

## Visiting *Kauai*



**JO1 Jim Williams**  
Features Editor

Kauai ... The garden isle, the island of discovery, the home of some of Hawaii's best-kept secrets.

The oldest of Hawaii's main islands and the first to be populated, Kauai is 33 miles wide and 25 miles long. It is celebrated for its impressive and varied environment. From the Waimea Canyon, pegged as the "Grand Canyon of the Pacific," to the Napali Coast, with cliffs rising 2,700 feet, to its countless white sand beaches, Kauai's 533 square miles offer an abundance of places to visit and things to see.

"Kauai is incredible," said YN3 (SW) Terry Davis from Naval Station Pearl Harbor. "It's truly what I always imagined Hawaii looking like."

Because of Kauai's environment, it can be an excellent place to really enjoy the outdoors. With its helicopter tours, boat rides, hiking and scuba diving, visitors should make sure to pack plenty of sunscreen.

"I love all of the things there are to do in Kauai," said Terry's husband, Josh Davis. "We really are outdoors people and there is so many more things that we like to do there than here in the city of Honolulu."

Some of Kauai's spectacular scenery may come across as familiar, since the island has been the setting for numerous Hollywood films and television shows. With its diverse landscapes, lack of population, unaffected beaches, expansive coastlines and rugged terrain, the island has played a role in blockbusters like "Jurassic Park I, II and III," "Raiders of the Lost Ark," "Six Days, Seven Nights," "Blue Hawaii," "Honeymoon in Vegas," "Donovan's Reef" and "South Pacific."

"People love movies," said Bob Jasper, founder and president of Hawaii Movie Tours. "So to be able to visit a location where a scene from a famous movie was



A 'snuba' diver feeds the tropical fish during an excursion off Kauai.

made gives people a real connection to that film."

The half-day tour takes visitors to actual locations where scenes from the productions were shot. Stops include Hanalei Pier, where Mitzi Gaynor sang in "South Pacific"; the Coco Palms resort, where Elvis Presley floated down a lagoon in "Blue Hawaii"; and the lagoon from the hit television show, "Gilligan's Island."

While the movie tours drives visitors around the island, those desiring to see more of Kauai should consider a helicopter tour. With over 80 percent of the terrain inaccessible to traffic, a helicopter is the only way to see many of the island's most famous waterfalls, mountains, rain forests and sheltered beaches.

"You have got to do a helicopter tour if you go to Kauai," explained Terry. "You can't get to a majority of the island by car, so you have to either hike or fly over it. And flying it is so much better."

Combining music and narration, the Heli USA helicopter tours flight soars over the Hanalei Valley, into lush rainforests, sea cliffs and craters. Weather permitting, some flights actually allow visitors to descend in and out of the canyons and craters and in to see Mt. Wai'ale'ale (considered the wettest spot on earth).

"It may be a little pricey, but it is so worth it," said Terry.

Those not wishing to fly, but who still want to take a look at the whole island, might decide to try hiking.

"While my wife prefers flying, I recommend getting back to nature and seeing it up close," said Josh. "And you could probably hike Kauai for 20 years and never run out of trails."

Trails vary from easy nature walks to treks requiring skill and endurance.

Some recommended hikes include the Waimea Canyon State Park, which travels up 12 miles hugging the rim of a 3,000-foot canyon. Another is the Koke'e State Park, which covers 4,345 acres of wilderness and which has become a mecca for outdoor enthusiasts. Those not wishing to spend their vacation on foot can also choose horseback rides, mountain bike tours or kayak trips on the only navigable rivers in Hawaii.

Of course, less motivated vacationers can journey up the rivers the lazy way, on a spacious open-air boat, complete with Hawaiian music hula dancers.

"I think we offer a nice way to learn a little bit about Kauai's culture and nature," said Kamika Smith, general manager of Smith's Motor Boat Service.

The boat service, which began in the late 1940s when Walter Smith took the first group of visitors up the river, now runs the only tour boat up to the famous Fern Grotto, a geological wonder. The grotto has ferns actually growing upside down from the roof of the grotto. Native Hawaiian plants and vibrant exotic tropical plants supply a rain forest atmosphere. The grotto also provides excellent acoustics for the Smith's Boat's Hawaiian singers and musicians.

Anyone wishing to speed up their vacation (and boat ride) at this point might consider checking out a zodiac boat tour.

"My absolute favorite thing to do is the zodiac boat tour," said Josh. "You get on the boats that look like something the SEALs would use and hit the ocean full in the face."

He said it is the most exhilarating ways to explore the legendary Na Pali coastline. Traveling on the small boat, visitors come upon some of Kauai's most astonishing sights of relatively untouched stretch of land on the Na Pali.

"The coast is beautiful, I know they said the mountains have appeared in dozens of films and I can really see why," said Josh. "They're incredible. Plus I swear the ocean is a shade of blue I have never seen anywhere else."

As one of the oldest and most knowledgeable boat companies, Captain Zodiac has the capability to insure a gripping, yet informative trip.

"At the end of the tour, they take you snorkeling so we got see all kinds of tropical fish and even a sea turtle," said Terry.

For another close look at Kauai's sea life, vacationers may want to try the latest craze in underwater exploration - snuba. What's snuba?

"It is a cross between snorkeling and scuba diving," according to Kevin Cram, who runs Snuba Tours of Kauai with his wife Kathy. "It allows participants to experience breathing under water without having to carry all the gear on their back, giving you thrill of scuba with the ease of snorkeling."

Snuba divers breathe underwater by means of a 20-foot air line, which is connected to a scuba tank mounted on a raft on the surface, which trails behind the divers.

"You don't have to have any prior experience or be an excellent swimmer to do," said Cram. "Plus there are a lot of fish in the area we dive, but because we have an outer reef, you don't get any of those larger fish some people don't want to see."

Of course, there is one other category of vacation - one where visitors don't go anywhere or do anything. And Kauai's widely varied landscape is equaled only by the diversity of its resort retreats - offering that ideal setting for sitting beside the pool, taking in some sun and sipping a tropical cocktail.

"A lot of people who live on Oahu come to Kauai with just their golf clubs and tennis rackets," said Stephanie Reid, marketing director for the Princeville Resort, whose grounds overlooking Hanalei Bay (and the real Bali Hai) make a visit worthwhile even for non-guests. "We suggest that people get out and see the island, but some people just want to come and relax around the resort. And that is fine, too."

Reid adds, though, while dashing off to face everything there is to do on Kauai, or while just lounging by the pool, don't forget to embrace the true beauty, lifestyle and culture of the local people.

"I feel the people here are truly what makes the island special," said Reid. "They are so friendly and resilient (having gone through several major hurricanes over the past five decades)."

"Everyone there is so friendly," concluded Terry. "It's one of the first things we noticed. People always seem to just smile and wave and are just all-around happy. I know we can't wait to go back."

Hawaii Movie Tours, Heli USA helicopter tours, Smith's Motor Boat Service, Captain Zodiac tours and Snuba Tours of Kauai all sell tickets through Morale, Welfare and Recreation and Information, Tours and Ticket offices on base, as well as offer regular military discounts.

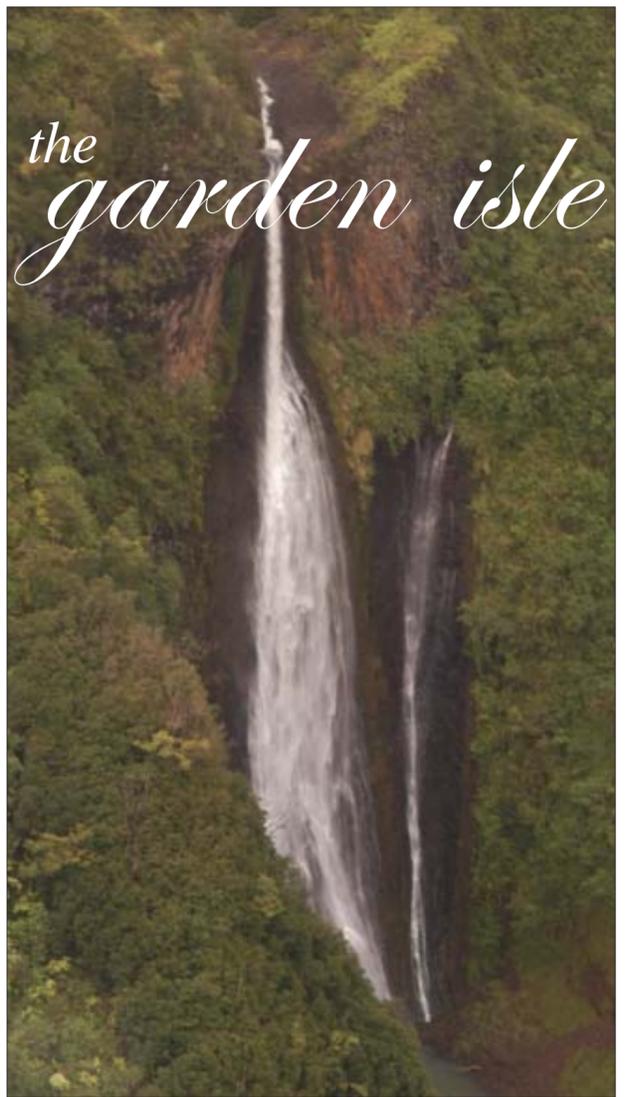


Photo by JO1 Jim Williams

A view of the waterfall that appeared in the opening scene of the blockbuster film Jurassic Park, as viewed from a Heli USA helicopter.



Photos by JO1 Jim Williams

Above: One of Captain Zodiac's rafts pulls up to the Na Pali coast to let visitors go ashore and enjoy a picnic lunch before snorkeling.

Below: A view of the oceanside pool at the Princeville Resort, one of the many resorts which allows their guests to enjoy the beaches, restaurants, golf courses and facilities, providing them with a whole vacation in itself.



Photo by JO1 Jim Williams

A tour guide named "Marty" from Hawaii Movie Tours jokes with some vacationers at the lagoon where the television show "Gilligan's Island" was filmed.

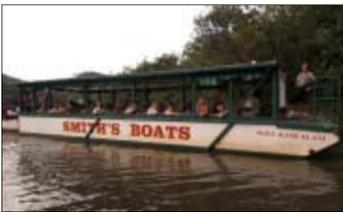


Photo by JO1 Jim Williams

Smith's Motor Boat Service offers the island's only tour to see the Fern Grotto, a geological wonder where ferns actually grow upside down from the roof of the grotto.

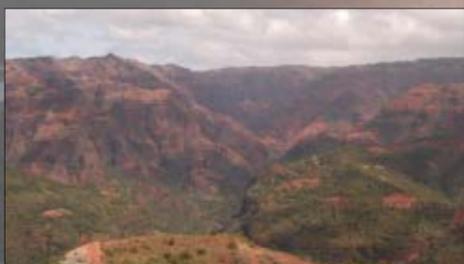


Photo by JO1 Jim Williams

Above: A view from the top of Waimea Canyon, pegged as the "Grand Canyon of the Pacific." Backdrop: Sunset over Hanalei Bay (the real Bali Hai)

Commentary

# Island Flavors

JOI Jim Williams

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## Flavors from Kauai, the garden isle ...

Again, I find myself scouring our neighbor islands for that perfect meal. So this week we head for Kauai.

• Breakfast: Starting the day, I search for something filling, yet affordable (since I often splurge at dinner).

For this, we focus on Camp House Grill, located on Kaunualii Highway in Kalaheo (and at the Kauai Village Shopping Center in Kapaa).

The wooden building which once accommodated plantation workers, but now exhibits a diversity of old relics, boasts good-sized portions at affordable prices.

My wife and I decided to wander away from the traditional breakfast and selected a quesadilla and a variation of the traditional "Monte Carlo" sandwich, both served with a side of pancakes (and both under \$7).

The quesadilla was nothing extraordinary, but had a pretty good salsa. The Monte Carlo, however, was a nice change of pace with its eggs, ham and cheese melted between slices of fluffy Portuguese sweet bread and topped in powdered sugar. Both dishes were served with a side of hash browns - my favorite dish there - made with homemade pan-fried potatoes cooked in a variety of spices that gave breakfast a real nice kick-start.

Other popular breakfast dishes include the biscuits with country-style sausage gravy breakfast and the pancake plate, topped with mac nuts, coconut, chocolate chips, bananas or blueberries.

Camp House Grill also has some of the finest pies on the island, including the chewy chocolate chip macadamia nut pie and famous pineapple-mac nut-cream cheese pie (slices around \$2, whole pies around \$10). For breakfast, I find that Camp House Grill provides a hearty breakfast at an affordable price, ideal for starting your day.

• Lunch: While Duke's Canoe Club is celebrated mainly for their superb dinners items like fresh Island fish, prime rib and bountiful salad bar, I find their lunch menu and all-day menu at the "Barefoot Bar" provides an reasonably priced, tasty meal.

And what better setting to experience a beachside meal than this popular open-air restaurant dedicated to surfing legend Duke Kahanamoku.

The Duke's on Kauai, located on the sands of Kalapaki Beach near Lihue, offers a first-rate collection of local dishes, seafood, burgers and sandwiches.

Selecting from a list of mouth-watering appetizers that included a tempting mac nut and Dungeness crab wonton with mustard plum sauce (\$ 6.95), I began lunch with a sizeable bowl of delicious "New England" fisherman's chowder (\$3.95). From there, my wife and I moved on to a stir fry chicken (\$ 8.95), with julienne style teriyaki chicken served over a large bed of vegetables and cashews, and the fresh island fish of the day (market price), an onaga (Hawaiian long tail red snapper)



Camp House Grill  
Kalaheo, Kauai  
332-9755



Duke's Canoe Club  
Lihue, Kauai  
246-9599



La Cascata  
Princeville, Kauai  
826-2761

baked in garlic, lemon and a sweet basil glaze.

Other nice lunchtime opportunities are the Thai chicken pizza (\$ 7.95), topped with spicy grilled chicken in a sweet chile sauce and topped with cheeses, fresh fish tacos (\$ 8.95) and the popular roast turkey and avocado sandwich (\$ 7.95), with sliced turkey and fresh avocado on whole wheat.

For dessert, we tried Duke's legendary "Kimo's Original Hula Pie" (\$ 5.95). It is said that this dessert caused many of the sailors pulling into Lahaina in days of old to jump ship and swim to shore. After sampling it, we could see why.

Add in the live music played every afternoon and Duke's Canoe Club serves an outstanding lunch, in a setting reminiscent of the 'good old days' of Hawai'i.

• Dinner: If you are seeking that extraordinary place to complete a perfect evening on Kauai, La Cascata, located at the Princeville Hotel, may be just what the doctor ordered.

The only thing rivaling the restaurant's hand-painted murals, gentle lighting and massive windows with dazzling sunset views of Hanalei Bay (the real Bali Hai) is the unbelievable cuisine featuring pastas, fresh seafood, beef, lamb and fresh risottos, all served in exquisite sauces. Add the impeccable service and you'll determine La Cascata is worth it for your special occasion.

We embarked on our meal with the Kona lobster ravioli, filled with succulent lobster meat, served in a gentle basil-corn broth (\$ 17) and the fried calamari, served in a fiery arrabbiata marinara (\$ 16).

Other tempting appetizers were the roasted Kabocha pumpkin risotto, served with tiger prawns, pea shoots and an arugula-macadamia nut pesto (\$ 18) and the delicious roasted tomato cappuccino soup, overflowing with a roasted-Moloua'a tomato bisque, topped with a cappuccino-like basil foam (\$9).

For salads, I would suggest the superb arugula salad with fresh pears, Gorgonzola cheese and walnut vinaigrette (\$12).

For our entrees, we selected the innovative, coffee crusted grilled beef tenderloin, served over a sundried tomato polenta and topped with chevre cheese. (\$36) and an impressive fennel coriander-roasted rack of lamb, served with soft porcini mushroom polenta, charred peppers, caramelized onions and a lamb jus (\$ 35).

Other entrees include the Brodetto di Pesce, with Kauai prawns, snapper, scallops, and clams with arrabbiata sauce served over linguine (\$ 34) and the crispy skin onaga with wild mushroom ragout, served with a sweet Kilauea corn custard (\$ 34).

Include La Cascata's internationally-selected wine list and excellent dessert choices and this restaurant is indeed one of Kauai's best special-occasion restaurants.

## TRICARE Service Center has new phone number

### Tripler Public Affairs Office

Tripler Army Medical Center's new health services contractor - TriWest Healthcare Alliance - has a new phone number for TRICARE information that is scheduled to go live May 24. Patients may call 1-888-TriWest or 1-888-874-9378 for information.

The TriWest TRICARE Service Center (TSC) and Tripler Army Medical Center's managed care TRICARE operations office will also be co-located by the end of May on Tripler's first floor, near the oceanside entrance at the intersection of oceanside mall (where community health

nursing section was previously located).

The "one-stop" location will make it easier for beneficiaries who need to inprocess, enroll, receive assistance with claims or transfer TRICARE benefits, said Terri L. Cloud, Tripler's health benefits adviser.

The Managed Care TRICARE operations office is on the fourth floor, G wing, mountainside. The TriWest TRICARE Service Center is scheduled to open May 24 in the new location.

The Managed Care TRICARE operations phone will remain the same - 433-3422. Staff for both the service center and the operations office will be available weekdays, 8 a.m. - 4:30 p.m.

## Great Life Hawai'i photo of the week



MU3 Justin Belka and his one-year-old son Max visit Bellows Beach

Morale, Welfare and Recreation is offering the "Great Life Hawai'i Photo Contest" so pick a photo of yourselves 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.greatlife-hawaii.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.

# Reference numbers for housing residents in PPV

**Karen S. Spangler**  
Assistant Editor

May 1 officially launched the beginning of phase one of public-private venture for Navy family housing residents in the Halsey Terrace, Hokulani, McGrew Point, Moanalua Terrace and Radford Terrace communities.

With the transition to Hawai'i Military Communities and Forest City Management, there have been a number of changes. Many of the contact telephone numbers have also changed.

Police, fire and emergency medical services will no longer be provided by the

Navy, but will be provided by the city and county of Honolulu. All 911 emergency calls will now be answered by Honolulu 911 dispatchers. Previously, 911 calls from Navy housing residents were received by the Regional Operational Command and Control Center (ROCCC). The ROCCC will continue to receive 911 calls from Navy housing residents in areas not included in phase one of PPV.

The transition should be a seamless one for housing residents who should not notice any difference, according to fire department officials. As part of a mutual aid agreement between the city and county of Honolulu and Federal Fire Department, if

the closest city and county fire department is unavailable when an emergency call is received, the call would be routed through the ROCCC for assistance from a Federal Fire Department unit.

Forest City Residential Management is now handling lawn maintenance and housing repairs/maintenance for PPV residents. Residents may call 839-HELP (839-4357) 24 hours a day, seven days a week.

There is a new trash collection and recycling service for PPV residents. Recyclables include newspapers, magazines, cardboard, plastic and aluminum. Scheduled pickup days are as follows:

	Regular trash pickup	Recycling
Halsey Terrace	Monday, Thursday	Friday
Hokulani	Tuesday, Friday	Wednesday
McGrew Point	Monday, Thursday	Friday
Moanalua Terrace	Tuesday, Friday	Saturday
Radford Terrace	Monday, Thursday	Friday

To reach the Forest City neighborhood management office at Moanalua Community Center, call 423-7711. To reach the Forest City resident services and relocation office at the Navy Aloha Center, call 423-7713. To reach the Navy Aloha Center, call 474-1800.

# Hawai'i bike club can offer open roads and fun

**PA2 Erica Taylor**  
Coast Guard Public Affairs

Freedom can be described in many ways for the men and women of Hawai'i's military. For some, it is drawing their basic allowance for housing and moving off base for the first time. For others, freedom is finishing their enlistment, packing their sea bag and sauntering off into a civilian sunset. But for a select few, freedom involves something a little more tangible and completely thrilling. For them, nothing sounds sweeter or is more intoxicating than turning the key, rolling on the throttle and firing up their motorcycle.

"Hawai'i kind of opened the door for me to ride," said Coast Guard Storekeeper 1st Class Allison Hope. "I had always wanted to ride, but the timing seemed off. When I got orders to Hawai'i, it seemed perfect." With open stretches of road that run parallel to the ocean, she feels Hawai'i has a lot to offer newly-stationed military members who are looking for adventure and to make friends.

"With the motorcycle clubs, it's like you are instant friends," said Hope. "You have that immediate connection and I love that. The rides are also more planned and seem to be more in the spirit of stopping to enjoy the sights than about burning rubber."

Having organized rides is also im-



Photo by PA2 Erica Taylor

The Intruders of Hawai'i motorcycle club, a 67-member club boasts 27 members who are active duty, reservist or retired military.

portant for safety. The silhouette of a single rider is small and hard to see, but motorcyclists who ride with clubs have the benefit of being in a large cluster. This makes the riders more easily seen and heard, but the safety of the group ultimately rests with each individual rider. Experience, training, and attitude all factor into a motorcycle club like Dangerous Curves Hawai'i's decision to allow someone to become an official patched member.

Dangerous Curves Hawai'i, an all-female motorcycle group, follows a necessary tradition of requiring riders to provide emergency contact information and placing new riders in the back of formations.

"We ask all the riders if they have completed the motorcycle safety course when they contact us about riding," said Michelle Carrasca, president and co-founder of Dangerous Curves Hawai'i. "We will still let them ride, but we make it a point to

watch them carefully the first few rides."

According to Carrasca, the all-woman motorcycle group phenomenon sprouting up in the U.S. is another indication that times are changing for the motorcycle community. The portrayal of the burly, heavy-set, tattooed man is becoming a thing of the past as a new breed of riders emerges. Young military men and women are taking off the seat-belt, strapping on the helmet and are making life-long friends and contributions along the way.

"I think people would be surprised to see how much bikers actually do for the community," said Ray Pagan, president of the Intruders of Hawai'i Motorcycle Club. "We do food drives, book drives, collect school supplies, work with Meals on Wheels and do many other volunteer-based rides. Many times we meet up with other clubs and combine our efforts to make a bigger difference." Remaining visible in the community, and with the assistance of popular television shows like "American Chopper," motorcycle riders are enjoying the positive image that is being generated. Despite all of the activities the clubs participate in, the bike community and its patriotic origins are still misunderstood by the general population, according to Pagan.

The love affair between the mili-

tary and motorcycles can be traced back to World War II, according to the official Harley-Davidson website. Fighting in a country where bridges and roads were being reduced to rubble, the U.S. government began looking for innovative ways to transport its soldiers, goods and replacement parts. A little, unknown company named Harley-Davidson had the answer. In total, the Harley-Davidson Company contributed more than 90,000 motorcycles to the war effort.

In recent years, motorcycles are again being seen as a practical American resource. With gas costs rising, owning and commuting with a motorcycle is becoming an option for financially savvy people.

"A bike uses such a small amount of gas," said Hope. "I don't have to worry about being near a military base to fill up and save money. At the most, it will cost about five dollars." With the current economic unease, people are beginning to see another, more resourceful side of motorcyclists.

Although the stigma surrounding bikers will always be rough, a softer edge is being introduced as more people find the biker life attractive. Appealing to new riders will also ensure that the long-standing, honored tradition of riding will continue to touch the lives of those courageous enough to try it.

# Students and commissary: A winning team

Herb Greene

DeCA Public Affairs

It's always good to solve tough problems. It's even better when two tough problems come together to form a great solution. Problem number one: Young students, especially young adults who are military family members, want jobs that will give them practical work experience and money for their needs, including education expenses. Problem number two: The Defense Commissary Agency needs smart, hard-working, part-time store workers to help it deliver the commissary benefit in its 274 military grocery stores worldwide. The solution: DeCA hires students to work part-time in commissaries. It's the perfect solution and that's how DeCA's student hire program came to be.

"It's worked very well," said Brant Smith, the human resources specialist who manages the program from DeCA's headquarters. "Young adults get real world experience and learn about the grocery business as well as make a little money. Our agency gets great young people to help out in our stores. DeCA wins; the students win. It doesn't get much better than that." Two of those winning students are Ali Grissett and Krista Mays, young ladies separated by a continent, but joined by a common bond.

Ali Grissett is a senior in high school and writes poetry when she isn't attending school, studying or working at the commissary. Grissett, who hopes to be an attorney one day, has been accepted by five colleges, but she hasn't chosen one yet.

"I love my work at the commissary," said the vivacious 17-year-old. "I had

tried to find a job - without much success - and one of my friends told me that the commissary hired students. I applied, the commissary hired me and I have been working for DeCA since last October."

Grissett's first job was running a register at a checkout, one of the hardest jobs in the store. "I was a nervous wreck. I didn't know what to do, but it is all a part of the learning process. The people at the commissary will help you; they are so good about that. An experienced cashier taught me the basics about running a register and I picked up on things pretty quick. I learn something new every day," said Grissett.

**“ Young adults get real world experience and learn about the grocery business as well as make a little money... ”**

**Brant Smith**

Human resources specialist who manages the program from DeCA's headquarters

"So far, I have worked the floor, stocked shelves, done price verification and worked produce in addition to running a register. I work where they need me and every day is a new opportunity to learn more about business. The commissary is a great place to learn time management," she continued.

High school junior Krista Mays also finds her job at the commissary challenging and rewarding. She expects to graduate in 2005 from high school and then from college with a two-year degree. Krista said she would not be surprised if she returns to DeCA. She enjoys the grocery business and sees herself in management one day.

"I began working the 'specialty butcher shop' where I served customers fresh beef. At the end of Janu-

ary, I was given the opportunity to transfer departments. I am now working the grocery department, helping with customer service and stocking shelves," said Mays.

Like Grissett, Mays found that the commissary staff is willing to help her. "They work with you if you have school functions or related activities. They are good about that."

It's not just the students who like DeCA's student hiring program. Store directors like it, too.

"The student hire program was initially devised as a way to bring in students to entry level positions so that the commissary could 'grow their own.' This, coupled with the fact that students could be hired at the GS-01 level, seemed to be the perfect marriage for students and the commissary. Once on board, we have found some intangible benefits that never occurred to us, namely the enthusiasm and eagerness to do a good job," said

Janice Coleman who manages 16 students in her store. Coleman is the store director for the Naval Station Everett commissary, which was recently named by the agency as the best large commissary in the United States. Coleman makes it a priority to mentor her student employees.

"Many of our students are either in college or college-bound. We have explained the opportunities for a career in DeCA and encourage them to take a serious look at us. Because this is usually the first job for many of our student hires, we begin the mentoring process the first day they arrive. Importance of timeliness, customer service, safety and security are all new concepts to them. Having no preconceived ideas - no baggage so to speak - makes



Photo courtesy of DeCA

Ali Grissett demonstrates the freshness of apples in the produce department. Grissett is a military family member who was hired at the commissary through a student employment program.

it easier to explain to them why these programs are important to them and DeCA," according to Coleman.

"Every day presents a new opportunity to help shape these fine young people for the future," she added.

The Defense Commissary Agency also has an intern program for employees who are currently working in the commissaries. Graduates of the DeCA intern program benefit from a structured and broad-based program of training and experience that prepares them for future leadership positions. "DeCA's student employment programs, coupled with the DeCA intern program, provide the agency with well-rounded, multi-focused, multi-skilled employees able to perform across all areas of the commissary system," said Smith.

Students who would like to learn

more about working at the commissary can find information on the Web at <http://www.commissaries.com>. Click on "Inside DeCA," select "human resources," and click on "employment opportunities." Under the "student programs" section are links to DeCA's two student employment programs, which have all the information needed to apply for employment. Students can also visit their nearest commissary and talk with the store director about either student employment program.

"I would encourage students to work at the commissary. It's a positive experience," said Grissett.

"It's a really good job no matter where you are placed," said Mays with a smile. "It is a great reference for future jobs and the commissary is a happy, friendly place to work."



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# MWR

## Movie Call

Sharkey Theater, Pearl Harbor  
(473-0726)

**FRIDAY**  
7:00 p.m. The Whole Ten Yards (PG 13)  
**SATURDAY**  
2:30 p.m. Home on The Range (PG)  
4:30 p.m. The Prince and Me (PG)  
6:45 The Passion of the Christ (R)  
**SUNDAY**  
2:30 p.m. Home on The Range (PG)  
4:30 p.m. Dirty Dancing: Havana Nights (PG 13)  
6:30 p.m. Never Die Alone (R)  
**THURSDAY**  
7:00 p.m. The Passion of the Christ (R)

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

Memorial Theater, Hickam AFB  
(449-2239)

**FRIDAY AND SATURDAY**  
7:00 p.m. The Ladykillers (R)  
**SUNDAY**  
7:00 p.m. Jersey Girl (PG-13)  
**WEDNESDAY AND THURSDAY**  
7:00 p.m. The Prince and Me (PG)

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

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

**FRIDAY AND SATURDAY**  
7:00 p.m. The Passion of the Christ (R)  
**SUNDAY**  
2:00 p.m. Scooby Doo 2: Monsters Unleashed (PG)  
**WEDNESDAY AND THURSDAY**  
7:00 p.m. Eternal Sunshine of the Spotless Mind (R)

\$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.

### MONGOLIAN BARBECUE

Mongolian barbecue will be offered from 5-8:30 p.m. today at The Banyans. Patrons can enjoy their own stir-fried creations. To make reservations, call 473-1815.

### ARMED FORCES DAY AT THE COUNTRY BAR

Armed Forces Day will be observed May 15 at the Country Bar at Club Pearl. In recognition of those serving our country, all active duty members will be admitted free. Doors will open at 8:30 p.m. For more information, call 473-1743.

### GOLF CLINIC

A free golf clinic will be offered from 1-2 p.m. May 15 at Navy-Marine Golf Course. Learn the basics or refine your game at a free clinic that is open to the first 16 active duty Navy personnel and/or their family members. To register or for more information, call the NMGC Pro Shop at 471-0142.

### FLEET AND FAMILY SUPPORT CENTER (FFSC)

All classes and workshops at FFSC are free and open to all active duty, reservists and retired military personnel, their family members and all DoD employees. To register for these classes or for more information, visit FFSC in building 193, call FFSC at 473-4222, or visit [www.greatlifeflowaii.com](http://www.greatlifeflowaii.com).

- Successful Communication Skills

Successful Communication Skills will be offered from 5-7 p.m. May 18.

The class, for both couples and individuals, discusses communication skills, blocks to clear communication, and ways to improve present communication skills more effectively.

- Understanding Personality Types in Careers

A class, "Understanding Personality Types in Careers," will be offered from 8:30-10:30 a.m. May 19. Using the Myers-Briggs Type Indicator (MBTI), this class helps identify personality type preferences which allows participants to focus on natural strengths in making career choices

- Federal Surplus Food Distribution

Federal surplus food distribution is scheduled from 9 a.m.-3 p.m. May 19 and is open to all active duty/retired personnel, their family members and federal employees who meet the minimum income requirement. For more information, call FFSC.

### HEALTH AND FITNESS FAIR

The annual MWR health and fitness fair will be held from 10:30 a.m.-1 p.m. May 19 at Bloch Arena. Attendees will be able to try the latest health and fitness trends. Several vendors will be on hand to show their latest products lines and services. The health and fitness fair will also feature free screening services recommended by most health care providers. For more information, call 473-0793.

## OUTDOOR RECREATION:

### HYSL SOCCER REGISTRATION

Hawai'i Youth Soccer League (HYSL) registration will be held now until May 14 at the youth sports office. Practice begins in June and games start in July. The season ends in August. The cost is \$60 (includes uniform and trophy). Volunteer coaches are needed. For more information, call 474-3501.

### SUPER GARAGE SALE & CRAFT FAIR

The next Super Garage Sale and Craft Fair will be held from 8 a.m.-noon May 15 at Richardson Field. The cost for each 10-foot-by-10-foot spot ranges from \$5-\$8 for garage sellers and \$15-\$20 for crafters/businesses. Visit the great life Hawai'i Website at [www.greatlifeflowaii.com](http://www.greatlifeflowaii.com) for entry forms or call 473-0606 for more information.

### 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.

### GET YOUR HEAD UNDER THE HOOD

Go to any Navy Region Auto Skills Center (Pearl Harbor, West Loch or NCTAMS) for expert guidance on engine tune-ups, oil changes, etc., from the highly-trained staff. Auto repair hobbyists can rent bays or lifts and borrow from an extensive line of tools and equipment. Computer diagnostics are available for most vehicles. For more information, call 471-9072.

### CDH CHILDCARE PROVIDER

Become a Child Development Homes (CDH) childcare provider for military and DoD 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.greatlifeflowaii.com](http://www.greatlifeflowaii.com) for an application. For more information, call 471-8444.

### TEN PIN BLUE CARD

Earn free games of bowling. Interested bowlers can pick up their bowler's card at any Navy Bowling Center. When you bowl 10 games at a regular price within one month, you receive one game free. For more information, call 473-2651.



## MAY

**May 14:** Card house building contest, free, 1 p.m. at LIP.

**May 16:** Foosball tournament, free, 3 p.m. at LIP.

**May 18:** Eggs & Things in Waikiki, bring money. Leave from LIP, time to be announced.

**May 19:** Ho'omaluhia Botanical Gardens, \$5. Leave from LIP at 1 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.



**Dirty Dancing: Havana Nights:** 18-year-old Katey moves with her father to Havana. Katey befriends Javier a poor waiter who also happens to be a great dancer.

**Eternal Sunshine of the Spotless Mind:** Joel discovers that his girlfriend has had her memories of their relationship erased. He contacts the inventor of the process to have her removed from his own memory.

**Home on the Range:** A young widow is in danger of her farm being foreclosed unless she can come up with \$1,000 for the mortgage. The farm animals come up with a plan to get the money.

**Jersey Girl:** Ollie is a powerful executive whose wife dies in childbirth. Ollie tasked with raising a child by himself gives up his fast-paced lifestyle and moves back in with his father.

**The Ladykillers:** A gentleman organizes a gang of thieves to rob a riverboat casino. They set up shop by renting a room in the house of an unsuspecting, church-going old lady.

**Never Die Alone:** Half preacher, half Satan, and all street smarts, King David recorded the story of his exploits on audiotape, leaving behind sermons on villainy and its consequences.

**The Passion of the Christ:** (With English subtitles) Over the last 12 hours of Christ's life, he is betrayed and condemned to death for blasphemy.

**The Prince and Me:** See review

**Scooby Doo 2: Monsters Unleashed:** A masked villain wreaks mayhem on the city of Coolsville with a monster machine that re-creates classic Mystery Inc. foes.

**The Whole Ten Yards:** The movie follows the wacky misadventures of a hitman who lives next door to a mild-mannered dentist following the events of 'The Whole Nine Yards.'

JOSN Ryan C. McGinley

### The Prince & Me

"The Prince and Me" is a generally clichéd movie devoid of any originality or innovation. Generally, romantic comedies tend to place love and relationships in extreme and unbelievable situations hoping to create a loftier conflict for its characters. What most of them lack is the reality and passion of true romance, in all its fault and oddity.

The story starts out well, introducing two characters that come from very different worlds. Paige Morgan (Julia Stiles) is an academically driven Wisconsin college student who wants nothing more in life than to fulfill her dreams without any distractions. Prince Edvard of Denmark (Luke Malby) is a king's worst nightmare. Edvard (Eddie) lacks any responsibility or respect - prancing around the world in fast cars with even faster women, while tabloids snap photographs of his reckless behavior. Eddie decides to go to school in Wisconsin to avoid the press and clear his head, whereby he meets Paige.

The first half of the movie has an altogether charming feel, which brings together our two characters from different worlds. Eddie learns the lessons of real work and love while milking cows and racing law mowers. For a moment the audience is engulfed in an almost real story. The movie then turns down the impossibly corny road of make-believe becoming a Cinderella story of intense proportions and lacking the charm or subtlety with which it started so gracefully.

With the exception of "Rambling Rose," director Martha Coolidge has a deficient tendency to lose sight of little shots and scenes that support and generate emotion, instead leaping for the final outcome that inevitably falls flat from a lack of support.

What almost every romantic comedy Hollywood churns out lacks is a sense of realism. Fairy tales can be effective; however, reality such as "Sex and the City" goes a longer way at displaying romanticized stories in a more genuine and respectable way.

**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@honolulu-advertiser.com](mailto:hnn@honolulu-advertiser.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

### YOUTH SOCCER

American Youth Soccer Organization Region 188 will hold registration for the fall 2004 season from 3-6 p.m. May 15 at the Hickam BXTRA. The registration cost is \$55. If it is the first time registration with AYSO Region 188, participants should bring proof of date of birth. For information on how to pre-register a player or volunteer, visit the organization's Website: [www.aysoregion188.org](http://www.aysoregion188.org) or call 834-5979.

### CALLING FIRST CLASS PETTY OFFICERS

The Pearl Harbor First Class Petty Officer Association invites all new and seasoned first class petty officers to a barbecue beginning at 11 a.m. May 21 at the Makalapa compound. For more information, contact YN1 Danette Mills at 474-6963 or 542-9103.

### TSUNAMI SWIM TEAM

The Pearl Harbor Aquatics Tsunami is a competitive swim team that practices daily at Richardson Pool. It is open to both military and civilian swimmers ages six years and up. The team is a USA swimming affiliate. For more information, visit the team's Website at [www.tsunamis.homestead.com](http://www.tsunamis.homestead.com) or contact at 471-9181 or email: [phsc@inix.com](mailto:phsc@inix.com).

## SHIP/SUBMARINE OHANA

### USS CHOSIN FSN MEETING

The USS Chosin Family Support Network (FSN) meeting will be held at 7 p.m. May 18 at the Pearl Harbor Base Chapel. Babysitting will be provided at a cost of \$2 per child. For more information, contact the FSN board at [FSNCHOSIN@yahoo.com](mailto:FSNCHOSIN@yahoo.com) or call Amy at 456-0280.

### JO SPOUSES' SEMINAR

Spouses of junior officers are invited to attend the next Junior Officers' Spouses' Seminar, "Receiving Lines, Hem Lines and Laugh Lines - Etiquette and Protocol for Junior Officers' Spouses" which will be held May 18 at The Banyans. Registration will begin at 6:30 p.m. and the seminar will start promptly at 7 p.m. Those planning to attend should RSVP to Fleet and Family Support at 473-4222.

### USS LAKE ERIE OHANA

The USS Lake Erie Ohana will hold a bake sale beginning at 9 a.m. May 22 outside the Pearl Harbor commissary. The sale will last until all goods are sold. Donations are welcome; the ohana also appreciates support of those who stop by to purchase their favorite treats. For more information, call 422-1330 or email [gregoryr002@hawaii.rr.com](mailto:gregoryr002@hawaii.rr.com).

## NEX

### COOKING DEMO WITH ELMER GUZMAN

Need new ideas for dinner? Learn from chef and cookbook author Elmer Guzman as he prepares recipes from his cookbook, "The Shoreline Chef: Creative Cuisine for Hawaiian Reef Fish," from 11 a.m.-1 p.m. May 15 at the NEX.

### CROCHET LEIS

Roberta Wong, author of "Hawaiian Lei in Crochet," will sign copies of her book and offer advice on the art of crochet.

ing flower leis from noon-1 p.m. May 15 at the NEX.

### GRILL DEMO

A grill demo will be held from 11 a.m.-1 p.m. May 15 at the NEX outdoor living center.

### NAVY LODGE

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.

### MAY IS MILITARY APPRECIATION MONTH

The Navy Exchange will offer special thank-yous to members of the military community throughout the month of May. Receive a free gift with any Sunny Hawai'i purchase of \$40 or more, while supplies last. Pamper yourself with tropical island scents. Receive 15 percent off all Forever Florals fragrances and enter to win a gift basket from the Forever Florals fragrance collection.

### KIDS' SEED-PLANTING CLINIC

Kids can earn their green thumbs at a free seed-planting clinic from 11 a.m.-1 p.m. May 8 at the Navy Exchange outdoor living center. Children will be able to learn about plant life, from seed to flower. All children must be accompanied by an adult.

## 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. Weight-in begins at 5:30 p.m. and the meeting starts at 6:15 p.m. Membership fees are low and includes the T.O.P.S. magazine. There are also incentive programs offered. The first meeting is free. For more information, call Delcie at 623-1403.

### KEIKI CARE CLASS

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

### WELCOME BABY

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

### CHILDREN'S WAITING ROOM

The Children's Waiting Room is a place where parents can drop off their children if they have a doctor's appointment. The Armed Services YMCA is in need of volunteers to keep this program running at Tripler Army Medical Center. The hours of the waiting room are from 8 a.m.-noon Monday, Tuesday and Thursday. Those who are interested in volunteering or who wish to place an appointment should call 833-1185.



# Historian writes book on Vietnam Air War

Audrey Leble'

Naval Historical Center Public Affairs

A Naval Historical Center (NHC) historian's new book on the Vietnam War, released in May, gives an "in the cockpit view" of the conflict which ended 29 years ago.

"Afterburner: Naval Aviators and the Vietnam War," by Naval Historical Center historian Dr. John D. Sherwood takes a new look at one of the

most expensive and controversial aspects of America's long involvement in Vietnam, the naval air war.

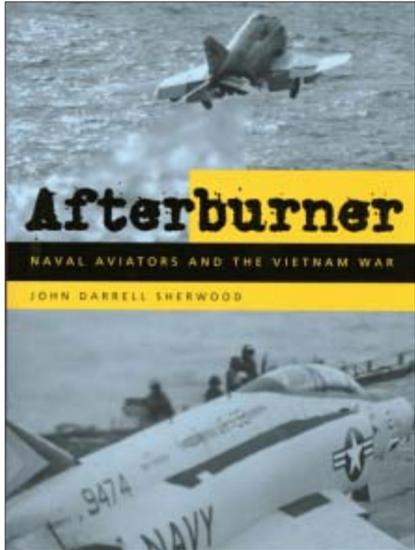
The book's focus is on the critical end game, especially the most intense year of the air war - 1972. During that year, North Vietnam launched the first, large-scale conventional attack of the war on South Vietnam and the United States fought back with some of the most innovative air campaigns of the war, including President Richard Nixon's linebacker bombings of North Vietnam and the Navy's mining operation against Haiphong.

"Afterburner" explores these monumental post-1968 air battles by looking closely at the backgrounds and experiences of 21 Navy and Marine fliers involved in different aspects of the air war," said Sherwood.

Together, these "dramatis personae" represent a broad cross-section of the personnel who fought in the Navy's air war over Vietnam. Collectively, they shed light not only on the Navy's operations during the period, but also on the institutional culture of naval aviation during America's longest war.

Sherwood works in the contemporary history branch of the NHC. He has written two other works of air power history: "Officers in Flight Suits: The Story of American Air Force Fighter Pilots in Korea," and "Fast Movers: Jet Pilots and the Vietnam Experience."

"This is history at its best," explained John Lehman, Secretary of the Navy from 1981-1987. "Sherwood provides at once a whole new understanding of the final stages of the air war in Vietnam, and a thrilling volume of valor and adventures in naval aviation."



# New business rules help service-disabled veterans

Special to American Forces Press Service

A new procurement program boosts federal contract opportunities for service-disabled veteran-owned small businesses, Small Business Administration officials announced May 4.

The interim rule was published May 5 and is effective immediately. The Federal Acquisition Regulatory Council concurrently released regulations implementing the program, officials said.

"President Bush has made it a priority to reach out to all of America's entrepreneurs, and

we have a special responsibility to make an effort for those who sacrificed for our safety and freedom," said Hector V. Barreto, SBA administrator, in announcing the program. "We have made a strong effort to do precisely that."

Federal contract dollars to service-disabled veterans increased from \$298 million in fiscal 2002 to \$510 million in fiscal 2003, Barreto said. "But we want to do more," he added. "The regulations being issued today will ensure that those great Americans who served our country proudly continue to have fair and open

# SEAL to join the stars

Naval Special Warfare Group 2 Public Affairs

The National Aeronautics and Space Administration (NASA) announced May 6 that Lt. Cmdr. Chris Cassidy, a Navy SEAL (sea, air and land), was selected for NASA's astronaut program.

The announcement was made during a Space Day ceremony hosted at the National Air and Space Museum's Steven F. Udvar-Hazy Center in Chantilly, Va.

Cassidy will join a diverse group of pilots, engineers and educators as "The Next Generation of Explorers," NASA's 2004 astronaut candidate class. Cassidy has been selected to begin astronaut training this summer as a mission specialist at NASA's Johnson Space Center (JSC) in Houston.

"I always had an interest in astronauts," Cassidy said, but it wasn't until he heard about another astronaut - Capt. Bill Shepherd, also a Navy SEAL - that his imagination was stirred and he realized that he, too, had the opportunity to go into space.

"I followed Capt. Shepherd's career and was inspired by him to be an astronaut," Cassidy said. Shepherd, like Cassidy, graduated from the U.S. Naval Academy and served with Virginia Beach-based SEAL teams and special boat team 20. Shepherd was the commander of the



Photo by Tim Duckworth

Lt. Cmdr. Chris Cassidy, right, signs an autograph for Bianca Baker at the National Air and Space Museum's Steven F. Udvar-Hazy Center in Chantilly, Va.

first space station expedition.

Cassidy received the news of his selection to the astronaut program in late April, just days after returning from his second deployment in support of the global war on terrorism.

He was awarded the Bronze Star after his first deployment for his efforts in Afghanistan during Operation Enduring Freedom, as his platoon was sent forward shortly after the Sept. 11 terrorist attacks in New York and at the Pentagon.

As he begins making preparations to start a new career, Cassidy said he feels honored he has had the opportunity to serve as a SEAL and alongside some of the best warriors in the world. "I am going to miss the camaraderie that exists within the SEAL community. I will

miss serving with these guys," he said.

Moving from an elite special forces group, he now looks forward to joining an elite group dedicated to the exploration of space.

"This will be a whole new adventure - a whole new unknown. I am excited about the chance to travel in space," Cassidy commented about joining NASA.

He will report for training to the JSC on June 14. Other astronaut candidates, like Cassidy, who do not have previous flight experience in high performance aircraft, will report to JSC and then travel to Florida for water survival training and flight training at Naval Air Station, Pensacola.

Once the new astronauts are settled in Houston, they will begin the intensive training that will become the norm for their astronaut career. Initially, they will undergo land survival training, T-38 jet ground and flight training, shuttle orbiter systems training, space station systems training, science and engineering briefings, and orientation tours at all NASA centers, including the Kennedy Space Center and Marshall Space Flight Center. Cassidy will go through this training process for approximately 18 months, going from astronaut candidate to full-fledged astronaut.

access to contracting opportunities."

Officials explained the new rule adds provisions to the Code of Federal Regulations that will allow contracting officers to restrict contract awards to small businesses owned by service-disabled veterans when there is a reasonable expectation that two or more such small businesses will submit bids at a fair market price.

Small businesses owned by service-disabled veterans can be awarded sole-source contracts when there is not a reasonable expectation that two or more such firms will submit bids and the

anticipated contract price does not exceed \$3 million, or \$5 million for manufacturing contracts, officials said.

The interim rule allows small businesses to self-certify as service-disabled veteran-owned businesses, officials said, and any challenge to a firm's status or standing must be referred to the SBA for resolution. The SBA will rely upon existing Department of Veteran's Affairs or Department of Defense determinations regarding status and will help enforce penalties for false representation, officials added.



