncluttered pages, greatlifelifehawaii.com is the site for keeping Sailors and families up-to-date and informed about all aspects of Navy life in Hawaii. Its accurate and easy-to-read content is set in an attractive and consistent format that makes navigation simple.

Further, excellent customer service and response time is a hallmark of this Website.

Bookmark the QOL Website www.greatlifelifehawaii.com, as this site is the single point of reference that will quickly become the springboard for all your Internet surfing.



Photo by Amiee Huepenbecker

The Caguillo family, who won a cruise around the Hawaiian Islands from a Quality of Life Website contest last summer, departed from the Aloha Tower Marketplace this past week for a seven-day cruise. The "greatlifelifehawaii.com" Website regularly offers trips and contests.



U.S. Navy Photo

A Sailor plays billiards at the Liberty in Paradise facilities on Pearl Harbor. A listing of activities for single Sailors can be found at "greatlifelifehawaii.com."



Photo by Amiee Huepenbecker

YNSN Derrick Robinson of Naval Station Pearl Harbor views the Quality of Life 'greatlifelifehawaii.com' Website while visiting the Liberty in Paradise facilities on Pearl Harbor.



U.S. Navy Photo

Right: A Sailor plays golf at the Navy/Marine Corps Golf Course. Information about the course, as well as many other outdoor activities, can be found at the Quality of Life 'greatlifelifehawaii.com' Website.

Commentary

Island Flavors

JOI Jim Williams

christopher.j.williams@navy.mil



Wally Ho's offers unique family style lunch

I love Hawai'i ... where else can you stop at a garage to get a car inspected and discover one of the island's finest plate lunch places?

Wally Ho's Garage & Grill, located off Kamehameha Highway in Aiea, uniquely offers the combination of a service garage and family diner all rolled into one.

And when I say family, I mean it. Almost everyone who works both in the diner and the garage are from the same family.

In 1956, Wally Ho opened a gas station next door to his father's market. It was rebuilt a few years later and in time began serving small items such as soups and sandwiches. Due to the food's popularity, the snack bar was eventually expanded into a full kitchen, which now serves an assortment of plate lunches, fresh fish, salads and tasty desserts. Wally still runs the operation with his spouse, but now with the help of his six children and grandchildren.

Although the family has no formal training in cooking, with a little trial-and-error food preparation, the dishes have evolved into the appetizing fare you find today, which has become very popular in the local community.

During our visit, my wife and I sampled the "Okinawa Pork," which is braised in a shoyu-type sauce, comprised of ginger, garlic, sugar and a touch of vinegar (\$6.95), as well as their famous fresh "blackened ahi," served in a honey mustard shoyu sauce (\$10.95). But my personal favorite, and their top seller, is the garlic Korean chicken, lightly floured, deep fried and dipped into a Korean red chili paste-based sauce, with hints of garlic, shoyu, ginger and green onion (\$6.75). These, like most of their plate lunches, are accompanied by two scoops of white or



98-380 Kamehameha Hwy
Aiea, Hawai'i 96701
488-2220

brown rice and either macaroni/potato salad or a small tossed salad.

A few of their other best sellers include the 'teri-beef,' the ham steak with pineapple sauce or a homemade beef stew (all for \$6.50). For those searching for a healthier meal, they offer an assortment of salads, including grilled chicken, tuna or Caesar salad (all for \$7.50). They also have a mouth-watering tuna sandwich (\$2.50), chicken salad sandwich (\$3) or old-fashioned cheeseburger (\$3.50) for those looking for a lighter meal.

Wally Ho's also serves quite a few breakfast dishes like the three-egg omelet (with a choice of two items and rice or toast - \$6) and the homemade hotcakes or French toast (\$5).

Most of the dishes are made to order, which may take a little longer than your average drive-in joint, but in the end, gives the diner a better quality result. They also offer a small wine selection for those taking their dishes to go. The selection is mainly comprised of 'boutique' types of wine (nicer than those found in your average drug store, but still at very affordable prices).

There is also a catering service that varies from take-away dishes, to arranging the food for a child's party or a military change of command ceremony.

Overall, in a diner which credits their success to their many repeat customers, I feel that Wally Ho's Garage & Grill's true secret to success lies in the tremendous friendliness of their staff, and their ability to really make you feel at home. Oh, and you can't forget the affordable first-rate food (you can usually leave spending less than \$10 a meal), and of course, the fact that while you eat, you can always get your car fixed or your oil changed.

ISLAND FLAVORS SIDE DISH

If anyone has noticed, there has been the recent addition of a red and white "Leonard Jr.'s" malasada truck in the Mall at Pearl Harbor's parking lot. Always in search of a good dish, I soon discovered that the truck has more purpose than to just sell the tasty sugar-coated Portuguese desserts that are served either plain, chocolate, or filled with custard or haupia (coconut cream) filling. A percentage of the sales are going to support the Navy/Marine Corps Relief Society. The truck will be moving between the parking lots of the Mall at Pearl Harbor (in which it is scheduled to return to April 29th) and the mall in Kaneohe until the end of the relief society's drive in April. So if you feel like enjoying a tasty treat, while supporting a good cause, I would definitely recommend a stop at "Leonard Jr.'s" malasada truck.

Sailors urged to register to vote

JOSN Ryan McGinley
Staff Writer

While many Sailors will be away from home this year, they will still be able to have their voice heard on election day. The Voting Assistance Program helps Sailors, family members and Department of Defense civilians exercise their constitutional right to make their vote count via absentee ballots.

The Voting Assistance Program provides Sailors with paperwork and answers to questions concerning voting in the upcoming elections.

"We provide materials that you need to vote and we give you guidance," said Chief Ship's Serviceman(SW) Victorino Hermano, voting assistance officer for Naval Station Pearl Harbor. "Voting is our constitutional right. I think everyone should exercise that right. It's our direct way of getting involved in our political system."

In the 2000 presidential election, 69 percent of the military voted and 68 percent of the Navy voted.

"Compared to the civilian world, that's high," said Hermano. "We want to increase that number to 100 percent."

The Voting Assistance Program provides Sailors with the necessary forms for voting away from a person's state of residence.

"We make sure they (Sailors) are given the material to vote," said Hermano.

The voting assistance guide and the command voting assistance officer can assist in registering and requesting a ballot using the Registration

and Absentee Ballot Request or Federal Post Card Application Standard Form 76.

"It's self-explanatory, it's not difficult, it does not take much time," said Hermano. "Anybody who's outside their voting residence can do an absentee ballot."

Most of the states' instructions for voting require that they receive the Registration and Absentee Ballot Request 45 days before the election. Ballots are then mailed to voters 20 days before an election.

"That will give them time to process it and send you the absentee ballot," said Hermano.

"In our country, we have that right (to vote) as a result of past and present sacrifices of U.S. service men and women like you," said Gordon R. England, Secretary of the Navy. "Therefore, it is particularly appropriate that (Sailors), who protect this right for all of us, also exercise this right for (themselves)."

Whether Sailors are overseas, in the United States or deployed on a ship, they can vote.

"Everybody who is eligible to vote should vote," said Hermano. "This is our constitutional right...and it's also our responsibility to exercise that right. The only way of doing that is to vote."

To find out more information, contact the local voting assistance officer or visit the website at www.fvap.gov. Chapter three on the website contains each state's procedures for voting absentee. The chapter also contains addresses for submitting the Registration and Absentee Ballot Request to the correct local election official.

Great Life Hawai'i photo of the week



Photo of the Nate family

The Morale, Welfare and Recreation "Great Life Hawai'i Photo Contest" begins next week, so dust off the photo albums and pick the photo that best represents what makes being stationed in Hawai'i so memorable. Submit unpublished photographs (no smaller than five by seven inches at 200 DPI) to "hnn@honoluluadvertiser.com." All photographs submitted will become the property of the paper and MWR, which reserves the right to edit, copyright, and publish submissions. There is no entry fee, but there is a limit of one entry per family. Weekly photo winners will be showcased both in Hawai'i Navy News and on the MWR website "www.greatlifehawaii.com." Every quarter, a winner will be selected from the weekly winners to receive a special gift package from MWR. This contest is open to amateur photographers only, who must be at least 18 years of age.

MWR

Movie Call

Sharkey Theater, Pearl Harbor
(473-0726)

FRIDAY
7:00 p.m. Cold Mountain (R)
SATURDAY
2:30 p.m. You Got Served (PG 13)
4:30 p.m. Along Came Polly (PG 13)
6:30 p.m. The Perfect Score (PG 13)
SUNDAY
2:30 p.m. My Baby's Daddy (PG 13)
4:30 p.m. The Big Bounce (PG 13)
6:30 p.m. The Butterfly Effect (R)
THURSDAY
7:00 p.m. Barbershop 2: Back in Business (PG 13)

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

Memorial Theater, Hickam AFB
(449-2239)

FRIDAY, SATURDAY AND SUNDAY
7:00 p.m. Barbershop 2: Back in Business (PG 13)
WEDNESDAY
7:00 p.m. You Got Served (PG 13)
THURSDAY
7:00 p.m. Win a Date With Tad Hamilton (PG 13)

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

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

FRIDAY
7:00 p.m. The Big Bounce (PG 13)
SATURDAY
7:00 p.m. The Big Bounce (PG 13)
SUNDAY
2:00 p.m. The Perfect Score (PG 13)
WEDNESDAY
7:00 p.m. The Perfect Score (PG 13)
THURSDAY
7:00 p.m. Calendar Girls (PG 13)

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

LLOYD DOBLER EFFECT - FREE CONCERT

See Lloyd Dobler Effect rock the house tonight from 6 - 9 p.m. at Arizona Hall. There will be free barbeque and prize giveaways. For more information call 473-4279.

PEE WEE BASKETBALL

Registration for pee wee basketball (ages 3 - 5) will be held today from 9 a.m. - 5:30 p.m. at the youth sports office, bldg. 3456 on Main Street, just off Valkenburgh Boulevard. At the time of registration, please 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.

FAMILY FUN DAY AND SPRING BREAK SPECIAL

Family fun day and spring break special will be held March 20 at Rainbow Bay Marina. The whole family can enjoy a day with boat racing, door prize give-aways, and free refreshments. For more information call the marina at 473-0279.

FREE GOLF CLINIC

Learn the basics or refine your game at a free golf clinic from 1-2 p.m. March 20 at the Navy Marine Golf Course. The

clinic is open to the first 16 active duty Navy and family members. For more information or to register, call 471-0142.

MARDI GRAS DANCE

Youth ages 10-12 can dance the night away at a Mardi Gras dance from 6-9 p.m. March 20 at the Iroquois Point Clubhouse. Enjoy music, dancing and contests. The cost is \$3 per person. For more information, call 499-2572.

BE REPRESENTIN'

It's the Representin' Contest at The Country Bar at Club Pearl. The Navy Hawai'i command that brings in the most people to "represent" at this blowout party, March 20, will be eligible to win prizes. Proof of eligibility is required. Doors open at 8:30 p.m. For more information call 473-1743.

ROUND ROBIN DOUBLES CHALLENGE

A free round robin doubles tennis challenge will be offered at 4 p.m. March 22 at Wentworth Tennis Courts. All authorized MWR patrons age 18 and older are invited to participate. In order to support this effort, a minimum of eight players is required. Register by March 19. For more information call 473-0610.

CAMP ADVENTURE

Camp Adventure will offer spring break day camps March 22 - April 2 at Catlin Clubhouse and Iroquois Point Clubhouse. Camp includes weekly field trips, swimming, arts and crafts, songs, games and more. Registration for spring camp is open until all slots are filled. Fees are based on total household income. This program is open to eligible children ages 5-12. To check eligibility, register or get camp hours, call: Catlin Clubhouse, 421-1556; or Iroquois Point Clubhouse, 499-2572.

SURVIVOR SPRING BREAK TEEN CHALLENGE

The Boys & Girls Clubs of Navy Hawai'i will host Survivor Spring Break Teen Challenge from March 22-April 3. The event will feature challenges each day of spring break to see who has what it takes to reign supreme. Prizes will be awarded each day as the power shifts. The challenge is open to youth ages 13-17. The ultimate survivor will be named on April 3. For information on registration and game sites call 471-8914.

MARCH IS YOUTH ART MONTH

March is Youth Art Month and youth can earn prizes by entering MWR's art contest. The contest will be divided into three age groups: 3-5, 6-8 and 9-12, with three winners per category. Visit the MWR website, www.greatlife-hawaii.com, to print an official contest palette. Those who do not have access to a computer or printer may visit their closest Navy IIT office for contest palette. Submit entries to any Navy MWR IIT office no later than March 31. Winning entries will be posted on the MWR Website. Submissions become the property of MWR and will not be returned. For more information call 474-5725.

LEISURE TRAVEL / TLA TRAVEL

Planning a trip? Travel Connections, the new travel office located in Bloch Arena can assist with worldwide airline ticketing, hotel accommodations, vacation packages and on-island TLA. For TLA, the travel office will arrange accommodations in one of a host of on-island hotels that offer lodging to fit many needs - all priced within TLA allowances. Those who book TLA through Travel Connections travel office will have the use of a free rental car during their TLA stay. Stop by throughout the month of March and enter the raffle for a DVD player. There is no cost to enter and you need not be present to win. The

winning ticket will be drawn March 31. For more information call 422-0139.

CDH CHILDCARE PROVIDER

Become a Child Development Homes (CDH) childcare provider for military families. The deadline to apply for the next class is today. Participants must be 18 years or older, read and write English, and live in Navy family housing. Potential providers must attend an initial training class for a license to operate a childcare business. Those interested should apply at the CDH office in building 4 at the corner of Nimitz Highway and Camp Catlin Road between 8 a.m. and 5:30 p.m. Monday-Friday. Or visit the MWR Website at www.greatlife-hawaii.com for an application. For more information call 471-8444.



March 20: Waimea Falls, cost to be announced. Leave from LIP at 10 a.m.
March 21: Hawai'i beach party/activities, \$80. Depart from LIP at 9 a.m.
March 27: Haleiwa for the day, \$2 and bring money. Depart from LIP at 10 a.m.
March 30: Valley of the Temples, \$4. Depart from LIP at 10 a.m.

Weekly events:

Sunday and Thursday: Movie and popcorn night, 6 p.m., free.
Monday: NFL football and pupus, 6:30 p.m., free.
Tuesday: 8 - Tournament, 7 p.m., free.
Wednesday: Ping Pong Tournament, 6 p.m., free.



Along Came Polly: Reuben's best-laid plans for life and love career wildly off track when his bride dumps him on their honeymoon. Stunned and humiliated, Reuben plans to play it safer than ever. But an encounter with a childhood friend named Polly shoots him into a whirlwind of living in the moment activities.

Barbershop 2: Back in Business: On the south side of Chicago, Calvin is again struggling to keep his father's shop and traditions alive. Urban developers are looking to replace 'mom & pop' establishments with name-brand chains. The world changes, but some things never go out of style - from current events and politics to relationships and love, you can still say anything you want at the barbershop.

The Big Bounce: Jack is a drifter whose talents lie just outside the law. Hoping for a change of scenery, Jack heads for Hawai'i where he discovers that whether he is looking for a new con or romance, temptation is everywhere.

The Butterfly Effect: Evan is an emotionally conflicted man dealing with suppressed childhood memories. Clearly enough, he discovers a way to travel back in time, but his different actions in the past have enormous ramifications for his future/present.

Calendar Girls: Two friends living in a village in the Yorkshire Dales enlist the support of women's club members in a fund-raising initiative for the local hospital. The traditional idea to produce a calendar has a radical twist...the women will be nude.

Cold Mountain: A wounded Civil War soldier, Inman, gets up from his deathbed and begins the difficult walk home to Cold Mountain, N.C., so he can be with Ada. Ada, although heartbroken, is struggling to care for her deceased dad's farm.

My Baby's Daddy: Bachelors from the hood, after a lifetime of hard partying, are in for a rude awakening when their respective girlfriends all get pregnant.

The Perfect Score: High school students desperate to get into top-notch colleges develop a plan to break into the Princeton Testing Center to steal the answers for the S.A.T.

Win a Date with Tad Hamilton: When a hot young actor, Tad Hamilton, agrees to participate in a "win a date" contest to promote his new movie, his world is turned upside-down when he finds himself falling in love with the winner.

You Got Served: This hip-hop comedy explores the social subculture of street dancing, focusing on a pair of friends, David and Elgin, who want to open their own hip-hop dance and recording studio.

by JOSN Ryan McGinley

Cold Mountain

"As segments, and not an unnecessarily lengthy period film similar to his two previous films ("The English Patient" and "Talented Mr. Ripley"), Anthony Minghella's "Cold Mountain" has many highlights. As a whole though, it fails to provide a story worthy of emotion and involvement from the audience.

The relationship between Ada Monroe (Nicole Kidman) and W.P. Inman (Jude Law) is hard to grasp because of its stagnant affection. Ada is the daughter of a preacher (Donald Sutherland) who moves to Cold Mountain because of his health. Ada and Inman's first and subsequent meetings draw little conversation or development of their ensuing deep love for each other. They fall for each other over a few chance meetings before Inman goes off to fight in the Civil War.

After one of the most powerfully moving sequences of war on film (rivaled only by "Saving Private Ryan's" opening act), Inman decides to abandon his duty and trek home to Ada. Through the four years that they are apart, Inman receives few of the more than 100 letters sent to him by his supposed love. Ada receives none. Yet they remain dedicated to each other through this time with little credibility in their fidelity.

Through Inman's journey home (which ironically resembles Homer's "Odyssey"), he meets numerous characters that help the story examine not only Inman's personality, but also the time in which he lives. The most notable of these encounters is with a lonely widow (Natalie Portman); however, the repetition loses the initial impact of the technique.

What makes this film worth seeing are exceptional performances by its main characters, including Renee Zellweger who won an Oscar for her role. The war scenes supplemented by impressive art direction will leave audiences loving parts of the movie, but not the film as a whole.

OVERALL RATING: ⚓⚓⚓⚓⚓

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

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

Deadline for submissions is Thursday for the following week's issue. Items will run for four consecutive weeks on a space available basis.

MISCELLANEOUS

BLOOD DRIVES

• March 22: 9 a.m.-noon, U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.

• March 25: 9 a.m.-noon, U.S. Air Force, Hickam Community Center, Hickam Air Force Base.

For more information call 433-6148.

MARDI GRAS FOLLIES

The 49th annual Mardi Gras Follies is now showing at The Banyans at Naval Station Pearl Harbor. Performances will be held every weekend through March 27. The Las Vegas-style song and dance revue is a presentation of the Pearl Harbor Performing Arts Association. Directed by veteran showman Jack Cione, this year's revue will pay tribute to America's military forces with a salute to the red, white and blue performed by a cast of more than 50 performers. More than half of the cast is military affiliated, either active duty, veterans or retired. The Mardi Gras Follies is the main fundraiser for the Pearl Harbor Performing Arts Association (PHPPAA), a nonprofit organization that contributes thousands of dollars each year to local military and civilian charities. Tickets are available at a cost of \$35, \$45 or \$50 per person and offer an evening of entertainment - including a buffet dinner, the Mardi Gras Follies show, tax, tip and free parking. For tickets, call 473-1703. If you would like more information about how to become a member of the Pearl Harbor Performing Arts Association call 487-2546. You can also visit the Mardi Gras Follies Website at www.mardigrasfollies.com for more information.

MANOA VALLEY THEATER AUDITIONS

Military personnel are encouraged to audition for the Manoa Valley Theater production of "Gunfighter" at 3 p.m. March 20 and March 21 at Bakken Auditorium, on the campus of Mid-Pacific Institute in Manoa Valley. Based on the true life story of Lt. Col. Ralph Hayles, "Gunfighter: A Gulf War Chronicle" tells the story of a soldier whose career and life are changed by a tragic friendly fire incident during the Gulf War of 1991. The show will be performed by a cast of approximately 20: 15+ men and five women. Auditions will consist of readings from the script. It is strongly recommended that auditionees read the script prior to attending auditions. Scripts are available for perusal on premises at the Manoa Valley Theatre business office, 2833 East Manoa Road, between 9:30 am and 5 p.m., Mondays through Fridays. Rehearsals begin March 22. Performance dates will be May 19-June 6 with possible extensions through June 13. For more information call MVT at 988-6131.

WOMEN'S HISTORY MONTH CELEBRATION

The Women's History Month celebration will be held at 11 a.m. March 25 at Club Pearl. The event is hosted by the Naval Station Pearl Harbor Multicultural Committee. There will be singing, dancing and prizes available. Drinks will be available for purchase. For more information call JO1 Calderon at 473-2934.

EARTH DAY

Navy Region Hawai'i is hosting an Earth Day Fair at the NEX on April 17 from 10am to 1pm. The family friendly event includes a coloring contest open to children 10 and under. Prizes will be awarded to each age group. Pick up contest forms at the NEX this weekend. For more information call 473-2888.

MARDI GRAS - ALOHA STYLE

The Navy Hale Keiki School will hold its 11th annual silent and live auction, "Mardi Gras ~ Aloha Style" from 5-9 p.m. April 17 at the Hickam Officer's Club. Ticket prices are \$15 per person and includes heavy pupus, costumes and live entertainment. This year's proceeds are targeted for classroom

computer upgrades and safety upgrades for the school's playground structures. Navy Hale Keiki School, established in 1946, is a private, non-profit organization committed to providing an early childhood education for children in preschool through second grade. While open to both the military and civilian communities, throughout its 56 years the school has traditionally attracted 90 percent of its total enrollment from military families. To make a donation or purchase tickets for the auction, contact 227-0954 or sydneyann1313@aol.com. All donations are tax deductible.

SOCIETY OF AMERICAN MILITARY ENGINEERS SCHOLARSHIP

The Society of American Military Engineers (SAME), Honolulu post, will award a \$1,500 scholarship with a one-year SAME 'young member' membership. Applications must be postmarked by May 10. Information on eligibility and submission requirements can be obtained by calling Commander Bert Diehl, U.S. Coast Guard, at 541-2200.

SHIP/SUBMARINE OHANA

USS HOPPER OHANA
• The USS Hopper Ohana will host its monthly breakfast club beginning at 9 a.m. March 20 at the Dixie Grill in Aiea. The event will be dutch treat. For more information, email hopperohana70@yahoo.com or call Sabrina at 499-0555.
• The USS Hopper Ohana will hold its monthly meeting beginning at 6:30 p.m. April 6 at the fellowship hall of the Pearl Harbor Base Chapel. A guest speaker will discuss financial planning for deployments. The group will also discuss the cookbook, Easter egg hunt and the Mother's Day breakfast. For more information email hopperohana70@yahoo.com or call Sabrina at 499-0555.

NEX

MEET THE AUTHOR
• Toni Polancy, author of "The Hawaii Pet Book: Keeping Your Cat and Dog Healthy, Happy and Housed in the Tropics," will hold a book signing from 11 a.m. - noon March 20 at the NEX.

SUPPORT NMCRS 2004

Help support the Navy-Marine Corps Relief Society by purchasing a \$5 benefit ticket at the Navy Exchange. Patrons will receive 10 percent off purchases at the NEX and 15 percent off furniture (some restrictions apply) on March 22 and 23. All proceeds will be contributed to the NMCRS 2004 fund drive. Tickets are sold at most NEX locations.

COURTESY INSPECTION SERVICE AVAILABLE

The Navy Exchange Autoport provides a free safety inspection to families of deployed Sailors. This service is available one week prior, after and during deployment periods. The NEX Autoport is located on base, sub side. For more information, call 423-3226.

AMERICAN RED CROSS

RED CROSS NURSING ASSISTANT TRAINING

The American Red Cross at Hickam AFB is currently accepting applications for a free nursing assistant training program. Applicants should be military dependents, over 18 years of age and have a high school diploma. For more information, contact the Red Cross office at 808-449-0166 e-mail at arc@hickam.af.mil.

ARMED SERVICES YMCA

ALIAMANU LOCATION:

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

T.O.P.S.

T.O.P.S. (Take Off Pounds Sensibly), a nonprofit, noncommercial weight-loss support group, meets every Wednesday at the Armed Services YMCA, Aliamanu location. Weigh-ins begin at 5:30 p.m. and the meeting starts at 6:15 p.m. Membership fees are low and includes the T.O.P.S. magazine. There are also incentive programs offered. The first meeting is free. For more information, call Delcie at 623-1403.

Pearl Harbor Sailors shoot right on target

JO3 Devin Wright
Staff Writer

A group of Sailors from Navy Region Hawai'i took first and second place in the Pacific Division Matches marksmanship competition at Marine Corps Base Hawai'i - Kaneohe in late February.

The competition consists of teams from the Marines, Air Force, Coast Guard, Air National Guard and Army with scores comprised of individual and team efforts in rifle and pistol.

During the competition, marksmen shoot from the required standing, kneeling and prone positions.

The pistol course of fire is held at the 25-yard line using one hand while the rifle is shot from the 200, 300 and 500-yard line.

Gunners Mate 1st Class (SW) Michael Seng from Navy Region Hawai'i Security took first place in the individual rifle competition.

"The Navy isn't really known for marksmanship so to bring home a win is actually pretty significant and lets the other services know we can shoot, too," Seng boasted.

For Fire Control Technician 1st Class Walter Dabu of Navy Region Hawai'i Security Department, doing well in the competition gives the Navy bragging rights.

"In the Navy, if it's not part of your job you probably don't come in contact with a firearm very often whereas Marines are very familiar with how to shoot," said Dabu. "Other services know this so walking away with a win competing against other services is impressive."

For competition first timer Shawn Patterson of Navy Region Hawai'i Security Department, the wins give the Navy more reasons to boast.



Photo by JO3 Devin Wright

GM1(SW) Michael Seng, right, a security patrolman assigned to Commander, Navy Region Hawaii's security department, lines his sights on a target down-range as MA2 Shawn Patterson advises on where his shots are hitting the target.

"This competition gives us a sense of pride," said Patterson. "Now we have a certain amount of bragging rights towards the other services."

The team captain, Lt. Carmel Tomlinson, said the team's achievements - given the competition - is something to be admired.

"Earning both team and individual awards in the Pacific Division Matches in Hawai'i is an outstanding accomplishment for Navy Region Hawai'i," said Tomlinson. "With over 70 competitors from all of the sister services, competition was fierce."

For Tomlinson, the competition proves a personal point.

"The Navy Sailor is not known as a down in the dirt, man against man type of warrior," Tomlinson admitted. "We are thought of more as the protector of the sea who obliterates the enemy from the protection of a steel-armored destroyer. This competition proved that Sailors are just as tough, just as disciplined and capable of finding our mark on the target. You never know what type of situation you could find yourself in during the war on terrorism," Tomlinson warned. "We better learn to shoot and shoot well for those times we don't stand under the protection of our ships."

Navy nutrition experts promote steps to having healthy hearts

JOSN Erica Mater
National Naval Medical Center
Public Affairs

Nutrition experts at the National Naval Medical Center (NNMC) are promoting ways for Sailors to lower risks of heart attacks and heart disease.

According to the National Institutes of Health, more than a million Americans have heart attacks each year, and about a half million people die from heart disease annually.

Although this may be a frightening statistic, there are many things you can do to control your risk for a heart attack or heart disease. Managing your cholesterol levels is one of the many steps you can take toward a healthy heart.

Cholesterol has a bad reputation as being a major contributor to heart disease. However, not all cholesterol is bad. Understanding the function of cholesterol and the different types of cholesterol will help in making educated decisions in managing cholesterol.

Cholesterol is an odorless, white waxy substance that occurs naturally in all parts of the body. Cholesterol actually serves some necessary functions in the body. It helps make vitamin D, some hormones and cell membranes, as well as helps transport fats to tissues in the body.

The liver produces all the cholesterol your body needs to maintain good health. The cholesterol we consume in foods is actually excess cholesterol. Diets high in saturated fat, such as animal products, is the main proponent of unhealthy cholesterol levels.

Not all cholesterol is helpful to the body. When there is too much cholesterol in the blood, it attaches to the artery walls. This can cause build-up and harden the arteries, making the arteries narrower and restricting blood flow to the heart,

which could result in a heart attack. "One thing most people don't realize is that everyone has some amount of plaque build-up in their arteries," said Lt. Kwang Kim, a registered dietitian in the nutrition management department at NNMC. "However, you can control the amount by proper eating habits and exercise."

The magic number for total cholesterol is 200 or less. Total cholesterol is comprised of many components. The ones we commonly hear about are high-density lipoprotein (HDL), or "good" cholesterol, and low-density lipoprotein (LDL), or "bad" cholesterol.

"Numbers of total cholesterol are a good guideline, but those numbers don't truly show your cholesterol makeup," said Kim. "HDL and LDL numbers are more important, because they show the good and the bad."

HDL is thought to carry excess cholesterol from the arteries back to the liver for disposal. Kim says a good number for HDL is greater than 35.

LDL is considered bad because it contains the largest amount of cholesterol and carries it through the bloodstream, leaving deposits attached to the artery walls. The higher the LDL cholesterol, the higher the risk for heart disease. A good number for LDL is lower than 100.

Making simple adjustments in eating habits can help reduce high cholesterol.

Adding food items such as whole grain breads and cereals, cooked or raw vegetables, whole fruits and beans can increase fiber intake.

Kim says other dietary considerations for lowering cholesterol are limiting total fat intake to 20-25 percent total calories, with saturated fat being less than seven percent total calories. Also, limiting cholesterol to less than 300 mg a day and limiting sodium in the diet can reduce the cholesterol level.

O'ahu All Military Bowling Tournament



Photo by JO3 Devin Wright

CS1 Derrick Pelekai bowls for the Navy bowling team at the 2004 Pacific Region Forces Bowling Tournament at Marine Corps Base Hawai'i Wednesday. The tournament, which took place at the bowling facilities of most of the military installations around O'ahu, wraps up at today at the Pearl Harbor bowling center. For results and more on the tournament, see next week's Hawai'i Navy News.

The Jungle Decks BM2 Heath H. Beasley



