

## *Gentle Giants' visit island waters*

**Blair Martin**

*Contributing Writer*

Warm Hawaiian waters and its tropical climate attract thousands of visitors to Hawai'i annually - and humpback whales are no exception. Every year, these gentle visitors make the long 3,500-mile trek from Alaska to the Hawaiian Islands during the November to May months.

Christine Brammer, Oahu programs coordinator for the National Oceanic and Atmospheric Administration (NOAA) Hawaiian Islands Humpback Whale National Marine Sanctuary, said as many as 10,000 humpback whales visit Hawai'i every year.

"Hawai'i has the largest seasonal population of humpback whales in the world," she said.

Humpback whales are an endangered species known for their knobby head markings and long, wavy-edged flippers. They migrate every fall from the icy

waters of Alaska to the warmer, more protected Hawaiian waters to feed, mate and bear their young."

Brammer said that because Hawai'i is the only state in the United States that humpbacks mate, calve and nurse, Congress has designated the Hawaiian Islands as "nationally significant to the protection of the species."

Since 1994, the NOAA's Hawaiian Islands Humpback Whale National Marine Sanctuary has been studying the 45-ton mammals' migration with an annual Sanctuary Ocean Count event.

"Through education, outreach, research and resource protection activities,



the sanctuary strives to protect humpback whales and their habitat in Hawai'i," she said. "This continued protection is crucial to the long-term recovery of this endangered species."

Each year, over 1,500 participants take part in the ocean count at the end of January, February and March on 60 different shore sites where they

observe and record the number of humpbacks they see in a four-hour period.

"Not only has this [count] proven to be a fun volunteer activity for residents and visitors, it also helps provide important population and distribution information on humpback whales around the Hawaiian Islands," Brammer explained.

Brammer said that although she has plenty of volunteers signed up for the last ocean count of the year on March 29, she encourages all island residents to do what they can to protect these majestic creatures.

"To ensure the future protection of humpback whales and other marine species, it is essential that people get involved," she said. "The ocean may be familiar to all residents of Hawai'i, but it is our backyard in Hawai'i and the things that we do in our everyday lives affect the health of the oceans."

Rebecca Hommon, region counsel for Navy Region

Hawai'i, said residents of Hawai'i are fortunate to have these creatures in their own backyards.

"We are very lucky because [during whale season] you don't have to board a boat to enjoy the whales," she said. "You can see their spouts, their tails and them breaching in the distance just from the shore. This is very exciting and not something everyone can experience," she added.

Hommon encouraged the navy community to take a proactive interest in many of Hawai'i's marine and environmental issues.

"By participating in the whale count or other [environmental] events, it demonstrates that the naval community is interested in protecting the island's marine resources," she said.

For more information about humpback whales or the NOAA's whale sanctuary, visit [www.hawaiihumpbackwhale.noaa.gov](http://www.hawaiihumpbackwhale.noaa.gov).

### *To report a collision*

To report a vessel-whale collision, call the National Oceanic and Atmospheric Administration hot line at (888) 256-9840 or the Coast Guard. For more information, go to [hawaiihumpbackwhale.noaa.gov](http://hawaiihumpbackwhale.noaa.gov).

### *Guidelines to promote boat safety and whale protection*

- Vessel operators should maintain a sharp lookout for whales and other collision hazards. Look ahead for "blows" (puff of mists), dorsal fins, tails, etc. Operators are advised to post at least one person dedicated to lookout for whales from November through May, the peak period for humpback whales in Hawai'i waters.
- Watch your speed. Thirteen knots or less could reduce potential injury.
- Alert other vessels of whales that might be in their path.
- Do not assume whales see you or will get out of the way. Calves are vulnerable because they are curious and have yet to learn to steer clear of vessels.
- Plan ahead. Delays could occur due to whale encounters.

# Sailors get 'chili' in Hawai'i

Story and photo by  
MCSA Luciano Marano

Commander Submarine  
Force U.S. Pacific Fleet  
Public Affairs Office

Naval Station Pearl Harbor is never lacking fundraisers. It seems that the volunteer-minded service members in the area never hesitate to stand up and offer their time for a worthy cause. This month, Sailors working around the submarine piers turned out in record numbers to support not one, but two memorable chili cook-offs.

The first was sponsored by the First Class Petty Officers' Association (FCPOA) and took place March 14. Several volunteers put their pride on the line as they offered their chili recipes to the judges.

Three judges from Commander Submarine Force, U.S. Pacific Fleet (COMSUBPAC) painstakingly sampled each contestant's chili before making a ruling. Capt. Robert Schuetz, COMSUBPAC chief of staff; Lt. Almond Smith, executive officer; and Electronics Technician (submarine) Command Master Chief Tyrone Oien bravely sampled all the chili dishes before announcing the unanimous winner of "best COMSUBPAC chili," electing the communications (N6) department recipe.

"I was really impressed," said Schuetz.

Once the judging was complete and the winner announced, Sailors could purchase a bowl of chili with all the fixings they could ask for and a beverage for \$5, with all proceeds going to the Morale, Welfare and Recreation (MWR) committee.

Naval Submarine Support Command (NSSC) held its third annual chili cook-off on March 20. "The chili was much better this year," said Rick Polston, NSSC assistant quality assurance officer (AQU). "Last year there wasn't much selection.



Naval Counselor 1st Class (SW) Chad Gears samples the entries at Naval Submarine Support Command's (NSSC) third annual chili cook-off. Contestants from around the command offered their own recipes for judging on March 20, all hoping to take home the coveted "best chili" award.

This is way better."

The NSSC chili cook-off left the judging up to every participant, with a ballot being issued along with a bowl.

"I'm really not much of a chili guy," admitted Yeoman 1st Class Eric Violette. "That's why I'm in charge of the ballots. I'm neutral."

For \$5, customers not only received chili and the chance to vote, but also cornbread, rice, chips and a drink, with all proceeds being donated to the MWR fund.

"There's some real good stuff up there," said Machinist Mate 1st Class Aaron Yerian, the 2008 cook-off coordinator. "I think everybody was trying to be the hottest this year. I'd grab

a drink first."

With the ballots handed in and votes counted, Yerian handed out trophies for the worst chili, the spiciest chili and the best chili.

Chief Sonar Technician (submarine) Bennie Eaves proudly took home the NSSC 2008 Best Chili award. "I just make it up," he admitted. "Two batches never seem to taste the same." Eaves, a first time competitor, said NSSC could count on him again next year.

Evidently, Sailors around Pearl Harbor like their chili and while these were not the first cook-offs to raise money for MWR, their continued popularity and success ensures that they certainly won't be the last.

We all love Honolulu's city lights, but this Saturday help us acknowledge EARTH HOUR and show our solidarity with other world cities and our mutual commitment to climate protection.

Mayor Mufi Hannemann

## HONOLULU CITY LIGHTS OUT

60  
EARTH HOUR

Saturday, March 29th, from 8:00 pm to 9:00 pm

This Saturday at 8:00 pm you can help give the planet a break. Turn off your lights, change your light bulbs to energy-saving CFL's and spend time with your family, not the TV or computer.

For more information & to sign up, visit: [www.earthhour.org](http://www.earthhour.org)



## Forest City urges residents to participate in Earth Hour

William Parrish

Forest City Residential  
Management

Forest City Residential Management is encouraging Navy housing residents to participate in Earth Hour this Saturday.

Forest City joins the City and County of Honolulu and Mayor Mufi Hannemann in the effort, slated from 8 - 9 p.m., for Earth Hour - a global initiative to protect the climate.

"We all love Honolulu's city lights, but this Saturday help us acknowledge Earth Hour and show our solidarity with other world cities and our mutual commitment to climate protection," Hannemann said in a released statement.

Forest City residents are encouraged to "unplug" for an hour: spend time with family, enjoy your island community, and give the television or computer a much needed break.

Earth Hour first

launched on March 31, 2007 in Sydney, Australia where two million Sydney businesses and households turned off their lights for one hour in a symbolic gesture to raise awareness on global warming.

This year, Forest City communities will join Honolulu and cities around the globe in this united effort to decrease energy consumption.

For more information and to sign up, visit [www.earthhour.org](http://www.earthhour.org).

**Hawaii Navy News** Online  
[www.hawaii.navy.mil](http://www.hawaii.navy.mil)

# USS Chung-Hoon celebrates excellence with khaki dining out

Story and photo by  
Lt. j.g. Lawrence Heyworth

*USS Chung-Hoon (DDG 93)*

Senior Sailors of USS Chung-Hoon (DDG 93) took time out of their busy schedules recently to celebrate the successes and camaraderie of its wardroom and chiefs' mess at a formal dining out, held at the Hyatt Regency Hotel in downtown Waikiki.

Rear Adm. Charles Martoglio, director for operations at U.S. Pacific Command, honored Chung-Hoon by offering words of praise and advice as the event's guest of honor.

Cmdr. Jim Aiken, commanding officer of Chung-Hoon, welcomed the mess by saying, "Tonight Chung-Hoon celebrates our commitment to a culture of excellence, both in the past and in the future. Our guests, chiefs' mess and wardroom represent the best of that commitment to excellence."

According to the "Mess Night Manual," the origins of the "dining in," "dining out" or "mess night" can be traced to the feasts of the Vikings following raiding parties. Others claim it began in English monasteries and continued in universities, moving to military units when an officer's mess was established.

Now it is certainly a military formation, as old and as rich in tradition as the quarterdeck or the mounting of the guard, and as essential to a close-knit, smooth performing unit as are drills, inspections and military ceremonies. Throughout the messes of the world, military men and women meet to honor

their regiments, ships, standards, battles and dead. It is significant to note that irrespective of nationality, these mess formations vary in form only so much as do the traditions of the military organizations.

As the "Navy Social Usage and Protocol Handbook" reminds us, a mess night is not a party in itself. In fact, it is very similar to honors in that its purpose is to pay tribute to all of those intangibles for and by which the military unit stands.

Chung-Hoon's dining out was no different. After a cocktail hour, the Pacific Fleet Band sounded "officer's call" and then assisted Culinary Specialist Chief Petty Officer (SW) Roberto Diaz in "parading the beef." Highlighting the cooperation of Chung-Hoon's wardroom and chiefs' mess, the typical dining out structure

was amended to have both a "Mr. Vice" and "Chief Vice," positions held by Lt. (j.g.) Ryan Pierce and Fire Controlman Chief Petty Officer (SW) Andy Wenzel, respectively.

Pierce noted, "I think it was a great night for everyone. It was a ton of fun, but also showed the cohesiveness of the two messes, which I believe makes Chung-Hoon special." The vices kept the mess honest by enforcing a plethora of rules throughout the meal, and handed out rewards and punishments as appropriate.

Highlights included the bequeathing of an Electronics Material Officer/ Combat Systems Material Officer gadget belt, awarding several "jokesters" with a jester's hat, and Chung-Hoon's SIGWO and CMAA, among others, redeeming themselves by singing "I'm a Little Teapot" for the mess.



Cmdr. Jim Aiken and Ensign Benjamin Knight watch the progress of "I'm a Little Teapot" while Lt. (j.g.) Ryan Pierce looks on in the background during a Chung-Hoon dining out held recently in Waikiki.

## Volunteers needed to help with MDA summer camp

Karen S. Spangler

*Editor*

Volunteers are needed to help with the Muscular Dystrophy Association (MDA) summer camp for children with neuromuscular diseases. The camp will be held June 6-13 at YMCA Camp Erdman in Waialua. The camping adventure provides volunteers with the opportunity to make a big difference in a child's life.

But the week-long campout also promises to be a fun experience for the kids and their camping buddies. The event will include such activities as swimming, a talent show, arts and crafts, dance night, pie-eating contest, boat races and a karaoke contest. Activities are specifically designed for children who have limited mobility or use wheelchairs.

Each volunteer is matched up one-on-one with a camper so it's helpful to let the MDA staff know what your hobbies and interests are when you fill out the volunteer application.

Training, meals and lodging are all free for volunteers.

Volunteers should be:

- At least 16 years of age.
- Of sufficient strength and size to assist with the needs of campers.
- Able to lift and care for a camper.
- In good health with no major medical problems, injury or illness.
- Temperamentally suited for the position.
- Able to follow guidelines and rules set by MDA camp director.

Previous camping experience or volunteer work with individuals with physical disabilities is not required.

It's an opportunity to put a smile on a child's face and at the same time, enjoy the benefits of fun-filled activities on Oahu's scenic North Shore.

For more information, contact CMDCM (SW/SS/FMF) Stephen R. Mitchell, Command Master Chief, Naval Station Pearl Harbor at 473-3430.

# Skylark CENTRAL

WORD SEARCH

Find 34 **SHADES OF BLUE**

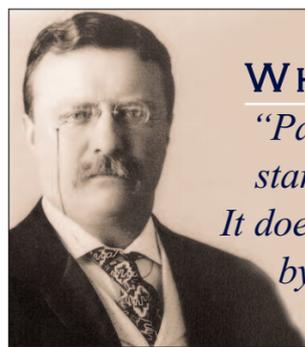
- |                         |                      |                     |
|-------------------------|----------------------|---------------------|
| <b>AIR FORCE BLUE</b>   | <b>BICE</b>          | <b>COBALT</b>       |
| <b>DENIM</b>            | <b>LIGHT BLUE</b>    | <b>PERIWINKLE</b>   |
| <b>PRUSSIAN BLUE</b>    | <b>SKY BLUE</b>      | <b>TURQUOISE</b>    |
| <b>AZURE</b>            | <b>CADET BLUE</b>    | <b>CORNFLOWER</b>   |
| <b>DODGER BLUE</b>      | <b>MIDNIGHT BLUE</b> | <b>PERSIAN BLUE</b> |
| <b>ROBIN'S-EGG BLUE</b> | <b>SLATE BLUE</b>    | <b>ULTRAMARINE</b>  |
| <b>BABY BLUE</b>        | <b>CAROLINA BLUE</b> | <b>CYAN</b>         |
| <b>DRESDEN BLUE</b>     | <b>NAVY</b>          | <b>POWDER BLUE</b>  |
| <b>ROYAL BLUE</b>       | <b>STEEL BLUE</b>    | <b>VIOLET</b>       |
| <b>BERYL</b>            | <b>GERULEAN</b>      | <b>DARK BLUE</b>    |
| <b>INDIGO</b>           | <b>PEACOCK BLUE</b>  |                     |
| <b>SAPPHIRE</b>         | <b>TEAL</b>          |                     |

U R E O U B E U L B R E G D O D O  
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**WHO SAID IT?**  
 "REAL INTEGRITY IS DOING THE RIGHT THING, KNOWING THAT NOBODY'S GOING TO KNOW WHETHER YOU DID IT OR NOT."



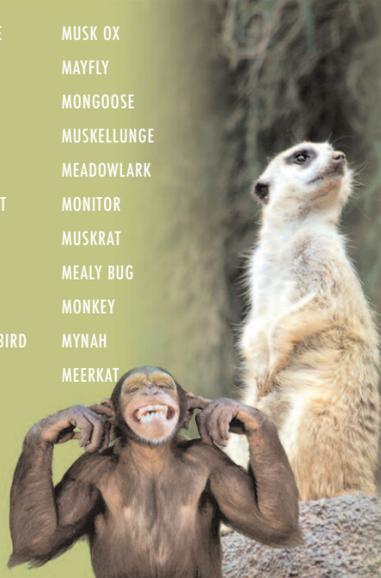
**LAST WEEK'S WHO SAID IT?**  
 "Patriotism means to stand by the country. It does not mean to stand by the president."  
 - Theodore Roosevelt



**WORD SEARCH SOLUTION**

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

MACAW	MILLPEDE	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	

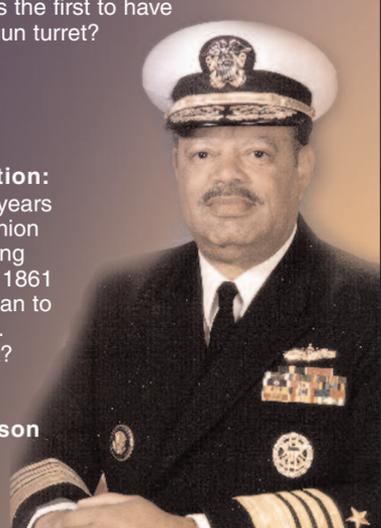


**MUSKELLUNGE** **IPGAM**  
**CORN** **MARMOSET** **DE** **IO**  
**OMCOO** **GMNOYS** **RONLS**  
**RECKNE** **UOHS** **IFKNOM**  
**HSSDI** **AGBT** **OOMAMBA**  
**ERMST** **NUDY** **RTUTTAC**  
**NEEGOM** **GMILK** **FISHK**  
**HTOM** **RAMBO** **MANATEE**  
**AIN** **TMLD** **IODEE** **EO**  
**NMEAD** **OWLARK** **TMLME**  
**YETK** **NLLUA** **ADSTLSL**  
**MNR** **RGILL** **NYNNUUNU**  
**AHA** **EPMLS** **YEKNOM** **IM**  
**CAMEL** **AKRRE** **EMGUTE**  
**ADD** **MML** **OMAL** **FRLRRM**  
**WER** **FIP** **IAOM** **MUSKRAT**  
**I** **NEM** **NEN** **MAYFLY** **EM**

**This Week's Trivia**  
 What Navy ship was the first to have a revolving gun turret?

**Last Week's Question:**  
 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?

**Answer:**  
**Adm. J. Paul Reason**



# Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

**HAWAII ALL- MILITARY BOWLING CHAMPIONSHIP**  
 Watch the best bowlers of each military branch compete for the championship in the Hawai'i All-Military Bowling Championship event April 1-4 beginning at 10 a.m. at various military bowling centers. Competitions will be held at Naval Station Pearl Harbor Bowling Center, Marine Corps Base Hawai'i – Kaneohe, Hickam Air Force Base and Schofield Barracks. FMI: 473-2574.



**SPRINGFEST- MONTH OF THE MILITARY CHILD CELEBRATION**  
 Navy Region Hawai'i Morale, Welfare and Recreation (MWR) and the Armed Forces Entertainment (AFE) will host the annual Springfest celebration from 2-5 p.m. April 12 across the street from the Navy Lodge on Ford Island. The event will focus on kids making healthy lifestyle choices through physical activity and nutrition. It is free to all family members of active duty service members. FMI: 471-8658.

For more information on Navy Region Hawai'i MWR events, visit [www.greatlifehawaii.com](http://www.greatlifehawaii.com)

Community Calendar

## March

**31** ~ The Federal Managers Association (FMA), chapter 19, is seeking all retirees of Pearl Harbor Naval Shipyard to register at the FMA Web site in support of the Shipyard Centennial Celebration in May. Contact information about retirees is required to archive historical information and to ensure they receive notice of upcoming Shipyard Centennial events. Deadline for registration is March 31. For all interested retirees, please register online at [www.fmachpter19.org](http://www.fmachpter19.org) and click on 'administration' to open up the menu that includes the registry.



## June

**6** ~ The deadline to register for the USVETS Patriot 5K Run/Walk is June 6. The event will begin at 5 p.m. June 14 at the Iroquois Point Island Club at Ewa Beach. All proceeds from the event will benefit U.S. veterans' organizations. FMI: [www.pacificsp-sortevents.com](http://www.pacificsp-sortevents.com).

Sharkey Showtimes



## The Eye (PG 13)

Sydney Wells is an accomplished concert violinist who has been blind since a childhood tragedy. Sydney undergoes a double corneal transplant, and her sight is restored. But Sydney's happiness is short-lived as unexplainable shadowy and frightening images start to haunt her. Are they a passing aftermath of her surgery, Sydney's mind adjusting to sight, a product of her imagination, or something horrifyingly real? As Sydney's family and friends begin to doubt her sanity, Sydney is soon convinced that her anonymous eye donor has somehow opened the door to a terrifying world only she can now see.

### TODAY

7:00 PM 27 Fool's Gold (PG 13)

### SATURDAY

2:30 PM The Spiderwick Chronicles (PG)

4:45 PM Meet The Spartans (PG 13)

7:00 PM Rambo (R)

### SUNDAY

2:30 PM The Spiderwick Chronicles (PG)

4:45 PM Meet The Spartans (PG 13)

7:00 PM There Will Be Blood (R)

### THURSDAY

7:00 PM The Eye (PG 13)



# Silver Dolphin Bistro

## Lunch Menu for March 31-April 6

- **Monday** • Cream of mushroom soup, beef lasagna, bayou chicken, steamed rice, chicken gravy, steamed broccoli, steamed cauliflower, toasted garlic bread, brownies, blueberry pie, pineapple upside down cake.
- **Tuesday** • Chicken rice soup, baked fish, el rancho stew, boiled egg noodles, steamed rice, steamed green beans, corn on the cob, hot dinner rolls, apple pie, jelly roll.
- **Wednesday (Filipino delicacies meal)** • Pork sinigang soup, chicken adobo, fried lumpia, pancit miki, Filipino fried rice, stir fry vegetables, sweet and sour sauce, hot pandesal, assorted ice creams, vanilla cream pie, easy chocolate cake, mocha blanca.
- **Thursday** • French onion soup, Asian barbecued turkey, grilled pork chops, chicken gravy, savory bread dressing, mashed potatoes, steamed spinach, steamed cauliflower, hot dinner rolls, pumpkin pie, pineapple upside down cake.
- **Friday** • Chicken noodle soup, parmesan fish fillets, oven roasted beef, natural pan gravy, oven glo potatoes, steamed rice, steamed green peas, hot pandesal, peach pie, filled cake.
- **Saturday** • Creole soup, charbroiled hamburgers/cheeseburgers/frankfurters, linguine with clam sauce, quick baked potatoes, vegetable combo, hot dinner rolls, chocolate chip cookies, apple pie, maple nut cake.
- **Sunday** • Beef barley soup, charbroiled hamburgers/cheeseburgers/frankfurters, Monte Cristo sandwiches, quick baked potatoes, vegetable combo, hot dinner rolls, white cake, sugar cookies, pumpkin pie.

## Dinner Menu for March 31-April 6

- **Monday** • Pepper pot soup, garlic butter fish filet, turkey a la king, noodles Jefferson, buttered paprika potatoes, steamed carrots, club spinach, hot biscuits, chocolate macaroon cake, cherry pie, lemon chiffon pie.
- **Tuesday** • Barbecue beef cubes, glazed Cornish hens, chicken gravy, parsleyed potatoes, steamed rice, steamed mixed vegetables, steamed collard greens, hot dinner rolls, peach cobbler, sweet potato pie, devils food cake.
- **Wednesday** • Beef vegetable soup, cheddar chicken and broccoli, beef sukiyaki, chicken gravy, steamed rice, rissole potatoes, French fried okra, steamed asparagus, hot dinner rolls, assorted ice creams, strawberry shortcake, spice cake, peanut butter brownies.
- **Thursday** • Vegetable supreme soup, chipper fish, Swedish meatballs, O'Brien potatoes, tossed green rice, Brussels sprouts parmesan, carrots and orange amandine, hot pandesal, meringue, oatmeal cookies, Boston cream pie, lemon meringue pie.
- **Friday** • Manhattan clam chowder, pineapple chicken, beef yakisoba, grilled pork fried rice, green beans nicoise, steamed mixed vegetables, hot dinner rolls, peach shortcake, cream puffs, blueberry pie.
- **Saturday** • Chicken gumbo soup, baked meat loaf, roast pork, brown gravy, mashed potatoes, steamed rice, calico corn, steamed broccoli, hot pandesal, applesauce cake, chewy nut bars.
- **Sunday** • Chicken vegetable soup, grilled ham slices, barbecued chicken, pineapple sauce, candied sweet potatoes, steamed rice, steamed cauliflower, steamed asparagus, hot pandesal, brownies, cherry crisp pie, pineapple chiffon pie.

\*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.

## Have you hugged a TRICARE doctor today?

**Kristen Ward**

*TriWest Healthcare Alliance*

Day after day, health care providers are devoted to preventing and treating our service members, retirees and their familie's injuries and illness, and committed to all our well-being. They truly are heroes serving our heroes.

As the nation readies to celebrate appreciation for their providers on Doctors' Day held this year on March 30, TriWest Healthcare

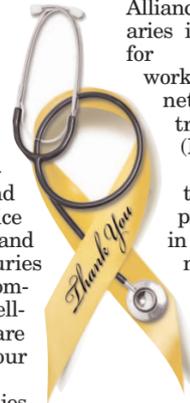
Alliance also joins its beneficiaries in expressing gratitude for the hard work and dedication of our network and military treatment facilities (MTF) physicians.

TriWest has more than 120,000 network providers and physicians in the civilian health care network throughout its 21-state TRICARE West Region. These providers must undergo stringent credentialing to ensure beneficiaries receive the highest quality of care they are entitled to receive. This also means more flexibility for beneficiaries in receiving the care

when and where they need it and an exceptional level of care and customer service.

"We have a variety of specialized and skilled physicians in our network who every day provide exceptional medical care to families that defend our nation," said David J. McIntyre, Jr., TriWest president and CEO. "We thank all of them - our heroes - for making a difference in the lives of our beneficiaries."

Doctors' Day was first observed March 30, 1933, the anniversary of the first use of a general anesthetic in surgery. In 1991, President George H.W. Bush signed legislation establishing National Doctors' Day.



## Food scavenger hunt planned at Navy Commissary

### Naval Health Clinic Hawai'i

March is National Nutrition Month and Naval Health Clinic Hawai'i's health promotion department will hold a scavenger hunt at the Pearl Harbor Commissary from 10 a.m. to 1 p.m. Saturday. This nutrition activity is geared toward children of military beneficiaries to promote healthy eating through increased awareness in finding healthy food choices at the local commissary. As an incentive, children who complete the scavenger card will receive healthy snacks.

The U.S. Department of Health and Human Services (HHS) advises that increasing fruits, vegetables, whole grains and low-fat or fat-free dairy products are likely to have important health benefits for most Americans. Many car-

diologists now recommend diets rich in healthy fats found in fish, soy-products and nuts. They also advise limiting refined carbohydrates that cause rapid peaks in blood sugar, a food characteristic known as high glycemic index.

Regular physical activity is also important to maintain a healthy body weight and promote better blood chemistries. Physical activities should include cardiovascular conditioning, stretching for flexibility, and resistance exercise for muscle strength and endurance.

Naval Health Clinic Hawai'i's health promotion department sponsors a variety of service-oriented projects focused on wellness, prevention of illness, and improved health and readiness for all its beneficiaries. For information on additional health promotion activities, call 473-1880, ext. 2282.