

Hawai'i Volcanoes National Park the hottest ticket around

MCC (SW/AW) David Rush
Managing Editor

Photos by Kiyomi Rush

There are numerous sites throughout the Hawaiian Islands that can be considered a 'must visit.' If you are fortunate to be stationed in Hawai'i, then one of those places that should be on the top of the list is Hawai'i Volcanoes National Park on the Big Island.

Located on the southeast corner of the Big Island, the park is home to Kilauea Volcano. It has been releasing lava since the last eruption in January 1983, making it the most active volcano in the world.

Flying from Honolulu is fairly inexpensive and only takes about a half-hour flight time. On the west coast is the Kona Airport and on the east coast is the Hilo Airport, which is closest to Kilauea Volcano.

Accommodations are available in Hilo, but if you want to be close to Kilauea Volcano, the Kilauea Military Camp, located in the heart of the Hawai'i Volcanoes National Park, is your best bet. The prices are based on rank and they have limited rooms, so early reservations are recommended. Reserving a car in advance is also highly recommended and there are a few companies that offer government rates.

Upon getting settled, the best thing to do is get a map of the park and get out there. Several trails are marked and easy to find and can be done by foot or with a rented

mountain bike.

The must see items on your list should include the Kilauea Visitor Center, Thurston Lava Tube and the Jagger Museum, located on the rim of the Halema'uma'u Crater.

Upon seeing these, you will want to take the drive down the Chain of Craters Road, which is an 18-mile drive

from 4,000 feet above sea level that leads down the ocean where you will literally reach the end of the road. The highway is

now covered from a 1995 lava flow.

For the adventurous and physically fit, visitors can trek across from this point of the trail and head over the lava rock to see lava flowing into the sea.

Regardless of age (really not recommended for small kids) or ability, make sure to bring good hiking boots, jeans, rain jacket, hat, sun screen, plenty of water, energy bars and most importantly, flashlights.

It is very rocky terrain and cannot be done at night without flashlights. It is also highly recommended to use the buddy system since it is precarious at night.

Now that you are all ready to go, remember it's best to see the lava at nighttime. It's a good idea to start while there is still daylight as it takes around three hours to get to the farthest point, just beyond the number six lighted trail marker, to the sea cliff.

There you will find other adventures awaiting nightfall, when the glow of lava



▼ See KILAUEA, B-2

Kilauea: The world's most active volcano

Continued from B-1

can be seen from the volcano, where it runs beneath the earth to become visible again where it enters the

sea in a beautiful and powerful display.

In addition to the lava, if it's a clear night you will be treated to an amazing nighttime star-filled sky.

If you plan on going up to or beyond the number six marker, allow at least six hours total time. To give you an idea just how long it will take to hike the whole way, we

left our car around 3:30 p.m. and returned to it around 10 p.m. Although tired, sore and hungry, it was definitely worth it.

Make sure to bring a camera to

record your memorable trip. For more information, go to <http://hvo.wr.usgs.gov/kilauea/update/>, and for KMC go to www.kmc-volcano.com.



Lava Viewing Options

Where lava enters the ocean, unstable new land forms and collapses without warning. A rope boundary line designates this deadly area.

Easy: Bird's-eye views of the steam plume are visible along the Chain of Craters Road.

Moderate: The easiest walk for good views is a 1.5 mile (2.5 km) round trip from here to **Steam Plume Viewing Area**.

Extremely Difficult: Hike about 4 hours, 7 miles (11.5 km) round-trip for closer views. Follow the marked route. Good views are possible along the way.

RANGER'S TIP: Views of red lava or glow are often best after dark.

Carry one flashlight per person to hike safely after dark.

Photographs from the U.S. Geological Survey's Hawaiian Volcano Observatory. <http://hvo.wr.usgs.gov/kilauea/update/main.htm>

Illustration courtesy of National Park Service

'Night of American Heroes' to be night of musical performances

USS Missouri Memorial Association

The USS Missouri Memorial Association has enlisted the help of a wide array of local musical performers for its inaugural 'A Night of American Heroes' dinner fundraiser from 5:30-9 p.m. tonight in the Hilton Hawaiian Village's Coral Ballroom. The event will salute two nationally recognized, albeit very different, icons of heroism: U.S. Senator Daniel K. Inouye and Jim Nabors.

"We intend to hold an evening to remember ... one worthy of the men we will recognize," said Al Landon, chairman and CEO of Bank of Hawai'i Corporation, who is the event co-chair with the association's chairman emeritus, Ed Carter.

Performances will include those by Jimmy Borges, Cathy Foy, Steve Jones, Danny Kaleikini, Karen Keawehawaii and Emma Veary, as well as honoree Jim Nabors, himself.

"The generous donations of attendees will enable our community to pay tribute to two men whose work has touched each of us," Landon said. "Their sponsorship will also provide valuable support for the USS Missouri Memorial Association's ongoing efforts to preserve a national treasure, the 'Mighty Mo' - an icon herself - and share with

future generations the history of this magnificent vessel, her heroic crews and the U.S. Armed Forces that she represents."

Each year at the event, the association plans to recognize individuals who epitomize the ideals of American heroism and values. Proceeds will benefit the ongoing restoration, maintenance and operation of the Battleship Missouri Memorial in Pearl Harbor, as well as its education programs directed at youth.

Daniel K. Inouye is Hawai'i's senior senator and the third most senior member of the U.S. Senate. He is known for his distinguished record as a legislative leader and as a World War II combat veteran who earned the nation's highest award for military valor, the Medal of Honor.

Jim Nabors, a resident of Honolulu, is best known as one of America's most beloved personalities. As a character actor, he portrayed Gomer Pyle in the Andy Griffith Show and later as the star of his own show, Gomer Pyle, U.S.M.C. A strong supporter of America's men and women in uniform, Nabors, as Private Pyle, received an honorary promotion in 2001 to lance corporal from the commandant of the Marine Corps.

Table sponsorships are available at \$10,000, \$5,000

and \$3,000 levels (all tables seat 10). Individual seats are \$150 per person. For more information, call 423-0607 or e-mail development@ussmissouri.org.

The USS Missouri is the world's last battleship, best known for her role as the site of Japan's formal World War II Instrument of Surrender. Following a career spanning five decades and three wars - WWII, Korea and Operation Desert Storm - the 887-foot, 45,000-ton 'Mighty Mo' is now open to visitors in Pearl Harbor as the Battleship Missouri Memorial. It is an American icon under the care of the USS Missouri Memorial Association, Inc. a private Hawai'i-based 501(c)(3) non-profit organization whose mission is to create and maintain a fitting memorial to the people and historic events reflecting our nation's proud legacy of duty, honor, strength, resolve and sacrifice. The memorial is supported by admissions, retail and concession sales, donations, grants, and the work of volunteers. It is not supported by government funding. The association was formed in 1994 and includes a cross-section of leaders from Hawai'i's business, civic, political and retired military communities. President George Herbert Walker Bush is the memorial's honorary chairman of the board.



Photograph by Corinne Medrano
The David Thomas Family of McGrew Point, posing with Forest City Regional Manager Jim Muratsuchi, display their winning CEL drawing entry form.

CEL Survey winners announced

William Parrish

Forest City Residential Management

Five lucky winners from phase one communities of Navy public-private venture housing were the winners of a \$500 gift card from the Pearl Harbor Navy Exchange.

Upon return of all drawing entry forms from CEL & Associates, winners were selected by Jared St. John and Master Chief Todd

Thom of the Navy Family Housing Office. Within hours, four of the five winners had pictures snapped with million-dollar smiles.

The CEL survey solicits inputs from housing residents that are used to make improvements.

Winners were Hope Hardy, Moanalua Terrace; Coralys and Shaun McBride, Hokulani; Kyle Vernon, Radford Terrace; and Dera Thomas, Daylon Thomas and David Thomas, McGrew Point.

Halsey Terrace winners, Robert and Melissa Edmonson, were off-island when contacted to claim their prize. The Edmonson family will receive NEX winnings upon their return.

The staff at Forest City Residential Management thanks phase one families who participated. The feedback of residents is instrumental in the management of Forest City communities and homes. The next survey cycle is less than a year away.

STORY IDEAS?

Contact the HNN editor for guidelines and story/photo submission requirements:

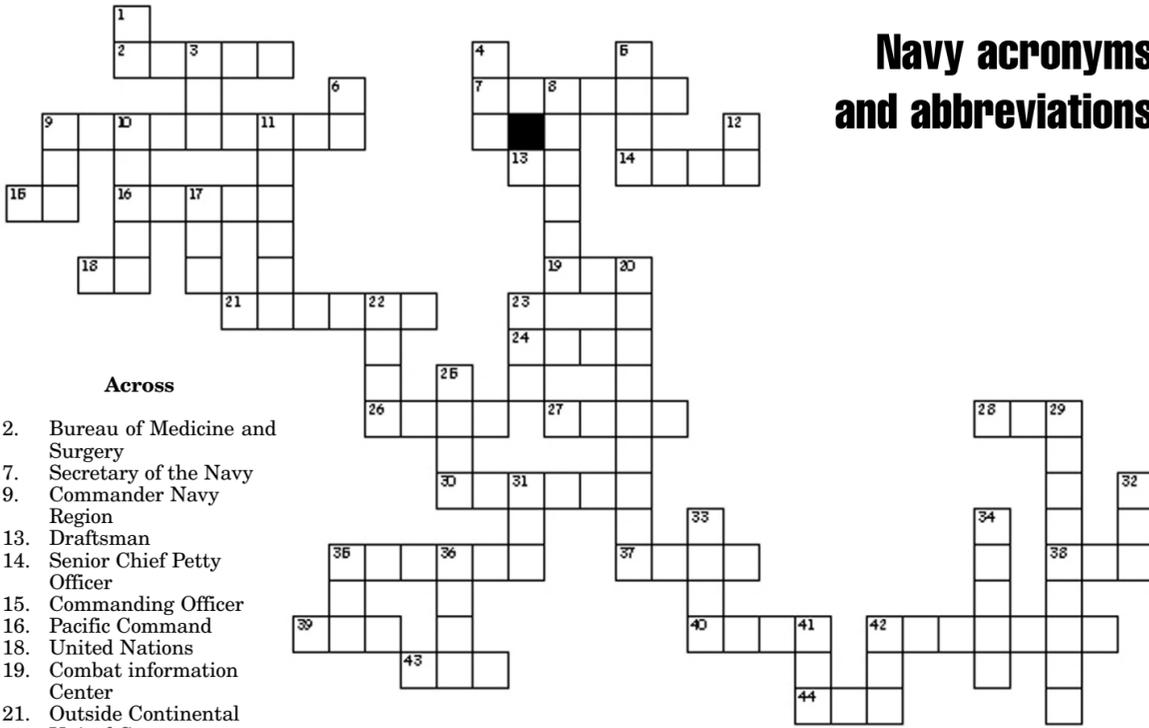
Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

Hawai'i Navy News

Skylark Central

Navy acronyms and abbreviations



Across

- 2. Bureau of Medicine and Surgery
- 7. Secretary of the Navy
- 9. Commander Navy Region
- 13. Draftsman
- 14. Senior Chief Petty Officer
- 15. Commanding Officer
- 16. Pacific Command
- 18. United Nations
- 19. Combat information Center
- 21. Outside Continental United States
- 24. Tomahawk Land Attack Missile
- 26. Rigid Hull Inflatable Boat
- 27. Landing Craft Air Cushion
- 28. Military Sealift Command
- 30. Secretary of Defense
- 35. Chief of Naval Information
- 37. Tomahawk Anti-ship Missile
- 38. Underwater Demolition Team
- 39. Commander
- 40. Sea Air Land
- 42. Operations Tempo
- 43. Prisoner of War
- 44. Operation Iraqi Freedom
- 8. Communications Security
- 9. Chief of Naval Operations
- 10. Master Chief Petty Officer of the Navy
- 11. Rim of the Pacific
- 12. Executive Officer
- 17. Chief Warrant Officer
- 20. Commander, US Pacific Fleet
- 22. U.S. Navy Reserve
- 23. Afloat Training Group
- 25. Close-in Weapons System
- 29. Commander, Submarine Force Pacific
- 31. Chief Petty Officer
- 32. Tank landing ship
- 33. Enlisted Surface Warfare Specialist
- 34. Underway Replenishment
- 35. Carrier Onboard Delivery
- 36. North Atlantic Treaty Organization
- 41. Limited Duty Officer
- 42. Operation Enduring Freedom

Down

- 1. Construction Battalion
- 3. Missing in Action
- 4. U.S. Navy
- 5. Enlisted Air Warfare Specialist
- 6. Guided Missile Cruiser

"Today's Special"



Know your Navy

When wearing medals or ribbons on a uniform, what is their order or precedence?

Last week's question...
What are the three basic parts of a rotary-wing aircraft?

Answer...
 Wings, fuselage and empennage (tail)

Who said...?

Answer: Martin Luther King Jr.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
25	19	23	9	1	26	17	5	4		10	2	20	24	13			21	3	15	7	12	18		22	

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."



Here's what's going on at Navy Region Hawai'i!

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. For more information (FMI): visit www.greatlifehawaii.com



Outdoor Adventure Events

For more information, call 473-1198.

January

- 24** – Family fun, Manoa Falls hike, 2 p.m., \$5. Register by Jan. 20.
- 27** – Haleiwa kayaking tour, 9 a.m., \$15. Register by Jan. 24.
- 28** – Aiea Loop Trail hike, 9 a.m., \$7. Register by Jan. 24.
- 31** – Family fun, Manana Ridge ramble hike, 2 p.m., \$5. Register by Jan. 27.

SUPER GARAGE SALE AND CRAFT FAIR

Morale Welfare and Recreation's (MWR) Super Garage Sale and Craft Fair will be held from 8 a.m.-noon **Saturday** at Richardson Field. All military-affiliated vendors can apply for their own 10-foot by 10-foot space for a cost by either visiting the Navy Information, Tickets and Travel office or www.greatlifehawaii.com. Space is limited and should be reserved as soon as possible. Admission is free for buyers. The event will be open to the general public. FMI: 473-0606.

FIRST LIBERTY PHOTO CONTEST

Single Sailors can show off their artistic eye by entering a printed photograph they have taken in MWR's Liberty Photo Contest. Photos can be entered at any Liberty Center until **Jan. 31**. Categories for the contest are: "Sailors: A Day in the Life," "Life on Oahu" and "And Now for Something Completely Different!" The contest is content and subject-based. Judging will be during the first week of February. Prizes will be awarded and the winning photos will be displayed on www.greatlifehawaii.com (50,000 plus visitors per month) and in the Liberty Centers during the month of February. FMI: 473-4279.

ROCKET ARM DODGE BALL COMPETITION

Single Sailors can now sign up their eight-person team for free at any Liberty Center for the Rocket Arm Dodge Ball Competition. Teams will compete from 6-9 p.m. **Jan. 23** at Bloch Arena gym, Pearl Harbor. Competition is open to Single Sailors only and is

free of charge. Special prizes go to the team with the most audacious team name and the most outrageous team uniform. FMI: 473-4279.

CONCERT IN THE PARK

The next Concert in the Park will be at 6 p.m. **Jan. 26** on the grassy lawn at The Banyans at Naval Station Pearl Harbor. The Pacific Fleet Rock Band will rock the first concert of the year with a mix of oldies and modern rock. The concert is free. Attire is casual aloha wear. A pre-ordered boxed dinner can be ordered for \$5.50 from A Catered Experience at The Banyans by calling 473-1706. Orders must be placed by Jan. 23. FMI: 473-0606.



INLINE HOCKEY REGISTRATION

Registration is now open for MWR inline hockey. Children, ages nine to 17, can register at the Boys & Girls Clubs of Navy Hawai'i, youth sports office located at 620 Main St. (off Valkenburgh) at building 3456. When registering, parents should bring their child's birth certificate and a current physical examination card. Deadline to register is **Jan. 26**. The season runs from February to June. Please call for cost. The sport is open to all military-affiliated youth. FMI: 474-3501.

'THEATER OF LAUGHTER' COMEDY SHOW

Morale, Welfare and Recreation at Pearl Harbor and Armed Forces Entertainment will present 'Theater of Laughter,' a free comedy show, at 8 p.m. **Jan. 31** at Beeman Center. Catch comedians Patrick DeGuire, Rick Gene, Butch Bradley and Jentle Phoenix who are on their Pacific Tour, traveling the globe and entertaining troops. The event is adult-themed and open to all military-affiliated personnel, 18 years and older. FMI: 473-0606.

PRESALE PRO BOWL TICKETS AT ITT

Presale Pro Bowl tickets at all Navy Information, Ticket and Travel (ITT)

offices are **now** on sale. No refunds or exchanges will be allowed. Ticket purchase is open to active duty, Reserve, retired, Department of Defense (DoD) employees, and family members. Date of the Pro Bowl game is set for **Feb. 10, 2007**. Kick-off will be at 1 p.m. FMI: Navy ITT offices at Bloch Arena, 473-0792; Navy Exchange, 422-2757; Barbers Point, 682-2019; and Kunia, 655-3128. Times and dates are subject to change without notice.

BASEBALL REGISTRATION

Children can learn how to throw, pitch and catch while building self-confidence by participating in MWR's baseball league. Parents can register their children at the Boys & Girls Clubs of Navy Hawai'i, youth sports office located at 620 Main St. (off Valkenburgh) at building 3456. Deadline to register is Feb. 2. The league is open to children ages five to 14. When registering, parents should bring their child's birth certificate and a current physical examination card. Practice begins in March. The season runs from April to July. The cost for T-ball, coach pitch and minors is \$60. The cost for majors and juniors is \$80. The sport is open to all military-affiliated youth. FMI: 474-3501.

Single Sailor Activities

January

(All trips depart from Liberty in Paradise at the indicated time unless otherwise stated.)

20 – Hike and swim at Jackass Ginger, 10 a.m., \$5.

23 – Rocket Arm Dodge Ball at Bloch Arena gym, 6 p.m., free.

26 – Sail, kayak, boat ride and barbecue at Rainbow Bay Marina, 10 a.m., \$7.

27 – Surf kayak at White Plains Beach, 10 a.m., \$5.

30 – 1960s Karaoke Slam at Beeman Center, 6 p.m., free.

31 – Xbox Madden NFL Challenge at Instant Liberty, 6 p.m., free.

Weekly events:

Sundays – Surfing lessons and barbecue, 10 a.m., \$7.

Mondays – Monday Night sports and feast, free food, all centers, 5 p.m., free.

Thursdays – Root beer and ice cream float night, 6 p.m.

Every third Wednesday – Poor Boy barbecue, 5 p.m.

Community Calendar

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

January

Late January - The Pearl Harbor Tax Center will open at the end of January and remain open through mid-April. FMI: 473-4698.

February

3 - Volunteers for Pacific Aviation Museum-Pearl Harbor. The next volunteer and docent meeting will be held at 4 p.m. at the museum on Ford Island. You can be part of the team that brings Hawai'i's aviation history to life by becoming a docent. Located in the original WWII hangars on Ford Island, the Pacific Aviation Museum brings to life the patriotism, valor and sacrifices made by the American aviators in the Pacific region. Zeros, Wildcat and a B-25 Bomber are just some of the planes on display, telling the story of one of the most important historical events of the 20th century through first hand accounts and displays of period artifacts. FMI: KT Budde-Jones to RSVP at 441-1012 or 690-0169 or email kt@pacificaviationmuseum.org.

4 - Celebrate Super Bowl XLI on Feb. 4 at Oceans CPO Club. There will be door prizes, gift certificates and a grand prize of \$500 given away throughout the game. Door prize winners must be present to win. FMI: 473-0612 or 477-9362.

At a Glance

University of Phoenix Hawai'i campus adds hours of operation at Tripler/Fort Shafter education complex - The University of Phoenix Hawai'i Campus has extended counseling hours at the Tripler/Fort Shafter Education Center Complex, building 102, room 109A, to two days a week. The office will now be open every Tuesday from 9 a.m. to 4:30 p.m. as well as every Thursday from 9 a.m. to 2:30 p.m. Counseling will no longer be offered on Mondays. The center provides information about the university's educational programs, as well as financial aid assistance, and can help guide prospective students through the enrollment process.

The University of Phoenix Hawai'i Campus has four campuses on Oahu, which are close to most of Oahu's military bases: Mililani Learning Center, Windward Learning Center, Honolulu Main Campus and Kapolei Learning Center. FMI: Ivy Wong at 536-2686, ext. 35148 or ivy.wong@phoenix.edu.

How to contact TriWest/TRICARE services - Beneficiaries can contact TriWest with enrollment; primary care manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRI-WEST (1-888-874-9378), visiting their Web site at www.triwest.com, or TRICARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic.

Looking for a few good dads - The Fleet and Family Support Center (FFSC) at Naval Station Pearl Harbor is looking for volunteers to help with Boot Camp for New Dads. FMI: Chet Adessa chester.adessa@navy.mil.

NEX price matching - Through the Navy Exchange (NEX) price matching policy, the NEX will match the price of any identical item sold in any local store. Please see a sales associate for more information.

The American Red Cross needs volunteer instructors -for cardio-pulmonary resuscitation (CPR) and first aid classes. Free training is provided. Volunteers must make a commitment to teach eight classes a year and have at least one year left in the area. FMI: 449-0166.

T.O.P.S. (Take Off Pounds Sensibly), a nonprofit 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. T.O.P.S. in Hawai'i is a support group for helping members Take Off Pounds Sensibly. FMI: 623-1403.

University of Oklahoma offers a master of arts in managerial economics and a master of public administration. The non-thesis programs can be completed in about 18 months. The school offers one-week classes that are TDY/TAD friendly. FMI: 449-6364 or aphickam@ou.edu or visit www.goou.ou.edu.

CLEP testing centers - Hawai'i Pacific University, in partnership with military education centers on Oahu, has established three National Test Centers (NTC) which are located at Naval Station Pearl Harbor (PHNS), Hickam Air Force Base (HAFB) and Marine Corps Base Hawai'i (MCBH) at Kaneohe. Testing is free to all military personnel (active and reserve). There is a \$75 fee for active and reserve military adult family members (17 years of age), retired military personnel and DOD civilians. Examinations are conducted daily at 9 a.m., 11 a.m. and 2 p.m. on the following schedule: HAFB (Mondays and Wednesdays); PHNS (Tuesdays and Thursdays); MCBH (Fridays). FMI or reservations for testing: HAFB - 422-1032; PHNS - 422-0079; MCBH - 254-4133.

AT THE MOVIES

MOVIE CALL

Sharkey Theater
Naval Station Pearl Harbor
(473-0726)

TODAY

7:00 p.m. Casino Royale (PG 13)

SATURDAY

2:30 p.m. Eragon (PG)

4:45 p.m. The Holiday (PG-13)

7:00 p.m. The Nativity Story (PG)

SUNDAY

2:30 p.m. Unaccompanied Minors (PG)

4:45 p.m. Eragon (PG)

7:00 p.m. Deja Vu (PG 13)

THURSDAY

7:00 p.m. Blood Diamond (R)

Memorial Theater
Hickam Air Force Base
(449-2239)

TODAY

7:00 p.m. Eragon (PG)

SATURDAY

7:00 p.m. Blood Diamond (R)

SUNDAY

7:00 p.m. Eragon (PG)

WEDNESDAY

7:00 p.m. Eragon (PG)

THURSDAY

7:00 p.m. Blood Diamond (R)

Sgt. Smith Theater
Schofield Barracks
(624-2585)

TODAY

7:00 p.m. Unaccompanied Minors (PG)

SATURDAY

7:00 p.m. Casino Royale (PG 13)

SUNDAY

2:00 p.m. Unaccompanied Minors (PG)

WEDNESDAY

7:00 p.m. Casino Royale (PG 13)

THURSDAY

7:00 p.m. Unaccompanied Minors (PG)

Blood Diamond

Set against the backdrop of civil war and chaos in 1990s Sierra Leone, Danny Archer, a South African mercenary, and Solomon Vandy, a Mende fisherman, are joined in a common quest to recover a rare pink diamond that can transform their lives. While in prison for smuggling, Archer learns that Solomon-who was taken from his family and forced to work in the diamond fields-has found and hidden the extraordinary rough stone.

Casino Royale

James Bond's first 007 mission takes him to Madagascar, where he is to spy on a terrorist Mollaka. Not everything goes as planned and Bond decides to investigate, independently of the MI6 agency, in order to track down the rest of the terrorist cell. Following a lead to the Bahamas, he encounters Dimitrios and his girlfriend, Solange. He learns that Dimitrios is involved with Le Chiffre, banker to the world's terrorist organizations.



Deja Vu

Everyone has experienced the unsettling mystery of déjà vu - that flash of memory when you meet someone new you feel you've know all

your life or recognize a place even though you've never been there before. But what if the feelings were actually warnings sent from the past or clues to the future? It is déjà vu that unexpectedly guides ATF agent Doug Carlin through an investigation into a shattering crime.



Eragon

A boy named Eragon finds a polished blue stone in the forest. At first, he thinks it's a lucky discovery, something that will bring meat to his poor family for the winter. Instead, it brings a dragon hatching, and Eragon is soon thrust into a world of magic and power through which he and the dragon must navigate.



The Holiday

Iris is in love with a man who is about to marry another woman. Across the globe, Amanda realizes the man she lives with has been unfaithful. Two women who have never met and live 6,000 miles apart, find themselves in

the exact same place. They meet online at a home exchange Web site and impulsively switch homes for the holiday. Iris moves into Amanda's L.A. house in sunny California as Amanda arrives in the snow covered English countryside. Shortly after arriving at their destinations, both women find the last thing either wants or expects: a new romance.

The Nativity Story

The two-year period of Mary and Joseph's life, which culminates in their leaving Nazareth and journeying 100 miles to Bethlehem for the birth of Jesus.



Unaccompanied Minors

It's Christmas Eve and a huge blizzard has just shut down the airport, threatening to ruin holiday plans for all stranded travelers. Snowed in enroute to their father's house, two "Unaccompanied Minors"- dubbed UMs-Spencer and his little sister, Katherine, are ushered to the airport's unaccompanied minors room. This group of UMs form cliques that don't mix, learn to ditch their differences, and help each other flee the clutches of airport authority.

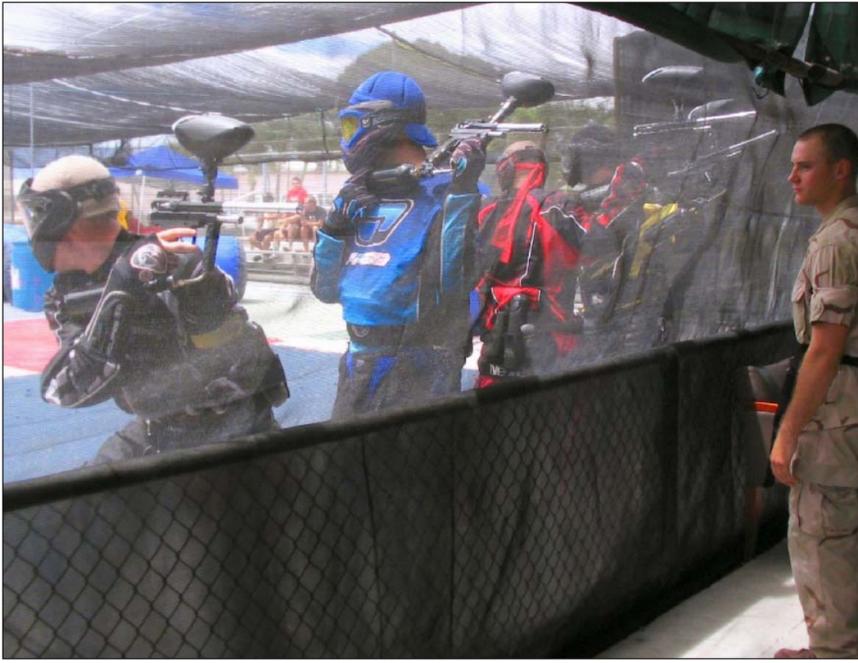


Photo by Navy Region Hawai'i Fleet and Family Readiness, Marketing

The Navy, Marines, Air Force, Army and Coast Guard participated in the the 2nd Annual All Military Halo and Paintball Championships on September 9, 2006. Players were able to shoot, run and hide at the Hobby-X paintball field on Naval Station, Pearl Harbor.

Paintball fun - ready, aim, splat!

Anna Marie General

Navy Region Hawai'i Fleet and Family Readiness, Marketing

Paintball is a sport where players use compressed air guns to shoot marble-sized, .68 caliber, gelatin capsules filled with colored polyethylene glycol 'paint' at their opponents. Paintball guns, also known as 'markers,' were used in the early 1970s. They were originally used by the forestry to mark trees or by farmers to mark cattle.

James Hale of Daisy Manufacturing invented the first paintball gun, but it was carried out by the Nelson Paint Company. The guns had to be modified to regulate the velocity to prevent injury to humans.

The game of paintball began in 1981 when 12 friends played a version of "Capture the Flag" using the markers. Since then, the game of paintball continues to evolve and grow. It has become a popular sport in the United States and most major countries in the world. In 1982, Charles Gaines invented paintball as the game we play today and he markets paintball as the

National Survival Game (NSG).

In that same year, the first paintball field opened in Rochester, N.Y. Paintball can be played indoors or outdoors in a wide range of styles and is one of the safest team sports. Get 'splattered' at Morale, Welfare and Recreation's (MWR) Hobby-X paintball field, located at the former skate park next to Grenfell Pool at Naval Station Pearl Harbor. Hobby-X paintball offers a five-man speedball arena and lighted night play with full amenities and staging area.

The field is open from 3-9 p.m. Monday-Friday and from 9 a.m.-9 p.m. Saturday-Sunday. Hours of operation are subject to change, so call to confirm.

Paintball is open to eligible patrons ages eight and above with a Department of Defense military I.D. Children ages eight and under must have parent supervision. If under the age of 18, parent must sign a waiver/liability form during their first visit.

A variety of other services are available such as a store, tech shop, showers, lockers and much more. Call 550-8325 for more information and pricing.

Bowfin Memorial Scholarships announced

Mary Abigail Reinhardt

Bowfin Memorial Scholarship Committee

The Pacific Fleet Submarine Memorial Association (PFSMA) has announced that it will again give \$25,000 in scholarships this year through the Bowfin Memorial Scholarship. The scholarship is raised through admission tickets and gift shop sales of the Bowfin Memorial and is administered by the PFSMA in conjunction with the Pearl Harbor Submarine Officers' Wives' Club.

The scholarships are offered in honor of the 3,505 submariners and 52 submarines lost during World War II. The Bowfin Memorial Scholarship provides monetary assistance to submariners and their families in the form of continuing education and academic scholarships.

All members of the Hawai'i submarine force community (active duty or retired), their family members, and family members of deceased submariners who reside in Hawai'i and who are attending an accredited college, university or vocational school are eligible.

Individual awards can range from \$250 to \$5,000 and will be based on past achievements, motivation and financial need. Scholarships may be used for full or part time study at an accredited college, university or vocational school.

Since its inception in 1985, the PFSMA has awarded over \$350,000.00 in scholarships.

The application deadline this year is March 1. For an application and more information, contact Mary Abigail Reinhardt, chairperson of the Bowfin Memorial Scholarship Committee at 836-1019 or maryabigail@hawaii.rr.com.

How to lose the 12 holiday pounds

Kay Blakley

Defense Commissary Agency

Don't know if you've noticed, but a strange phenomenon is under way at your neighborhood commissary these days. Products whose labels contain the words "reduced-calorie," "low-fat," "fat-free," "sugar-free," or any form of the word "diet" are flying off the shelves faster than stockings can replenish them. Commissary workers know there's no need for alarm. It's just that "dieting season" has begun. As soon as folks have had a chance to survey the damage done by all those delicious holiday indulgences, they start to look for ways to shed any reminders of just what a good time they had.

Exactly how you go about losing unwanted pounds is an individual issue that needs to be tailored to your taste buds and food preferences, but a few important concepts should be at the heart of your plan. First and foremost, remember that calories do count. Consuming more calories than you burn in physical

activity equals pounds gained and reversing that ratio equals pounds lost.

You don't want to starve yourself in the process, so you've got to learn how to make every calorie count. Just how is that done, you ask? By reading a product's nutrition facts label and understanding what you've read. Unfortunately, these aren't written in a manner that will ever land them on the bestseller list, but the Food and Drug Administration has recently released an interactive online learning program that makes them a little more user friendly. Visit <http://www.cfsan.fda.gov/labelfman> and let an animated character called "Labelman" walk you through the process of figuring out which is the better choice on any number of ordinary packaged foods. They've even thrown in some helpful rules-of-thumb like 40 calories/serving is low calorie, 100 calories/serving is moderate, and 400 calories/serving is high.

Still there are those among us who just get a headache from all that

reading and decision making. If that description fits you, try this simpler approach – fill your cart with items from the perimeter of the commissary. That's where the "whole foods" reside. These are foods that are unprocessed or very lightly processed, with nothing added, and are still in as close to their natural state as possible. Nearly anything in the produce section is fair game, since virtually all choices are jam-packed with nutrients and fiber, and are very low in calories. Make lean choices at the fresh meat case by concentrating on cuts with loin or round in the name, and go for products labeled low-fat or fat-free in the dairy department. Choose whole grain breads as much as possible and choose your liquids wisely – water seems to help those pounds wash away a little faster.

Take note of the shelf talkers located throughout your commissary, which offer quick and easy messages from the Dietary Guidelines for Americans and always remember: It's your choice, make it healthy.