

Operation Homefront gives early Easter to military children

Story and photos by
Blair Martin

Contributing Writer

This spring, Easter came a little early for almost 100 children of deployed or injured active-duty military service members, thanks to Operation Homefront, an organization created to support today's military families.

The organization kicked off its first Easter celebration on March 15 at the Oahu Veterans Center. The festivities were free to all participating families. The fun family activities included face-painting, prizes and an Easter egg hunt of hundreds of brightly-colored plastic eggs filled with treats.

All of the colored eggs, baskets, candy and toys given to the children during the event were donated items brought in by Easter basket drives that Operation Homefront held throughout March at several locations on the island, including the Navy Exchange (NEX).

Created in 2001 by a group of military spouses, Operation Homefront has evolved into a major non-profit charity serving 34 military communities all over the United States. Since May 2007, the newly-adopted Hawaii chapter has been busy providing support and aid to nearly 35,000 military members and more than 60,000 military family members who have been stationed throughout the island.

Vickie Cariello, president of Operation Homefront's Hawaii chapter, said the organization strives to be the "safety net" for military spouses and families, especially while their loved ones are deployed far away from their families.

"Our mission is to provide emergency assistance and morale to our troops," she said. "We also want to be there for the families they leave behind as well as for our wounded warriors when they return home."



Military spouses expressed their appreciation for the Easter event and Operation Homefront's worthwhile mission of supporting today's military family. "I think this is very good for our military community and we need to do what we can to get the word out," said the spouse of a deployed Marine. "This program is new here so not a lot of people know about it yet. Events like this [Easter egg hunt] really raise the spirits of our children, especially when their father is gone and they are missing him."

Another spouse said the event served as a great distraction for her children who have been missing their father while he has been deployed. "My kids have been looking forward to this [event] all week," said the spouse of a Sailor deployed on the USS Hopper (DDG 70). "Their dad has been gone for awhile now so we are hoping he will be home soon. In the meantime though, I think it is great they have this kind of event for the kids. It gets them excited and ready for Easter as well."

Other Operation Homefront-sponsored events this past year have included providing about 120 backpacks to military children, sending off approximately 60 aloha packages to deployed troops, and donating more than 500 phone cards to returning troops or wounded service members.



Since all of the money donated to the organization goes directly to military families and spouses, usually in emergency situations, Cariello asks the military community to contribute anything they can to help one of their peers in need.

"All of our money that comes into the organization [from donations, drives, etc.] goes back to the troops and to their families," she explained.

Most of Operation Homefront's volunteers are military spouses who not only understand the plight of the military family, but are also eager to lend a helping hand to members of their own community.

"I know what it is like to be left behind for months and months and not know where your husband is, what he is doing, or when he is coming home," said one Navy spouse, whose husband has spent more than 20 years in the Navy and is now a captain. "When you are left behind with kids, the house and work, things can be overwhelming and stressful. I think it is important for people to realize that they are not alone and they do not have to do this by themselves. We [Operation Homefront] are behind you and we want to help."

Cariello emphasized that people do not have to give big to Operation Homefront to make a difference.

Nearly 65 percent of all of the money that Operation Homefront's collects comes from donations of individual gifts of \$35 or less, she said.

"You would be amazed at what we can do with just \$5 to \$10 donations from generous people," she insisted. "In the past, we've been able to buy emergency plane tickets or food for people in desperate situations from this money. It may seem like a little donation, but it makes a big difference to the people we help."

She said the three biggest requests her chapter receives from families stationed in Hawaii is money for emergency air travel,

food or vehicle repairs in emergency situations.

Cariello explained that Operation Homefront is not only serving the military family, but also alleviating additional pressures on service members sent away to serve their country.

"We are doing what we can to help families so our guys serving their country don't have the added stress," she noted. "We want them to feel they have a security blanket underneath them and feel that their families are protected so they can go out and do their job the best of their ability."

For more information or to contribute to Operation Homefront, Hawaii chapter, visit www.operationhomefront.net/hawaii.



Tripler exhibits art of dealing with cancer

Kevin Downey

Tripler Army Medical Center
Public Affairs

Ricky Lumang's red tears are the pain of leukemia, the chemotherapy turning his smooth head a much darker shade against the choppy, crayon-colored blue sky.

His nine-year-old daughter's portrait of her father's struggle with bone-marrow cancer was part of an art exhibit at Tripler Army Medical Center on March 7-8 entitled "Oncology on Canvas," Tripler's version of an international exposition encouraging those touched by cancer to relate their emotions through art.

"It's amazing how my daughter expresses herself through painting, rather than telling me how she feels about my leukemia," said Lumang, a gas turbine technician chief petty officer at the Pearl Harbor Navy Shipyard. "Coming here today to paint is a way of my family letting their emotions out that have been trapped inside."

Pat Nishimoto, adult oncology clinical nurse specialist at Tripler, is a member of the Oncology Nursing Society, which is supporting this event here and at five other Oahu-area hospitals this month. Nishimoto said she uses this event, in its second year at Tripler, as a step in her patients' therapy.

"This is a chance for people to use their artwork to express their feelings about their cancer journey," Nishimoto said, wearing a purple lei and standing



Courtesy photo by Jerry Quimby

Influenced by his cancer journey, Ricky Lumang paints with his daughter while his wife looks on at Tripler Army Medical Center.

beside an extra-large cancer mural of a serene Oahu coastline, painted by event participants. "It becomes a powerful healing experience because people can reflect on what it is like to go through this journey."

Nishimoto said she instructs participants to picture, with eyes closed, how they would describe

their cancer experience without words.

"Then the magic happens," she said, eyes shimmering in a smile. "It's so powerful how deeply these patients and their family members can relate to each other simply by turning their emotions into art."

For Lt. Col. Brad Whitcomb, oncology doctor

at TAMC, this event helped provide perspective to a painful journey in which his personal and professional lives converged close to three years ago, he said. His wife Mary had been diagnosed with an advanced form of breast cancer and passed away last August.

"Today is very important for me to bring my children

here to celebrate my wife's life," Whitcomb said. "It also gives us a chance to express, good and bad, what cancer has brought to our lives."

With his art today, he said, he is focusing on how his life has moved forward.

"I'm painting something to express the positive in my life and how having

wonderful people around me has helped, which is what my wife would have wanted," he said, before his daughter's sudden bear hug.

Voice quivering with emotion, 28-year Air Force veteran John Culkin said he first came to this event last year as a chance to reconnect with his daughter when diagnosed with inoperable lung cancer after a long period of separation.

"(This event) is about the sharing of our journey and the love we have for our family, which is sometimes hard to talk about," said the 75-year-old retired command chief master sergeant, standing side-by-side with his daughter.

"Sometimes we're not able to talk about what we're going through every day," his daughter continued. "This program is a way to come together and put down on canvas how we feel with other patients going through similar circumstances."

"Oncology on Canvas" is an international art competition started 10 years ago by a commercial drug company for breast cancer survivors to express how they deal with their disease.

Nishimoto said she intends to make Tripler's "Oncology on Canvas" an annual event and is scheduled to display the artwork from this year's exhibit in her clinic to inspire and support other cancer patients.

In July 2007, Tripler's oncology program received a commendation by the American College of Surgeons, ranking it among the best in the country.

BAP Mollendo to host tours

Navy Region Hawai'i Public Affairs

The Peruvian ship BAP Mollendo will host tours for Department of Defense ID cardholders and guests from 11 a.m. to 5 p.m. March 26 at berth B-26 at Naval Station Pearl Harbor.



STORY IDEAS?

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

Phone: (808) 473-2888

Email: hnn@honoluluadvertiser.com

Hawaii Navy News



TRICARE tools tame tax time

Brian P. Smith

TriWest Healthcare Alliance

Tax season is no longer approaching; it's right outside, ringing the doorbell. Instead of digging through piles of paper, looking for last year's forms and receipts, you can find your TRICARE costs online. TriWest Healthcare Alliance, the TRICARE West Region contractor, has made available account and payment information just a click away for users registered at www.triwest.com.

Register online

Registration is easy. Eligible beneficiaries can go to www.triwest.com and choose log in on the home page. If you do not already have an established account, follow the "create an account" link on the left of the page for a guided tour of the beneficiary registration process.

Account history

To help you track annual health care expenses, TriWest makes copies of your claims explanation of benefits (EOB) and your enrollment fee payments available online to view or print anytime.

When your account is registered at www.triwest.com, you can see each claims EOB and each enrollment fee payment you made during the year. Add the members of your family with TRICARE coverage to your account and they will be able to view this information as well.

The claims EOB will show TRICARE's coverage of your health care expenses as well as any amount for which you were responsible. The enrollment fee payment history will show the last 24 payments toward your TRICARE Prime enrollment fees or TRICARE Reserve Select premiums.

Users who log into their TriWest accounts will also be able to see a list of payments made toward your family's annual TRICARE Prime enrollment fee.

Qualified medical expenses

Did you know you that if you itemize your annual deductions, certain medical expenses may be eligible for deduction? The Department of the Treasury, Internal Revenue Service (IRS) allows for certain medical expenses like the cost for equipment, supplies, and diagnostic devices, dental expenses, as well as fees for eye exams, eyeglasses and contact lenses. Check with a tax professional for all allowable deductions.

Save money

A resource kit is part of a "savings arsenal" available at www.militarysavers.org, where you can find advice about saving money and paying off debts.

Find information

If you have questions about your tax return and supporting documentation, contact a tax advisor or visit a military base tax preparation center

near you, if available. There are special tax provisions for members of the military - go to www.irs.gov, click on "individuals" along the top of the page and then follow the "military" link for specific information.

For more information about your TriWest account, visit beneficiary services at www.triwest.com or call 1-888-TRIWEST (874-9378).



Patriot 5K Run/Walk

USVETS

USVETS will host a Patriot 5K Run/Walk event at 5 p.m. "Flag Day" on June 14 at the Iroquois Point Island Club property at Ewa Beach.

All proceeds from the event will go to benefit U.S. veterans organizations. The

normal entry fee is \$25, but the fee will be \$20 for military and Iroquois Point Island Club members.

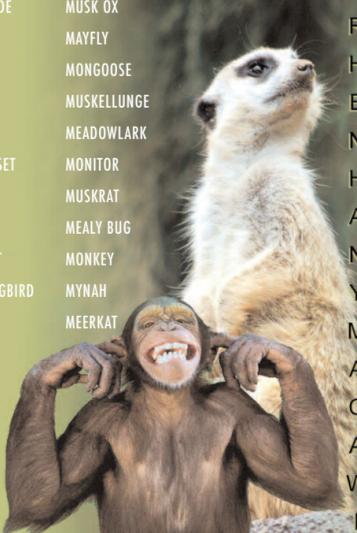
Register by June 6. All late entries will be accepted until race morning with a \$30 entry fee.

To register or for more information, visit www.pacificsportevents.com.

Skylark CENTRAL

WORD SEARCH
Find the names of these 43 **Animals**
whose names start with **M**

MACAW	MILLIPEDE	MUSK OX
MENHADEN	MOTH	MAYFLY
MONKFISH	MARLIN	MONGOOSE
MACKEREL	MINK	MUSKELLUNGE
MIDGE	MOUSE	MEADOWLARK
MOORHEN	MARMOSET	MONITOR
MAGPIE	MITE	MUSKRAT
MILK SNAKE	MULE	MEALY BUG
MOOSE	MARMOT	MONKEY
MALLARD	MOCKINGBIRD	MYNAH
MILKFISH	MULLET	MEERKAT
MORAY EEL	MARTEN	
MAMBA	MOLE	
MILLER	MURRE	
MOSQUITO	MARTIN	
MANATEE	MOLLY	



M U S K E L L U N G E I P G A M
O O R N M A R M O S E T D E I O
O M C O O G M N O Y S R O N L S
R E O K N E U O H S I F K N O M
H S S D I A G B T O Q M A M B A
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WHO SAID IT?

Patriotism means to stand by the country. It does not mean to stand by the president.



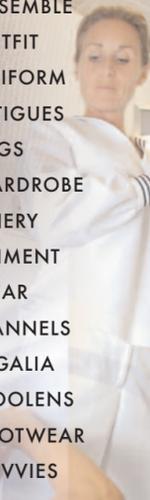
LAST WEEK'S WHO SAID IT?

"AMERICA IS NOT LIKE A BLANKET. ONE PIECE OF UNBROKEN CLOTH, THE SAME COLOR, THE SAME TEXTURE, THE SAME SIZE. AMERICA IS MORE LIKE A QUILT: MANY PATCHES, MANY PIECES, MANY COLORS, MANY SIZES, ALL WOVEN AND HELD TOGETHER BY A COMMON THREAD."
- Jesse Jackson



WORD SEARCH SOLUTION
Find 41 words of types of **CLOTHING**

APPAREL	TATTERS	ENSEMBLE
FROCK	CLOTHING	OUTFIT
SPORTSWEAR	GLAD	UNIFORM
ARRAY	RAGS	FATIGUES
FULL DRESS	THREADS	RAGS
SUIT	COSTUME	WARDROBE
ATTIRE	HABILIMENT	FINERY
GARB	TOGS	RAIMENT
SUNDAY BEST	DRESS	WEAR
CIVVIES	LINGERIE	FLANNELS
GARMENTS	TURNOUT	REGALIA
TAILS	DUDS	WOOLENS
CLOTHES	MUFTI	FOOTWEAR
GETUP	UNDERWEAR	SKIVVIES



E M E N N W E I A L E R A P P A H
G I O F O O T W E A R R E S S E C
S S E D R O E N V W I E I M E O L
I K D F R L S L I A T S S D U D O
C I V V I E S P A R T G G T G G T
U V E A M N S A O D A E F O I A H
A V N B R S E S O R G I T R T R E
A I L A G E R R D O T N M A A M S
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A S H A B I L I M E N T W W N N E
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T O U C T O F O S D E T Y A R R A
M R O F I N U I N H D T U W B U L
V R N N T U T U O N R U T P E A F
F T O G N I H T O L C O S T U M E

This Week's Trivia

It took the Navy 135 years from the date the Union Navy began enlisting African Americans in 1861 to promote a black man to four-star admiral. Who was the first?

Last Week's Question:

He enlisted in the Navy in 1956 and trained as a hospital corpsman and served aboard ships and at the Marine base at Quantico, Va., before being sent to Bethesda Naval Hospital. He was assigned to work with Korean War casualties. He won awards running on the Navy track team, but also experienced racial discrimination, when he was forced to eat in the kitchen of restaurants where the team stopped to eat while on the road. He was honorably discharged after four years of service in 1960. Who was he?

Answer: Bill Cosby



Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

YOUTH FITNESS ORIENTATION
 Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will host youth and mini-youth fitness orientations at 10 a.m. April 5 and April 19 at the Bloch Arena Fitness Center at Pearl Harbor. The events are for children ages six to 14 years old and they must be accompanied by an adult. The orientation includes facility tour, safety guidelines and equipment use demonstrations. FMI: 473-0793 or visit www.greatlifehawaii.com.



FORD ISLAND BRIDGE RUN
 The Ford Island Bridge Run, the island's largest run at 10K (6.2 miles), is set for 7 a.m. April 5. The run will start at the entrance of the Admiral Bernard Clarey Bridge, continue over the Ford Island Bridge, and end at Richardson Field. Applications are available at all fitness centers and gyms. The entry fee is \$17 for all active-duty, military-affiliated and Department of Defense personnel family members and is due by March 24. All late entries will be \$27 and are accepted until April 4. FMI: www.greatlifehawaii.com or contact the MWR athletic office at 473-0784, 473-2494 and 473-2437.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

March

23 - The Navy and Army will host an Easter sunrise service beginning at 6:30 a.m. on the Battleship Missouri Memorial. FMI: 473-3974.



April

19 - An Earth Day Environmental Fair will be held from 10 a.m. to 2 p.m. in the courtyard of the Navy Exchange Pearl Harbor (NEX). The fair is a joint effort of the NEX and Navy Region Hawai'i that is designed to help educate and improve the environment. FMI: 423-3330.

At a glance

The Navy Exchange Pearl Harbor (NEX) is sponsoring its annual 2008 Bumper Sticker Contest. Participants are eligible to win one of two \$25 gift cards and qualify for the \$2,000 grand prize shopping spree giveaway. Patrons can pick up bumper stickers at the Navy Aloha Center customer service desk or any comment card box located at the NEX or associated shopping locations. FMI: 423-3330.

Sharkey Showtimes



Mad Money (PG 13)

A comedy about three ordinary women who form an unlikely friendship and decide to do something extraordinary - rob one of the most secure banks in the world. After a lifetime of playing by the rules, the three devise a plan to smuggle soon-to-be-destroyed currency out of the supposedly airtight Federal Reserve Bank. As the unlikely crime syndicate amasses piles of cash, it looks like they have pulled off the perfect crime - until a minor misstep alerts the authorities. With more money than they know what to do with, the women are pushed to the limits of their ingenuity to stay one step ahead of the law?

TODAY

7:00 PM 27 Dresses (PG 13)

SATURDAY

2:30 PM The Pirates Who Don't Do Anything (G)

4:45 PM Cloverfield (PG 13)

7:00 PM The Great Debaters (PG 13)

SUNDAY

2:30 PM The Pirates Who Don't Do Anything (G)

4:45 PM Cloverfield (PG 13)

7:00 PM Meet The Spartans (PG 13)

SUNDAY

7:00 PM Mad Money (PG 13)





Egg coloring help is as close as your commissary

Kay Blakely

Home Economist, Defense Commissary Agency

When Easter is near, your commissary has just about every egg coloring kit you could possibly ask for. But you can still get the job done, even if all you have on hand is a box of food coloring. Just follow these tips for eggs any bunny would be proud to deliver.

Painting eggs with food colors

In a small glass container, combine 10 drops of one color food coloring, one-half teaspoon vinegar and one-half teaspoon water. Paint hard cooked eggs with paintbrush or cotton swab.

Pastel marbelized eggs

In a shallow bowl, combine one-fourth cup boiling water, 1 teaspoon vinegar, one-eighth teaspoon oil and four to eight drops of food color. Gently roll each egg in mixture 30 seconds or until egg is the desired shade; transfer egg to second color mixture and repeat the process. Allow egg to dry completely, wipe away excess oil with paper towel.

Make all the colors of the rainbow, plus a few more

Combine one-half cup boiling water, 1 teaspoon vinegar and specified number of food color drops, listed below, in a cup to achieve desired colors. Repeat process for each color. Dip hard-cooked eggs in dye for

about five minutes. Use a slotted spoon, wire egg holder or tongs to add and remove eggs from dye. Allow to dry thoroughly before storing or handling.

Lime: 24 yellow, 4 green
 Watermelon: 25 red, 2 blue
 Purple: 15 blue, 5 red
 Teal: 15 green, 5 blue
 Maize: 24 yellow, 1 red
 Grape: 17 blue, 3 red
 Jade: 17 green, 3 blue
 Fuchsia: 18 red, 2 blue
 Plum: 10 red, 4 blue
 Jungle Green: 14 green, 6 yellow
 Cantaloupe: 24 yellow, 2 red
 Spearmint: 12 green, 6 yellow, 2 blue
 Raspberry: 14 red, 6 blue
 Orange Sunset: 17 yellow, 3 red



Silver Dolphin Bistro

Lunch Menu for March 24-30

- Monday •
 Cream of chicken soup, braised beef cubes, roast turkey, mashed potatoes, steamed rice, chicken gravy, club spinach, steamed carrots, hot dinner rolls, yellow cake, chocolate cream pudding, apple pie.
- Tuesday •
 Beef noodle soup, oven fried fish, pork chop suey, chow mein noodles, rice pilaf, steamed asparagus, fried cabbage, hot pandesal, pumpkin pie, maple nut cake.
- Wednesday •
 Doubly good chicken soup, grilled steak smothered with onions, shrimp scampi, quick baked potatoes, tossed green rice, steamed peas and celery, sautéed mushrooms and onions, toasted garlic bread, peanut butter cake, mocha Blanca, chocolate cream pudding.
- Thursday •
 Tomato soup, simmered corned beef, turkey cutlets, steamed rice, Franconia potatoes, turkey gravy, steamed wax beans, broccoli parmesan, hot dinner rolls, butterscotch brownies, chocolate cream pie, jelly roll.
- Friday •
 New England clam chowder, roast pork loin, fish amandine, brown gravy, mashed potatoes, steamed rice, steamed asparagus, hot French bread, peach pie, brown sugar cake.
- Saturday •
 Cream of mushroom soup, charbroiled hamburgers/cheeseburgers/frankfurters, sloppy Joe sandwich, baked beans, vegetable combo, devil's food cake, apple crunch, blueberry pie.
- Sunday •
 Vegetable soup, charbroiled hamburgers/cheeseburgers/frankfurters, baked tuna and noodles, vegetable combo, hot dinner rolls, gingerbread cookies, easy chocolate cake.

Dinner Menu for March 24-30

- Monday •
 Spanish soup, beef porcupines, baked fish parmesan, oven browned potatoes, steamed rice, steamed broccoli, steamed cauliflower, hot French bread, vanilla cream pudding, cream puffs, blueberry pie, filled cake.
- Tuesday •
 Zesty bean soup, oven fried chicken, roast beef au jus, mix gravy, mashed potatoes, hopping john white rice, steamed green beans, steamed mixed vegetables, hot dinner rolls, oatmeal cookies, marble cake, apple pie.
- Wednesday •
 Chicken arroz caldo soup, grilled breaded pork chops, oriental pepper steak, brown gravy, steamed rice, parsley potatoes, corn on the cob, seasoned collard greens, hot pandesal, assorted ice creams, cheese cake, Boston cream pie, lemon meringue pie.
- Thursday •
 Chicken corn chowder, stuffed flounder, chicken cordon bleu, chicken gravy, mashed potatoes, orange rice, steamed mixed vegetables, seasoned turnips and bacon, pineapple upside down cake, pecan pie, cherry cobbler.
- Friday •
 Manhattan clam chowder, hot and spicy chicken, beef yakisoba, Filipino fried rice, O'Brien potatoes, French fried okra, fried cabbage, hot pandesal, easy chocolate cake, chocolate chip cookies, cherry pie.
- Saturday •
 Minestrone soup, Italian sausage, beef ravioli, spaghetti noodles with marinara sauce, oven glo potatoes, steamed green beans, steamed zucchini, toasted garlic bread, sugar cookies, spice cake.
- Sunday •
 Bean and bacon soup, barbecue pork spareribs, white bean chicken chili, steamed rice, O'Brien potatoes, steamed French cut beans, calico cabbage, hot cornbread, tapioca pudding, strawberry shortcake, maple nut cake.

*A salad bar, dessert bar and beverage bar are also available for each lunch and dinner meal.
 Note: The galley may make changes to this menu when necessary to provide substitutions.

