

Life Leisure

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Merrie Monarch FESTIVAL

Commander Navy Region Hawai'i Public Affairs

Sailors assigned to the Pearl Harbor-based, Oliver Hazard Perry-class frigate USS Reuben James (FFG 57) visited Hilo, Hawai'i on April 3-5 for the 45th annual Merrie Monarch Festival.

The festival, which was initiated by the State of Hawai'i Department of Commerce and Consumer Affairs, had its beginnings 45 years ago. The focus of the festival is the perpetuation, preservation and promotion of the art of hula and the Hawaiian culture through education.

The Merrie Monarch Festival is dedicated to the memory of King David Kalakaua, known as the "Merrie Monarch," who ruled the Hawaiian Kingdom from 1874 until his death in 1891.

King Kalakaua, an avid patron of the arts, restored many of the nearly extinct cultural traditions of the Hawaiian people. Myths,



legends and the hula had been forbidden by the missionaries for more than 70 years.

Because the ancient Hawaiians had no written language, all communication beyond the spoken word was done in the form of chants and the hula. According to the Merrie Monarch Festival Web site, "Hula and its accompanying chants recorded Hawaiian genealogy, mythology, and prayers of the heart and mind. The hula was the means by

which the culture, history, stories and almost every aspect of Hawaiian life was expressed and passed down through generations."

The Merrie Monarch Festival is considered the world's premier forum for people of all ages to display their skills and knowledge of the art of ancient and modern hula.

The Reuben James' three-day port visit served as a unique opportunity for its Sailors to learn more about Hawaiian culture, the art

of hula and interact with the local community during the celebration.

Hula dancers and local members of the community officially welcomed the Pearl Harbor-based Sailors to the celebration on April 4 during a pierside ceremony. The Reuben James also hosted festival committee members and the royal court for a tour of the ship.

Sailors from the Reuben James participated in a variety of activities during their visit to Hilo.

The Merrie Monarch Royal Parade through downtown Hilo on April 5 was the final event for the Sailors of Reuben James during their visit.

"The Navy has been part of the festival since it started and the aloha has always been there," said George De Mello, office committee chairman for the Merrie Monarch Festival. "We truly appreciate having the Navy come in and participate in the festival."

(Some information provided by Merrie Monarch Festival.)



"The support we received from the Hilo community was incredible. They made us feel like part of their family. The festival and all its events were an excellent experience that gave the crew a chance to get in touch with the Hawaiian culture."

- Cmdr. Joseph Naman,
Commanding Officer, USS Reuben James

Photo illustration. U.S. Navy photos by MC2 Michael A. Lantron



Photo courtesy of Naval Health Clinic Hawai'i

Youngsters, along with their parents, enjoyed a fun and educational time as they searched for food items, such as dried apples, frozen spinach, 100 percent cranberry juice, broccoli, canned mushrooms, and other fruits and vegetables.

Children enjoy food scavenger hunt at Navy Commissary

Eleanor Bru, RN

Naval Health Clinic
Hawai'i, Health Promotion
Department

Approximately 90 children participated in a food scavenger hunt held at the Pearl Harbor Commissary on March 29. The youngsters, along with their parents, enjoyed a fun and educational time as they searched for food items, such as dried apples, frozen spinach, 100 percent cranberry juice, broccoli, canned mushrooms, and other fruits and vegetables.

Each child received a healthy snack or item as they completed the scavenger card. There was also a display of quick to grab and easy snacks such as low fat yogurt, fruit, fig bars, dried fruit, pretzels and peanut butter and whole-wheat crackers.

Children and their parents were encouraged to



visit MyPyramid.gov to take a closer look at the food pyramid that incorporates daily physical activity, healthier food choices from each food group, and eating a variety of food including different colors of fruits and vegetables.

The health promotion staff at Naval Health Clinic Hawai'i coordinated the

event as a learning activity geared toward nutrition awareness and maintaining healthy weight in children through eating healthy, finding healthy food choices, controlling portions, and participating in physical activity.

For more information on health promotion activities, call 473-1880, ext. 2282.

Navy competition trains, aims to improve marksmanship

MCC (SW) Maria Yager

Fleet Forces Command,
Atlantic

Sailors can receive training and improve their marksmanship skills at the United States Fleet Forces Command (Atlantic) and All-Navy Rifle and Pistol (East) Championships May 16-30 at Naval Air Station Oceana's Dam Neck Annex.

"Marksmanship is a fundamental skill-set for security and force protection and should be honed at every opportunity. These matches provide Sailors and their commands an opportunity to participate in marksmanship training and competition," said Lt. Jeff Roney, assistant match director.

"Commanding officers

are encouraged to use this opportunity to provide marksmanship training for their security and other teams where use of firearms is a requirement. The competitive venue under qualified instructors is an added benefit," said Roney.

The first week of competition pairs new shooters with experienced shooters who can provide mentorship and guidance. Sailors will receive training in basic and advanced marksmanship techniques such as shooting positions, sling use and reading the wind.

Sailors will also receive instruction on natural point of aim, a skill shooters use to minimize the effects of body movement on the firearm.

"A lot of it (the training) was about learning the

fundamentals," said 2007 participant Seaman Brad Cook, a reservist with Naval Operation Center, Columbus, Ohio. "You learn to control your breathing and concentrate on the target."

A limited number of Navy match-grade M14 and AR-15 rifles and M1911A1 pistols are available for sharing by competitors who have no personal equipment.

Sailors who fire a qualifying score in a fleet match are eligible to compete in the annual All-Navy Rifle and Pistol Championships.

Match eligibility, registration, check-in/reporting procedures, equipment requirements, and security issues are detailed in the match bulletin which is available on line at www.usnst.org.

Songs from the Soul of Service contest

MC1 Terry W. Matlock

Navy Office of Community
Outreach

Music submissions are being accepted now and until April 30 for a military only music contest in celebration of military song writers.

America Supports You and the Dallas Songwriters Association are seeking amateur active duty military songwriters to take part in the Songs from the Soul of Service Music Contest to showcase music of this era with a special emphasis on uniformed personnel.

Active duty military members as well as those currently inactive, due to injury or disability suffered after the start of the war in Afghanistan, can enter up to four songs

each. The songs can be written by themselves or on behalf of an immediate family member. Cassette tapes or other recordings are acceptable as song production quality will not be a factor in the judging.

Entries are accepted by mail or can be submitted on-line at www.songssoftheservice.org.

The categories for entry include country, hip hop, instrumental, world music, novelty, inspirational and pop with a special category for participants currently serving in either Iraq or Afghanistan.

Prizes will be awarded for the top three songs in each category and the top three overall songs. Each song is eligible for only one category award and no song will be recognized as a category winner and a winner from Afghanistan

or Iraq.

Music industry professionals will judge the finalists in each category and the overall winners will be determined by a combination of music professional judging and public polling. Each category entry will be judged primarily on lyrics, structure, emotional impact, originality and creativity.

Winning submissions will be professionally produced by Grammy award winning producers and made available on CD in preparation for a series of major concert events. The concerts will showcase the winning songs with the support of an internationally recognized musical act.

For more information and contest rules, visit the official Songs from the Soul of Service Web site.



Navy Region Hawai'i Earth Month projects

Following is a schedule of events of Navy Region Hawai'i Earth Month projects:

- April 12 - 8:30-11 a.m.: Pouhala Marsh cleanup, partnering with Hawai'i Nature Center, Pouhala Marsh. FMI: 955-0100, ext. 18.

- April 17 - 8-10 a.m.: Fleet and Industrial Supply Center (FISC) base beautification and Kilo Pier shoreline cleanup, FISC Pearl Harbor. FMI: 473-7519.

- April 18 - 8 a.m.-noon: Naval Computer and Telecommunications Area Master Station (NCTAMSPAC) Whitmore Road cleanup and base beautification, NCTAMSPAC Wahiawa. FMI: 653-8750.

- April 19 - 8 a.m.-noon: Pearl City Bike Path cleanup - joint venture with the City & County of Honolulu, Department of Environmental Services. Meet at Blaisdell Park. FMI: 473-5752.

- April 19 - 10 a.m.-2 p.m.: Navy Earth Day Fair, The Mall at Pearl Harbor (NEX). FMI: 473-3958.

- April 29: Pacific Missile Range Facility (PMRF) beach cleanup and cultural walk with Waimea High and Niihau (Kekaha) schools, PMRF Kauai. FMI: 471-6740.

GOT SPORTS

(808) 473-2

hnn@honoluluadvertiser.com

Contact the HNN editor for guidelines and photo submission requirements



STORY IDEAS?

Contact HNN for story/photo submission requirements

Ph: (808)473-2888

Email: hnn@honoluluadvertiser.com

Hawaii Navy News

Free classified advertising for military in Hawaii Navy News

Active duty and retired military, civil service and family members can advertise the sale of their personal property (including real estate) and services in HNN at no charge. The details are as follows:

Classified items and services must represent an incidental exchange between the aforementioned personnel and not business operations. Requests for three-line free classified advertisements can be submitted via email, if from a ".mil" address (submit to lkaneshi@honolulu.gannett.com), by phone at 521-9111 or by visiting www.honoluluadvertiser.com and clicking on "classified ads." More lines of advertising can be purchased at an additional fee. Requesters should include their military ID number and a call-back phone number.

NEX Mall food court adds WiFi to the menu

Story and photo by Craig Landis

Navy Exchange Pearl Harbor Marketing

Military personnel in Hawai'i and their families can enjoy another special connection, now that the Pearl Harbor Navy Exchange (NEX) Mall food court offers WiFi capability. The wireless equipment was installed and began operating March 11, giving customers free and unlimited Internet access. The service extends from the second floor restaurant ordering counters and inside table sections all the way through the lanai area outside.

"We extended the service to the entire lanai to accommodate more users during busy hours,"

according to Dave Oyama, NEX field support technician.

Food court visitors are already utilizing the service, which requires no sign-on passwords or fee. In the near future, sale and special event information will also be linked to the home page that users view when they turn on the service.

Thanks to the implementation of this technology, while patrons are dining or taking a break at one of the many food and beverage establishments on the second floor, it will be easy to send or receive email or instant messages. They can also use the service to contact friends or business associates quickly.

WiFi-equipped laptop computers and other wireless devices can access the service whenever the food

court is open. There is also no time limitation. The capability is just like the type of access now found in many coffee houses and public gathering places throughout Hawai'i, the mainland and in many foreign countries. "The NEX food court and fleet store in Japan have had a great response to the same type of service, but they have to sign up and pay to use it," explained Oyama.

The use of wireless technology is becoming more widespread in population centers across the globe, making it easier for consumers to use their laptops and smaller PDA devices to get Internet access and send and receive instant messages. Now the NEX Mall is one of the newest places with this state-of-the-art capability.



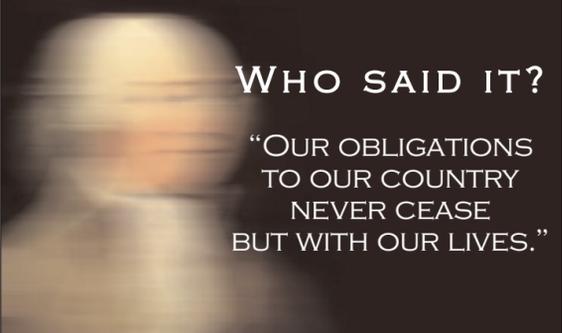
Dave Oyama, Navy Exchange (NEX) field support technician, accesses the Internet using the new WiFi connection at the NEX Mall food court.

Skylark CENTRAL

WORD SEARCH
Find 36 words containing **DOG**

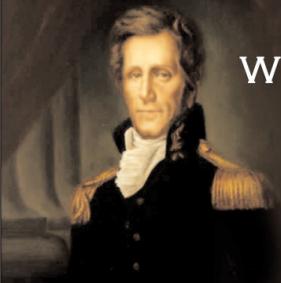
BIRD-DOG	DOG-EAT-DOG	DOG-CATCHER
DOGGED	DOGGY	DOGMA
DOGWATCH	LAPDOG	SHEEPDOG
BULLDOG	DOG-PADDLE	DOGFACE
DOGGEREL	DOGHOUSE	DOGSBODY
DOGWOOD	OVERDOG	UNDERDOG
DOG-AND-PONY	DOGBANE	DOGFIGHT
DOGGISH	DOGIE	DOGSLED
HANGDOG	PYEDOG	WATCHDOG
DOG-EAR	DOG-CART	DOGFISH
DOGGONE	DOGLEG	DOGTROT
HOTDOG	SHAGGY-DOG	YELLOW-DOG

ODNYBULLDOGGETEG
GODEYPHDOOOHC DG
GGGWDOGDDOGIETD
TCPOOOVYEINFNRA
HANGDOGEFLEOAAO
OTGTEGSGRGS EBCD
OCOIOLOHIDUGGGE
GHEDGDGOASODOOO
YELLOWDOGGHGDD
PRDGDGOODOGTROT
GDGGHDOGLOYG GG
OEIOCD AEAWDMWD
D T D D T R N P R O A W Y O O
D G Y P A D D O G E A T D O G
R O O E W O P G D O L I C D F
I M G E G G O D R E D N U H I
B O E H E N D H T G H G F S
D O G S E D Y D O B S G O D H



WHO SAID IT?

“OUR OBLIGATIONS TO OUR COUNTRY NEVER CEASE BUT WITH OUR LIVES.”



LAST WEEK'S WHO SAID IT?

“One man with courage makes a majority.”

- ANDREW JACKSON

WORD SEARCH SOLUTION
Find the names of these 34 words and phrases used to describe **Young People**

ADOLESCENT	TYKE
LAMB	INFANT
SCHOOLGIRL	MOPPET
BABY	URCHIN
LASS	INNOCENT
SHAVER	NEWBORN
BOY	WHIPPERSNAPPER
LITTLE MISS	JUNIOR
SMALL FRY	PRETEEN
CHILD	YOUNGER
LITTLE ONE	JUVENILE
STRIPLING	RUG RAT
COLLEEN	YOUNGSTER
LITTLE SQUIRT	KID
TEENAGER	SCHOOLBOY
GIRL	YOUTH
MINOR	LAD

LAONGNCTNAFNIOIY
INSIOPNHEDRSOEBO
TNRHSLTEIOALLUHU
TLUARVOBLOOHCSN
LNEMGVKWL EDLOSJG
EFEBBRENRS TLIRUE
SRIAINARECLAEVE
QHENLITLLEMISSEEG
UTMNYI IENTRTTNE
IROETOSNDTUESKIN
RFCEPBLSEORILE
TLWHIPPERSNAPPER
LLNOIROINUINS LDA
DALEONIMOTOETILT
TMRAEUUYTICEKNLI
RSYOSETE EIRTPQEO
EPHHNSCHOOLGIRLDN

This Week's Trivia
“Take Her Down” - these famous words were spoken by Cmdr. H. W. Gilmore as he lay wounded on the deck of which submarine in WWII?

Last Week's Question:
When was the chief petty officer rank established?

Answer: An executive order issued by President Benjamin Harrison dated Feb. 25, 1893 and issued as General Order No. 409 of 25 Feb. 25, 1893 gave a pay scale for Navy enlisted men. It was divided into rates and listed chiefs petty officers. Both the executive and circular No. 1 listed chief petty officers as a distinct rate for the first time and both were to take effect on April 1, 1893. This is the date on which the chief petty officer rate actually was established.

Navy Region Hawai'i Manawa Nanea

LEISURE

Morale Welfare & Recreation

SPRINGFEST

Navy Region Hawai'i Morale, Welfare and Recreation (MWR) will host Springfest, an annual celebration for the month of the military child, on Saturday. The event will include a variety of entertainment and fun activities, such as an obstacle course, climbing wall and keiki cooking demonstrations. It is free and open to all active-duty military, family members, Department of Defense civilians and retirees. FMI: 471-8658 or www.greatlifehawaii.com.



YOUTH FITNESS ORIENTATION

Navy Region Hawai'i MWR will host a free youth fitness program at 10 a.m. April 19 at Bloch Arena Fitness Center, Naval Station Pearl Harbor. The program is designed for youth ages six to 14 years old. Orientation includes a facility tour, safety guidelines and equipment use demo. Children must be accompanied by an adult. FMI: 473-0793 or visit www.greatlifehawaii.com.

SWIM CLINIC FOR KIDS

Navy Region Hawai'i MWR has announced an introductory swimming clinic for the kid's summer swim program from 9-11 a.m. every Saturday in April. The clinic is free to families and children who want to meet swim instructors and evaluate swimming skill levels. FMI: 473-0394.

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

Community Calendar

April



17, 22- The Fleet Family Support Center will host two parenting classes for military families. A "Discipline and Your School Age Child" class (for ages five to 10) will be held from 11 a.m.-1 p.m. April 17. An anger management class (all ages) will be held from 8-11 a.m. April 22. Classes are free to active-duty and their sponsored guests and will be held at the Moanalua Navy Services Center at 4827 Bougainville Drive. FMI: 474-1999.

18 - Free tickets are available for Sailors for the 29th Annual Hawai'i Prayer Breakfast which will be held at 7 a.m. April 18 at the Coral Ballroom of Hilton Hawaiian Village. Public and government officials will offer a public prayer for service members and their families. U.S. Ambassador Tony Hall, an American diplomat whose advocacy for international hunger relief and human rights has made him a Nobel Peace Prize nominee, will be the keynote speaker. Sailors interested in attending may pick up tickets at the Navy Region Hawai'i Public Affairs Office, building 150. FMI: Bette Kalohi at 473-2926 or 473-3958.

19 - Navy Exchange Pearl Harbor (NEX) and Navy Region Hawai'i will host this year's Earth Day Environmental Fair from 10 a.m. to 2 p.m. in the courtyard of the NEX. The fair will offer the latest earth-friendly products as well as energy saving tips to improve the environment. FMI: visit www.greatlifehawaii.com.

Sharkey Showtimes



Jumper (PG 13)

A genetic anomaly allows a young man to teleport himself anywhere. He discovers this gift has existed for centuries and finds himself in a war that has been raging for thousands of years between "Jumpers" and those who have sworn to kill them.

TODAY

7:00 PM Welcome Home Roscoe Jenkins (PG 13)

SATURDAY

2:30 PM The Spiderwick Chronicles (PG)

4:45 PM Jumper (PG 13)

7:15 PM Definitely, Maybe (PG 13)

SUNDAY

2:30 PM College Road Trip (G)

4:45 PM Vantage Point (PG 13)

7:00 PM Witless Protection (PG 13)

SUNDAY

7:00 PM Jumper (PG 13)



Silver Dolphin Bistro

Lunch Menu for April 14-20

• Monday •

Cream of potato soup, beef pot pie, roast pork loin, boiled egg noodles, steamed rice, simmered asparagus, steamed wax beans, hot biscuits, peach pie, brown sugar cake.

• Tuesday •

Corn chowder soup, chicken Szechwan, baked halibut, paprika potatoes, rice pilaf, steamed whole kernel corn, simmered broccoli, hot dinner rolls, devils food cake, apple cake brownies, blueberry pie.

• Wednesday (Italian cookery) •

Minestrone soup, spaghetti with meat sauce, Italian sausage, spinach lasagna, assorted pizza, steamed rice, cauliflower parmesan, steamed peas, toasted garlic bread, assorted ice creams, gingerbread cookies, easy chocolate cake.

• Thursday •

Chicken gumbo soup, chicken cordon bleu, braised pork chops, roast pork tenderloin, orange rice, mashed potatoes, green beans creole, spinach, hot dinner rolls, chocolate chip cookies, butterscotch cream pudding, pineapple chiffon pie.

• Friday •

Split pea soup, herbed Cornish hen, beef stew, noodles Jefferson, steamed rice, seasoned whole kernel corn, simmered spinach, hot French rolls, brownies, blueberry pie, pineapple upside down cake.

• Saturday •

Zesty bean soup, charbroiled hamburgers/cheeseburgers/frankfurters, Korean barbecue chicken, steamed rice, vegetable combo, hot dinner rolls, chewy nut bars, apple pie.

• Sunday •

Mexican onion soup, charbroiled hamburgers/cheeseburgers/frankfurters, beef fajita, refried beans, vegetable combo, hot cornbread, vanilla cream pie, easy chocolate cake, mocha blanca.

Dinner Menu for April 14-20

• Monday •

Steak ranchero, steamed rice, mushroom gravy, mashed potatoes, stewed tomatoes, club spinach, hot dinner rolls, peach shortcake, brownies, rainbow pie.

• Tuesday •

Spanish soup, chicken a la king, baked fresh ham, southern sweet potatoes, boiled egg noodles, simmered carrots, seasoned collard greens, pineapple sauce, hot biscuits, sweet potato pie, sugar cookies, spice cake.

• Wednesday •

Doubly good chicken soup, spicy fish fillet, tamale pie, lyonnaise potatoes, Mexican rice, steamed rice, sautéed mixed vegetables, seasoned mustard greens, hot cornbread, assorted ice creams, tapioca pudding, strawberry shortcake, maple nut cake.

• Thursday •

Tomato soup, roast beef au jus, chicken adobo, O'Brien potatoes, steamed rice, simmered asparagus, Chinese fried cabbage, hot pandesal, lemon cookies, peach pie, cheesecake with strawberry topping.

• Friday •

Shrimp gumbo soup, beef pot roast, creole fish fillet, natural gravy, tossed green rice, risole potatoes, sautéed mushrooms and onions, steamed broccoli, hot dinner rolls, easy chocolate cake, cherry pie, lemon chiffon pie.

• Saturday •

Chicken noodle soup, Cantonese spareribs, Swedish meatballs, brown gravy, mashed potatoes, steamed rice, steamed cauliflower, steamed squash, hot French bread, peach cobbler, sweet potato pie, devils food cake.

• Sunday •

Beef vegetable soup, chicken tetrazzini, Cajun baked fish, parsleyed buttered potatoes, pork fried rice, French fried okra, steamed carrots, toasted garlic bread, strawberry shortcake, spice cake, peanut butter brownies.

*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.

Month of the Military Child

Springfest

FREE! 2008!

ENTERTAINMENT ON THE MAIN STAGE

3:00 pm - ALFRED AND SEYMORE
The comedic dancing duo makes a stop at Pearl Harbor on their AFE Pacific Tour.

4:00 pm - THE SUNSHINE GENERATION
Enjoy dancing, singing and outstanding showmanship by this award-winning performance group.

4:30 pm - KAAHUMANU DOLPHIN SINGERS
Listen to the sweet sounds of Kaahumanu Elementary's 2nd - 5th grade student singers!

OTHER FUN ACTIVITIES

- **FREE ICE CREAM AND JUICE POPS**
- **COMPLIMENTS OF FOREST CITY**
- **KEKI COOKING DEMONSTRATION**
- **PLAY IN THE DIRT**
Plant a seed, take it home and watch it grow!
- **HAWAII ACADEMY**
Experience the latest gymnastics fun!
- **USTA TENNIS EXPERIENCE**
A hands-on learning experience.
- **FIT FACTOR FUN**
Join this Navy Program to get fit and win prizes.
- **EXCITING OBSTACLE COURSE**
- **KEKI CAR SEAT SAFETY INSPECTION STATION**
provided by Fleet and Family Support Center.
- **FREE CLIMBING WALL**
- **INFORMATIONAL BOOTHS**
Fleet & Family Readiness Programs, Operation Homefront, 4H, Operation: Military Kids, USAA PODS Moving & Storage and more!

GET HEALTHY WHILE HAVING FUN
at Springfest 2008, presented by Armed Forces Entertainment, Navy Entertainment and MWR!

Sat, Apr. 12

2 - 5 pm

Ford Island Field

(next to Navy Lodge)

Open to Active Duty, Family Members, DoD Civilians, reservists, retirees, and their sponsored guests.

FOR MORE INFORMATION, GO TO
WWW.GREATLIFEHAWAII.COM OR CALL 473-0606.

NO OFFICIAL ENDORSEMENT INTENDED.



